



The Broadwater Breeze

www.broadwaterfl.org

News and information for the Broadwater Community in St. Petersburg, Florida



13th Annual Broadwater Family Picnic April 29th

In an effort to spread our events out a bit, we have decided to move the Family Picnic to Sunday April 29th at Ft. DeSoto from Noon to 4 PM. This is the longest running event for Broadwater and it has grown in success every year. Tasco will once again be there with music, games, and inflatables for the kids. More information will come via infolink and a flyer as the date gets closer so be sure to RSVP. If you would like to join a fun bunch of volunteers to help organize the picnic, contact Evelyn Hill at 864-4188 or email BroadwaterInfo@aol.com. Pictures from the 2011 picnic may be viewed at www.broadwaterfl.org



Saturday March 10th



Broadwater Neighborhood Garage Sale

On March 10th, Broadwater will hold its annual Neighborhood Garage Sale. We will run ads in the Tampa Bay Times and Gulfport Gabber so gear up for a deluge of shoppers. Maps of the neighborhood will be available on our website for shoppers to print.

We will be marking participating houses on the map so please go to www.broadwaterfl.org now to register online.

If you do not have internet access please call Tom Ando at 638-1421 and be sure to register by March 7th. You may also want to place a sign on the end of your street to direct folks your way.



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Important Dates



Mar 8: General Meeting 7:00 PM National Guard Armory 3601 38th Ave Featured Speaker: Brett Ciskoski St Petersburg Fire Dept. will speak on changes in EMS.

Mar 10: Neighborhood Garage Sale

Mar 15: Broadwater Night at The Flamingo

Apr 26: Board of Directors Meeting

Apr 29: Neighborhood Picnic at Ft. DeSoto (New Date)

May 11: Summer Broadwater Breeze Deadline



Read story on page 5.
View more photos at
www.broadwaterfl.org



Broadwater Beautification Award Spring 2012

Thom Burton & Becky Nahat
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From the BCA Board

It sure feels like Spring is here so it is time to clean out your closets and garage for the Annual Broadwater Neighborhood Garage Sale on March 10th. The Garage Sale and all of our social events are made possible by the dues paying members of Broadwater. Your thirty dollars (that is only 8 cents per day) goes a long way in making Broadwater one of the top neighborhoods in St. Petersburg.

The 9th Annual Holiday Party in December was a great success thanks to the leadership of Evelyn Hill and a great cast of wonderful volunteers. Thank you to everyone who made this happen and all who attended.

We also welcomed Julie Reardon and Charlie Phillips to the 2012 Board of Directors and wish to thank departing Board Members Patti Kent and Debbie Zito for their years of service.

The Board has decided to move our Annual Picnic to April 29th to spread out our social events. I encourage you to get involved in the planning of this great family event and look forward to seeing you there. We also need you to submit your volunteer hours to fulfill our grant. We are well on our way to our goal but would love to see more folks bringing the hours in. I hope to see you at the next General Meeting on March 8th as we kick off another great year in Broadwater!

Tom Ando
BCA President



Donate Unsold Yard Sale Items and Help Change Lives

Wondering what to do with items that don't sell during the upcoming Broadwater Community Yard Sale? Donate them to Goodwill on March 10th! A Goodwill truck will be ready to accept your donations behind Marina Village Shopping Center at 4901 34th St. S 11 AM – 4 PM. They'll even provide a receipt for tax purposes. More information is available at www.broadwaterfl.org

You may also drop off donations any time at the Goodwill donation bin in the front parking lot of Marina Village Shopping Center. If you have questions, please call Goodwill at 888-279-1988, ext. 1440.

Your donations of clothing and household items support Goodwill's services for people who are disabled, elderly or unemployed. Thanks in advance. Your donations are changing lives.

WELCOME Newest Neighbors

Broadwater wants to welcome the following new families into our neighborhood:

- Kimberly Perkins 4591 44th St S
- Brewburgers 4195 34th St S
- Dunkin Donuts 34th St S

If you are new to Broadwater and have not been formally welcomed by your Block Captain or by Welcome Aboard, please call Valerie Lauren so that we can let you know about our infolink, social events, garage sale, pet registry, quarterly community meetings, neighborhood watch, and our neighborhood projects and grants. We are a very active community and are excited to have you aboard!

Valerie Lauren
Welcome Aboard

471-8820
vlauren@comcast.net



Serving Those Who Serve Our Country

*submitted by Kent Rodahaver,
GreenScapes Landscape Design*

As proud supporters of the Broadwater Civic Association, we focus every day not just on improving the properties that we service, but also the lives of the people we touch. This dedication extends beyond our commitment to our partners and clients. We also strive to impact the communities we serve, and we put these words into action by reaching out to help those who need it most. One unique way GreenScapes gives back to the community is by providing free lawn care service to the spouses of deployed military personnel. If your spouse is serving in our Armed Forces, and has been deployed, typically your general family responsibilities and finances are impacted. If you are in need of this assistance or know someone who may be, please call GreenScapes at (727) 498-8830 for details on this wonderful and selfless service.



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Broadwater Helping Hands

Broadwater Helping Hands is a volunteer program to assist our neighbors who are aging and/or have disabilities, are on a limited income and need a helping hand.



Volunteers from the community may be able to assist with locating helpful community resources, sending out a call to other neighbors to locate needed items or services, helping around the house or yard, running an errand or doing light maintenance or repairs.

If you would like to be a Helping Hands volunteer please contact Kristen Mory at kristen-mory@yahoo.com or 727-688-9597. Your time will help make Broadwater an even better place and qualify for fulfillment of our neighborhood grant volunteer hours match.

Broadwater Referral List



Lisa Lau (with help from Edie Creter) has compiled a list of referrals from Broadwater Residents for various services. The list, which is now available at

www.broadwaterfl.org, will be updated on a monthly basis. Your input is still needed so please email Lisa at lisalau18@yahoo.com with any referrals for services you have utilized and would recommend. Please include the company (or individual's) name, phone number, and service type. Please do not promote your own services as we would prefer to have someone who has used your services recommend you. You may also request referrals via infolink but we suggest you use the referral list first. If you do not have access to the internet, Lisa may be reached at 973-641-8295.

Have a codes issue or question?

Contact John Ferguson at 906-9303 or john@justlistedstpete.com. John has been our Broadwater codes contact for several years and he has helped solve many issues. With his knowledge of city codes and working relationship with the Codes Department, John is a valuable asset to the Broadwater Community.



March 11, 2012

9TH Annual Broadwater Holiday Party

Submitted by Evelyn Hill

Wow, what a fantastic party night December 9th was at the Armory. The room was dazzling with Christmas lights, beautiful balls and helium balloons. Gorgeous Poinsettias from **Savannas Nursery** and clever decorations finished off the room. As the more than 200 guests entered with their scrumptious appetizers, side dishes and desserts to be shared with the Honey Baked Ham and Turkey, the party began. Everyone enjoyed the music provided by **"The Impacs"** and they really had the joint jumping. We wish to thank **Greg Dent** who supplied the **360 Vodka**, **Sean Nyitray** for providing the beer, and **Frank Vander Horst, of Marine America**, who donated a day with a **Tiny Tug** boat (won by **Kirk Price**) to help raise money for our National Guard Families. I want to thank the great folks who helped put everything together: **Linda & Dana Farden, Dana & Tom Ando, Rhonda Fuller, Maria Roesner, Julie Reardon, Patricia Kent, Lee & Paul Krueger, Roger Sheahen, Jim Krellwitz, John Klement, Vicki Linkovich, Debbie Zito, Jamie & Frank Vander Horst, Mike & Junia Milvain, Cheryl Cook, Kris & Bruce Holtman, Mary Lisan, Daisy Melkey, Rick Janka, Tim Stevenson, Stacey Duchnowski, Ray & Gia Ockuly, Tim Parham, Anthony Morris** and the man who always has my back **Jim Hill**. Broadwater is so blessed to have such a giving group of volunteers! Every year the celebration gets better and better and I hope the 10th Annual Party will be even better!

While we were having fun we also raised money for the families of our National Guard Troops. The boat raffle, the 50/50 raffle (won by **Frank Vander Horst** and donated back to the troops) and the great generosity that Broadwater always shows was matched dollar for dollar by the Broadwater Civic Association for a total of over \$1500.00. The money went directly to the families of our troops to make sure their children had a very special Christmas. Please visit www.broadwaterfl.org to view more photos of this event.



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TREASURER'S REPORT

Submitted by Vicki Linkovich

Income for 2011 totaled \$20,850 and expenses totaled \$23,482.90. The difference can be attributed to landscaping improvements associated with the entry signs paid for by the grant. Cash on hand as of January 31, 2012 was \$33,092. Total amount invested in CD's totaled \$18,588 and checking and money market accounts totaled \$14,504. Many thanks go out to our advertisers and our members. As a result of their support of our community, we are in a positive financial position today.

January 2012 Revenues of \$2,136 include \$800 reimbursement from Maximo Marina for the expense to mulch the 46th Ave. entrance, membership dues in the amount of \$540 and a grant from the City of St. Petersburg for our Neighborhood Watch program. Expenses of \$1,246 include \$499 for Neighborhood Watch shirts which were funded by the \$500 grant and \$401 for Neighborhood Watch auto magnetic signs. A complete report will be available at the General Meeting.

MEMBERSHIP



Your dues are appreciated and support the many activities of the Broadwater Civic Association. At this point we are slightly behind last year's pace so if you have not sent your 2012 dues in, you may pay at the March 8th General Meeting, mail it to Vicki Linkovich, or drop it to your Block Captain. We ask that you fill out the member form (available on our website) completely as we are always updating our database and want to make sure your information (and your pet information) is current. The form can be downloaded at www.broadwaterfl.org under the Contact Us tab.

Please support Tampa Bay Watch.

Go to www.tampabaywatch.org to see the many programs they have to preserve and restore our waters.

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is printed by **Pinch Penny Press**
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Broadwater Civic Association Members & Committee Chairpersons

President	Tom Ando	866-8070	4532 38th St. S.	t.ando@turtlese.com
Vice President	Roger Sheahen	455-4927	4435 40th St. S.	rnsheahen@tampabay.rr.com
Secretary	Julie Reardon	742-5036	4348 46th Ave. S.	juliereardon@kw.com
Treasurer	Vicki Linkovich	867-4951	4316 44th St. S.	mslink@tampabay.rr.com
Other Board Members	Evelyn Hill	864-4188	4416 46th Ave. S.	broadwaterinfo@aol.com
	John Ferguson	906-9303	4130 39th St. S.	john@justlistedstpete.com
	Mike Milvain	866-9803	4340 45th St. S.	mmilvain@gmail.com
	Bob Uhrie	866-8190	3806 48th Ave. S.	4uhrie@verizon.net
	Lee Krueger	515-3437	3830 46th Ave S.	lkrealtor@aol.com
	Doug Fuller	866-7891	4384 46th Ave S.	dougfuller@tampabay.rr.com
	Cheryl Cook	813-787-5580	3899 48th Ave S.	ccookhomes@gmail.com
	Tim Parham	865-1294	3900 38th St. S.	schooling1@aol.com
	Charlie Phillips	420-6149	3812 46th Ave. S.	charlesphillipsjr@live.com
Committees				
Block Captains	Valerie Lauren	471-8820	4130 42nd Ave S.	vlauren@comcast.net
Codes	John Ferguson	906-9303	4130 39th St S	john@justlistedstpete.com
Business Liaison	Charlie Phillips	420-6149	3812 46th Ave S	charlesphillipsjr@live.com
CONA	NEED VOLUNTEER			
Membership	NEED VOLUNTEER			
Newsletter	Dena McElerney	403-2321		toplineconsultant@yahoo.com
Neighborhood Watch	Ted Seefeldt	421-1201	4490 40th St. S.	Seefeldt@tampabay.rr.com
Social Committee	Evelyn Hill	864-4188	4416 46th Ave. S.	broadwaterinfo@aol.com
Traffic & Safety	Tom Ando	866-8070	4532 38th St. S.	t.ando@turtlese.com
Webmaster	Karen Crowley			ksessions@aol.com
Welcome Aboard	Valerie Lauren	471-8820	4130 42nd Ave. S.	vlauren@comcast.net

Resources:

City Codes Depart.	To Register Complaint	893-7373	http://www.stpete.org/eservices/index.asp
Maximo Resource Ctr.		866-7177	4815 34th St. S. Hours: M-F 9-12 Wed 1-4

THE Real Estate Report

Prepared exclusively for the Broadwater/Maximo neighborhood by Sharon Simms, CIPS, CLHMS, CRS

First Quarter 2012

Home Improvement Trends for 2012

You may not be looking to buy or sell in 2012 but you might want to make the space you are in a little better. The best investment you can make for now and in the long term is to make your home perform better by insulating, managing the moisture to prevent mold, sealing up windows and doors and replacing old appliances that cost more to run than new ones. Older appliances can sometimes cost 5 times as much to run as newer ones. Sometimes reducing your carbon footprint will reduce your electric bill as well.

We've mentioned before that buyers are also looking at "carrying costs" when considering a home. Of course they want to pay less for a home but they will frequently ask for the average costs of electricity, water, lawn care, and other maintenance costs. Not sure what's normal? Ask us. We're looking at homes like yours all the time. If something seems out of line to us, it probably will to a buyer as well.

Taking steps to reduce your use of electricity and water now could benefit you greatly when you go to sell in the future.


A Market Update

Just wanted to give you an update on the market in Broadwater. Right now there aren't any waterfront homes priced in the 300's - they start in the upper 400's. All but one of the homes are over 2,000 sq ft. There are 5 homes actively listed in Broadwater now, ranging from \$499,000 to \$3,500,000. I do have a pocket listing that should come on the market in mid March. It can be shown now and will probably be listed at \$375,000. There are two waterfront homes listed in Maximo Moorings, south of the main channel, at \$490,000 and \$495,000.

Two waterfront homes are under contract, one with 2,520 sq ft listed at \$475,000 and the other with 2,475 sq ft listed at \$499,000. Both of those have views of open Boca Ciega Bay.

The sales prices aren't as high as the listing prices above. Three waterfront homes have sold so far this year and the prices ranged from \$300,000 to \$380,000.

With the continuing low sales prices, many people are weighing whether to make some improvements in their current home or are considering when and where to downsize or go on to the next phase of their life. We're happy to meet with anyone to share our input on alternatives and what makes sense - whether an actual move is months or even years away. It's more important than ever to invest money where it will bring the most return - helping you do that is part of what we do.

You may have noticed that I don't have any signs up in the neighborhood now - all of my listings have sold and closed. So - if you know anyone who is thinking of selling, please let me know. 



SHARON SIMMS
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Your neighbor at
4372 48th Avenue S.

Should you downsize before you retire?

Are you cliff living? Jeffrey Christakos uses this term when you stay in your big house waiting for retirement, then change work, finances and home all at the same time.

Should you wait to downsize? Too many people compare today's prices to those at the market high and hope that by waiting a few more years prices will return to that level. Not so fast. If the value has dropped 50%, it now has to increase 100% to get back to that

level. There's no guarantee how soon the economy will recover nor how long low interest rates will continue.

Would you buy your current home today? That's the magic question. If, due to family size, location, finances, changing interests, you wouldn't - then consider right sizing or right timing now.

The move may also reduce your expenses, helping you transition to lower income

See **Downsizing** (next page)



THE SIMMS TEAM

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Downsizing (from page 1)

when you retire or semi-retire. There are many options from a downtown St Petersburg condo to a brand new home across the bridge, from a golf course home to Costa Rica.

If you aren't ready to move yet, you may want to consider buying your retirement home today while prices are low and renting it out in the meantime.

Want to talk about these options? Call the Simms Team at 727-898-2582 or email us. 🏠

Statistically Speaking

These figures show the current market and the recent Broadwater sales history according to the Multiple Listing Service (MLS). Prices vary by size, condition and location, so the \$/square feet has a tremendous range and is "nice to know" rather than a useful criteria.

Broadwater:						Non-Waterfront					
	#	\$ Low	\$ High	Average	\$/SF		#	\$ Low	\$ High	Average	\$/SF
Avail 2/20/12	5	499,000	3,500,000	**	215-530		4	199,500	279,900	243,350	101-141
Pndg 2/20/12	2	475,000	499,000	487,000	189-202		0	N/A	N/A	N/A	N/A
Sold YTD '12	3	300,000	380,000	341,667	148-220		0	N/A	N/A	N/A	N/A
Sold 2011	19	315,000	850,000	435,868	140-250		8	175,000	267,500	227,750	81-141

*** Six listings are between \$475,000 and \$545,000. One at \$3,500,000 skews averages. Excluding that listing, the average is \$515,333*

Many people ask me about market activity in neighboring communities as well. Here is a look at what's happening on the waterfront* in some other popular areas:

Waterfront	Active as of 2/20/12			Sold YTD 2012			Sold 2011		
NEIGHBORHOOD	#	\$ Low	\$ High	#	\$ Low	\$ High	#	\$ Low	\$ High
Broadwater	5	499,000	3,500,000	3	300,000	380,000	19	315,000	850,000
Bayway Isles	10	650,000	1,998,000				8	485,000	4,000,000
Causeway Isles	10	310,000	1,999,900	1	325,000	325,000	10	278,000	615,000
Pasadena Yacht/Country Club	20	590,000	2,595,000	1	1,055,000	1,055,000	12	540,000	3,770,000
Pinellas Point/Bahama Shores	9	379,900	2,199,000				12	360,000	1,375,000
Snell Isle/Coffee Pot/Old NE	13	895,000	3,950,000	1	1,350,000	1,350,000	21	509,000	9,000,000
St. Pete Beach/Pass-a-Grille	49	399,000	3,500,000	4	335,000	500,000	62	297,000	3,400,000
Tierra Verde	31	459,000	4,195,000	2	895,000	950,000	24	296,500	3,475,000
Treasure Island	49	350,000	1,499,000	8	235,000	685,000	48	220,000	1,500,000
Venetian Isles	14	400,000	1,580,000	1	500,000	500,000	34	285,000	1,730,000
Yacht Club Estates	11	400,000	1,695,000				14	375,000	1,218,000

**This includes only "navigable water to the Gulf" properties - not lakes, ponds, etc.*

THE SIMMS TEAM

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Sharon Simms sells real estate, and she's good at it. Just ask your neighbors!

TEAM NEWS!

In January, Tami attended the annual **CyberSTARS Summit** in Fort Worth, TX. This gathering of over a hundred top technology-using agents from around the country is always a great place to get new ideas and learn ways to implement technology in real estate.

Also in January, Tami and Amy presented at the **Step Up Networking and Technology Workshop** hosted by the Business and Professional Women of Englewood and Venice. Tami spoke about online reputation management and Amy addressed using social networking websites for small businesses.

If you are interested in knowing more about social media marketing, they have a wealth of resources they'd be happy to share. Drop an e-mail to Amy@SimmsTeam.com and if she can't answer your question, she'll point you in the right direction.

Sharon has been checking out some new developments (and favorite existing ones) in Costa Rica, which continues to be a popular place for many of our clients and friends. If you're ever interested in more information about Costa Rica, don't hesitate to ask!

Sharon Simms,
Team Leader

Tami Simms,
Director of Marketing
& Concierge Services

Amy Dinovo,
Strategic Execution Officer
& Client Care Manager

Rob Johnson,
Accredited Buyer Representative



Neighborhood Grant Update

submitted by Mike Milvain



The construction portion of our grant is nearly complete. We have added mulch to the planting areas and are waiting for the city to release the funds for the installation of solar lighting. Twenty-one volunteers have submitted 590 hours so we are almost two thirds of the way to our required hours. We would love to see more participants to help us finish strong so we are able to apply for another grant in 2012. As a reminder, the following items are excellent ways to generate volunteer hours and improve the appearance and the safety of our neighborhood:

- Landscape Maintenance such as weeding and pruning, including areas such as the traffic control barriers on 42nd Ave S and the recently installed sign plantings.
- Look for and remove trash on streets
- Look for and remove trash in canals
- Sign maintenance

Also, if you deliver Hazardous Waste to the County Landfill on 28th St N or participate in a Mobile Haz Mat Event (March 3 at Home Depot on 22nd Ave N), the total time spent is chargeable as volunteer hours.

Visit www.broadwaterfl.org for more information or contact Mike Milvain at 727-866-9803 or MMilvain@gmail.com

Block Captains

Broadwater has 23 Block Captains that are assigned to each street or a portion of the larger streets. The Block Captains hand out the Broadwater Breeze, help locate lost pets, help with membership, and are your first point of contact for just about anything in the neighborhood. They provide a presence on your block and are a key to the success of Broadwater. You can find a list of the Block Captains under the Contact Us tab at www.Broadwaterfl.org. We are looking for new Captains for 4300-4425 48th Ave. South (replacing Hampton), 3900-4095 48th Ave. South (replacing Lane), and the Bayview Area on the NW corner of Broadwater (replacing French). If you reside in one of these blocks and wish to join this great group, please contact Valerie Lauren at 471-8820 or vlauren@comcast.net

Goodbye Winter, Hello Spring

submitted by Darlene Ladous, Pinch A Penny Pools

Like the rest of the country, we have had one of the warmest winters in recent memory and it appears that spring is here. Birds are migrating earlier than usual, and plants are in bloom. Nature is confused, and so are our pools here in Florida. The water temperature of our pools is much higher than it normally is at this time of the year, and this can spell trouble for homeowners who have not been maintaining proper water balance and sanitation. We are seeing early season algae blooms (i.e., “green” pools), which is very unusual for this time of the year. Most people cut back on the weekly shocking and the amount of time they run the pool during the winter, and normally this can be done without problems. However, this year has been different and we are advising our customers to shock their pools (with liquid chlorine or a salt shock) and increase the amount of time the pools run to a minimum of 7 hours a day. Additionally, for chlorine pools, make sure that you have chlorine tablets in your chlorinator (or floater) to ensure that a residual level of chlorine is maintained. For salt pools, check your salt level and make sure that your cell is clean and that the system is working properly. For both types of pools, check your stabilizer level! Chlorine (whether from tablets or derived from salt) is an unstable compound and will not remain in the pool unless there is a proper amount of stabilizer.

Most people start to think about pool maintenance in April or May with summer around the corner. Due to the warm winter, now is the time to make sure that your pool is properly balanced to avoid problems as the water temperature rises this month. Although you may not be swimming quite yet, proper water balance is important for effective sanitation and for your pool finish and equipment. So, break out those test kits or bring a water sample to our store for a free analysis. So, good bye coats and boots and hello shorts and sandals! Don’t neglect your pool and both you and your pool will be glad you didn’t!

Broadwater Night at The Flamingo

On December 15th The Flamingo hosted the 2nd Broadwater Neighbor Night. Another great turnout of Broadwater residents enjoyed drink and appetizer specials as well as Bingo. Plan on joining your neighbors on Thursday March 15th at 7 PM for the next Broadwater Neighbor Night. Please see the Flamingo Ad for further details. Thanks to David Baker and his wonderful staff for a great time and thanks to all who attended to support a business that supports Broadwater.



Health and Wellness Column

submitted by Kristen Mory

Easing Lower Back Pain: Strengthen and Stretch the Muscles that Support Your Spine!

Almost everyone endures lower back pain at some point in time. Pain can be caused by a variety of reasons ranging from serious traumatic injury, to birth defects, degenerative conditions, mishaps, and overuse. If you are experiencing chronic back pain, I strongly encourage you to see a physician; a physician who is interested in your long-term back health not one looking for a quick fix.

Fortunately, lower back pain is often a temporary condition, and there are ways to help ease the pain and build a stronger spine. Provided your physician has cleared you for such exercise, below are a few simple exercises and stretches that you can do in your own home to promote a healthier and happier back. Unless otherwise specified, each pose should be held at least ten seconds and/or for five deep breaths. Note that if any of these exercises “hurt” beyond feeling a gentle stretch, modify your position or stop performing the exercise.

Legs up the Wall: Lay on your back with your back side pressed against a wall. Your legs should be bent with your feet resting flat on the wall. Gradually scoot closer to the wall as you extend your legs until they are straight on the wall (your body should resemble an “L”). Relax your feet, and enjoy this gentle stretch of your hamstrings and lower back.

Cobra: Lay flat on your stomach with your elbows bent directly beside you and the palms of your hands on the floor beside your middle ribs. Press the tops of your legs and feet into the floor as you gradually roll up, using the strength of your back to lift your head and chest off of the mat. Lengthen through the tailbone as you lift. Drop your shoulders away from your ears. Eventually, you can rest on your elbows or extend the arms straight and lift the chest high for a greater stretch.

Superman/Woman: This pose is similar to Cobra, but instead of placing the hands on the floor, take your arms out in front of you and raise your arms as you lift the head and chest. To increase the intensity, point your toes and lift your legs off of the floor.

Cat/Cow: Come on to your hands and knees with the tops of your feet resting on the floor (hands and elbows should be directly below your shoulders, knees should be directly below your hips). Feet should be hip-width apart. Balance your weight in the center to start. With each inhale, let the abdomen drop toward the floor as your tailbone lifts high and you look up while keeping the neck long – resembling a cow. With your exhale breath, arch your back and shoulders like a scared cat and look towards your abdomen. Repeat this approximately ten times.

Table with Extension: Come back to the balanced pose on your hands and knees and extend your right arm out as far as you can in front of you, balancing on your other three limbs. Change to your left arm after five breaths. For your next set, you can increase the intensity by extending your right arm and left leg in opposite directions, balancing on the other two limbs. Change sides after five breaths.

Child’s Pose: Return back to your central position on your hands and knees and slowly shift your weight back and you bring your tailbone to rest on your heels while your arms extend out in front of you. Rest your forehead on the floor and enjoy the stretch through the back and hips. If your hips cannot reach back to your heels, you may experiment with placing a pillow in between your heels/calves and your hips. Finally bring the arms by your side with your palms face up and take a few more breaths.

Reclining Twist: Roll on to your back with your knees bent and feet flat on the floor. Take in a deep breath and with the exhale, allow your knees to drop to your left side, while your arms extend out in opposite directions on the floor and you look over your right shoulder. You may place a pillow or another support under your knees to add support for your back and hips in this posture. After five complete breaths, bring your knees back to the center and repeat this exercise with the knees going to the right/looking over your left shoulder. After five breaths, return to the center. For a bonus, let both knees fall out to each side – in opposite directions. Hold this for five breaths, and then extend the legs out straight. Take an inhale breath and roll up gently with the exhale to finish the sequence.

Through lengthening and strengthening the muscles in your back and the muscles that support your back, you should begin to notice some immediate and long-term relief. If you would like to learn more about strengthening and stretching your back and core muscles, a good Pilates class and yoga class is highly recommended. Feel free to contact me for recommendations. As always, make sure you choose a good, qualified instructor to lead you, and hopefully you will be well on your way to better back health. Illustrations of these exercises are available at www.broadwaterfl.org Kristen Mory may be contacted at 727-688-9597 or info@generationsyoga.com



Kornell's Korner

Thanks for your support. I was honored to be re-elected to St. Petersburg City Council with 76% of the vote. I believe it is my job to work every single day to make our city a better place to live. Please feel free to contact me at 893-7117 or at steve.kornell@stpete.org with concerns or ideas on how to improve St. Petersburg. There are many challenges ahead, but I never doubt that St. Petersburg's residents can meet those challenges and keep our city moving forward!

One of our biggest challenges is the 2013 budget. We are looking at an estimated 10 million dollars in budget cuts again this year. Please tell me your budget priorities. Any ideas you have for saving money in our budget without cutting services are also deeply appreciated. At our February 2nd meeting the St. Petersburg City Council voted to approve the concept for a new Pier and authorize staff to begin negotiations with the winner of the International Design competition, Michael Maltzan Architecture. The next step will be more public hearings on exactly how the new Pier should be used and what will be included in the design. I will share those details as they become available.

As your representative on the city council I work on a variety of issues. For 2012, I have decided to focus on three main issues:

1. Reducing juvenile crime

At my urging council has asked for a scientific evaluation of our youth programs and how they can better be used to reduce juvenile crime rates in St. Petersburg. This study will tell us what we are doing right, how we can improve, and help bring in more grants to serve the youth of St. Petersburg. I also requested that city council establish a subcommittee on youth services, and this committee has now been meeting regularly. One goal of this committee is to establish a youth master plan for St. Petersburg, and to speak out about issues that affect children.

2. Establish a master plan for the 34th Street South corridor/recruit restaurants

I am working with city staff to establish a business association, and develop a master plan for this important business corridor. As the city of St. Petersburg invests in this area, recruiting restaurants and other private businesses into the area will become easier.

3. Establish a music conference in St. Petersburg and recruit music related industries

St. Petersburg is a beautiful city with lots of creative young talent. I intend to capitalize on this by working to establish a music conference, similar to a very famous one held in Austin, Texas every year. I also intend to work with our economic development team to recruit music related industries to St. Petersburg.

While we are facing many challenges, I am excited about what we will accomplish together in 2012!

Your city council member, Steve Kornell

A Major Breakthrough in the War on Noise

submitted by Judy Ellis, Lakewood Estates President

At the request of Noise Free Florida, a local non-profit organization, the County's new sheriff, Bob Gualtieri, has put into place a program that should make a sizeable dent in the army of people who assault our ears with their car stereos.

"Soft letters" are already in place in three Pinellas cities – Gulfport, Largo and Clearwater – as well as Tampa. Citizens can note the tag, make and color of the car, the date and place of the event, and report the noisemaker, online or by phone, to the police. The police then send out a "soft letter," just a polite note reminding the boomer that there are laws against unnecessary noise and asking him or her to tone it down. It sounds idiotically simple, but it works. The people who get these letters are often involved in drugs and don't want attention from law enforcement. Using the system first adopted in Gulfport, MS, Sheriff Gualtieri added the "second notice" feature. If your tag comes up again, you get a second, more sternly worded letter, delivered by hand to your door. This is usually enough to shut down the offender, but Gualtieri has taken it one step further. If your tag comes up over and over and the sheriff decides you are an incurable, habitual offender, you can be fined. Fines start at \$218, go to \$418, and then to \$500. All of this is based on the county's ban on "loud and raucous noise," a standard for law enforcement that has withstood the tests of time since 1949. The beauty of this program is that now it doesn't matter where you see that boomer – wherever he is, he can be reported to the sheriff. The only requirement is that it is a Florida tag, and the make and color are important to avoid sending letters to the wrong car owner. The timing of this new program couldn't be better, because the state law that allowed police departments all over Florida to write a quick, non-moving violation for noise has been suspended while the Supreme Court rules on the constitutionality of the "plainly audible" standard the law is based on. The suspension of this law has left most municipalities with no tools to keep down the noise. Thanks to Sheriff Gualtieri, people who suffer from this plague of "audioterrorism" can now strike back. The program was launched on January 13th and word of it has spread across the country. Good news for those of us who cherish our peace and quiet. You can see the sheriff's online reporting system at <http://www.pcsoweb.com/> under Operations. Questions can also be email to noisefreeflorida@tampabay.rr.com

Broadwater Neighborhood Watch Welcomes 12 New Patrollers



On January 12th, a training class for new patrol members of the Broadwater Neighborhood Watch Program was conducted by Officer Mark Williams of the St Petersburg Police Department. The class was attended by 12 of our Broadwater neighbors who want to be active and make a difference in our community. There are several new patrol members that are also new residents to Broadwater. It's great to see they are immediately taking a proactive role in our community. The new patrol members are Chris Garner, Daisy Melkey, Cheryl

Hodges, Dave Perillo, Sandi Perillo, Mike Roesner, Maria Roesner, Frank McKinney, Carol McCarthy, Mike Kennedy, Susie Kennedy and Glenn Brown.

The next time you see one of our new patrol members please take the time to thank them for helping keep our Broadwater Neighborhood safe. Together, we can make a difference!

If you wish to help participate in the Neighborhood Watch Patrol, please contact Broadwater Neighborhood Watch Coordinator Ted Seefeldt at 727-421-1201 or Seefeldt@TampaBay.rr.com

Broadwater Neighbor Night

Thursday, March 15th at 7pm

Last time was so much fun that we're doing it again!
Join your friends and neighbors at the Flamingo Resort for the
Broadwater Neighborhood Appreciation Night!
2-4-1 Happy Hour til 9pm and Appetizer Specials!



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www.FlamingoFLA.com

Nightly Events

Monday
Movie Night @ 9pm

Tuesday
Karaoke 8-Midnight

Wednesday
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Friday
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Country Music and Line Dancing

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- ✓ Grant Volunteer Information
- ✓ Online Pet Registration
- ✓ 2012 Membership Form
- ✓ 2012 Broadwater Breeze Ad Form
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- ✓ Broadwater Breeze Past Editions
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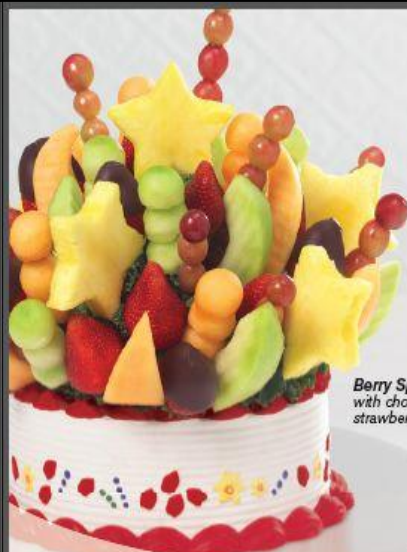
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