



2nd Quarter 2020

www.Jungle-Terrace.org

April NO Meeting
WF Center Closed + Governor's E.O.

^^Dues are Due^^

LIFE Goes On!

Charlie Gerdes enters Jungle Terrace "HALL of HONORS"



Steve Nadel, Baseball City; Dominick Griesi, Azalea President 20 years; Dr. Ed; CHARLIE GERDES; Kathleen Peters, County Commission; Robert Blackmon, City Council

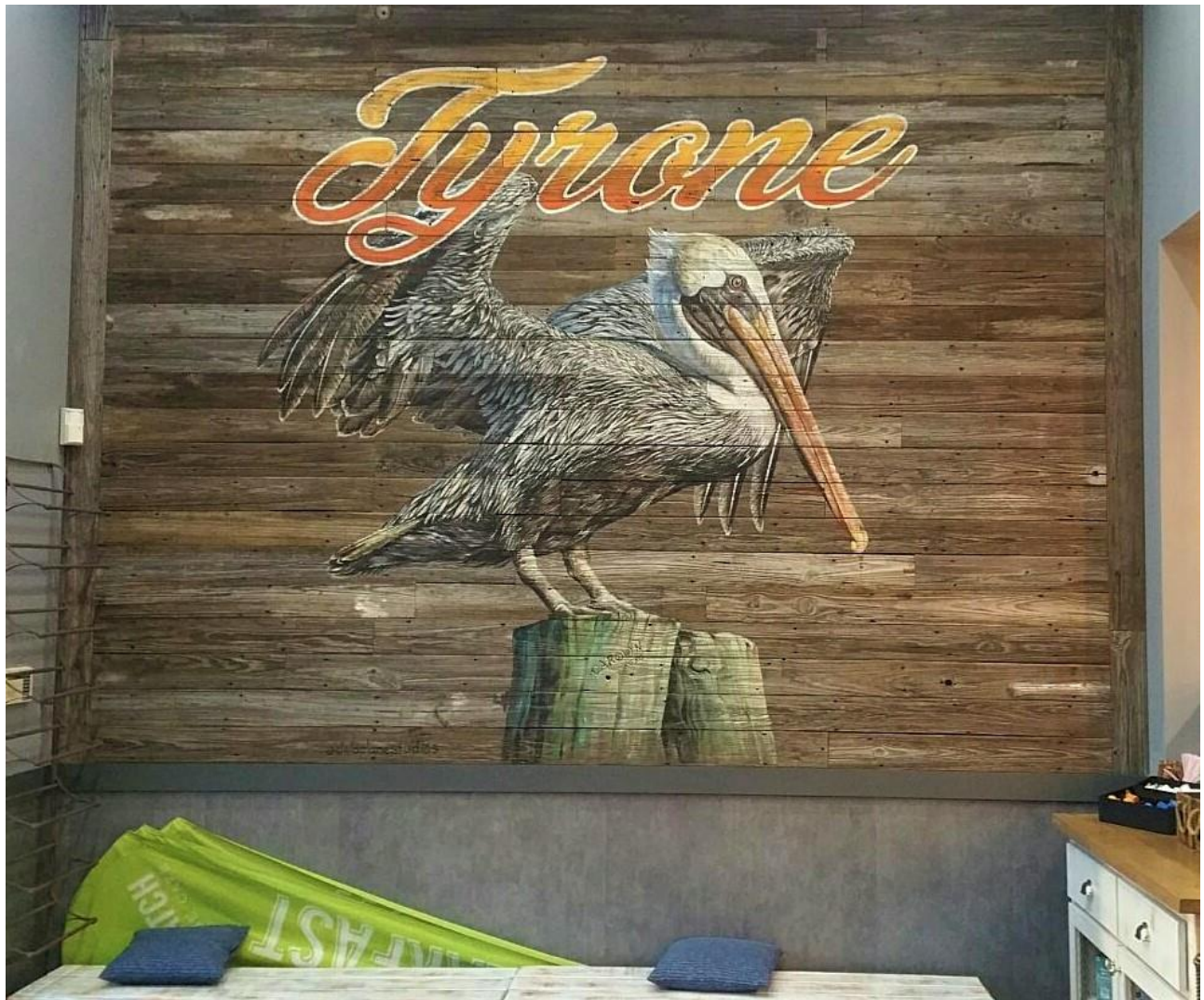




**Edel Mohr, Creator of “MURALS of St. Pete” photo book.
Stonehenge Park Murals: 10 pages**



Nick Smith, www.eTrikeCo.com



Entry wall mural: First Watch Restaurant (breakfast/lunch) 4045Tyrone

Jungle Terrace sponsored “Chief’s MIDTOWN MIRACLES Martial Arts Program” in MLK Parade ~ 3 year leading.





IN SEARCH for a MURALIST

Veterans Medical Supply granted permission for “Horizontal Mural.”

Scott clearing and cleaning the ADA Ramp by PARC



Clearing and Cleaning the old Bus Stop where shelter removed.



**Jungle Terrace Civic Assn., Nonprofit, 501(c)3 Tax Exempt seeks
Volunteer Muralist: JTCA provides materials. Patron provide \$250 stipend.
Contact Dr. Linn Sennott: LSennott@tampabay.rr.com, with proposed sketch.
Theme: Family Friendly FUN! (No skulls, rats, snakes, etc.)**

Walter Fuller BALLPARK Improvements

City made major improvements to the Senior Field at Walter Fuller BALLPARK.



**Rep. Wengay Newton with Dr. Ed at 13th Annual Appreciation BBQ
Now candidate for County Commission**



Creative ART on new Overpasses by FDOT



PIER Opens May 30 at 10am!!

<https://www.youtube.com/watch?v=MIA-YWL22kQ&feature=youtu.be>

Latest Pier news www.stpetepier.org

Bus Stop a MESS, so ... JT Volunteers weeded, trimmed, cleaned up



Tyrone Square Mall agreed to edge and mow this area.

Snorkel Truck Cleaning Out BAFFLE BOX on 30th Ave N



Pointed Sidewalk made Curved and Flowing + 2 Pipes removed

JTCA Board noticed POINTED Sidewalk + 2 Pipes sticking up at Baffle Box installation.
Alerted Public Works and Engineers who corrected this.



Neighborhood Wonder

<https://www.crystalbayhotel.com/crystal-bay-hotel---gallery.html>

On the northeast corner of Park St. and Central Avenue, is the historic Crystal Bay Hotel. In 1912, the Davista subdivision was platted, named in honor of Frank Davis. Sunset Park was gifted to the city, and a local developer agreed to build a hotel across the street.

The hotel opened as the Sunset Apartment Hotel in 1916 with rates for the entire winter season from \$250 to \$650. Later renamed the Sunset Hotel, this iconic structure hosted luminaries such as Babe Ruth, Glen Miller, Marilyn Monroe, Robert Kennedy, and Al Capone.

Experiencing ups and down over the decades, the hotel was remodeled and resold several times. In 2015, the hotel was completely renovated and reopened as the Crystal Bay Hotel. Each of its 60 rooms is furnished in elegant Old Florida style, and features a queen or king size bed with pillow-top mattress. The Crystal Bay Hotel, now on the National Register of Historic Places, can be your elegant, refined, and restful local get-away experience. Swim and relax beside the pool, experience an in-room massage, or rock on the veranda.

And . . . neighbors are welcome to drop-in for breakfast! Just let the front desk know you are visiting when you enter. Breakfast (\$12) includes made-to-order omelets, eggs, meats and a buffet with cold and hot cereals, bread, bagels, gluten-free muffins, fresh fruit, juices, coffee and tea. Enjoy their blueberry pancakes—the best I've ever had!

Check out our local gem SOON!



About TREES

Human adult breaths out 2.3 pounds CO₂ per day. (7 Billion of us!)

CO₂ is a GAS that does not weigh much.

1 pound occupies 8.741 Cubic Feet of space.

1 Ton occupies 17,483 Cubic Feet of space.

A tree can absorb 48 pounds of carbon dioxide/year and sequester **1 ton of carbon dioxide** by the time it reaches 40 years old.

<https://projects.ncsu.edu/project/treesofstrength/treefact.htm>

Think of grand oaks that are 300-500 years of age.

Giant Sequoia and Redwoods 360 feet tall.

A full-grown redwood expels 2 tons of water per day through its leaves.

One large tree can provide a day's supply of oxygen for four people.

Hundreds of food products (fruit, coffee, nuts, etc.) and food additives (for ice cream, chewing gum, etc.) come from trees.

One large tree lifts up 100 gallons/day of water from the ground, discharging it into the air.

Each year, one person uses wood and paper products equivalent to a 100 foot tree

18 inches in diameter.

Over 5,000 products are made from trees.

One acre of **new** forest can sequester about 2.5 tons of carbon annually.

Young **trees absorb CO₂** at a rate of 13 pounds per **tree** each year.

Trees reach their most productive stage of carbon storage at about 10 years

at which point they are estimated to **absorb** 48 pounds of **CO₂** per year.

Trees Improve Our Air Quality - Urban Forestry Network urbanforestrynetwork.org

Each year over 600,000 people travel to Macon, Georgia to see 240,000 cherry trees in bloom. The estimated revenue is over \$6.5 million dollars per year.

Age/Size

Trees are the largest living organism on earth:

- Some coastal redwoods are over 360 feet tall
- Some swamp ash trees are almost 300 feet tall
- Giant sequoia trees can weigh over 2000 tons (4 million pounds)
- It can take 10 minutes to walk around the crown of a giant banyan tree in Calcutta.
- Monkey trees can have a crown of almost 200 feet.

Trees are some of the oldest living organism on earth:

- live oaks can live to be over 500 years
- many giant sequoia trees are **2,500 years** old
- some bristlecone pines are thought to be over **5,000 years old**.

Jungle Lake Clean Out ... AGAIN

February 2020



Jungle Lake math: I averaged 150,000 pounds per day, conservatively, then after my six days I have removed over 900,000 pounds (450 tons) of material from Jungle Lake preventing that much from rotting and decaying only to feed the next bloom!
We're headed on top of this one!
Michael, Breen Acres Aquatics.

“Thank YOU, Michael, and Chris from City Stormwater, for our new plan to restore Jungle Lake to the PRISTINE condition it always enjoyed.” Dr. Ed



Celebrate Gopher Tortoise Day on April 10

Florida's only native tortoise is featured to increase awareness and appreciation for these long lived, gentle reptiles. The complex system of sandy burrows dug by this keystone species provides shelter for 360 other species of wildlife, including the gopher frog, Florida mouse, eastern indigo snake, and hundreds of insects. Without the gopher tortoise, many of these species would not exist.



The Molecule that Made Us

The molecule is H₂O, and this landmark PBS three-part series premiering on Earth Day, April 22 on consecutive Wednesdays dramatically reveals how water underpins every aspect of our existence. Nature Conservancy's chief strategy officer Giulio Boccaletti is in episode 2, along with segments exploring the vital importance of water across the planet. Natural history cinematography uncovers dramatic discoveries and compelling characters deliver important stories about this mysterious molecule. [**TUNE IN OR STREAM THE MOLECULE**](#)

Corona Virus I ~ Physical

Preventively, Dr. Ed is doing Vit. C with Zinc, and Zinc Lozenges (like Cold-EeZe).

Coronavirus causes pneumonia in serious cases.

The good news: with treatment (ventilation with oxygen) almost everyone recovers.

James A. Robb is an American [pathologist](#) and molecular [virologist](#). He has a BA in theoretical physics from the [University of Colorado](#). In 1965 he entered the [University of Colorado Medical School](#) where he received his MD degree. He took a residency in pathology, as well as training in molecular biology, at [Yale University](#), then went to work at the [National Institutes of Health](#). He has been a professor at the [University of California, San Diego](#),^[1] a consulting pathologist at the [National Cancer Institute](#), and director of anatomic and molecular pathology at Cedars Medical Center in [Miami](#), Florida.^[2] He is board certified in anatomic pathology, clinical pathology, cytopathology, and dermatopathology.^[3]

During the 1970s while he was at UC-San Diego, Robb published some of the earliest descriptions of coronaviruses.^[4] He co-wrote the chapter on coronaviruses in the book *Comprehensive Virology*^[5] and published extensively on the subject.^{[6][7]} February 2020 he wrote a "Dear colleagues" letter detailing his advice on **how to avoid contracting COVID-19** and similar diseases. March 2 several sources posted this online and it went viral.^[4]

Subject: **Corona Virus**

Dear Colleagues,

While I was a professor of pathology at the Univ. of Calif. San Diego, I was one of the first molecular virologists in the world to work on coronaviruses (the 1970s). I was the first to demonstrate the number of genes the virus contained. Since then, I have kept up with the coronavirus field and its multiple clinical transfers into the human population (e.g., SARS, MERS), from different animal sources. It is most likely to be widespread in the US by mid to late March and April. Here is what I do and precautions I take. These are the same precautions I currently use during our influenza seasons, except for the mask and gloves.:

- 1) **NO HANDSHAKING!** Use a fist bump, slight bow, elbow bump, etc.
- 2) Use **ONLY** your knuckle to touch light switches, elevator buttons, etc..
Lift the gasoline dispenser with a paper towel or use a disposable glove.
- 3) **Open doors with your closed fist or hip** – do not grasp the handle with your hand, unless there is no other way to open the door.
Especially important on bathroom and post office/commercial doors.
- 4) **Use disinfectant wipes** at the stores when they are available, including wiping the handle and child seat in grocery carts.
- 5) **Wash your hands with soap for 10-20** seconds and/or use a greater than 60% alcohol-based hand sanitizer whenever you return home from ANY activity that involves locations where other people have been.
- 6) **Keep a bottle of sanitizer available** at each of your home's entrances. AND in your car for use after getting gas or touching other contaminated objects when you can't immediately wash your hands.
- 7) If possible, **cough or sneeze into a disposable tissue and discard**. Use your elbow only if you have to. The clothing on your elbow will contain infectious virus that can be passed on for up to a week or more!

What I have stocked in preparation for the pandemic spread to the US:

1) **Latex or nitrile latex disposable gloves** for use when going shopping, using the gasoline pump, and all other outside activity when you come in contact with contaminated areas.

Note: **Virus is spread in large droplets by coughing and sneezing.**

This means the air will not infect you! BUT all the surfaces where these droplets land are infectious for about a week on average – everything associated with infected people will be contaminated and potentially infectious. The virus is on surfaces and you will not be infected unless your unprotected face is directly coughed or sneezed upon. This virus only has receptors for lung cells (it only infects your lungs). The only way for the virus to infect you is through your nose or mouth via your hands or an infected cough or sneeze onto or into your nose or mouth.

2) **Stock up now with disposable surgical masks** and use them to prevent you from touching your nose and/or mouth (We touch our nose/mouth 90X/day without knowing it!). This is the only way this virus can infect you – it is **lung-specific**. The mask will not prevent the virus in a direct sneeze from getting into your nose or mouth – it is only to keep you from touching your nose or mouth.

3) **Stock up now with hand sanitizers and latex/nitrile gloves.** The hand sanitizers must be alcohol-based and greater than 60% alcohol to be effective.

4) **Stock up now with zinc lozenges.** These lozenges have been proven to be effective in blocking coronavirus (and most other viruses) from multiplying in your throat and nasopharynx. Use as directed several times each day when you begin to feel ANY “cold-like” symptoms beginning. It is best to lie down and let the lozenge dissolve in the back of your throat and nasopharynx. **Cold-Eeze lozenges** is one brand available, but there are other brands available.

I, as many others do, hope this pandemic will be reasonably contained, BUT I personally do not think it will be. Humans have never seen **this snake-associated virus** before and have no internal defense against it. Tremendous worldwide efforts are being made to understand the molecular and clinical virology of this virus. Unbelievable molecular knowledge about the genomics, structure, and virulence of this virus has already been achieved.

BUT, there will be NO drugs or vaccines available this year to protect us or limit the infection within us. Only symptomatic support is available.

I hope these personal thoughts will be helpful during this potentially catastrophic pandemic. You are welcome to share this email. Good luck to all of us! Jim
James Robb, MD

Corona Virus II ~ Personal

Sensible overall personal perspective on BEing in today's craziness.

"To the extent that you do expose yourself to NEWS, keep your boundaries up and your fear filters on."



28 Garrett Avenue | Suite 100 | Bryn Mawr, PA 19010 | 619.861.2237

energypsych.org

Speaking of patterns of thought and belief, there is a pattern in the United States with news media. That pattern is drama and fear. While this has existed for a long time, it has grown exponentially since the advent of the 24 hour news channels. When 9-11 occurred, people coming to my office were anxious and traumatized. My number one intervention was: "Turn off the TV."

When people are scared and there is a great deal of confusion, not only do they watch the TV, they do it with their boundaries down. So whatever is on the TV goes right in. It's deeply laced with fear and drama, and it's indirect and hypnotic.

Just like we're supposed to take certain precautions to defend against the actual covid 19 virus, we need to take **precautions against the "virus of anxiety and fear" that is being passed around.**

How can we respond with a high level positive energy? Here are 6 steps you can take.

1. Reduce your intake of fear based media, This is one of the recommendations of the [World Health Organization](#). To the extent that you do expose yourself to it, keep your boundaries up and your fear filters on.
2. Focus on facts as described by relatively objective sources such [CDC](#) and [WHO](#).
3. Focus on the overall picture, not just the drama. For instance, yes it's true that people with compromised immune or respiratory systems are at risk for more serious illness or even death. **The vast majority of people do not have severe symptoms.**
4. Be aware of the historical precedents. There have been other viral outbreaks in the past. There were lots of fears during those times and the world did not come to an end.
5. Keep your anxiety and stress low (anxiety/stress lowers the immune system).
6. Strengthen and support your immune system.

Take appropriate steps to prevent the spread of germs with a light heart.

- Wash your hands often, for 20 seconds
- Wipe down high traffic areas
- Instead of shaking hands, do the elbow bump (Do it with a smile. It's different and fun!) (EC or keep shaking hands, hand hug.)
- If you're sick or compromised stay home until you're well.

In closing, there is a great Taoist teaching tale about a man who loses his horse.

His neighbors are all upset for him, and tell him how it is such bad luck.

He replies, "Perhaps it is and perhaps not."

Then the horse comes back with a second wild horse and the neighbors all say it is good luck.

The man replies, "Perhaps." This goes on for many iterations

The point: remain detached about what's happening this moment. We can't know the eventual meaning of events. We all need to take good care on many levels. This is a wonderful opportunity to stand in love, to take action from a place of greater awareness, and avoid feeding fear.

Warm regards, Bob
Robert Schwarz, PsyD, DCEP
Executive Director


ACEP is a 501c3 Non Profit Association. All purchases support the work of our mission to spread energy psychology and energy healing approaches throughout the world.

Make sure you follow the guidance provided by the CDC – avoid close contact with people who are sick; avoid touching your eyes, nose, and mouth; wash your hands with soap and water for 20 seconds; and clean and disinfect frequently touched objects and surfaces with cleaning spray or wipes.

Latest up-to-date guidance online. www.cdc.gov/covid-19

If you believe you may have been exposed to the virus or are presenting respiratory symptoms of fever, dry cough, and shortness of breath, CDC recommends contacting the Florida Department of Health in Pinellas at (727) 824-6932.

Up-to-date info can be found
at FloridaHealth.gov/COVID19.



**QUESTIONS ABOUT
COVID-19 SYMPTOMS?**

- FOR GENERAL QUESTIONS, CALL THE FLORIDA DEPARTMENT OF HEALTH'S COVID-19 LINE, (866) 779-6121.
- IF YOU'RE EXPERIENCING SYMPTOMS* OR HAVE TRAVELED TO IMPACTED AREAS, CALL DOH-PINELLAS, (727) 824-6900.

*Fever, cough, difficulty breathing

What Will Be the Pressure on the System

Around 20% of cases require hospitalization, 5% require the Intensive Care Unit (ICU), and around 2.5% require very intensive help, with items such as ventilators or ECMO (extra-corporeal oxygenation).

Data from China (1.4 Billion people) shows the Vast Majority of people with Covid-19 only have mild symptoms, then recover

CNN: **72,314** cases studied. <https://www.cnn.com/2020/03/20/health/covid-19-recovery-rates-intl/index.html>

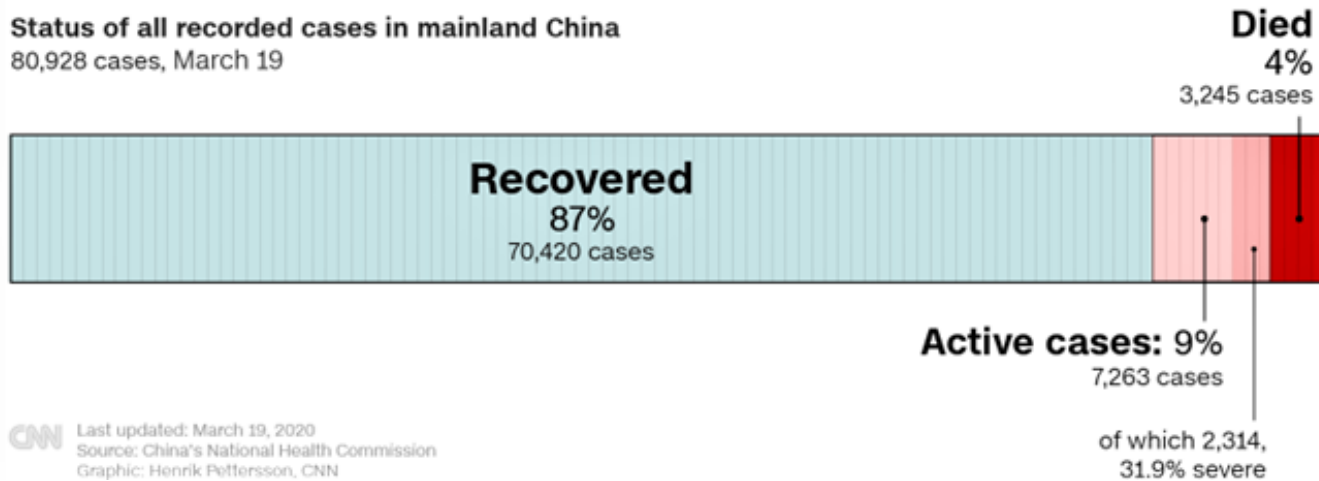
People aged 49 or younger, only 0.2% of those who contracted the disease died.

Most people recover

Data from China, where the worst of the epidemic appears to be over, shows that the vast majority of people recover from Covid-19.

Status of all recorded cases in mainland China

80,928 cases, March 19



Nobel laureate predicts a quicker coronavirus recovery: 'We're going to be fine' <https://news.yahoo.com/why-nobel-laureate-predicts-quicker-210318391.html>

He fears the public health measures that shut down large swaths of the economy could cause their own health catastrophe, as lost jobs lead to poverty and hopelessness. Time and again, researchers see [suicide rates go up when the economy spirals down](#).

Activities for Your Family At Home ~ Free Virtual Tours



- [Disney World](#) offers a free virtual tour of the park on Google
- [Explore](#) offers free live streams and videos from all over world
- [Google Earth](#) is offering free virtual tours of National Parks

- [Legoland](#) offers a free virtual tour of their Lego Hotel
- The [Louvre](#) offers free virtual museum tours
- [NASA](#) offers free virtual tours
- [Seaworld Orlando](#) offers a free interactive virtual tour
- [The National Aquarium](#) live streams of the world's coral reefs
- [The National Women's History Museum](#) offers a free virtual tour and resources
- [The Smithsonian's National Museum](#) offers a free virtual tour
- [The Smithsonian's National Zoo](#) ~ Panda Cam live stream and lesson plans
- The [Van Gogh Museum](#) offers a free virtual tour on Google
- [Wild Earth](#) free educational videos and live streams in the African Safari

REBUILD Safety Railing in Walter Fuller Park



Jungle Terrace Volunteers Clean up WFP's "Cypress Point"



Mark Siler and Dr. Ed cleaning up.

Protect Yourself from Social Security Scams

Scammers are pretending to be government employees. Scammers will try to scare and trick you into giving them your personal information and money. They may threaten you or your family and may demand immediate payment to avoid arrest or other legal action.

**DON'T BE FOOLED!
IF YOU RECEIVE A SUSPICIOUS CALL:**

1. Hang up!
2. **DO NOT** give them money or personal information!
3. Report the scam at [OIG.SSA.GOV!](https://www.oig.ssa.gov)



Social Security may call you in some situations but will never

- Threaten you
- Suspend your Social Security Number
- Demand immediate payment from you
- Require payment by cash, gift card, pre-paid debit card, or wire transfer
- Ask for gift card numbers over phone or to wire or mail cash

The call or email says there is a problem with your Social Security Number or account.

Someone asking you to pay a fine or debt with retail gift cards, wire transfers, pre-paid debit cards, internet currency, or mailing cash.



Scammers pretend they're from Social Security or another government agency. Caller ID or documents sent by email may look official but they are not.



Callers threaten you with arrest or other legal action.

Protect yourself, friends, and family!

- If you receive a questionable call, hang up and report it at oig.ssa.gov
- Don't be embarrassed to report if you shared personal information or suffered a financial loss
- Learn more at oig.ssa.gov/scam
- Share this information with others

Spring Solstice in Stonehenge Park Setting Sun shining down 30th Ave. N. through Columns





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