

April 2020

Harbor Bluffs *Living*

A Social Publication for
the Residents of Harbor Bluffs

· **#CRAWFORDFAMILY**
· **#FromCityToCountry**



#May 30
#Party in the Park
#Harborview Lane
#7-10pm

#GreenPearlPhotography
#CalypsoBayStables



DON'T MISS THE NEXT

“Party In The Park”

ON HARBOR VIEW LANE

MAY 30, 7-10PM

Don't miss the next *Harbor Bluffs Living* and Home-owners Association “Party In The Park”

The last one was such a blast and we have even bigger plans for this one.

Enjoy complimentary food, prizes, and services from all of our amazing *HBL* Sponsors while being entertained by the incredible music of the local Pop/Rock group, “Blue Moon 6”

Come out and have some fun time with your fellow friends and neighbors.

BYOB, blanket, chair, or even a few friends...

For more information, contact us at 727-657-9615 or email at Devin.Pappas@n2pub.com





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	(727) 898-7451	Johns Hopkins All Childrens Hospital



#HBL
#Instagram-Inspired
#Magazine

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April 9 | 6-8 pm
April 23 | 12-2 pm



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All photos courtesy of Dr. Joseph Fitzgerald



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Before



90 Days After
One CoolSculpting Session



Before



90 Days After One
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Before



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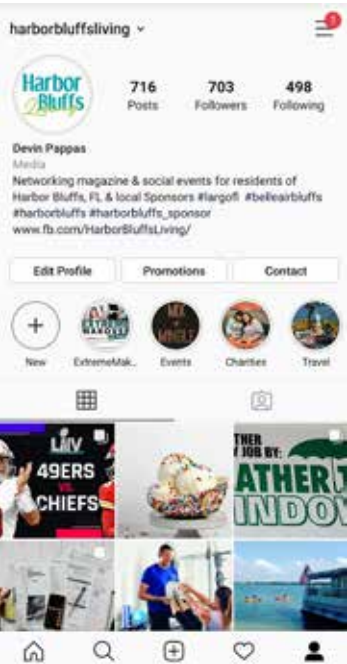


#Wanted
#CoolMom
#CoolDad
#Stories

Introducing HBL First Instagram-Inspired Edition.

Instagram is a new kind of network and it is perfect for the new smartphone age-which is almost all of us! Let's just say, "It is all the rave" "The Cool App."

HBL wants to "Be Liked" by all ages. We want Women, Men, Teens, Kids, Mom's, Dad's, Grandparents ... all ages, to read our magazine!



Let's have fun this month with this Instagram-Inspired Publication. What does this mean?

You will see many photos
Each article will be in a hashtag format (like you would see on Instagram Feeds)

Let's Give It a Try!

#Neighbor'sNightOut
#PartyInThePark
#May30 #7-10pm
#LiveMusic
#VendorDemos
#ComplimentaryFood
#BYOB
#BYOChair
#BringFamily #Friends #KidFriendly

Did you figure it out?

We will be having Neighbor's Night Out with our Party in the Park on May 30, from 7-10pm.
We will have Live Music, Vendor Demos, Complimentary Food. Please BYOB and Chair.
See how easy that was! Fun, too!

Enjoy this unique edition!

#FeedBackRequested
#PleaseStateAge
#Devin.Pappas@N2Pub.Com

#NeedYourHelp

#PetStoriesWanted
#TravelingHBLPicturesWanted
#ToyBoxStoriesWanted
#RecipesWanted
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#TalkRadio #820AM #WWBA #BL #NancyAlexander
#AlKeck #ReginaldRoundtree
#TuneIn #10am-noon
#CarolMoorhead #PetPhotography
#VitalFemme

I would like to apologize for misspelling Phillies in our last edition. I hope you enjoyed that incredible story about Kara Lynn's Kitchen and the Phillies Major League Baseball Team. This article also included the Phillies training schedule.



Devin

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The business owners in *HBL* magazine are personally used by us, for many years! If you are looking for a vet, a pet sitter, groomer or pet photographer, definitely call *HBL* Sponsors first. Please free to contact me directly for a reference (727-657-9615).

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resident recipe
#SendYourRecipe

#PolishAppleFritterRings

#Racuszki z Jablkami

Polish Apple Fritter Rings

Total Time: Prep/Total Time: 30 min.
Yield: about 2 dozen.

Ingredients

- 1 egg
- 2/3 cup milk
- 1 teaspoon vegetable oil
- 1 cup all-purpose flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- Dash salt
- 5 large tart apples
- 1-1/2 cups vegetable oil
- 1/4 cup sugar
- 1/2 teaspoon ground cinnamon

Directions

1. In a bowl, beat egg, milk, and oil. Combine flour, sugar, baking powder, and salt; stir into the egg mixture until smooth (batter will be thick). Peel, core and cut apples into 1/2-in. rings.
2. In an electric skillet or deep-fat fryer, heat oil to 375°. Dip apple rings into batter; fry, a few at a time, until golden brown. Drain on paper towels. Combine sugar and cinnamon; sprinkle over hot fritters. Serve warm.

#traditional #PolishCuisine #AmericanPancake #LikeCrepes #Yummy

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#MEETTHECRAWFORDFAMILY

#Shane #Cheryl
#Michelle #Gabbi
#Ali #PoincianaLane



#family focus

#Athletic #Country
#Football #Family
#CityManagerMadeira
#Realtors

#MeetTheFamily

#Shane #Father
#Manitowoc Wisconsin #PackersFan
#FormerCityManagerMadeiraBeach
#Realtor #Florida2012
#ElectedCountyCommissionerAge19
#WeightLifter
#BenchPressCompetitions
#Semi-ProfessionalFootballPlayer
#Injury #ShoulderSurgery

#Cheryl #Mother

#WhitmanMass #PatriotsFan
#Florida1989 #threeDaughters #Michelle #Gabbi #Ali
#LovesWorkingOut
#WorkedMadeiraBeachCity #Realtor
#CrawfordTeam

#Michelle #Sophomore

#OsceolaFundamentalHighSchool
#Cheerleader #Gymnastics

#Gabbi #oldest #Engaged

#Ali #HairDresser #Duneiden

#Pets #ShihTzus #MichaelJordan
#Age12 #Emma

#FavoriteVacations #Nashville
#NewOrleans #DestinationWedding
#NegrilJamaica #3YearsAgo

#FavoriteTime #Family

#Grilling #Chilling
#FriendsLeadSinger
#C&CMusicFactory
#VanillaIcePopStar #Concerts
#Music #SaltwaterHippieBeachBar
#18ontheRocks #Bonefish
#belleairMarket #Seaweed #EandE

Here are a few words from Cheryl Crawford about how they met.

#LoveAtFirstSight #TrueLove



"Shane and I first met when he came in for an interview for the position of Madeira Beach City Manager, in late December 2011. My desk was located at the front lobby, so I was the first person he saw when he walked through the door. I went over to him to ask him a question and was speechless – if there is such a thing as love at first sight, that moment was it! He began working with me as the City Manager in January 2012, as I was the Administrative Assistant.

Over the next few years, we became best friends and worked closely together every day. I knew that after many years, I had finally found the "One" as they say. Since we were both employed by the City of Madeira Beach at the time, we went before the City Commission to ask permission to date. All five commissioners gave us not only permission but offered to pay for the wedding. But soon after that, one of the five commissioners went rogue and turned on Shane and me.

We had so many obstacles in front of us that on some days it seemed like it was neverending. Between the media and the daily stresses, it **was** neverending. However, we didn't let that slow us down. Neither of us wanted to give up our relationship, as we knew what we had was a "once in a lifetime" love and was worth fighting for! We got married in Negril, Jamaica, in bare feet, just the two of us. I walked down the aisle to our favorite Bon Jovi song, the acoustic version of Livin on a Prayer!

Shortly after we got married, the city election was held and a new mayor elected. In just three hours during a public

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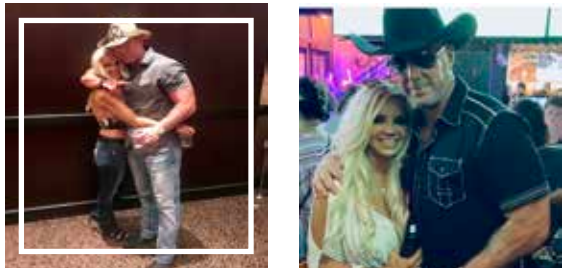
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...

commission meeting, we both were forced to resign from the only jobs we have ever loved. Many citizens and the former Mayor fought for us and our relationship that night, but sadly we lost the fight.

However, we moved on and are now going on three amazing years of marriage! We moved from Madeira to Harbor Bluffs and we love it!

I believe if you find true love, it's worth fighting for and it will always prevail!"

#ThankYouForSharing #Welcome #HarborBluffs

We recently met this couple ourselves and all we can say about them is **#WOW #Warriors #NeverGiveUp #Positive #KeepMoving #ExceptionalRoleModels #IncredibleWorkEthics**

In Shane's own words, here is something unimaginable that they are dealing with. *HBL* asked Shane what are some of the hobbies that they like to do together, and here was his response.

"It's ironic that I am writing the following in response to what we view as our hobbies. Cheryl and I pride ourselves on physical fitness. I like to lift weights and I was training competitively for bench press competitions when I damaged my right shoulder playing semi-pro football, which now requires reconstructive surgery later this month.

However, Cheryl gets the award on surgeries. We recently found out that she has a degenerative eye disease that would cause total blindness if she didn't have a double cornea transplant surgery. She had the first of the two surgeries last month and is scheduled to have the second surgery next month.

So, despite being big fans of being in the gym and working out, we've been absent from LA Fitness for two months now due to our recent injuries, but we're hoping to get back to the grind as soon as possible."

#IncredibleFamily #ThanksForSharing



#ThankYou #CalypsoBayStables #Largo #PhotoShoot #GreenPearlPhotography



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#Icelandreallyiscold

A recent trip to Iceland gave me an opportunity to learn more about this amazing destination, its very kind people, and the amazing landscapes one can find there. Check out some of my pictures and then let's plan your next trip!



The capital of Iceland, Reykjavik, is only a five and half hour nonstop flight from Orlando
#Icelandair #quickflight #gethereforbreakfast



#mountesja #paradise4hikers #volcanoes



#perlawondersoficeland



The Ice Cave at Perla is the first of its kind in the world. It is 100 meters long, built with over 350 tons of snow from the Icelandic Mountains.
#perlawondersoficeland
#therealthingisyettocome



This is the only thing that'll make me stay outside in 5-degree weather for 3 hours straight: The magnificent Northern Lights dancing across the night sky
#northernlights #aureoraborealis #juststunning

Nature at its best. #skogafosswaterfall #dontgetwet



Visiting Hvitserkur, the rock formation in the background once used to be a troll! And the magazine came everywhere.
#hvitserkur
#webelieveintrolls
#harborbluffsivinggetsaround



Reynisfjara – the most beautiful black sand beach in the world. The average temperature in the summer is 54 degrees
#blacksandbeach
#reynisfjara
#basaltcolumns

Probably my favorite part of this trip, getting on the monster truck to take the snowmobiles to the base of Langjokull glacier
#monstertrucks
#bravingthecold
#only6hoursofdaylight



Inside the world largest man-made Ice Cave of Langjokull glacier
#manmadewonders #langjokull #icecave

Getting ready to board the snowmobile
#whatsthecrowdoingthere #feelingliketheonlypersonintheworld
#ontopoftheworld

This is what a 12 thousand-year-old glacier looks like
#feelingyoungandspringmyself #awestruck #itsallmelting

After an exhausting six days, we finally got to relax in the famous Blue Lagoon
#bluelagoon #weneededabreak
#15onthetop90onthebottom



#comingnextmonth

#MrsDriftwood
#TheKidsOfDriftwood
#CommunityAngels

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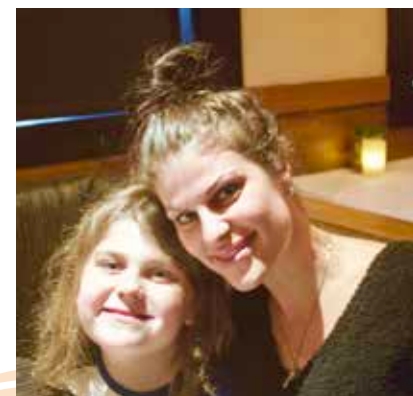
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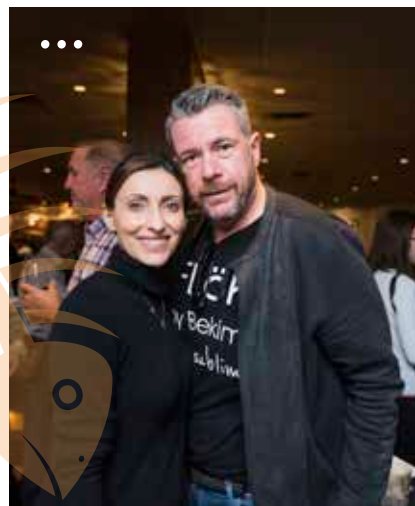
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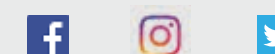
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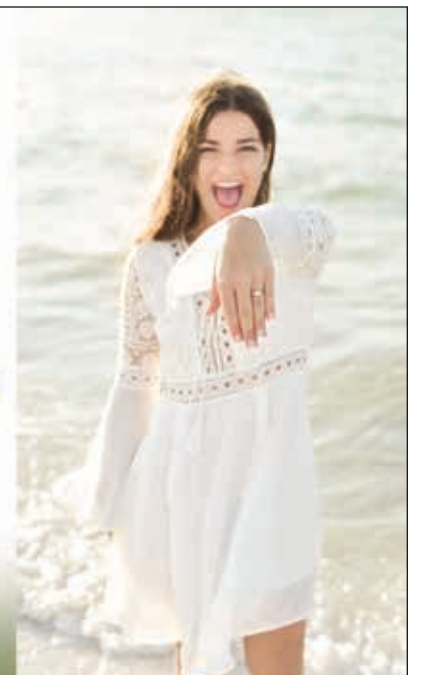
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#April Happenings

around town

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#FromEvents

Venue Information

Ruth Eckerd Hall (REH) 727-791-7400

Central Park Performing Arts Center (CPPAC) 727-587-6793

Billheimer Capitol Theater 727-791-7400

Palladium Theater 727-8223590

April 1 April Fools Day – Did someone play a joke on you?

Please share with us! Devin.pappas@N2pub.com

April 1 The Edward Twins CPPAC

April 2 Bollywood Boulevard at CPPAC

April 3-4 Frankie Valli & The Four Seasons REH

April 4 Rotary Club of Indian Rocks Runs the Beach 5K-run or

1-mile walk 1700 Gulf Blvd., IRB 8am

April 4 Taste at The Stratz-Taste of Tampa Bay Stratz Center
813-229-7827

April 8 Young Dubliners Pop & Rock Band CPPAC

April 8 Free Event-Women on Water Course at Marine Max U.S.

19 Clearwater 9am-Noon

April 9 Martin Barre Band/An Evening with Jethro Tull Music CPPAC

April 10-26 Sugar Sand Festival Pier 60 Clearwater Beach
April 11 Art Exchange Vendor Show in St. Pete 5-9pm

April 11 Patton Oswalt comedy show at Capitol Theater

April 12 Easter
April 15 Palladium Chamber Players at Palladium,
St. Pete

April 16 Seminole Rotary Golf Tournament at
Seminole Lake Country Club

April 17-18 The Price is Right REH

April 18 Free Event Intro to Boating Course at Marine Max U.S. 19

Clearwater 9am-Noon

April 18 O Sole Trio at Tarpon Springs Performing Arts Center
727-942-5605

April 18 RCS Gala

April 19 Brides for the Arts Wedding Expo 11am-2pm CPPAC

April 19 Rain-Tribute to the Beatles at REH

April 19 Greek Easter

April 20 The Bronx Tale-The Musician at REH

April 21 Brian Culbertson XX Tour Jazz/funk/R&B at Capitol Theater-

April 25 Hey Kids Biscuit at CPPAC from 11am-Noon

April 25 ABBA Show in Hudson

April 26 Ladies Breathe: A Gathering for Women in Spiritual Leadership
at Chapel by the Seas Clw. Beach

April 30 Tower of Power-blues music legends Capitol Theater



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New 2020 Coastal Flood Maps

In 2019 FEMA announced new Coastal Flood Insurance Rate Maps. Many properties have been moved into lower risk flood zones and/or the Base Flood Elevation (the elevation where there is a 1% or greater annual chance of flooding) will be reduced. However, there will be some areas where homes are moved into higher risk flood zones and/or the BFE will be increasing. Check the website below to see if the new maps will affect your property:

Pinellascounty.org/flooding/maps

If you see that your flood risk is going to change with these new maps — don't panic! There are many solutions and options available, even if you are being moved to a higher risk flood zone.

To help you navigate the new system, sign up at www.MyHarborBluffs.com and join us to learn more about your options.

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Tuesday, April 21, 2020
6:30pm-8:00pm
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Register at www.MyHarborBluffs.com or call Megan or Julie to RSVP.

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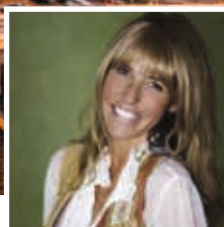
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Criss-crossing the globe, FLÖK's New Artistic Director Daniel Roldan is hailed as a hair rock star in more than 40 countries. From India, Italy and Indonesia, to Prague, Spain, China, Dubai, and now Clearwater, Florida, this gifted artist has mastered the international language of beauty. He prides himself on being able to adapt and communicate with every audience, as he strives to lift the skills and imagination of his fellow hairdressers in every corner of the world.

Daniel launched his career in Cleveland, Ohio where he was owner of Azuca Salon. He grew the business from a six-chair salon to a fifteen-chair salon. In 2001, Daniel accepted an offer with Matrix to relocate to New York and introduce the brand through education worldwide. He sold his portion of the salon he owned when he accepted the Martix offer. As an educator for L'Oreal Matrix, it did not take long for him to discover FLÖK by Bekim. The minute he walked in to FLÖK, Daniel knew he wanted to join the team.

Best known for his cutting skills, Daniel believes that any style is enhanced by color, so he always creates a color pattern when he designs a cut and style. No matter what he's teaching, he has the ability to empower stylists to create "that moment when a client looks in the mirror and her stress melts away as she takes in her transformation," as the single most motivating aspect of his work.

His soft-spoken, polished demeanor and substantial expertise has resulted in Daniel styling for Rosario Dawson for Forever Mark Diamonds, NYFW runways like Yeezy Season 3 and Julianna Bass, Dancing with the Stars pro Witney Carson and Peta Murgatroyd. Victoria Secret models Lindsay Ellingson and Bregje Heinen. NYC Ballet Miriam Miller, Zachary Catazaro and Chase Finlay. Celebrity Host Giuliana Rancic and actresses Michelle Rodriguez, Justina Machado, Mena Suvari and Devon Aoki. He is also sourced regularly by beauty publications like *Culture Australia*, *Hair's How Russia*, *Expert Edge US*, *Marie Claire*, *Irk Magazine*, *Allure*, *Glamour*, *Cosmopolitan*, *Seventeen* and *Vogue* as well as by trade journals like *American Salon* *Modern Salon* magazine. He has worked with, *The Today Show*, *Fox News New York*, *Montel Williams* and *Oprah*.

Daniel has also been a finalist for the North American Hairstyling Awards (NAHA) in the Texture category in 2011, 2016 and 2017.

He is the Co-Founder of dR Hair Styling Co. Creator of the innovative hair weaving tool, STITCH, TEXTURE COLOR GLOVE and CUTTING TOOLS. His products are available for purchase on his website, Product Club, Salon Centric and now FLÖK's Artistic Director and educator.



Daniel Roldan
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#didyounow?

#StrengthTraining = #Anti-Aging + #Weight-Loss

By Nathan Temple



What's Your #Fitnesslifestyle?

Strength Training Is More Important Than You Think For #Anti-aging and #Weightloss

Anaerobic exercise (a.k.a. strength training) may be the secret to #longevity. In a study published in the journal @PreventiveMedicine1, researchers @PennStateCollegeofMedicine found a link between strength training and #longerlife.

In 2016 the Penn State #team analyzed data for all ages from @NationalHealthInterviewSurvey collected from 1997-2001 and linked it to future death certificate data (through 2011) for those 65+ representing more than 30,000 people at the time of the 2016 study. In the study group, a mere 9.6 percent reported strength training at least twice a week. Those #crushingastrengthday had a 46 percent lower risk of early death than people who didn't strength train. They were also 41 percent less likely to have a cardiac-related death and 19 percent less likely to die from cancer. The results held even after adjusting for other lifestyle factors like smoking or alcohol use. #Lift4life

**What's even better than strength training alone?
Keep reading!**

#HIIT (high-intensity interval training) that includes strength training has been well established as a transformational full-body functional exercise. Its benefits include boosting your #metabolism, burning a ton of #calories in a crazy-quick amount of time (even after the workout is over via #afterburn), preserving #muscle, and boosting #aerobic fitness. #HIITsAllGood #Strength #losethetreadmill

#HIIT may have an even bigger #FountainofYouth style benefit. Scientists analyzed three groups of people doing 1) HIIT, 2) strength training and 3) a combination of strength and cardio over the course of 12 weeks in a new study2 published @Cell_Metabolism. Researchers found that all three types of exercise improved lean body mass, but only the people doing HIIT had improvements in aerobic capacity and exercise capacity of their muscles' mitochondria (the powerhouses in your muscle cells). As you #age, mitochondria become less efficient, which is linked to #insulin resistance and lower #cardiorespiratory fitness, according to the researchers. The HIIT regimen actually appeared to reverse the age-related decline in mitochondrial function and proteins needed for muscle building. #FeelingYoung #LivingYoung

A study3 in the journal @Obesity suggests that strength training combined with a healthy, low-calorie diet, can help preserve lean muscle mass that's lost through aerobic workouts. "When weight loss occurs in the absence of strength training, all facets of body composition are lost." "You lose some weight in fat, some in muscle, and some in bone — and it's unfavorable to lose weight that's coming from both muscle and bone." That's why strength training is so important! #GetItDone #FunctionalFitness #Weightlifting

Come #strengthtrain in a safe, fast, fun and effective #HIIT program @F45TrainingLargoEast!

1 <https://www.sciencedirect.com/science/article/pii/S0091743516300160>

2 [https://www.cell.com/cell-metabolism/fulltext/S1550-4131\(17\)30099-2](https://www.cell.com/cell-metabolism/fulltext/S1550-4131(17)30099-2)

3 <https://onlinelibrary.wiley.com/doi/full/10.1002/oby.21977>

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R⁵ SKINWORKS
MEET OWNER, MARTHA ROSS

*If Your Skin Is Not Becoming To You,
You Need To Be Coming To Me*

HBL-Where did you grow up?

MR-I was born in St. Petersburg and lived there until my sophomore year of high school when I moved to Crystal River where I graduated. I was the first person in Florida to be able to attend college before finishing high school (Congressman Bill Cramer was my uncle.).

HBL-Tell us about your family.

MR-My immediate family consists of my husband, Michael, who has worked at Honeywell for 35 years as a Senior Quality Engineer; Cody, our 6-year-old Golden Retriever, and our Severe McCaw, Jazzie, who is 35 years old.

HBL-Tell us about the events that led up to where you are now

MR-Working for Honeywell for 30 years was very stressful, so once a month I would treat myself to a facial to help me de-stress. I have always been interested in skincare, so in addition to working, I was involved in Direct Sales, selling Artistry (a skincare and cosmetic product-line owned by Amway). The training the company provided was unmatched by anything else available at that time.

When I retired early from Honeywell, I took care of my young grandchildren. When the “grands” were old enough to start preschool, I became an Independent Consultant with BeautiControl and started my own business, Mobile Day Spa Creations. BeautiControl was owned by Tupperware Brands and they also provided extensive training. I was holding Resort and Home Spa Parties, which focused on my teaching/providing Home Regimen information to the guests. Through that process, I learned about the ingredients and saw first-hand what worked.

My local clients wanted **me** to do their facials, so I finally decided to go back to school in order to obtain my aesthetics license. For some people, making the decision to go back to school might not have weighed as heavily upon them as it did with me. Going back to school was a very personal matter to prove to myself that I was still able to learn despite injuries I had suffered 35 years ago, in three accidents within two years. The first, a boating accident, left me with traumatic brain injuries and a quadriplegic for seven weeks.

I initially enrolled in the Basic Fundamentals Esthetics program, as I thought that was all that I would need. It didn’t take me long to understand that if I wanted to keep clients, I needed to be able to do more advanced treatments. In order to handle those treatments, I knew I would need more training, so I registered for the Clinical Program. I continued Mobile Day Spa Creations, which brought me extra income while I was attending school full-time.

I completed both programs in 11 months and graduated with Honors in September 2017. BeautiControl closed the very same month, which put some 3,000 consultants out of business. It was a blessing that I had something else already set up. As I was graduating, I realized that I didn’t want to work for anybody else. Plastic Surgeons and Dermatologists’ offices didn’t want to “take time” with their clients. Their thought process was how fast could they get the next client in/out. I wanted to be able to spend whatever time was needed for each of my clients so that I could address their concerns. Quality remains **so** much more important to me than quantity.

Before opening my R5 Skinworks Studio, I was conducting De-Stress Programs for large and small companies, visiting some of them on multiple occasions. I have been to Moffitt Cancer Center, All Children’s Hospital, Lockheed Martin (both local locations), and Honeywell, just to name a few of the larger corporations. I have also been to several banks and Pinellas County Schools. It’s a Win-Win

for both the businesses and employees, as I am invited in by their Managers as an Employee Appreciation perk for work well done. I not only relax the employees through Spa Treatments that they can continue at home, but I also provide visual relaxation techniques and teach deep breathing and simple exercises that they can take with them and continue to help in maximizing their productivity.

It is funny how my business name came about. Moffitt Cancer Center was having their Employee Vendor Day in which I was taking part and the theme was “climb to better health.” Prior to the event, I woke up in the middle of the night picturing climbing stairs. I began working on a flyer, **Renew, Refresh, Restore, Revitalize, and Rejuvenate your Skin.** When it came time to name my new business, I knew I no longer wanted the word Mobile in my business name, so I came up with R5. It took time for me to imagine the Skinworks portion of my business name, but with “it works” being a big catch-phrase at the time, it eventually came to me.

I opened my studio in November 2017 and have never looked back. Because I am always looking for more information to expand my industry knowledge, I continue ongoing training by attending conferences, Webinars, and meetings, and by taking part in business networking opportunities.

HBL-What is your business and what is unique about your business (what sets you apart from the rest)?
MR-I am the owner of my own Facial Studio and I am the only Esthetician there, so appointments are necessary. I am located within an existing hair salon, Locksmiths Hair Designers, in Clearwater.

My passion is to be able to transform the skin. Some clients only want a good cleansing, exfoliation, and massage. I do that, too, but typically there is something about your skin that you aren’t happy with, and you don’t want surgical downtime and expense. I am the Non-Surgical option, and although we can never guarantee results, mine have been incredible! It was wonderful hearing one of my acne clients say that she no longer had to wear makeup to cover up active breakouts and scars. Her confidence levels have soared!

When I first opened my practice, I was looking for the best products that provided the best results. I also wanted everything to be holistic in nature, as ingredients are of the utmost importance to me. I never use **anything** that I haven’t first tried myself for a few months. If I don’t like the results, I won’t use it. Through that process, I found a Cosmeceutical Peptide Company whose products I like and use, and I had just finished my Level 3 Certification with the



company. They started out as a Bio-Science Lab looking to work with cancer patients. They wanted to understand why the cells mutate into cancer cells and what they could do to repair those cells. Through sequencing and bonding amino acids, peptides were formed to signal the cells to repair themselves. So, yes, I am oncology-trained as well.

I am now delving deeply into Skin Physiology, so I can understand what the root causes are for specific skin issues and then be able to prescribe the correct peptides to repair. These bioactive peptides have pharmaceutical ingredients that work at the cellular level to message the cells to repair, (i.e.: post-sun damage issues). I can’t say enough about them. When you set up your consultation and first appointment, expect to bring all the products you are currently using on your face. We will talk about your skin goals and I’ll work with you to put together a plan for how we are going to reach those goals. Repair takes time – everyone repairs in different time frames, but you will most certainly see results after your first or second treatment.

One of my Marketing clients was so happy with the Power Peptide Facial he received that he suggested to the Producer of the BLOOM TV program, on WTTA, that I appear on the show. They did have me on for a 5-minute segment. On the show, my daughter, Hilliary, sat in as my client and the feedback I personally received from viewers I know, was that they valued the information I presented. **You can**

**For Harbor Bluffs Residents:
Your first appointment:
Receive a Free Consult (30-45 minutes), and a 15 percent discount from your first facial. Home Regimen Products will also be available if you decide you want to continue your repair process, which does not happen overnight. Home Regimen is very important for quicker results.**



see it on my website: <https://r5skinworks.com>. Scroll down the landing page.

HBL-Given your business expertise and the nature of what you do, what advice **can you offer to the residents?**

MR-Schedule a consultation and first appointment. It is typically a Deep Cleansing/Oxygen Facial, as I want to be able to get off the dead skin and see how your skin reacts. The second appointment will be addressing your specific concerns.

Monthly, or every 4-6 weeks, you should be getting some type of Professional Cleansing/Exfoliation. I will do peels, but I have other options that aren't as harmful to your skin. I am all about repair.

In addition, I am the type of person who will do just about anything for my family and/or clients, within reason! Because

my clients mean everything to me, I want to work with each of them to address their specific skin concerns and find solutions. I cannot diagnose medical issues, but if I see anything that doesn't look right, I will tell you to schedule an appointment with a Dermatologist.

I also support fundraising charity events by providing spa certificates for silent auctions, vendor events, and spa parties on location for any occasion and work in my studio. Any advanced aesthetic treatments must be done in my studio, due to the sanitized environment.

HBL-Future events or specials planned?

MR-I do have a Medical Director, Dr. Doug Hall. He is a Functional Medicine Doctor. He was an OB/GYN for 25 years and wanted more. He has studied and continues studying to understand our DNA and to be able to get to the root causes of medical issues. He calls himself the Medical Detective and he specializes in Stem Cell treatments. I am not interested in doing injectables or lasers as they can do more harm than good, but I am interested in learning about Stem Cells and having pharmaceutical products available to me. My plan is to grow my practice to be able to accept insurance, especially for acne clients. I am also exploring other locations to allow me to bring in a receptionist, massage therapist, and a Fundamental Esthetician.

HBL-What are you most proud of about your business?

MR-The majority of my work life has been working for someone else. This is my second career and I am most proud of having my own skincare business because I love what I do, I am passionate about helping others, and I am dedicated to helping my clients love the skin they are in.

If your skin is not becoming to you, You need to be coming to me! Your skin is my reputation!

Business contact information (phone, address, website, email, etc.):

Martha Ross – Owner and Aesthetician

R5 Skinworks LLC

410 S. Comet Ave.

Clearwater, FL 33765

727-492-1041

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2. **Let Light In:** Bright rooms feel warm and inviting
3. **Fix Anything that is Broken:** Buyers will notice and may offer less for your house if repairs are needed
4. **Small Tasks Make the Biggest Differences:** Cleaning and fixing smaller things can really make the house shine, such as replacing the welcome mat, washing your windows, checking to make sure exterior lighting works, decluttering your home, painting or replacing house numbers, and many more similar tasks make big differences and could help you sell your home faster.



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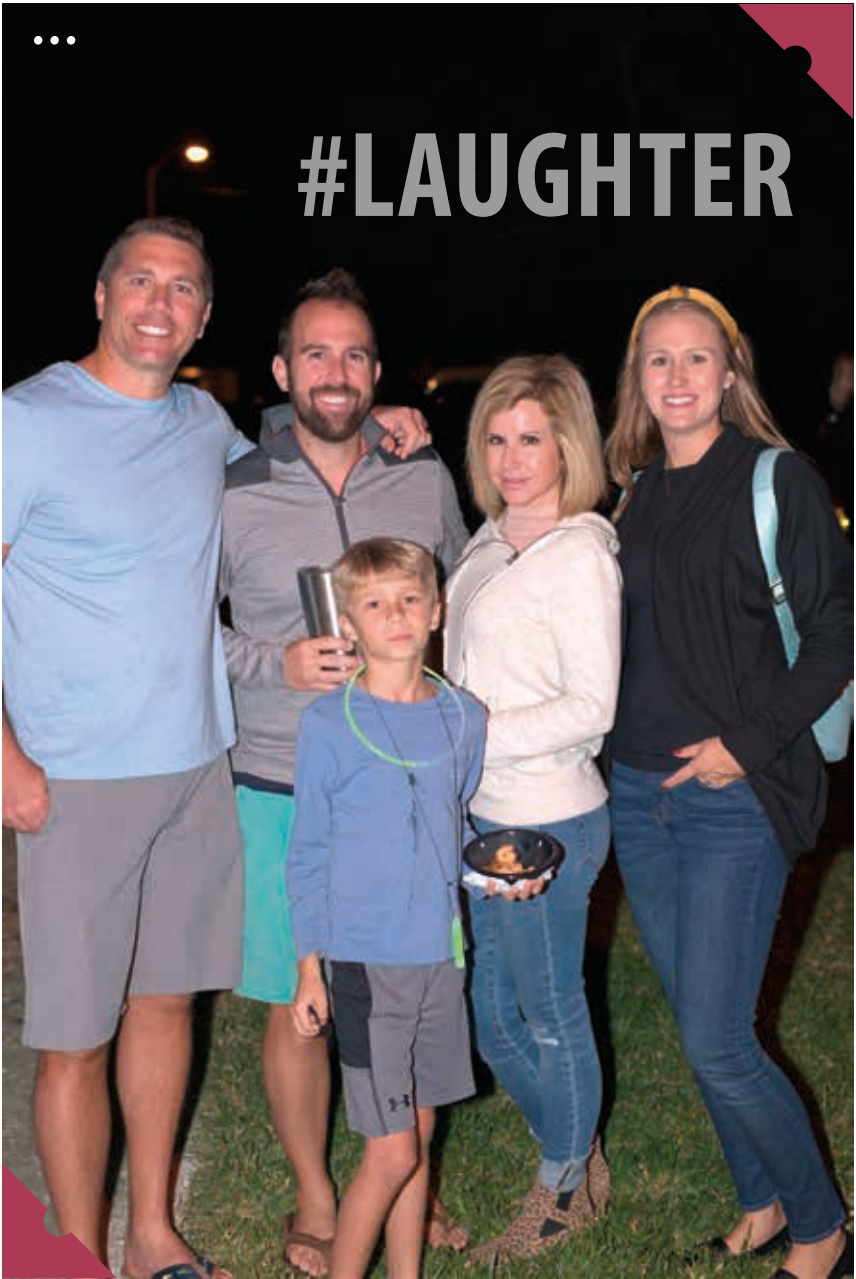
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AUTISM

IS "AWESOME-TISM"

April Is National Autism Awareness Month

Local nonprofit "Help Us Gather" shares more on autism and shines a spotlight on a few members of our community with autism who are thriving.

Chances are you know or have met someone who has autism. According to the U.S. Centers for

Disease Control and Prevention, about 1 in 59 people have been diagnosed with autism spectrum disorder. Autism is referred to as autism spectrum disorder because each person with autism has a distinctly different experience. Many

people with autism have sensory processing sensitivities. This means they perceive their environment in a different way. For example, people with autism may be more sensitive to loud noises, bright lights, and certain sound frequencies. They may be able to hear high or low-frequency sounds that are typically undetectable to people without sensory sensitivities. Keeping environmental factors in mind in businesses and schools can greatly improve the experience a person with autism has. Be ready to turn down the lights, unplug electronics or lower the music to ensure everyone is comfortable and welcome in the community.

Despite differences in sensory experiences, many people with autism are achieving incredible things. In fact, just in the Tampa Bay area, there are many inspiring stories that have reached all over the globe. On the next page you will meet Mark Fleming, a personal trainer with autism who created a one-of-a-kind business that was featured on CNN; Rachel Barcellona, a young woman who represented people with autism at the United Nations; and Harbor Bluffs resident Cierra Reynolds, whose big voice recently filled Tropicana Field when she sang the national anthem.

Help Us Gather (HUG) is a local 501(c)(3) charity with the mission to advocate for inclusion and connect people with disabilities to social events and activities. One way HUG advocates for inclusion is by helping catapult stories of individuals with disabilities into the media. HUG has submitted press releases and made promotional videos on behalf of the inspirational individuals featured in this article. HUG proudly celebrates the accomplishments of the many remarkable men and women with autism who are changing the way the world views this diagnosis.

Many people with autism are achieving incredible things

1 in 59 people have been diagnosed with autism spectrum disorder



Want to get connected or find volunteer opportunities?
Learn more about [HelpUsGather.org](https://www.HelpUsGather.org)

MARK FLEMING

Mark Fleming has been profiled by CNN and featured in TV segments and online blogs throughout the country. Mark is the first trainer with autism to own and operate his own fitness studio specifically designed to cater to clients with special needs.

His gym is called Equally Fit. He trains clients of all abilities on how to incorporate exercise and fitness into their routines, helping them live healthier lives. When Mark's gym opened in early 2019, HUG helped spread his story, showing how an individual with autism can both serve as a role model and inspire people around the world.



Mark Fleming

RACHEL BARCELLONA

Rachel Barcellona is about as accomplished as they come. In 2019, Rachel was chosen to speak to the United Nations about autism. Rachel is also a model who has been featured on billboards throughout Times Square in New York City. Rachel was also the first-ever Miss Florida contestant with autism. Rachel is an accomplished disability advocate who takes on multiple leadership roles, including being selected as a board member for the Center for Autism and Related Disabilities (CARD-USF). Rachel has won dozens of awards for not only her creative work but also for community service. When Rachel steps on a stage or speaks to a crowd, she shows the world that people with disabilities can accomplish anything.



Rachel Barcellona

CIERRA REYNOLDS

Cierra Reynolds is a gifted singer who calls her autism "awesome-tism." Many people with autism enjoy having a specific hobby or routine. For Cierra, having autism has helped bring her love of singing to a new level, thanks to countless hours of research, voice lessons, and performances. Cierra is currently a vocal major at St. Petersburg College and is also the lead vocal in a band called "De La Nova." Last July, she performed the National Anthem at the Tampa Bay Rays game. Cierra plans on making it big, as the sky's the limit for this confident young woman whose performances leave her audience inspired.



Cierra Reynolds

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HELP US GATHER'S
COMMUNITY INCLUSION AWARD

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On a typical Monday, the salon is closed and employees are getting a much needed day of rest. However, on Monday, January 27th, this talented and caring team opened their doors to a dozen individuals with disabilities, providing full service hair and makeup at no cost. The salon also coordinated with L'Oréal to provide generous gift bags for each participant and a one-of-a-kind experience.

The FLÖK by Bekim salon owners approached Help Us Gather, or HUG, a local nonprofit that advocates for the inclusion of people with disabilities, to coordinate this special experience.



"FLÖK by Bekim understands that every person is valuable," said Robin Lally, founder of HUG. "We are so lucky to have local business owners who make inclusion a priority."

HUG commends the entire FLÖK by Bekim team for their outstanding efforts to make individuals of all abilities feel valued.

You can visit FLÖK by Bekim at 609 S. Fort Harrison Avenue in Clearwater. Call (727) 223-8998 for appointments. To learn more about Help Us Gather, visit HelpUsGather.org



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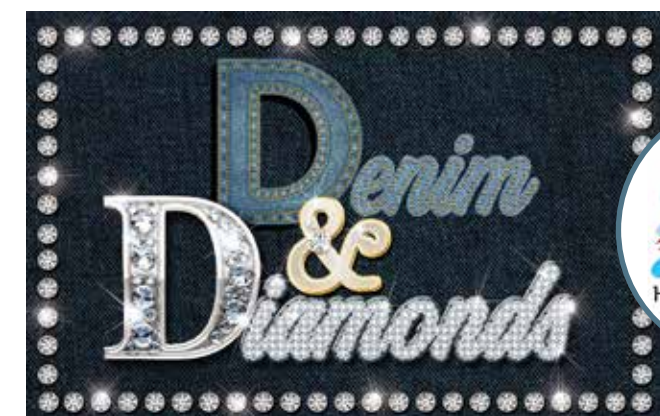
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SUPER-FOODS for Menopause

Find Out Why Avocados, Flaxseed and Pomegranates are Good Choices.

By d'Alene Fallon, a Certified Holistic Nutritionist



#FOODFORTHOUGHT

The issues at the forefront of the menopause conversation tend to center around hormonal imbalance, mood, weight gain, and cancer prevention. What addresses all of these issues (and then some)? A whole foods, plant-based diet. There are even a few Menopause Super-foods that specifically target some of the most troublesome symptoms, and incorporating these foods in sufficient quantity can lead to improvement in many of your symptoms - as well as some you didn't even know were related, like inflammation, elevated blood sugars and cardiovascular issues - and you will absolutely be healthier as a result.

It's not a magic pill, but it IS science. Here's your shopping list.

AVOCADOS

Go ahead and order that avocado toast – it could balance your hormones! Yep, it's true - the plant sterols in avocados block excess estrogen absorption and promote progesterone production in wom-

en, making them super useful in your menopause pantry. A 2011 Iranian study comparing phytoestrogen therapy (soy + avocado) to HRT showed that the two therapies had identical results in reducing hot flashes - by 42.5%. In addition, both therapies had similar reductions in depression, anxiety, and sleeplessness after two months of treatment – with NO side effects in the phytoestrogen group. In addition, the healthy fats in avocados work wonders on regulating insulin and promoting weight loss, as well as balancing the stress hormones produced by the adrenals. They are easy to incorporate into your diet no matter what protocol you follow (Vegan, Paleo, Keto, etc.), and are plentiful and easy to find year-round. You can even add them to brownies or pudding, so that's a plus.

FLAXSEED

Flaxseed has shown promise specifically in relation to managing hot flashes; in studies, a daily dose of 40g (about 4 Tbsp) taken over six weeks reduced hot flashes by 57%. Participants also reported an improvement in joint pain, mood, and “quality of life.” It's important to note that it is the ground or whole flaxseeds - not the oil – that seem to be most effective. Flaxseeds add a subtle nutty flavor to salads, roasted vegetables, and grain dishes; and can easily be thrown into your morning smoothie without changing the flavor at all. Buy them whole and store in the refrigerator; use them as-is or grind them just before using to preserve the efficacy of the oils. Don't buy them in bulk bins, as you don't know how long (or how well) they have been stored, and the oils may have been compromised by temperature fluctuations.

POMEGRANATES AND POMEGRANATE SEED OIL (PSO)

Because of their dense phytoestrogen level, pomegranates, especially in the extract or oil form, are the subject of several recent studies on menopausal women. Improvements in hot flashes, sleep disorders, fatigue, and irritability were shown after four weeks of treatment (1,000mg of pomegranate seed oil). But just eating the fruit or drinking the juice has multiple benefits as well: it is a super antioxidant, with three times the amount of antioxidant power of either green tea or red wine; it reduces inflammation, fights breast cancer, reduces arthritis and joint pain, and improves memory. Oh, did I mention that one animal study even showed a decrease in visceral fat with prolonged ingestion of PSO? Even better: vaginal dryness was shown to improve by about 40%! This is promising indeed, as natural methods seem to be pretty effective across the board on hot flashes and mood, but I haven't seen much at all about how to address the sexual side effects of menopause. Bottom line: add pomegranates to everything! The juice is delicious and can be used to make salad dressings, sauces, and refreshing drinks; the arils are a great



topping for salads, vegetable dishes, and breakfast dishes like oatmeal and (non-dairy) yogurt parfaits.

Does all this mean that crushing a giant bowl of guacamole on a daily basis will eliminate your hot flashes? Probably not. But it is compelling evidence that moving towards a plant-based diet incorporating these Menopause Super Foods can go a long way in keeping you healthy and feeling on top of your game throughout this next chapter of your life.

You can do this – start right where you are and begin your journey to vibrant health through menopause and beyond with your very next meal.

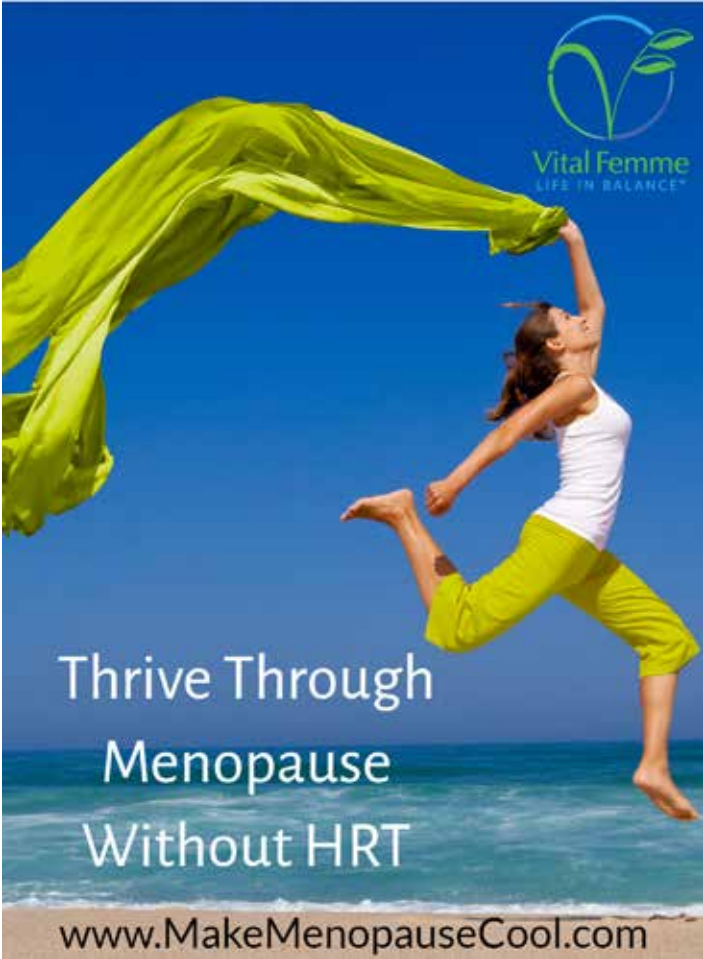
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Are there health or nutrition concerns you'd like to see covered? I'd love to hear from you! Send questions, feedback, or just say hello to: dalene@makemenopausecool.com.

Here's to Sunshine and Health,

d'Alene

P.S. If you'd like to join the conversation, you can find details about monthly Meetups and other events, as well as research and resources to help in your own health journey at www.MakeMenopauseCool.com.



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2 T WORTERSHIRE

1 T PAPRIKA

1/2 T GARLIC SALT

1/2 T SALT

1/2 T PEPPER

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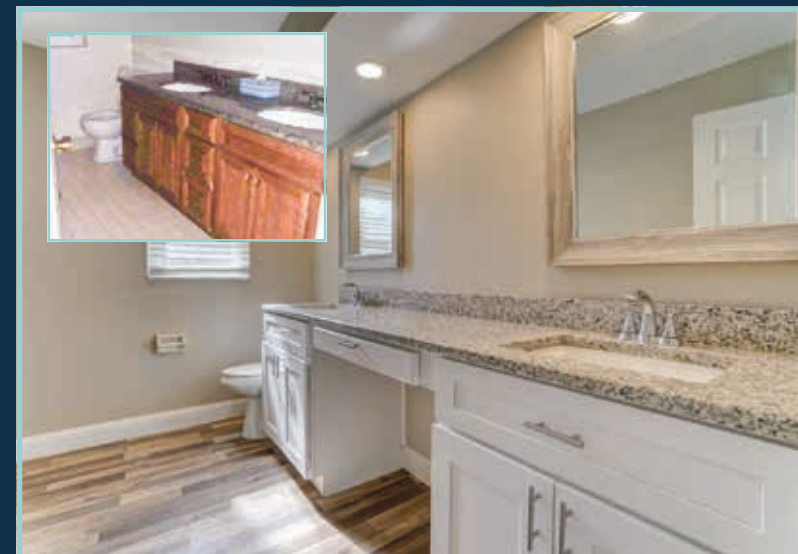
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