

May 2019

Harbor Bluffs

Living

A Social Publication for
the Residents of Harbor Bluffs

**MEET THE
TROPFS**
of Live Oak Lane



"Cinco de
Market" party
May 5th 5-7pm

FIT4MOM Class
May 24th
9:30 am

photographs by
Beth Kelly Photography

TENACIOUS! HONORABLE! EXPERIENCED!

I'm not your typical Realtor®

MY CLIENTS COME FIRST, CALL ME

“SABRINA NOVA” TROPF
Realtor®

HOLLAND ASSOCIATES

DIRECT: 310-927-8876



Pinellas County born and raised with a little LA in my heart.



IMPORTANT PHONE NUMBERS

EMERGENCY

911	Emergency
(727) 587-6714	Largo Fire Rescue
(727) 582-6200	Pinellas County Sheriff
(727) 442-4128	Domestic Violence Hotline
(800) 222-1222	Poison Control Hotline

COMMUNITY CONTACTS

NEIGHBORHOOD

(727) 585-4379	Crime Watch Leader Darlene Sheets
(727) 582-6200	Suspicious Activity
(727) 584-6695	HOA - Professional Condo Concepts Nikki McConnel 2181 Indian Rocks Road S. Suite #1 Largo, FL. 33774

UTILITIES

(727) 443-2641	Duke Energy
(727) 464-4000	Pinellas County Utilities - Water and Sewer
(727) 462-4900	Clearwater Gas - Emergency
(727) 562-4600	Clearwater Gas - Customer Service
(727) 482-4000	Frontier - Cable/Internet/Phone
(855) 222-0102	Spectrum - Cable/Internet/Phone
(866) 745-3685	Wow - Cable/Internet/Phone
(727) 572-8779	Trash - Waste Management

HOSPITALS

(727) 588-5200	Largo Medical Center
(727) 462-7000	Morton Plant Hospital
(727) 398-6661	VA Medical Center
(727) 898-7451	Johns Hopkins All Childrens Hospital



DISCLAIMER: N2 Publishing is not affiliated with or contracted by the Harbor Bluffs Owners Association, Inc. (the "Association"). This publication, including the content of articles and advertisements contained herein, is not authorized or endorsed by the Association. Any articles included in this publication and/or opinions expressed therein do not necessarily reflect the views of N2 Publishing but remain solely those of the author(s). The paid advertisements contained within the *Harbor Bluffs Living* magazine are not endorsed or recommended by N2 Publishing or the publisher. Therefore, neither N2 Publishing nor the publisher may be held liable or responsible for business practices of these companies. **NOTE:** When community events take place, photographers may be present to take photos for that event and they may be used in this publication.



www.n2pub.com

© 2019 Neighborhood Networks Publishing, Inc.

PUBLISHER



Devin Pappas
(727) 657-9615
devin.pappas@n2pub.com

WHATEVER DEVIN NEEDS



Marc Pappas
(727) 437-8681
RepMarcPappas@gmail.com

PHOTOGRAPHER



Beth Kelly
(727) 642-9009
BethKellyPhotography.com

SOCIAL MEDIA COORDINATOR



Yvonne Morris
Yvonne@consultel.net

AD COORDINATOR



Keya Garg



Custom Window Treatments | Fine Furniture | Custom Bedding
Wall & Floor Coverings | Lighting | Accessories

From one room to an entire home makeover, we do it all and have the products and ideas to suit your every need. Schedule your complimentary consultation!



Mercedes LaValla
Interior Decorator | Owner
727-366-1761
mercedes.decoratingden.com



TRUSTED BUSINESS

ADVERTISING / MARKETING

Harbor Bluffs Living
Devin Pappas
(727) 657-9615
Devin.Pappas@n2pub.com

AESTHETICIAN SERVICES / FACIALS

R5 Skinworks LLC
(727) 492-1041
R5skinworks.com

AIR CONDITIONING & HEATING

Harbor Air
(727) 315-2274
Harbor-airac.com

Jenergy Air Services
(727) 595-5366
JenergyAir.com

ANIMAL HOSPITAL

Bluffs Animal Hospital
(727) 585-5682
BluffsAnimal.com

ART GALLERY

Art Lovers Place Inc
(727) 518-1300
ArtLoversPlace.org

ATTORNEY - ESTATE PLANNING

McManus & McManus PA
(727) 584-2128
McmanusEstatePlanning.com

ATTORNEY / CRIMINAL DEFENSE

Brunvand Wise P.A.
(727) 446-7505
Acquitter.com

ATTORNEYS - FAMILY LAW

Kinnear K Smith PA
(727) 724-4116
KinnearKSmithPA.com

AUTOMOTIVE SERVICE

German Imports
(727) 596-1374
GermanImportsCorp.com

This section has been created to give you easier access when searching for a trusted neighborhood vendor to use. Take a minute to familiarize yourself with the businesses sponsoring Harbor Bluffs.

These local businesses are proud to partner with you and make this magazine possible. Please support these businesses and thank them for supporting Harbor Bluffs!

BEAUTY

Hair Designs By Sue
(401) 480-6023

BEAUTY / EYELASH EXTENSIONS

Esthetrix
(727) 469-3434
Esthetrix.com

BLINDS/ SHADES / CUSTOM WINDOW TREATMENTS

Creative Design Team
(727) 539-1971
creativedesignteam.com

BOAT DEALERSHIP & SERVICE

MarineMax
marinemax.com

BOUTIQUE

Suzettes
(727) 595-8700

BREAKFAST, BRUNCH, LUNCH

Breakfast Station
(727) 330-6094

BUILDING CONTRACTORS

AAA Services of Central Florida Inc
(727) 447-7112
AAAServicesFlorida.com

CIGARS, CRAFT BEER, WINE

Belleair Market
(727) 584-3697
BelleairMarket.com

CONCIERGE SERVICES

K's Concierge and Pet Services
(860) 751-9554

COSMETIC, IMPLANT AND FAMILY DENTISTRY

Belleair Dental
(727) 518-2333
Belleairdental.com

CUSTOM T-SHIRTS

Big Frog
(727) 734-2421
Bigfrog.com

...

BRUNVAND WISE, P.A.

A Premier Criminal Defense Law Firm



For the defense team and client, few things in life are more exhilarating than a not guilty verdict, hence Acquitter.com.

Most cases however are discreetly resolved without the need for litigation.

Both attorneys are Board Certified Criminal Trial Lawyers and recognized by Super Lawyers. They have a combined experience defending individuals and corporations spanning in excess of forty years.

The cost of your Initial Consultation is only your time.

Our criminal defense experience includes but is not limited to the following types of cases:

WHITE COLLAR, FRAUD, DRUGS, SEX OFFENSE, MURDER, MANSLAUGHTER AND DUI.

PRIMARY OFFICE: 615 TURNER STREET, CLEARWATER, FL 33756
SATELITE OFFICE: 902 N. ARMENIA AVENUE, TAMPA, FL 33609

727-446-7505 | WWW.ACQUITTER.COM

FREE
Service Call
With Repair
\$75 Value
Must Present Coupon

FREE
Preventive
Maintenance
For First Time
Customer
\$75 Value
Must Present Coupon

Harbor Air

— Professional HVAC Service —

Profesional H.V.A.C. Services

**Veteran Family
Owned & Operated**

**Licensed, Bonded,
& Insured**

Financing Available

Free Second Opinions

Free Estimates

Harborair.com
harborairac.com
Harborair66@gmail.com
CAC#1819102

(727)315-2274
2146 Sunnydale Blvd. Suite F
Clearwater, FL 33765



Angie's list



Have a need? Check our Index first!

CUSTOM WINDOW TREATMENTS

Budget Blinds of Clearwater
(727) 400-6870
BudgetBlinds.com/Clearwater

EVENT PLANNING

Parties A'La Carte
(727) 710-2511
PartiesA'LaCarteFL.com

FASHION & GIFTS

Cassi and Co
(727) 585-2011
CassiAndCompany.com

Trades of Hope
Marie Chouinard
(727) 403-7931

mytradesofhope.com/mariechouinard

FEMININE REJUVENATION

Visionary Centre for Women
(727) 540-0414
visionarycentreforwomen

FINANCIAL PLANNER

First Financial Group of Largo
(727) 518-8333
FFG-LLC.com

FINANCIAL PLANNING / WEALTH MANAGEMENT

Belleair Wealth Strategies
Tish Wold, CFP ®
(727) 451-3450
belleairwealth.com

Edward Jones
Brenda Ehrke
(727) 581-3583
EdwardJones.com

FITNESS TRAINING

Burn Fitness Studio
(727) 385-1108
TheBurnfit.com

F45 Training Largo East
(727) 362-6408
F45training.com/LargoEast/trial

FLORAL DESIGNER

BloomTown
(727) 559-7177
BloomTownFloristFL.com

Dana Dineen
(727) 674-0100
Allaboutthevase.com

FRAMING / CUSTOM

Vista Galleries
(727) 216-0411

GAS COMPANY

Clearwater Gas
(727) 562-4980
ClearwaterGas.com

GOLF, DINING, & EVENTS

Cove Cay Golf Club
(727) 536-1949
CoveCayGolf.com

HOME FURNISHINGS / GIFTS

Chloe's Home Decor
(727) 303-0883

HOME INSPECTION

Patek Inspections
(813) 863-3835

HOTEL / RESORTS

Beachview Hotel
(727) 461-7695
BeachViewHotel.com

HOUSECLEANING

Elena Campos House
Cleaning
(727) 480-2519

INSURANCE - MEDICARE

Linda Bullerman CLTL
(727) 434-3376
Lindabullerman.com

INTERIOR DESIGN & DECORATING

Creative Design Team
(727) 539-1971
creativedesignteam.com

Decorating Den Interiors
(727) 366-1761

Mercedes.DecoratingDen.com

JEWELER

Gold and Diamond Source
(727) 573-9351
GoldAndDiamondSource.com

LIMOUSINE & TRANSPORTATION

Luxor Limousines
(727) 442-2992
Luxoroftampa.com

MARBLE & STONE POLISHING / RESTORATION

Fabrizio and Sons Marble
and Granite Restoration
(727) 255-9436

MASSAGE / FACIALS

Body Masters
(727) 595-9111
BodyMastersOnline.com

MEDI-SPA

PureLife Medi-Spa
(727) 595-3400
purelifemedispa.com

NON-PROFIT

Art Lovers Place Inc
(727) 518-1300
ArtLoversPlace.org

RCS
(727) 584-3528 x415
RCSpinellas.org

The Helping Project
(727) 489-5885
HelpUsGather.org

PAINTING -- RESIDENTIAL & COMMERCIAL

Munyan Painting
Asher Ballew
(877) 442-5062
MunyunPainting.com

Rainbow Painting
(813) 951-2058
RainbowPros-llc.com/

PEDIATRIC CARE

Myrtle Avenue Pediatrics
(727) 446-0156
HappyKidsMd.com

PERMANENT MAKEUP

Permanent Make up by
Phyllis
(727) 580-1446

PET GROOMER

Clippingdales
(727) 586-6559

PET SITTERS

My Pets Friend
(727) 463-5661

PHOTOGRAPHY

Beth Kelly Photography
Beth Kelly
(727) 642-9009
BethKellyPhotography.com

PLUMBING REPAIR

Gulfview Plumbing
(727) 351-4700
gulfviewplumbing.com

Petrovic Plumbing
(727) 643-6598
MyTampaBayPlumber.com

POOL SERVICES

G and G Pools
(727) 744-9100

PRESSURE WASHING

Koastal Surface Cleaning
(727) 254-1983
KoastalSurfaceCleaning.com

REAL ESTATE

Keller Williams - Jessica
Viola
(727) 894-1600
Jessica-Viola.kw.com

Laura Scott / Coldwell
Banker
(727) 458-4868
LauraSellsBeachHomes.com

Marykay Csenge - Smith
and Assoc. Real Estate
(727) 735-5002
MarykayCsenge.com

Megan Bower / Julie Folen
Coastal Christies
(727) 742-2699
TeamBower.com
JulieFolden.com

RESTAURANT

Breakfast Station
(727) 330-6094

Village Inn
(727) 596-4310
Villagelnn.com

RESTAURANT / BAR

Bonefish
(727) 518-1230
www.Bonefish.com

Ck's Eats and Drinks
(727) 443-5377
CKsEatsAndDrinks.com

RETIREMENT COMMUNITY

The Oaks of Clearwater
(727) 445-4700
theoaksofclearwater.com

SHOES

Shoes by Beverly
(727) 584-7755

SKIN CARE

Rodan and Fields
Julie Chamberlain
(402) 657-0364
JulieChamberlain.myrandf.com

Rodan and Fields
Michelle Orvis
(727) 902-2420
MichelleOrvis.myrandf.com

TRAVEL & CRUISES

Susan Brown Cruise
Planners
(727) 303-9050

WEBSITE DEVELOPMENT

Consultel Inc
(727) 444-0356
Consultel.net

WELLNESS CENTER

Foggiare Wellness Center
(727) 239-0580
Foggiare.com

WINDOWS & SIDING

Suncoast Windows and
Siding
(727) 223-4358
SuncoastWindows.com



**Call the Pro
to Make
Your Water Flo!**



✓ **Fast** ✓ **Friendly** ✓ **Dependable**

PETROVIC™
PLUMBING & DRAINAGE
727-643-6598
mytampabayplumber.com

Pool service frustrating you?
Troubled by poor water condition?
Tired of doing it yourself?

**Relax and let
G&G pools
take care of
it for you.**



- Water Testing
- Pool Chemistry
- Equipment Maintenance
- Algae Prevention
- Leaf and Debris Maintenance
- Filter Cleaning
- Tile Cleaning
- Salt Water Systems
- Local Service
- Chemicals Supplied
- Phosphate Testing and Removal

**Keep your swimming
pool sparkling clean
and safe all year round.**

All for a low price of
**approx. \$100 per month
including chemicals**

Call Jacob @ 727-744-9100
To schedule your cleaning

FT / FITNESS TOGETHER
Private, Personalized Training & Nutrition



**DON'T SWEAT THE SMALL STUFF.
JUST SWEAT.**

BELLEAIR BLUFFS - 727-586-7680
2917 West Bay Drive
Belleair Bluffs, FL 33770
FTBelleairBluffs.com

WHY WAIT? START NOW.
3 Sessions for \$99

*Valid for first time clients. Contact Studio for more details and to schedule. Limited time offer. ©2019 Fitness Together Franchise, LLC. All rights reserved. Each Fitness Together® studio is independently owned and operated.



**publisher's
note**

Yay,
It's Spring!

Happy Memorial Day
Happy Mother's Day

Happy May, everyone! I would like to wish all the “moms” out there a fabulous Mother's Day. I hope you all get to enjoy it doing whatever it is that makes you happy!

As a special treat, **FIT4MOM** is doing a POP-up complimentary class for all the expecting moms or moms with toddlers. This fun-filled “Stroller Stride” workout will be held in the Harbor Bluffs Park on May 24 at 9:30 am. *See page 62 for more info.*

Let's not forget those who paid the ultimate sacrifice while serving in the Armed Forces of the U.S. Military on this Memorial Day. We honor YOU and thank YOU.

There is so much happening this month, where do I start?

Well, its that time of year again, time for the hottest event of the year. Ok, I may be a bit biased, but it really is a great event. I am of course talking about the annual Denim and Diamonds event held at the Belleair Country Club which this year will be held on May 18. This exciting event is always a sellout and benefits Julie Weintraub's Hands Across the Bay Charity, which helps families in need, survivors of domestic violence, veterans, abused animals and more throughout the local area. **To get tickets, go to Handsacrossthebay.org, or if you would like to be a sponsor, contact Devin.pappas@n2pub.com.**

Another event you won't want to miss is our next Neighbors' Night Out, this time at Belleair Market. This time it will be at Belleair Market, and trust me they know how to through a party. It's themed “**Cinco de Market.**” Come join this fun and festive party with Food Wine and Raffles! Everybody welcome! May 5 at 5 pm.

And let's not forget about the Kentucky Derby! I know at let a few of you out there will be hosting Derby parties...don't forget to send us your party photos!

Spring is always the time to make changes, it may be on your home, yourself, future investments or planning a vacation. If any of these are on your list, we hope you will check out our index to see if one of our sponsors can assist you with your needs. If the service your looking for is there, check out the sponsor's ad and give them a call. Be sure to tell them you are a Harbor Bluffs Resident and you saw their ad in the magazine. Remember, we take pride in who we let in this magazine. If we wouldn't use their services, invite them into our home or go to their establishment, we would not recommend them to you. Hey, we live in the neighborhood...the last thing we want is you knocking at our door at 2 am yelling that you are having issues with your contractor.

Give them a try...You will like them! For easy access, please see, save and use the index in the front of your monthly magazine.

Thank you to all the residents who share their stories, families, vacations, toys, homes, and pets with us. There wouldn't be an *HB Living* magazine without YOU! If you have not been in the magazine please call us. We would love to meet you.



It's funny...everyone has a unique life yet NOBODY thinks they do! Please email me at devin.pappas@n2pub.com or call me directly at 727-657-9615.

Devin

**WISHING ALL THE MOMS A
Happy Mother's Day!**



Treat your Mom or yourself to a new look. How about a new Spring color or a new hair style. You deserve it. Happy Mother's Day.

Call today to schedule an appointment
401-480-6823 with Sue.

Gift
Certificates
Available

Hair Designs by
Sue Thibeault
Master Colorist / Stylist
Specializing in Brazilian Blowouts

FIND SUE AT
Sydney and Co. Salon
205 Indian Rocks Rd. N
Belleair Bluffs FL 33770
401.480.6823
727.754.4438



FROM MODEL, MOTORCYCLES & MUSIC TO MOM & ENTREPRENEUR SABRINA TROPF & HER SON, NOVA

Born as Sabrina Beigel to a single mom and growing up on Clearwater Beach, Florida, Sabrina spent most of her time at her grandparents.

Sabrina idolized her grandparents and respected their brave survival leading them to success. They were both Holocaust survivors, losing many of their family members including their parents to this mass slaughter of civilians during World War II.

Her grandfather, Bert Beigel, became a successful Real Estate Broker and her grandmother, Liane Beigel, was the secretary of

their company. There is no surprise that Sabrina, herself, ended up in the Real Estate field; it's in her blood.

However, Sabrina did not start off in Real Estate right away. At age 22 she left for LA to pursue a modeling career. She was the lead model for the Fender Clothing line, was on the cover of *Tattoo Life* magazine, appeared in Maxim and was a dancer in a Kid Rock MTV Video.

In between photo shoots, Sabrina ended up applying and being accepted to the Musicians Institute for music business located

in Hollywood, California. While she was there she interned at Atlantic Records and landed a job with big-time record producer, Scott Humphrey. He produced records for Motley Crue, Rob Zombie, Nine Inch Nails, NSync, Tommy Lee, Ozzy Osbourne, The Cult, Fuel and more. While working here, Sabrina crossed paths and developed friendships with all of these musicians. At this time, Sabrina appeared in many music videos shown on MTV.

When Sabrina was 26, her mentor/father figure granddad, the man she quoted "taught me everything," became very ill. Sabrina knew where she had to be, and that was back in Clearwater

with her family. Once back, she reconnected with a longtime friend with whom she ultimately fell in love with, and married. It wasn't long before the two were blessed with an amazing son, Nova Berlin Tropf. Nova's middle name comes from the birthplace of his great grandparents, Berlin, Germany.

As a tribute to her grandfather when he passed, Sabrina got his Holocaust number tattooed on her right arm, the same place Bert was forced to have his number tattooed upon entering Auschwitz Concentration Camp. The number that was given to Bert and is now on Sabrina's right arm is #126999.

Later, Sabrina divorced and developed a big interest in vintage motorcycling. Her first purchase was a 1973 Honda CB350 and she later added a Harley Sportster to her collection. She loves the sense of freedom she has on her bike. She told us she will be riding until she can't walk any longer.

...

1989. The retirement plan began over two cups of black coffee. Not by coincidence, it was toasted with a 30-year-old single malt in **2019.**

A toast-worthy plan does more than ensure you can maintain your lifestyle, now and well into the future. It also helps you be prepared for what's next. Whether that's managing your legacy through a well-crafted estate plan or making the most of charitable giving. A Raymond James advisor can lay the groundwork with your fulfilling next chapter in mind. **LIFE WELL PLANNED.**

Tish Wold, CFP®
Certified Financial Planner™

Bellear Wealth Strategies
1215 S. Myrtle Ave. // Clearwater, FL 33756
T 727-451-3450 // F 727-493-0260
tish.wold@raymondjames.com
www.BellearWealth.com

RAYMOND JAMES

Securities offered through Raymond James Financial Services, Inc., member FINRA/SIPC. © 2019 Raymond James Financial Services, Inc., member FINRA/SIPC. Investment advisory services offered through Raymond James Financial Services Advisors, Inc.



Sabrina and Nova moved to Harbor Bluffs six years ago, on Live Oak Lane. Since Sabrina is a native Floridian and Real Estate is in her blood, it was only natural for Sabrina to become a real estate agent. She has a passion for architectural design, decorating, and “Getting the Job Done!” You can find Sabrina at Holland Associates if you are in need of her Real Estate expertise.

At age 9, Nova Tropf is a very kind and caring young man who loves the boy Scout and thrives on earning his merit badges. He was just telling us about a “Survival Badge” he is working on. One of the tasks is to make a fire by using two sticks. When he



grows up, Nova wants to be a veterinarian because he loves animals, especially dogs and cats. Until then, he keeps himself very busy. He is currently in acting classes at Ruth Eckerd Hall, takes singing lessons, and is looking to start taking guitar lessons. Maybe Hollywood is in his future, too, just like his mom. As they say, the apple doesn’t fall far from the tree.

In his spare time, Nova enjoys riding his BMX bike, and playing the video game FortNite. He also prefers to dine at The Black Pearl, Jake’s Cantina and Umai Sushi but by far his favorite spot is family taco night at home or sometimes this family switches it up and serves shepherd’s pie.

Nova’s favorite television show is *Captain Underpants* and he loves to listen to rock and roll music. On those relaxing/ lazy days, Sabrina and Nova love to lay in bed and watch TV while eating pizza or ice cream.

Graduation is no time to learn you haven't saved enough for college.

For a free, personalized college cost report, contact your Edward Jones financial advisor today.

Brenda B. Ehrke
Financial Advisor
2450 West Bay Dr
Largo, FL 33770
727-581-3583

www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

what if
YOU HAD THE PERFECT EQUATION FOR GREAT-LOOKING skin + lashes?

life-changing SKINCARE
RODAN + FIELDS

Take the Skin Care Challenge
Ask Us How

Julie Chamberlain
(402) 657-0364
JulieChamber@outlook.com

Michelle Orvis
(727) 902-2420
michelleorvis@msn.com

Experience. Creativity. Results.

Practice areas:

- Collaborative Law
- Dissolution of Marriage
- Equitable Distribution of Assets and Property Settlements
- Spousal and Child Support
- Child Custody and Visitation
- Modifications and Enforcement
- Paternity Actions

Kinnear K. Smith P.A.
Marital and Family Law

1215 South Myrtle Ave Clearwater, FL 33756
Phone: (727) 724-4116 | Fax: (727) 724-4117

Turning your dream home into reality

let's sell it

Jessica Viola
929-234-0557
Jessica.viola@kw.com

contact us

kw
KELLER WILLIAMS
REALTY • FL, FTI

Book Now!! *Discounts with combined services*

K's
PERSONAL CONCIERGE
Providing professional services to the neighborhood.

... just a few of our services...

- Run errands off all types
- Event Planning
- Dinner and Concert Reservations
- House Keeping/Sitting/Plant Care
- Decorating
- Pick up dry cleaning, groceries, medication
- Transportation to Dr. appointments, Airport, or anywhere you need to go.
- Lyft/Uber certified
- Complete Pet services include: day and overnight in home sitting, walking, boarding, and transportation to groomer/vet/dog parks

Keleigh Devlin | keleighdev@gmail.com | 860-751-9554
References available upon request

Fabrizio & Sons
Granite and Marble Restoration
727.514.9681

Specializing in the restoration of all types of natural stone countertops, walls, and floors etc.

Family owned and operated since 1999.



Family member names:

Howard and Blaise Rubin

Pet's name: Rory Rubin

Type of animal/breed:

Mini Goldendoodle

Male or female: Female

Pet's age: 7 ½ years old

HBL: Where/why did you get your pet?

BR: Rory was a rescue from a friend of my sister-in-law (who works for the Humane Society). She got Rory from a family who purchased her as an 8-week-old puppy but couldn't keep her. We got her at 10 weeks old.

HBL: Is there a story behind its name?

BR: Our daughter named her Aurora for *Sleeping Beauty* and we shortened it to Rory because she's a tomboy.

HBL: Anything special or unusual about them (talents/quirks)?

BR: Since moving to Florida in

August 2018, we have learned that lightning is her nemesis. She loves to chase tennis balls and has actually learned how to return them now in her later years.

HBL: What do you like best about your pet?

BR: She's never met a person she didn't love. She is very gentle and friendly with all children, as well as adults. She has a very playful and endearing personality

HBL: Any funny stories?

BR: One day we thought Rory had gotten out of our yard in Rhode Island. Our daughter had a white fuzzy blanket on her bed, and after hours of searching, we found the very white Rory, having a puppy power nap curled up in the blanket and almost invisible. We also frequently would lose her in snow drifts during the years we lived in Rhode Island, but those adventures are over.

HBL: That is so cute. I'm excited to meet a former Rhode Islander! Born and raised there!

HBL: How spoiled is your pet?

BR: She is very, very spoiled. She likes to be walked at a certain time each day despite the fact that we have a fenced yard, and of course, prefers to sleep in bed with us.

HBL: Explains why you were in the park that Saturday morning when we met. I think she wanted to stay for Yoga in the Park!



HBL: What else should we know about your pet and/or how your pet has enriched your home/family?

BR: She has been my companion during the many years that

...

pet of the month

from Snow Drift to Beach Sand

Meet Rory Rubin

Bluff's Animal Hospital

Hours
M-F 7am to 5:30pm
Sat. 7am to 12pm

Keeping Your Furry Family Members Healthy Since 1961.

- No appointment necessary - walk-in as needed
- Exams, digital x-ray, dentistry, digital dental x-ray, surgery, in-house labs, boarding, and breeding
- Easy online reorders of medications and food
- Drop-off exams available for established clients

Donald Morgan, DVM, Guy Gibson, DVM, Douglas Spiker, DVM, Kristen Heatherly, DVM, Patricia Futoma, DVM, Patrick Brady, DVM

(727)585-5682

320 N. Indian Rocks Road, Belleair Bluffs
www.BluffsAnimal.com

...

Howard was traveling for work. As well, she has filled our empty nest now that our two children are grown and off on their own.

HBL: Fur babies certainly are the best companions.

Thank you so much for sharing your Precious Pet story with all of us!



Looking for your unique pet story...Contact devin.pappas@n2pub.com.



“She’s never met a person she didn’t love. She is very gentle and friendly with all children, as well as adults.”

BURN
FITNESS STUDIO

TRAIN LIKE THE PROS!

USING HAND PADS, BOXING BAGS, AND SPEED BAGS, WE TEACH AND TRAIN LIKE THE PROS DO BUT IN A FITNESS FIRST ENVIRONMENT!

WITH THIS ONE OF A KIND FITNESS BOXING PERSONAL TRAINING — YOU WILL BURN THAT FAT AND DEVELOP AMAZING DEFINITION, WHILE INCREASING YOUR ENDURANCE AND CARDIOVASCULAR HEALTH!

AND ALL WHILE HAVING FUN AT BURN FITNESS STUDIO!

WINTER SPECIAL!

3-30 MINUTE TRAININGS FOR \$99!
10 - 30 MINUTE TRAININGS FOR \$300!

301 WEST BAY DRIVE UNIT 6 | LARGO, FL 33770 | TOM@THEBURNFIT.COM | WWW.THEBURNFIT.COM | 727-385-1108

THE OAKS
OF CLEARWATER

Finally, a 55+ with everything you want and then Some...

“What is Independent Living?”
“Imagine waterfront condos that are all-inclusive... that’s us!
One monthly payment covers it all!”

- Unlimited Meals
- Housekeeping
- Cable & Phone
- All Utilities

And so much more!

Call us to reserve your dinner today
727 - 445 - 4069
www.theoaksofclearwater.com

Experience the freedom of an All-Inclusive Lifestyle

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE | SKILLED NURSING

Join us for a complimentary dinner for 2 from our award winning kitchen.

ALF#4818

Be part of something BIG by providing HELP & HOPE to our Pinellas County neighbors in need!

ADVOCATE • VOLUNTEER • DONATE

RCS PINELLAS
Help & Hope For People In Need

RCS FOOD BANK • RCS AFFORDABLE HOUSING • RCS GRACE HOUSE • THE HAVEN OF RCS

503 S. Martin Luther King Jr Ave, Clearwater, FL 33756
727.584.3528 | info@rcspinellas.org

WWW.RCSPINELLAS.ORG | [RCSPINELLAS](https://www.facebook.com/rcspinellas)

2018 CHARITY AWARDS
2018 HONOREE



**MARYKAY
CSENCE**
REALTOR®

REAL ESTATE EXPERTISE
AND SOUTHERN TRADITION



Why MaryKay... I provide a one of a kind real estate experience, see what some of my clients are saying...

"Efficient, professional, knowledgeable and gets things done"

"Simply the best Real Estate Agent we have ever worked with"

"Patient, detailed and extremely helpful"

"I would strongly recommend her expertise – she was fantastic"

Whether you are buying or selling and want hands on experience for your Real Estate needs, give me a call!

LOCAL KNOWLEDGE IS POWERFUL!

Cell 727.735.5002 | Office 727.282.1788
mkcsenge@smithandassociates.com | marykaycsenge.com

Smith & LOCAL ♥ GLOBAL REACH
Associates Real Estate TAMPA | ST. PETERSBURG | CLEARWATER | BEACHES | LONDON | SMITHANDASSOCIATES.COM







By **Marya Flurnoy** -
Local Interior Designer and owner of Creative Design Team and lectures on "Enhance the Space"



design. decor. details

Tell Your Story

Love your home!

The interior space of your home creates the perfect opportunity to express your style and share your story. In this Indian Rocks Beach home, I had the pleasure of working with clients who lived in many Asian and European countries abroad. Placing furnishings and art from a client's "story" is a designer's delight. Every piece had a pleasurable memory that we enhanced and brought to life. New carpeting created a light, plush contrast with their furnishings that are rich in color and history.

We reupholstered the sofa and loveseat in a deep blue patterned fabric that gave the room a "POP" of contrast with the sumptuous, detailed furniture. I encourage my clients to use treasured pieces that hold wonderful memories of their travels. We created a floorplan and implemented a color palette that enhances the details of the room and accentuates their gorgeous bay view.

Interior Design and Decorating - Creating "Interiors that feel good inside!"

- Custom Window Treatments - Fine Furniture -

creative design team™

**Refresh
Redo
Rearrange
Remodel
Reupholstery**

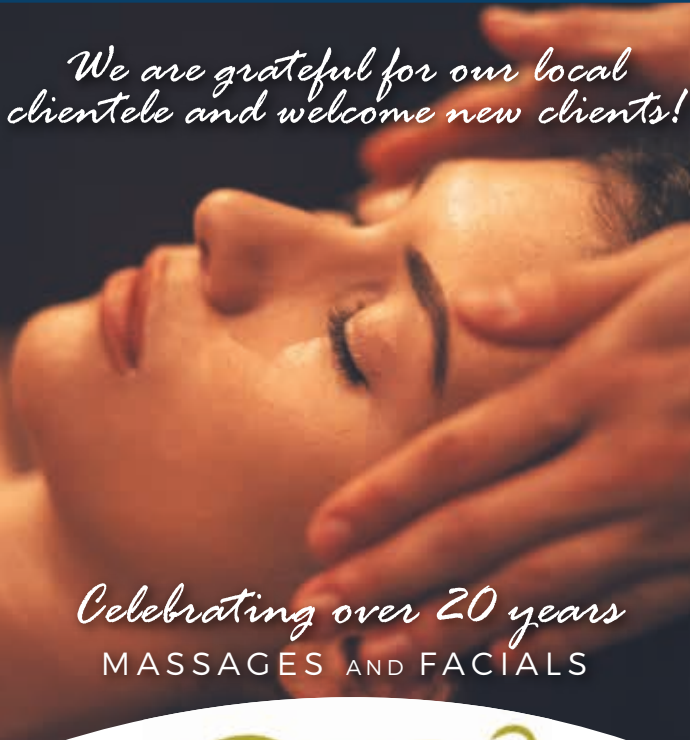
727-539-1971

Infinite Possibilities in Affordable Luxury

Serving Tampa Bay since 1991

CreativeDesignTeam.com

We are grateful for our local clientele and welcome new clients!




Celebrating over 20 years
MASSAGES AND FACIALS

BODY MASTERS
MASSAGES AND FACIALS

12552 Indian Rocks Rd | Largo, FL 33774
(727) 595-9111 | www.bodymastersonline.com

LT# MMB636

*From Homes to Hi-Rises
We Give You A Better View of Life*



Suncoast
Windows and Siding
727-310-5777
www.suncoastwindows.com



Lauren MARQUARDT

kids' korner

Girl Scout, Community Helper and Goal Achiever

We had the pleasure of sitting down with Lauren Marquardt to learn all about her adventures with the Girl Scouts.

Lauren is 10 years old and lives in Harbor Bluffs with her parents, Stephanie and Matt, and her 13-year-old brother, Christian. Lauren also has two older brothers at college, Jackson and Brendan.

Lauren takes pride in being a Jr. Girl Scout in Troop 1203; she has been with them since August. The troop meets every week and they open each session with the Pledge of Allegiance, The Girl Scout Promise and The Girl Scout Law.

Lauren loves helping the community and is driven to reach her goals. Each Girl Scout is given a “cookie-selling goal” of 200 boxes, when I spoke with Lauren she already surpassed her goal by 54 boxes and the selling season was not close to being finished. That is quite an accomplishment and she is quite a team player.

We asked Lauren why she decided to become a Girl Scout and she explained that her cousin, Annie, is a GS in Atlanta and kept telling her how fun and rewarding it is. Lauren jumped in and has loved that decision ever since!

When asked, “What do you like best about being a Girl Scout?” Lauren, told us, “I love to earn the badges by learning new things and helping the community. I love to meet each Tuesday with my troop of 40 girls and have fun.”



Lauren’s favorite badge she earned was the “Detective Badge.” To earn this badge, she had to be a part of a scavenger hunt, make a Morse code name necklace and solve a mystery by using chromatography.

Another favorite memory was when her troop was taken on a tour of a restaurant from our neighbor Chef John Harris (new owner of Beach Brewz/ featured last month). This is where she earned her “Restaurant Tour Fun Patch.”

Lauren has also received her CPR certification through The Girl Scouts, gone on camping trips and is a reading diva. Lauren loves to read books, any and all books so when it came to earning “The Book Worm Patch”; it was a piece of cake for Lauren.

This patch is designed as a worm with five circles as it’s body, each circle represents a book to read. You

...

Myrtle Avenue
Pediatrics

“Serving the children of our community for over 55 years!”

Greg H. Savel, MD

Karen A. Kelly, MD

Kathryn M. Boreman, MD

Kimberly P. Odom, MD

Linda J. Ellis, ARNP

Open 365 Days a Year...

Starting at 6:30am with Select Evening Hours, too!

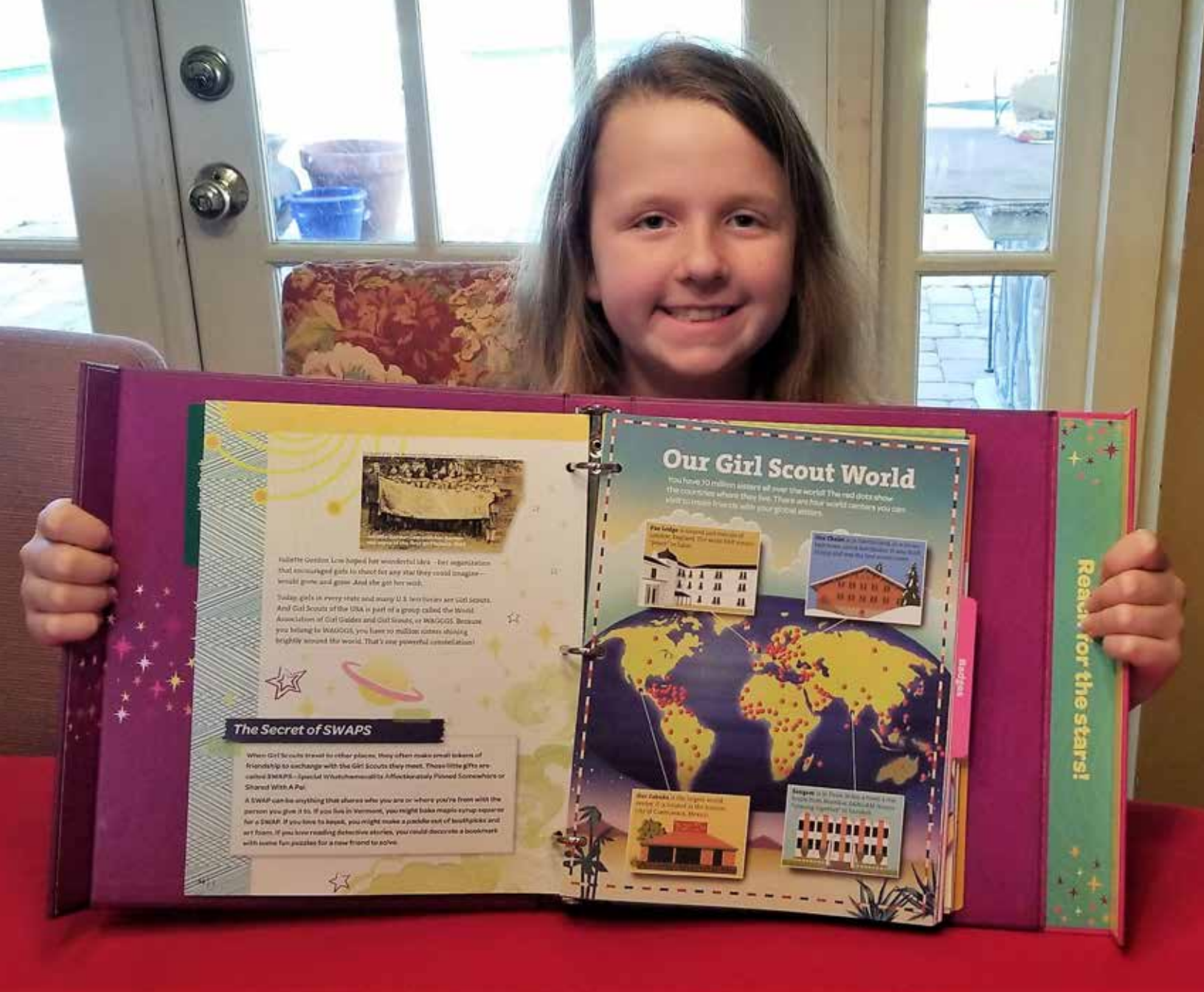
www.HappyKidsMD.com 727.447.6458

CLEARWATER
613 So. Myrtle Ave

OLDSMAR
250 Pine Ave • Suite B

22 Harbor Bluffs Living • May 2019

May 2019 • Harbor Bluffs Living 23



...

must complete all five books before being awarded this patch. As you can see, Lauren has achieved this.

When we asked Lauren, "What keeps you motivated to continuously reach your goals in The Girl Scouts?"

Her answer was, "Because it's FUN!"

If you would like to become a Girl Scout, volunteer or Troop Leader, please go to GS of West Central Florida www.gswcf.org and fill out the application.




LUXOR
TRANSPORTATION & LIMOUSINE SERVICE

**Leave the driving to us,
and have a safe & carefree**

- Prom
- Wedding
- Special Event



CONTACT:
JERRY HVAL
LUXOR LIMOUSINES
(727)442-2992
LUXOROFTAMPA.COM

**Professional
PRESSURE WASHING**
Residential & Commercial



Whole House Washing

- Decks
- Roofs
- Docks
- Driveways
- Sidewalks
- Boats
- Pool Cages
- Windows

**CALL FOR
A FREE
ESTIMATE**

KOASTAL (727)254-1983
Kostalsurfacecleaning.com

German Imports Corporation
European Service Since 1976



Quality Automotive Parts and Service

BOSCH Service

Michael Schulz
Factory Trained
727-596-1374
germanimportscorp.com
Appointments Monday
thru Saturday



Special Financing



14286 Walsingham Road Largo, FL 33774

"Hey Alexa, call Billy at Budget Blinds!
I WANT automated blinds!"



**BUDGET®
BLINDS**

Call Billy at **727-400-6870**

www.BudgetBlinds.com/Clearwater
1496 South Missouri Avenue | Clearwater, FL 33756

Budget Blinds is now an authorized dealer of SONOS SPEAKERS!

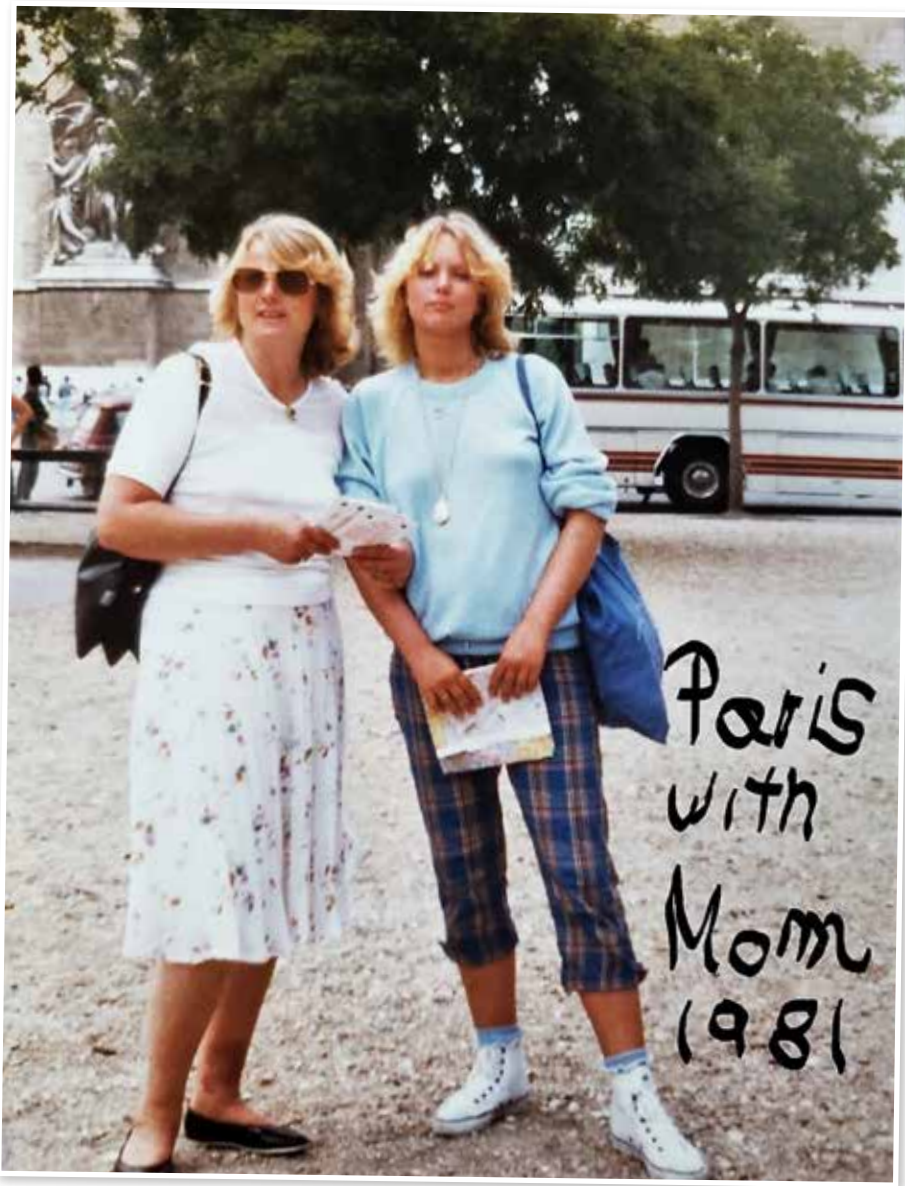
THE ULTIMATE MOTHER'S DAY GIFT

— TRAVELING WITH MOM

Remember when you were a little kid and one of the best gifts you could give your mom was a handmade coupon book or breakfast in bed? Thoughtful acts and spending time together still top her wish list. And one of the best gifts you can give your mom is taking an annual trip with her, just the two of you.

Your mom might not be the first person you think about taking a trip with, but I'd argue that she should be. Planning yearly trips with your mom—whether they're week-long trips overseas or a quick weekend getaway to the coast, is a special activity for the two of you to cherish. And I'll bet you'll have a heck of a good time while you're at it.

Sadly, I am not able to travel with my mom anymore, but I have done so many times in the past. In 2016 – I wanted to continue this wonderful tradition and this time I reversed roles. My daughter Lizzy, 18 and a sophomore in a college far away, and I, decided to explore Europe together for the summer.



I had some trepidations; everyone with a teenager in the house knows what I am talking about. But this adventure turned out to be amazing and here is why you should consider a trip with mom as well:

We both Were Out of Your Comfort Zones

Usually, I am the planner and I take charge, it comes naturally with being a mom and a travel agent. What a pleasant surprise it was when my daughter did her own research and presented me with her own ideas of what to see and what places to visit. And although it was unexpected, I was perfectly fine handing the reins to my teenager. We both got to experience things we probably wouldn't have done, failed at some of them and had a good laugh! It was not only a thrilling and rewarding part of our traveling experience but also great for strengthening our relationship. And when things didn't go quite as smooth as we had hoped — we drank wine! In Europe — perfectly legal at the tender of age 18!

We Learned More About Each Other

Speaking of our relationship, traveling provided the perfect opportunity to get to know each other better as we are now — not as the mom who raised the daughter and not as the daughter who grew up in her house. I got to see

more of her true personality, and quirks, and she of mine. Plus, having new experiences and trying new activities and food brought up topics we hadn't discussed before and being that I was raised in one of the countries we visited, I got to share a lot of childhood memories with her. And learned how much she knew about wine!

We Travel Well Together

I know this won't be true for every daughter taking a trip with her mom, but for the most part, we did travel well together and were on the same page about a lot of things. Whether we wanted to splurge on a hotel or restaurants, whether she'd rather go hiking or I wanted to spend a day at the spa, my daughter proved to be the most adaptable young woman I ever traveled with and she rolled with the punches. Me — I had some adjustments to make! But there was always wine!

It's a Fun Way to Catch Up

As life happens and work or family obligations take us farther apart from one another, it's nice to spend time together that isn't over a holiday or shared with several other family members. Putting an annual get-together on the books gives you that much-needed time to chat more openly without distractions or competing obligations. We already have our next trip planned for this summer! And it will include wine!

We Created Special Memories to Last a Lifetime

We all hate to admit it, but traveling with your mom won't always be an option. Even taking one trip together is a blessing you'll be sure to cherish for years to come. And for all the above reasons, traveling together will put you in unique situations and spark once-in-a-lifetime conversations that you wouldn't otherwise have had together. It wasn't until we'd had one-too-many Rieslings in one of the many German Ratskeller we visited that it occurred to me — our mother/daughter relationship had changed. Or more to the point: Lizzy had grown up. And as I approach the age of senior citizen discounts and she reaches her tumultuous 20s, she's more so my best friend. The pictures and stories we share will be with us forever — and what could be better than that? Maybe wine ...



“ Plan your trip with Mom soon
— we never know how much time is left!

Where Are You
Taking Mom?

susan.brown@cruiseplanners.com | www.toptravelplanners.com
facebook.com/SusanBrownCruisePlanners


CRUISE PLANNERS
YOUR LAND AND CRUISE EXPERTS

SUSAN BROWN
Land and Cruise
Destination Specialist

FLST# 39068 • CST#2034468-50 • HST#TAR-7058 • WAST#603-399-504

Call Us to Create New Memories!
727 303 9050

We take the pain out of painting!
CABINET PAINTING IS OUR SPECIALTY



RAINBOW
Painting | Drywall

813-951-2058 | FACEBOOK.COM/RAINBOWPAINTINGPROS

introducing...
NOVALASH®
EYELASH EXTENSIONS




You: Instant Gorgeous!
Award-winning • Medical-grade adhesive
Waterproof • Global industry leader
NovaLash Classic set w/Complimentary
Norvell airbrush spray tan...
\$149.00 (value \$39)

esthetrix
lash.wax.glow.

2230 West Bay Drive | Largo FL 33770
727-469-3434 | www.esthetrix.com

Monday - Saturday | 9 to 7

eyelash extensions • waxing • spray tanning • brows • lash lifts • henna



*If there have been changes to your lives, this may be
a good time to review and update your documents.*

**3 GENERATION OF ATTORNEYS
3 GENERATIONS OF HARBOR BLUFFS RESIDENTS**

McMANUS & McMANUS
Your Trusted Legal Advisors Since 1953

79 Overbrook Blvd.
Largo FL. 33770
(one block east of Indian Rocks and West Bay)

(727) 584-2128
mcmanusstateplanning.com

*May Shoes
are Flowering*




100 Indian Rocks Rd. N
Belleair Bluffs, FL 33770
727 584 7755

shoes
by
Beverly
FINE SHOES & HANDBAGS

MUNYAN SINCE 1951


Repaint. Restore. Renew.

Don't trust your home to just anyone with a brush!



Since **1951** three generations of the Munyan family have been helping their neighbors care for their homes.

- Painting
- Roofing
- Waterproofing
- Restoration and Repair



(727) 442-5062

munyanpainting.com

MAMMOGRAMS

can be a

LIFE SAVER

Dr. Marty Landry
HB Resident

One out of every eight women in the United States will get breast cancer in their lifetime.

Invasive breast cancer is increasing at a rate of 1% per year, which is an alarming statistic.

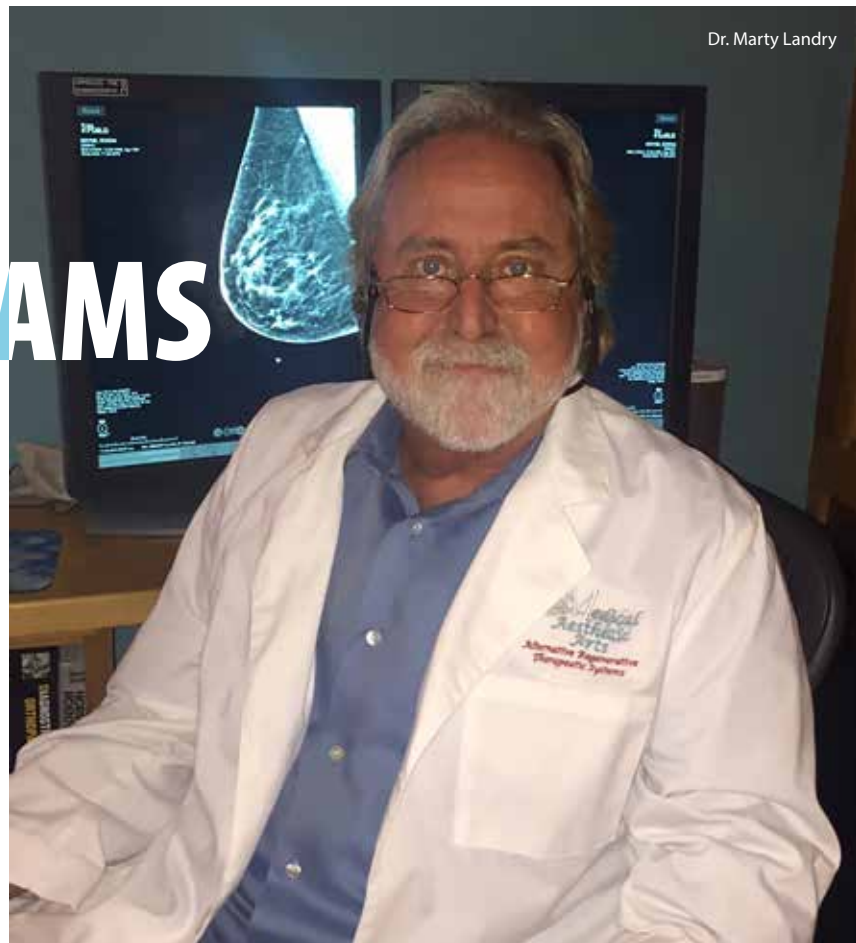
There are several reasons for the increase in the frequency of breast cancer, such as obesity, alcohol consumption, poor food choices and the fact that hormones are being added to our food.

Statistically, when women have their first pregnancy at the age of 18, this decreases the breast cancer rate by 30%; however, since women are deciding to have babies later in life, or not at all, the breast cancer rate is increasing.

In 1980, screening mammograms became the norm. In the year 2000, digital mammograms were introduced and in 2013, 3-D digital mammograms became the standard.

70% of women who die from breast cancer are among the 20% of women who are not screened for breast cancer with mammograms.

There has been some controversy in the press about when women should start their screening mammograms. The recommendations of the American College of Radiology recommend you obtain an annual screening mammogram starting at age 40. Keep in mind that 16% of breast cancers occur in



Dr. Marty Landry

women in their 40s and these cancers tend to be very aggressive because the women are still hormonally active.

There is also a group of women who feel that thermograms are a useful alternative to mammograms. Please believe me when I tell you that thermograms are absolutely **useless**.

If the cancer is large enough to give off enough heat to be picked up by a thermogram, it is already way too late. Mammograms are safe and the radiation dose is minimal on modern units. You will get as much radiation to your breast flying from Tampa to Los Angeles as you do getting a routine mammogram.

Ladies, get your screening mammograms starting at age 40 and get a 3D screening mammogram.

Also, it is your right to insist that the radiologist reading your mammogram is a dedicated breast imager. It has been proven in European studies that if you read less than 10,000 mammograms a year, you get worse over time and not better.

Finally, Florida has fortunately recently mandated that we as radiologists tell you about the density of your breasts. If you have very dense breast tissue, and this is generally not related to your body habitus, you should insist on a screening ultrasound, as well. Thank you very much.

Chloe's HOME DECOR

COME CHECK OUT OUR NEW EXPANDED LOCATION IN THE ALLEY

WE ARE NOW PROVIDING FURNITURE PAINTING SERVICES

727-303-0883
Located in The Alley
566 Indian Rocks Rd N.
Belleair Bluffs

Our hours are 10-7 Tuesday - Friday, Saturday 10-4 (now closed on Monday) and SUNDAY FUNdays noon-4. Please follow us on Facebook at Chloe's Home Decor

Reserve your Mother's Day pies now

Village Inn
13105 Walsingham Road, Largo FL 33774
(727) 596-4310

Affordable Art & Framing

VISTA GALLERIES
The PICTURE FRAMING FACTORY

www.VistaGalleries.com

Factory
1620 N Hercules Avenue, Ste B
Clearwater, FL 33765
(727) 216-0798
Info@vistagalleries.com

Clearwater Gallery
1705 Clearwater Largo Rd,
Clearwater, FL 33756
(727) 585-0798
Clearwater@vistagalleries.com

Learn What Your Body Needs to Look and Feel Your Best



Body Composition Analysis: Our SlimUp Station measures your body fat, body mass, water weight and overall dimensions of your body. We'll design an individual program to address the body contouring needed for your optimal wellness.

Regular price \$150

March & April special – FREE! (without any commitment)

Proprietary SlimUp Must Body Contouring System:

SlimUp Ultra Reshape your entire body or targeted area by burning fat and increasing metabolism through our proven technology. (FDA approved).

SlimUp Steam

Slim, firm and tone your body with steam treatment infused with essential oils. This process which also includes the SlimUp must Lymphatic drain system encompassing your entire wellness program.



Feel Better Fast

Cryotherapy

Calms Pain, Reduces Inflammation, Delivers Athletic Recovery

FOGGIARE is the leading provider of non-invasive technologies and personalized therapies that focus on Full Body Wellness for Slimming, Toning and Shaping the body.

Call Today for your Free Body Composition Analysis

Repair Your Damaged Skin

Micro Needling: Give your skin a boost – Minimize scars, even out tone and diminish fine lines and wrinkles.

Silk Peel: A skin resurfacing treatment that simultaneously exfoliates and removes dead skin cells, while it applies serums to treat specific skin conditions such as acne, wrinkles, age spots, sun damage, and dry skin.



Thank you for this honor Tampa Bay



1920 WEST BAY DRIVE LARGO, FL.
727.239.0580 | www.Foggiare.com

NEIGHBORS' NIGHT OUT



Cinco de “Market”



SOCIAL



Sunday, May 5 from 5pm–7pm

Come celebrate Cinco de Mayo at Belleair Market

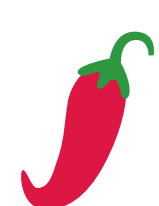
Outdoor party with complimentary food, wine sampling, Mexican surprises, raffles, laughs and more.

Date: May 5, 2019

Time: 5pm–7pm

Grab your amigos and join the FUN!

RSVP Devin.pappas@n2pub.com by April 29.



Show her the Love this MOTHER'S DAY

Skip the usual flowers this year and give her the gift of *beauty!*

INTRODUCING PLATELET RICH FIBRIN

You've probably heard about platelet-rich plasma (PRP) for aesthetics for the healing power of natural growth factors to improve skin complexion with micro-needling or injections. The growth factors are the catalyst for stimulating stem cells that improve collagen and elastin in the skin.



Recently, the next generation of platelet-rich plasma, called platelet-rich fibrin (PRF), has emerged as another option for aesthetic rejuvenation, and can be combined with injectables for extraordinary results.

What makes PRF special? Once the blood is drawn, it is spun in a centrifuge, contents are isolated and a platelet - and white blood cell-rich fibrin scaffold is the result. PRF has a higher concentration of platelets, fibrin and white blood cells compared to PRP. Derived directly from the patient's blood, PRF is 100% natural with no

additives. After 15 minutes, PRF forms into a gel and can hold its form, making it possible to mix with dermal fillers including Radiesse, Voluma and Sculptra. This powerful combination is opening the door to enhanced aesthetic results for patients.

RSVP for our **PRF LAUNCH EVENT** May 15 from 12-2 pm
WIN A FREE TREATMENT | INTRODUCTORY PRICING | SEE A LIVE DEMO

Fibrin, a biological scaffold, forms in response to a bodily injury. Platelets normally circulate within the blood and will bind to this scaffold. When this occurs, the platelets are activated, releasing growth factors that start the wound healing process. They actually create new skin cells, collagen and blood vessels. PRF is excellent for filling in facial folds, as well as treating fine lines and wrinkles.

If you would like to know more about platelet rich fibrin treatments, our experienced practitioners can provide you with a customized treatment plan to help you achieve your goals.

THE BEAUTY OF A GIFT CERTIFICATE

Not sure what mom wants? Let her decide by giving her a gift certificate! Whether she chooses a medical-grade skincare product, facial, peel, or even CoolSculpting, she'll love the ability to choose what she desires!



TAMPA BAY MAGAZINE
BEST MEDI-SPA 2014, 2015, 2016, 2017 & 2018

**TAMPA BAY NEWSPAPERS
READERS' CHOICE**
BEST MEDI-SPA 2014, 2015, 2016, 2017 & 2018

**DUPONT REGISTRY
POSH PICK**
SENSUOUS SPA 2014 & 2015

LOSE THE LOVE HANDLES WITH COOLSCULPTING

The gift of CoolSculpting® shows mom that you appreciate her and that you want to help her reach her goals. It's a way to give the woman you love something very special.

PureLife will develop a customized CoolSculpting treatment plan that addresses her problem areas, goals and budget. CoolSculpting is an FDA-cleared, fat reduction alternative to liposuction. A totally non-invasive, in-office procedure, it uses cryolipolysis to target, freeze, and eliminate fat cells for good. Treatment requires no needles, no surgery and little to no downtime. With millions of procedures performed to date, it's the world's number one non-surgical body sculpting procedure.



Senior CoolSculpting Specialist, Elizabeth Palascak, and PureLife Medical Director, Dr. G. Joseph Fitzgerald.

PureLife is proud to be a certified CoolSculpting practice with four medical devices. The experienced staff have performed more than 4,500 treatments and have consistently been recognized for excellence. CoolSculpting makes the perfect gift this Mother's Day!

VAGINAL REJUVENATION

A powerful treatment for women of all ages, vaginal rejuvenation is a non-invasive procedure that improves vascularization and stimulates new collagen and elastin production. It's perfect for:

- Women who have had children
- Symptoms of vulvular atrophy
- Women who have had a hysterectomy or cancer treatment
- Improving sexual life
- Women who wish to enhance the appearance of the vaginal area



RSVP for our **INTIMATE RENEWAL LUNCH & LEARN**
May 31 from 12-2 pm
WIN A FREE TREATMENT | INTRODUCTORY PRICING

This safe, quick and easy in-office procedure is non-surgical and patients experience mild to no discomfort. Itching, irritation and pain during intercourse disappear and the symptoms of stress urinary incontinence are also significantly reduced as a result of the stimulating action of the laser. Call PureLife Medi-Spa to schedule a complimentary consultation.

 **coolsculpting**

Photos Courtesy of G. Joseph Fitzgerald, DO



Before

90 Days After
One CoolSculpting Session



Before

90 Days After
One CoolSculpting Session



Before

60 Days After
One CoolSculpting Session
30 More Days till Final Result

pure *Life* **medi-spa**
wellness • skincare
by Dr. Fitzgerald

call for a complimentary consultation
727.595.3400
www.PureLifeMediSpa.com
12442 Indian Rocks Road | Largo, FL 33774

Mother's Day Special

1 HOUR FAMILY PHOTOGRAPHY

with two fully retouched digital files of your choice along with choice of 2- 5x7 prints or 1- 8x10 print (value \$50)

Extra digital files and prints available for purchase
Offer expires 6/30/2019

\$199
includes

727.642.9009
WWW.BETHKELLYPHOTOGRAPHY.COM

Real Estate RESOURCE

The information contained herein has been obtained through sources deemed reliable by Neighborhood Networks Publishing, Inc., but cannot be guaranteed for its accuracy. Supplied by Laura Scott with Coldwell Banker Real Estate



Address	Neighborhood	Sale Price	Sold Date	DOM	Beds	Baths	SqFt	Sp/Sq Ft
129 Live Oak Ln	Harbor Bluffs	\$379,000	03/19/19	5	2	3	1,910	\$199.00
125 Oakwood Dr	Harbor Bluffs	\$425,000	03/04/19	176	4	3	2,470	\$174.00
204 Poinciana Ln	Harbor Bluffs	\$805,000	02/14/19	483	4	3	3,257	\$247.00
437 Buttonwood Ln	Harbor Bluffs	\$1,125,000	02/20/19	181	4	3.5	3,579	\$314.00
111 Poinciana Ln	Harbor Bluffs	\$850,000	01/12/19	82	3	4	1,865	\$465.00
414 Buttonwood Ln	Harbor Bluffs	\$1,500,000	01/02/19	1064	4	4.5	5,025	\$330.00
207 Orangewood Ln	Harbor Bluffs	\$334,500	12/17/18	111	3	2	2,000	\$167.25
311 Crestwood Ln	Harbor Bluffs	\$300,000	12/16/18	42	3	2	2,033	\$147.56
317 Orangewood Ln	Harbor Bluffs	\$465,000	12/07/18	43	3	3	2,650	\$175.47
314 Crestwood Ln	Harbor Bluffs	\$525,000	12/04/18	474	4	4	2,650	\$157.85
303 Harbor View Ln	Harbor Bluffs	\$420,000	12/03/18	7	4	3	2,650	\$174.71
128 Indian Rocks Rd	Harbor Bluffs	\$277,000	11/26/18	20	3	2	2,650	\$178.59
304 Harbor View Ln	Harbor Bluffs	\$1,830,000	11/15/18	41	4	4	2,650	\$484.90
109 Oakwood Dr	Harbor Bluffs	\$650,000	11/08/18	6	4	4	2,650	\$216.31

Where

Creativity

Meets

Technology

Consultel, Inc.
CREATING A BRIGHTER WORLD ONE SITE AT A TIME

Contact Yvonne Morris
located in Harbor Bluffs
for your **Complimentary**
Website Analysis
(877) 732-8437
yvonne@consultel.net
VISIT: Consultel.net

Web Design & Development
including Hosting and Search
Engine Optimization (SEO)

**Marketing Strategies,
Branding & Visual Identity**
including Logo Design, SEM
and Expert Google Ads

Social Media Manager
including Reputation Management



240 Sand Key Estates

2 bedroom 2 bath 1530 square feet

Imagine living in this exquisite turn key corner Unit with fabulous views of the Gulf of Mexico and the Intracoastal Waterway. These spectacular views may be seen from every room. Envision entertaining on the 40 foot wrap around balcony where your guests can gaze at the sunset. This 1530 square foot condo features an open floor plan with split bedrooms. There is assigned covered parking and large storage unit. Amenities include tennis, pickleball, heated pool, fishing pier, grilling and picnic area. Located in this highly sought after gated community on Sand Key just steps from the beach.

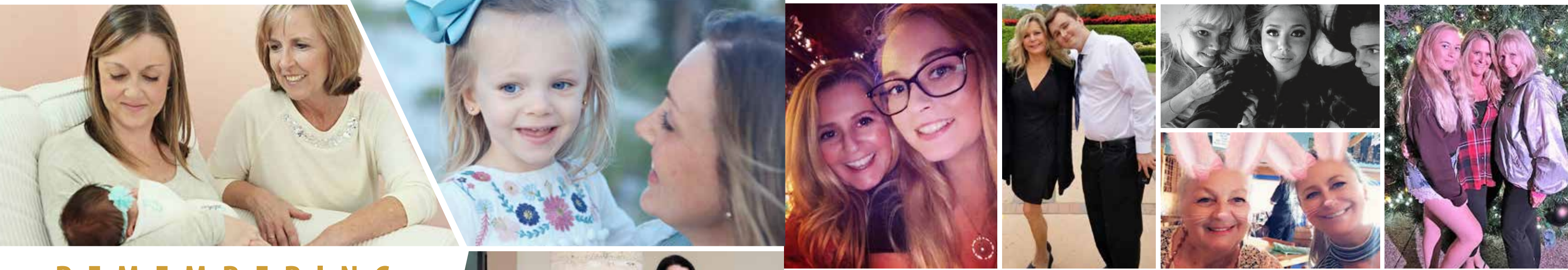
Cell 727-458-4868
Office 727-581-9411
laurascottrealtor@gmail.com
A USAA Rewards Network Agent
Cartus Network Affinity Specialist



**LAURA
SCOTT**

Sales and Waterfront Specialist





REMEMBERING
MOM
ON THIS
Special Day!
HAPPY MOTHER'S DAY



Now That You Have Picked Your Medicare Plan, How Do You Plan To Pay For Your **BIG EXPENSES:**



Hospitalization **\$350 a day** in hospital for the first 3 days
Skilled Nursing **\$160 a day** days 21-100 in skilled nursing (Medicare only pays for the first 20 days)
Outpatient Surgery **\$500** same day surgery rider

It adds up fast.

I can get you coverage to take care of these expenses **for only \$100 a month**

Free consultation: Call Linda now for a quote **727-501-1444**

I am an independent agent authorized to offer many options & plans. I work for you not the companies!!



Call Linda Bullerman at 727-501-1444

**BREAKFAST & LUNCH
7AM-3PM
7 DAYS A WEEK!**

*George and James Cole,
father & son owners!*

**9342 Oakhurst Rd.
Seminole, FL 33776
727-330-6094**

**Only 3.5 miles down
Indian Rocks
Rd/Oakhurst**



TRADES of HOPE

COMPASSIONATE ENTREPRENEUR

Empowering Women out of Poverty In 17 Countries including USA



Human Trafficking, Slums, Slave Trade - Every Sale gives sustainable Income



SHOP to help change lives
Host a Hope Gathering with your Neighbors and Friends
Join the purposeful mission and sisterhood

Fair Trade Certified
Marie Chouinard
 Manager Compassionate Entrepreneur
 SHOP ~HOST~JOIN
 Trades Of Hope
 727-403-7931 • www.mytradesofhope.com/mariechouinard



IT'S YOUR VISION.
Planning
 IT'S OUR ART.

- Complete
- Partial
- Month of
- Rehearsal Dinner
- Brunch
- Bridal shower
- Welcome Events



6679 Treeland Avenue
 Largo, Florida 33773

727.710.2511

www.partiesalacarte.com
info@partiesalacarte.com



R⁵ Skinworks
 Renew, Refresh, Restore
 Revitalize, Rejuvenate
 Clinical Facial Aesthetics

Facial Treatment

<http://www.r5skinworks.com>

**If your skin is not becoming to you...
 You should be coming to me!**

All facial treatments are Organic and customized to your Specific skincare needs. They are recommended monthly to address your concerns.



**Gift
 Certificates
 Available**

Advanced Facial Treatments
 Pharmaceutical grade Peptides are infused with Nano and Micro needling to repair and correct skin issues

Call to schedule your appointment
 (727) 492-1041
martha.ross@r5skinworks.com

Located inside Locksmith Hair Designers
 410 S. Comet Ave
 Clearwater, FL 33765



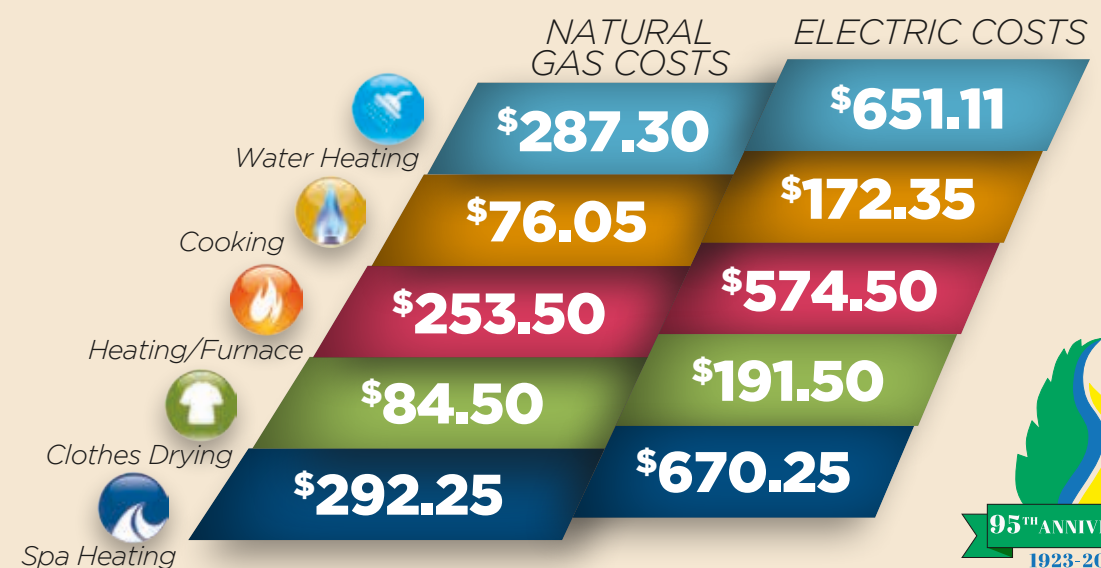
ELENA CAMPOS
 HOUSE CLEANING
727-480-2519
ECGB1966@yahoo.com



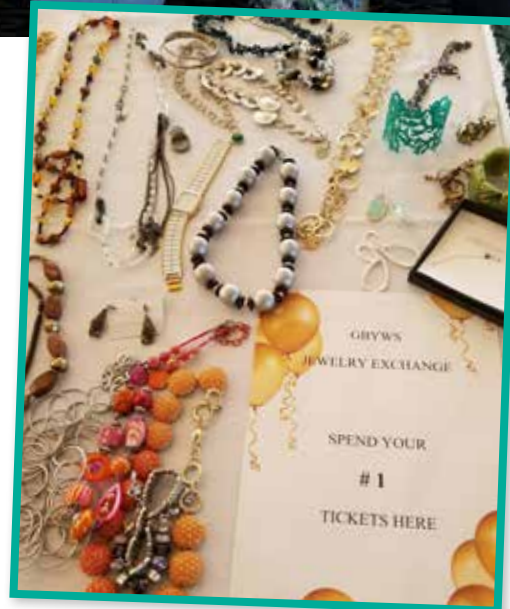
Natural Gas

It's The Natural Choice!

The difference is clear — save up to 63% annually when using natural gas energy!



Call Clearwater Gas System at **(727) 562-4980** to switch to energy efficient natural gas and/or visit our website at www.clearwatergas.com



community social group

GREATER BELLEAIR YOUNG WOMEN'S SOCIETY

"To Meet, To Know, To Grow"

THE GREATER BELLEAIR YOUNG WOMEN'S SOCIETY (GBYWS)

The purpose of the organization is to promote friendships through social activities and community service.

The GBYWS has been around for 40 years and consists of approximately 200 women. "When I first moved to Florida, I had to start over again and make new friends, so I joined the GBYWS where their mission is **"To Meet, To Know, To Grow."** Joining the GBY was the best decision I

could have made. I met the most wonderful girlfriends where our friendships are sure to last a lifetime."

- Devin Pappas, former president of the GBYWS

Each year one of the most popular luncheons is called **"The Jewelry Exchange."** This is where you bring three accessories that you no longer want, and through a series of events, you get to shop and go home with three new accessories for

yourself. This year we had a fabulous lunch at Bon Appetit in Dunedin.

The GBY has many fun groups such as: **Artsy Outings, Dinners, Girls' Night Out, Bunco, Canasta, Mah Jongg, Movie Madness, Girls trips, Scrabble, and more.**

If you are interested in learning more about the GBYWS, please visit gbyws.org and fill out the application under contact us.



If you belong to an organization, we would love to hear about it. Contact Devin.pappas@n2pub.com.



Cheryl Wooden



**From
Survivor to
Supporter**

We here at *Harbor Bluffs Living* magazine love to hear stories about “residents giving back” and telling us about their volunteerism and desire to help in the community.

In this edition, we would like to tell you about Cheryl Wooden, of Hickory Lane, who volunteers for Hands Across the Bay and is a Committee member for The Denim & Diamonds Fundraising event.

HBL: What does Hands Across the Bay do as a 501c3 organization?

CW: Hands Across the Bay was developed to positively impact the lives of as many Tampa Bay residents as possible. They assist and mentor hardworking families in need, advocate for change, support other organizations, and spread love with various acts of kindness.

They also specialize in helping rebuild the lives of domestic violence survivors and their children.

HBL: Why is this organization passionate to you?

CW: When I was in my 20s, two of my girlfriends were murdered at the hands of their boyfriends. I will never forget the pain of living through that, for them, their families and myself.

I am also a domestic violence survivor myself. In the '80s, domestic violence awareness was non-existent. I met this man, we fell in love and we married. It was your typical fairy tale story until his true colors started to

show. I found myself in a situation I never thought could happen to me. Thank God, my father was right there to notice the weight I was losing and the shyness in my personality. I escaped my abuser and went to live with my family. I swore that one day when I got into a better situation and did not have to work so hard, I would help survivors of domestic violence and help raise awareness of this epidemic in our society.

HBL: OMG, we are so sorry for your losses and your experience. However, we are so glad you got out of your situation when you did.

HBL: What are your duties as a volunteer?

CW: I am on my second year as a Committee member of the Denim & Diamonds Fundraiser Team. All of us are responsible for getting sponsors, auction items, organizing the entire event from start to finish. I love it. We have a great team; the community is amazing and supportive and last year we raised \$103K from our event. We are currently in the process of planning this year's event at the Belleair County Club on May 18 at 11 am.

HBL: What benefits do you get from volunteering?

CW: Being a survivor myself, I get satisfaction knowing that my efforts are helping to save and

rebuild the lives of the survivors. Statistics show that one out of three women are abused by their partner and that homicides are on the rise from domestic violence. I want to be a part in helping reduce that number.

HBL: If someone wanted to sponsor your Denim & Diamonds Event, how would one go about that?

CW: I must say it is a fun event that sells out every year. Please visit HandsAcrossTheBay.org, contact me or *HBL* magazine.

HBL: Thank you so much for sharing your story with us.

Cheryl Wooden and Dale Schooley moved to Harbor Bluffs on Hickory Lane four years ago from Clearwater Beach. Cheryl told me they love it here because there is no beach traffic, it is quiet, and Harbor Bluffs offers large homes with big back yards for their dog, Ebon, to run around.



neighbors' night out

NEIGHBORHOOD SOCIAL CK's Eats & Drinks *was Over the Top*

A huge thank you to Crawford Ker, owner of Ck's Eats and Drinks on Clearwater Beach, for hosting an unbelievable *HB Living* Neighbors' Night Out. We would also like to thank Ck's Management and incredible Servers/Bartenders who really outdid themselves with great food and some really cool drinks! It was just such a wonderful night, especially to all of those raffle winners!







BV BeachView

LOCATED ON FAMOUS
CLEARWATER BEACH



The BeachView Hotel is the perfect place to experience the warm sun, white sandy beaches, and soothing gulf breezes of beautiful Clearwater Beach. Rest. Play. Repeat. Our goal at The BeachView is to take relaxation to the next level...sea level. Located across Beachwalk we are perfectly situated to toss off the flip flops, bury your toes in the sand, and forget about life for awhile. During the day, fall in love with some of the most breathtaking views on Clearwater Beach. At dusk enjoy our poolside firepits and take in an unforgettable sunset. Whether you are coming for romance, relaxation, or to reconnect with family The BeachView provides exceptional service, friendly atmosphere, and modern accommodations that puts you in the perfect place to do it all.

Our Amenities

- Fitness center
- Wi-Fi access
- Business center - "Cyber Corner"
- 24-hour reception
- On-site restaurant
- Bicycle parking
- On-site laundry facility (charges apply)
- Vending machines
- ATM
- Bilingual staff - English and Spanish

REST. PLAY. REPEAT

More Information: 727.461.7695
thebeachviewhotel.com
325 S. Gulfview Blvd. Clearwater Beach, FL 33767

SMILE WITH YOUR MOUTH FULL

FINE WINES • OVER 375 CRAFT BEERS
WALK IN CIGAR HUMIDOR
GOURMET CHEESES • HOMEMADE FAMILY MEALS

510 Indian Rocks Rd
N Belleair Bluffs
727-584-3697
www.belleairmarket.com

My Pets Friend

- Walks
- Feeding
- Vacations
- Holidays
- Overnights
- Mid Day Visits

Staying home
sure beats the
kennel

Insured-Established 2006

Call Jennifer Munro
727-463-5661 or JeMunro@verizon.net

Permanent Makeup by Phyllis

eyebrows
eyeliner
lips
microblading
color refresh
and correction
microneedling

Wake up
beautiful

Great Brows don't happen by chance
they happen by Appointment

Phyllis Nordman 727-580-1446
11670 Oakhurst Rd Largo FL 33774

All About The Vase would love to be part of all your
events and occasions

DANA DINEEN
ALL ABOUT THE VASE
(727)-674-0100
504 North Fort Harrison, Clearwater, FL 33755
Email: AllAboutTheVase@gmail.com www.AllAboutTheVase.com
Robb E. Schoonmaker

sponsor
 spotlight

We had the pleasure of interviewing this familiar face of Bonefish. Many of you know, Niko Hales, as the Managing Partner of our Belleair Bluffs popular restaurant but do you know his story? Please enjoy!!

HBL: *Where did you grow up?*

NH: North Carolina (a small town just north of Charlotte)

HBL: *How long have you lived in the area?*

NH: A little over five years

HBL: *Tell us about your family.*

NH: I have an amazing wife, **Kristi**, and two little girls. **Brooklyn** is 6 and is a kindergartner at Mildred Helms. My youngest is **Eva** and she is 4 years old. Both girls love anything princess but are super competitive and full of energy. We also have our dog **Wrigley**, who we rescued when he was 6 months old.

HBL: *Tell us about the events that led up to where you are now.*

NH: I started waiting tables while attending North Carolina State University and got familiar with the restaurant industry, but it wasn't until my late 20s that I decided I wanted to run my own restaurant. I began working for Bonefish as a server 13 years ago and eventu-



INTRODUCING

NIKO
HALES

Managing Partner for Bonefish Grill

ally decided to go into management while we were still living in Raleigh, North Carolina.

At this point in my career, most of my experience was in the front of the house and I now needed to be trained in the kitchen. Learning the kitchen really gave me a new sense of appreciation for the business, and from then on, I knew the restaurant business would be my life. I was now very interested in learning all the ins and outs of creating and serving the best quality food coupled with the highest level of service possible.

In 2011, I was given my first opportunity as a culinary manager for Bonefish and that is really what sparked my passion for the restaurant industry.

After spending about a year in management, I started my training to become a managing partner. In 2013, right before I completed my training, I was offered the South Tampa, Bonefish on Henderson Blvd. So, Kristi and I decided to move our family to the Tampa area, and I took over as managing partner of the South Tampa Bonefish Grill. After spending about a year and a half in that location, I was given the opportunity to take over the Belleair Bonefish. It was a tough year or two for the restaurant and I was happy to work with the staff and the community to create a successful restaurant with a positive effect on this wonderful community. It has now been almost four years and I couldn't be happier getting to know this area and raising my kids here.

HBL: *We are thrilled to have you here. We thank you for the partnership with us and throwing us great HB Living Socials!*

HBL: *What is your current position and what is your focus?*

NH: I am the managing partner of the Bonefish Grill on West Bay Drive in Belleair Bluffs. Our focus is on serving fresh fish, simply cooked and finished with specialty sauces. We also serve some wonderful steaks, chicken and vegetable dishes.

HBL: *What is unique about your business?*

NH: Bonefish Grill has a unique feel and atmosphere when you come to enjoy quality time with friends and family. It is a corporate restaurant, but each Bonefish has a unique feel to it and can personalize its self around its direct community. As a partner, I



have a say in the daily specials we create for you as well as the ability to choose local breweries to display on draft. My management team and

I work hard to get to know our guests and create relationships with each of you. I love getting to know new guests and guests who have been dining at Bonefish for years. I take personal responsibility to make sure each person has an enjoyable dining experience from the moment they walk in the door until they leave.

HBL: *What else should we know about you, your family or your business?*

NH: As a restaurant owner, I spend long days and nights at the restaurant; when I became a dad, my whole world changed, and I didn't realize how much my little girls would mean to me. I spend most of my days off with them and my wife, soaking up each moment. Although I do get a round of golf in occasionally.

As for my business, I would love for you to know that I do appreciate each one of you that dine at Bonefish Grill and look forward to getting know



THE PERFECT PLACE FOR DATE NIGHT OR SUNDAY BRUNCH.



NOW CATERING AT YOUR HOME OFFICE OR ANY OFFSITE LOCATION!

PLEASE CONTACT NIKO HALES
FOR INFORMATION
ON CATERING YOUR NEXT EVENT.

MON -THUR 11AM - 10:30PM
FRI - SAT 11AM TO 11:30PM
SUN 10AM TO 9PM

NIKO HALES, MANAGING PARTNER

2939 W BAY DR | BELLEAIR BLUFFS, FL 33770 | (727) 518-1230



FREE BANG BANG SHRIMP
WITH ENTREE PURCHASE.

EXCLUSIVELY FOR THE RESIDENTS OF HARBOR BLUFFS

Harbor Bluffs
Living

...
each of you better. Belleair is a unique community
and I am happy to be a part of it.

HBL: Future events or specials planned?

NH: In the last year I have worked to create menus
designed for offsite catering around the community
and I look forward to continuing our work with
other local businesses, charitable organizations and
HB Living magazine Socials.

**HBL: What are you most proud of about
your business?**

NH: As a partner with Bonefish, I make it a person-
al responsibility to train and develop my anglers,
especially my new managers. I work closely with
each person, to design a strategy to help them
achieve their individual goals. Since becoming the
managing partner in Belleair, I am proud to have
had three managers get promoted to managing part-
ners within the company. I believe if you spend the
time teaching them quality practices that creating
high standards in the food we serve, we can contin-
ue serving simple fresh fish to our communities.

**HBL: Thank you, Niko, for all that you and your
amazing staff do for your customers, the work
in the community and of course, the excellence
you put into the HB Living magazine Socials.**

Business contact information:

Bonefish Grill
c/o Niko Hales
2939 West Bay Drive | Belleair Bluffs, FL 333770
727-518-1230 | nikohales@bonefishgrill.com

*I just love
my spa
days at
Clippingdales!*



CLIPPINGDALES GROOMING

80 Indian Rocks Road S.
Belleair Bluffs, FL 33770
(727) 586-6559



Suzette's
...On the Rocks
BOUTIQUE

FEATURING

PLANET
BY
Lauren G

400 Indian Rocks Rd. N.,
Suite B, Belleair Bluffs
727-595-8700

Simply Suzette's
7232 Central Ave., St. Pete
727-202-7082



Suzette's Boutique
Main Street, Highlands, N.C.

Spring into Summer with a beautiful smile!

MAKE AN APPOINTMENT TODAY with
DR. TREVOR F. QUICK
— AND THE STAFF AT —



belleair dental
RESTORATIVE, COSMETIC & IMPLANT DENTISTRY

(727) 518-2333 | 2600 West Bay Drive, Largo
belleairdental.com



JUST A FEW OF OUR SERVICES

- ADDITIONS AND REMODELS
- BUILD AND DESIGN
- RENOVATION AND REPAIR
- GENERAL MAINTENANCE

SPECIALIZING IN KITCHEN,
BATHROOMS, DECKS AND ADDITIONS

A PREMIER, FULL SERVICE
CONTRACTING FIRM IN THE
TAMPA BAY AREA SINCE 1986

727-447-7112

Certified Building Contractor (CBC-1252171)



AAA SERVICES
OF CENTRAL FLORIDA



**NO JOB
TOO BIG OR TOO SMALL!**

OVER THE PAST 20 YEARS, I HAVE WORKED
WITH MY HARBOR BLUFFS NEIGHBORS
TO MAKE THEIR HOMES PERFECT!

JOSEPH M. LOGAR, SR.,
PRESIDENT AND HARBOR BLUFFS RESIDENT

DREAMS
—
REALITY
UNITED by WATER
MARINE MAX



CATCH TIME WITH THE FAMILY

Visit our website to check out the latest inventory or stop by MarineMax Clearwater today!

MarineMax Clearwater

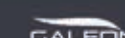
18025 U.S. Highway 19 North, Clearwater, FL 33764 | (866) 581-9072 | marinemax.com/clearwater



HARRIS



NAUTIQUE





The 2019 Denim and Diamonds Committee From
(L to R) Karen Campbell, Catherine Prince, Lauren Connors, Cheryl Wooden, Devin Pappas, Sam Cantrell, Sharon Coffey, Sue Menges, Kathleen Slaven

third annual Denim & Diamonds *ready to shine*



EVENT TO BENEFIT JULIE WEINTRAUB'S HANDS ACROSS THE BAY

On Saturday, May 18, the third annual “Denim & Diamonds” themed brunch at the Belleair Country Club will raise money for Julie Weintraub’s Hands Across the Bay. The committee organizing the event, comprised of local area volunteers, wants attendees to shine in their favorite blue jeans and diamonds for a glitzy afternoon. The event will feature brunch, entertainment, silent auctions and surprises. Individual tickets cost \$75 per person. All proceeds from the fundraiser will directly benefit the charity.

Julie Weintraub’s Hands Across the Bay is a 501(c)3 non-profit organization that was founded in 2010 by philanthropist and business owner Julie Wein-



2017 celebrity guests (left to right) Michael Clayton, Gina Marie Smith, Brad Kendall, William Floyd and JP Peterson.



Dr. Joseph & Elif Fitzgerald, owners of the presenting sponsor, PureLife Medi-Spa.



Diane Dudley, Alyssa Dudley, Melissa Dohme Hill and Julie Weintraub.

traub. It was established to positively impact the lives of as many Tampa Bay residents as possible. They assist and mentor hardworking families in need, advocate for change, support other organizations, and spread love with various acts of kindness. The organization helps families in crisis, neglected animals and veterans in need, as well as provides domestic violence advocacy and suicide/anti-bullying prevention.

“The first two Denim & Diamonds events were tremendously successful,” said PureLife Medi-Spa Medical Director Dr. Joseph Fitzgerald. “Everybody feels great about supporting Hands

Across the Bay. They truly help Tampa Bay families when they are in crisis and we whole-heartedly support their mission. Many thanks to the committee of volunteers who are organizing this event, PureLife is honored to be the presenting sponsor once again.”

For more information and to purchase tickets or sponsorships, please visit www.handsacrossthebay.org.

2019 Sponsor Levels:
\$5,000 Princess Cut Diamond Sponsor includes: Two tables of eight, 32 raffle tickets, Logo on table signage, prime event signage, event program, social media and Denim &

Diamonds Website. Verbal recognition and thank you at the event. Private pre-event VIP Celebrity Meet & Greet. Opportunity to add an item to swag bag. One drink ticket per person. Belleair Country Club Buffet.

\$2,500 Emerald Cut Diamond Sponsor includes: One table of eight, eight raffle tickets. Logo on table signage, prime event signage, event program, social media and Denim & Diamonds Website. Verbal recognition and thank you at event. Private pre-event VIP Celebrity Meet & Greet. Opportunity to add item to swag bag. One drink ticket per person. Belleair Country Club Buffet.

\$1,200 Boot Cut Jeans Sponsor includes: One table of eight. Logo on table signage, and Denim & Diamonds Website. Verbal recognition and thank you at event. Opportunity to add item to swag bag. One drink ticket per person. Belleair Country Club Buffet.

\$600 Bell Bottom Jeans Sponsor includes: Four tickets to event. Logo on shared table signage. Name in program. Opportunity to add item to swag bag. One drink ticket per person. Belleair Country Club Buffet.

\$750 Table of Eight includes: Guaranteed eight seats together. Name on Table. One drink ticket per person. Belleair Country Club Buffet.





working out time
045 min

TEAM TRAINING ★ ★ ★
★ ★ ★ LIFE CHANGING


1 week complimentary trial!

F45training.com/LargoEast/trial | (727) 362-6408 | 2715 E Bay Dr, Largo FL 33771

F45 Training
LARGO EAST



*Say it with
"Flowers"
this Mother's Day*



BloomTown Florist

218 West Bay Drive, Largo, Florida 33770
(727) 559-7177 BloomTownFloristFL.com

Art Lovers Place
Fine Art Gallery & Studio
Originals, Giclees & Prints
Paintings For Sale

"Mine That Bird" (50-1 odds) Winner 2009 Kentucky Derby. 3' x 4' Original Painting by Rand Marsters \$1,500

Beautiful works of art for your Home or Business.
Created by Local, Award-Winning Artists
1300 Clearwater Largo Road, Largo, FL 33770
727-518-1300 Paint@ArtLoversPlace.org
501c3 Non Profit with a focus on supporting Veteran, Senior and Disabled Artists
Inspire, Encourage, Nurture





**recipe
of the
month**

Slow Roasted LEG of LAMB

Slow-Roasted Leg of Lamb

(serves 8-10)

- 1 leg of lamb (bone in) or 2 short-cut legs of lamb (6-8 lbs.)
- 1 head of garlic
- Fine sea salt
- Fresh ground pepper
- Approx. 2 tsp. garlic powder
- Approx. 2 tsp. sweet paprika
- 2 medium onions, peeled and quartered
- 1 cup dry white wine
- 2-3 sprigs of fresh rosemary
- 10 sprigs of fresh thyme
- 2-3 tsp. dried Greek oregano
- 2-3 bay leaves
- Juice of 2 lemons
- 1/2 cup extra-virgin olive oil
- Hot water
- Salt and pepper to taste

Directions

1. Puncture the meat with a paring knife and insert a sliver of garlic into the cavity, repeat randomly all over the roast.
2. Preheat oven to 550 degrees with rack in the middle of the oven.
3. Place lamb in a roasting pan and drizzle with olive oil and season with salt, pepper, garlic powder, and paprika.
4. Place in the oven uncovered for 10 to 15 minutes until browned, then flip and cook for another 10 to 15 minutes until browned.
5. Place the quartered onions around the lamb, add any remaining slivers of garlic, add the herbs (thyme, bay, rosemary, oregano) and squeeze in the lemon juice and pour the wine into the pan. Add the olive oil and enough hot water to cover a third of the lamb.

6. Cover and place the lamb back in the oven for 2 hours (add more hot water if needed), baste the lamb once an hour. After two hours, flip the leg of lamb (add more water if necessary and adjust seasoning of liquid with salt and pepper).
7. **The total cooking time for the lamb is approx. 3 hours**, the leg of lamb shoulder be a deep brown and the bones will be exposed and the meat should show signs of separating from the bone.
8. Remove the lamb from the oven, baste with liquid and allow to rest. Serve with Greek roast potatoes or pair with roast potatoes tossed in leg of lamb drippings.

MAY happenings

Did you know? May 15 is National Chocolate Chip Day
May 25 is National Wine Day

May 1:

The Illusionists at REH
 Gov't Mule at Jannus Live 7 pm

May 3:

Dunedin Downtown Market Pioneer Park 9 am-2 pm FREE

May 4:

Kentucky Derby
 Salsa Cinco de Maya Tarpon Springs 6 pm FREE
 Preschool Olympics Highland Family Aquatic Center (HFAC) 8:30 am, \$5
 Mayor's Golf Tournament raising money for kids camps LargoGolf.com 8:30am

May 5:

HB Living Magazine Neighbor's Night Out

Cinco de Market PARTY 5 pm-7 pm
 Belleair Market-Your Corner Store

May 6:

RCS Pinellas Celebrity Golf Tournament raising money to help homelessness, hunger and domestic violence survivors 7 am.
 Innisbrook; rcspinellas.org/the-rcs-pinellas-celebrity-golf-classic-luncheon/

May 7:

Bryan Adams Al Lang Stadium

May 11:

HFAC Summer Grand Opening Swim and Lunch 10 am-2 pm, \$12

May 11 and 12:

Rays vs Yankees Trop Field

May 12:

Happy Mother's Day

May 17:

Soul Circus Cowboys Live Concert Largo Central Park 7 pm-10 pm, FREE

May 18:

DENIM & DIAMONDS BRUNCH

Raising money for Hands Across the Bay/helping families in need and survivors of domestic violence Belleair Country Club, 11 am-3 pm.
 Handsacrossthebay.org

May 19:

Florida Wedding Expo US 19, Palm Harbor

May 24:

FIT4MOM Stroller Strides Workout Harbor Bluffs Park FREE, 9:30 am

May 25:

Tampa Bay Margarita and Music Festival 12 pm-11 pm at Julian Lane Riverfront and Park

May 27:

Happy Memorial Day, remembering all the service members who have died in the line of duty.

May 28:

Rays vs Toronto Blue Jays 3:30 pm, Trop Field

FIT4MOM LARGO OFFERS FREE POP-UP STROLLER STRIDES WORKOUT

MAY 24 AT 9:30 AM

FIT4MOM Largo is honored to hold a **FREE** pop-up Stroller Strides workout at Harbor Bluffs Park

Date: May 24 at 9:30 am!

Stroller Strides is a one-hour total body stroller fitness workout class which includes stations of strength train-

ing, endurance and core work, all while entertaining the little ones with songs, bubbles, games, books and more.

We are certified in prenatal and postnatal fitness and moms and kids of all stages are welcome!

All you'll need is water, towel or yoga mat, and anything your kiddo(s) needs in the stroller/carrier. Children 5 and under stay in their strollers, and older children are welcome to walk beside mom and do exercises with or sit beside during the stations.



Pre-register at
www.largo.fit4mom.com/schedule or
come a few minutes early the day of!



Help Us Gather's COMMUNITY INCLUSION AWARD



iFLY Tampa

Learning to skydive is a bucket list must for most adventure enthusiasts. It's also an activity that most individuals with disabilities, especially those who are wheelchair-bound, rule out. That is, until now.

All Abilities Night at iFLY is a unique way to make the dream of flight a reality for individuals with special needs. This program has been custom-designed for teens and adults with physical and cognitive challenges. Help Us Gather recently took a group of daring men and women to iFLY Tampa to see what this program is all about.

Instructor Joel worked closely with the fliers, making sure they felt prepared for exactly what they were about to experience in iFLY's giant wind tunnel. iFLY can even outfit fliers with a special brace to keep their legs in place while they're in the air. Fliers enter the wind tunnel with one or two instructors, who hold tight to keep the flier safe. The goal is to create an environment of support and inclusion, while giving individuals with special needs a one-of-a-kind indoor skydiving experience.

"Seeing our wheelchair-bound friends flying through the air and getting the chance to feel weightless was incredible," said HUG team member Ashley Richmond. "This is something they've never felt before. The smiles on their faces brought tears to my eyes. I know this is an experience they will never forget."

By offering adaptive programs like All Abilities Night, iFLY is giving all people in our community a chance to experience the amazing adrenaline rush of indoor skydiving. HUG is happy to give iFLY its Community Inclusion Award. Check out video from the event on HUG's Facebook.

You can learn more about iFLY & book a flight at iflyworld.com/tampa.

Help Us Gather

Help Us Gather is a local nonprofit that advocates for inclusion and connects individuals with disabilities to social events and activities. Check out our community calendar and connect with HUG at www.HelpUsGather.org.

Wondering how your business can be more inclusive?
 Know of a business going above and beyond
 to include individuals with disabilities?
CONNECT WITH HELP US GATHER
 (727) 489-5885 • EVENTS@HELPUSGATHER.ORG

HUG

Help Us Gather

HELPUSGATHER.ORG

AC Installation, Repair & Maintenance
We Can Cool It!
 Locally Owned & Operated
 License #CAC1813572



JENERGY
AIR SERVICES

Check our Reviews
 Licensed, Insured & LOVED!

CALL US TODAY!
727-595-5366
 www.JenergyAir.com



INSERT YOUR BUSINESS AD
{ HERE }

For advertising information please visit www.n2pub.com.

I am so glad we listened to Christine and followed her advice.



FIRST FINANCIAL GUARANTEE
"Where your interest comes first"

Money Market 6-Month Bonus Rate.....
4.25% APY

ASK US ABOUT OUR IRA ROLLOVER BONUSES!
Annual Percentage Yield. Yield and deposit amount subject to availability. Penalty for early withdrawal. *Promotional incentives included to obtain yield. Certain restrictions apply. Rates may vary depending on deposit amount. All Bank Accounts Are FDIC Insured.

Insured and Guaranteed

The Original CD Locator and Financial Services Co.

- Preservation of Principle
- Provide The Best Possible Return
- Peace of Mind

We specialize in:

- Protecting current assets
- Reducing Taxes
- Achieving Investment Objectives

Christine J. Turpin | (727) 518-8333 • www.ffg-llc.com




Harbor Bluffs Living

RESIDENT BUSINESS GUIDE

If you are a Harbor Bluffs Resident and own a business you would like to share with our neighbors, please contact us at Devin.Pappas@n2pub.com

ATTORNEY

McManus and McManus PA

Mary Taylor McManus
 (727) 584-2128
McManusEstatePlanning.com

CONTRACTOR

AAA Services of Central Florida

Joe Logar
 (727) 447-7112
AAAServicesFlorida.com

EVENT PLANNER

Parties A'La Carte

Jessica Ralph
 (727) 710-2511
Jessica@PartiesALaCarteFL.com
PartiesA'LaCarteFL.com

GOLF COURSE

Cove Kay Golf Course

Pat McClanan Shriver
 (727) 480-9049
PatMcClananShriver@live.net

HOTEL

Beach View Hotel

Crawford Ker
 (727) 461-7695
thebeachviewhotel.com

MASSAGE

Lisa Gecelosky

(727) 412-1444
LisaGMassage@gmail.com

MEDICARE INSURANCE

Linda Bullerman CLTC

Linda Bullerman
 (727) 434-3376
LindaBullerman.com

PAINTER

Munyun Painting

Asher Ballew
 (727) 501-3831
MunyunPainting.com

PEDIATRICIAN

Myrtle Avenue Pediatrics

Kathryn Boreman
 (727) 442-8589

PET SITTER

My Pets Friend

Jennifer Munro-Golliher
 (727) 463-5661
Jenmunro@verizon.net

REALTOR

Century 21 Beggins Enterprises

Jaime Wright
 (904) 631-6853
www.c21beggins.com/jaimewright

Charles Rutenberg Realty

Jennifer Munro-Golliher
 (727) 463-5661
Jenmunro@verizon.net

Coastal Christies

Julie Folden
 (727) 460-7462
JulieFolden.com

Coastal Christies

Megan Bower
 (727) 742-2699
TeamBower.com

Engel and Volkers

Shaun Carroll
 (727) 234-5843
Shaun.Carroll.Evusa.com

Sand Key Realty

Mark Frankum
 (727) 492-6433
Mfrankum@gmail.com

Sand Key Realty

Michelle Gerhart
 (949) 235-9691
Michelle@sandkey.com

RESTAURANT

CK's Eats and Drinks

Crawford Ker
 (727) 443-5377
ckseatsndrinks.com

RESTUARANT

Three Olives Restaurant

Robert Hilsky
 (727) 393-1703
Three-olives.net

VETERINARIAN

Bluffs Animal Hospital

Dr. Guy Gibson
 (727) 585-5682
BluffsAnimal.com

WEBSITE DEVELOPMENT

Consultel Inc

Yvonne Morris
 (702) 528-6110
consultel.net







Professional Golf Instruction at the
COVE CAY GOLF CLUB







HARBOR BLUFFS RESIDENTS

Pat McClanan Shriver | Bill Shriver
PGA Teaching Professional | PGA Teaching Professional

The Cove Cay Golf Club is a PGA, semi-private, 18-hole championship course located along the shores of beautiful Tampa Bay
Beautiful Waterfront Dining

2612 Cove Cay Dr. | Clearwater, FL 33760 | www.covecaygolf.com | www.shriversgolfacademy.com
Golf Shop 727-535-1406 and Club House and Bayview Grill 727-536-1949



We've got the jeans to make you look great at the **Denim and Diamond** event on May 18th

GREAT SALES GOING ON NOW







MENTION THIS MAGAZINE AND RECEIVE **15% OFF** YOUR TOTAL PURCHASE.

FIND US AT THE PLAZA 100 AT 100 INDIAN ROCKS N. BELLEAIR BLUFFS

Moms you take care of everyone else...Let us take care of *You!*






Save **\$750** on THERMiVa treatments for improved vaginal and bladder health
Offer ends May 31st
(mention this ad when you call)

The most advanced "no-downtime" vaginal treatments available

Top Reasons to Choose Vaginal Restoration from the GYN Expert

- Childbirth
- Menopause
- Dryness/Irritation
- Loss of Sensation
- Painful Sex
- Low Estrogen
- Urinary Leakage
- Bladder Urgency



Dr. Jennifer S. Hayes
Board Certified in Gynecology
Specializing in Cosmetic Gynecology
25+ years vaginal surgery experience
Beverly Hills trademarked techniques

Call 727.403.0573 for a consult

Visit our website @ VisionaryCentreForWomen.com

#1 and #2 in 2018 Individual Sales at Coastal Properties/CHRISTIE'S International AND!!...
JULIE and MEGAN sold more Homes in Harbor Bluffs than any other agent for 2018...







124 Harbor View Lane



206 Harbor View Lane – Buyer & Seller



313 Live Oak – Buyer & Seller



606 Palm Drive – Buyer & Seller



610 Palm Drive – Buyer & Seller



609 Palm Drive

JULIE FOLDEN
727.460.7462
Julie@JulieFolden.com

COASTAL
PROPERTIES GROUP INTERNATIONAL

CHRISTIE'S
INTERNATIONAL REAL ESTATE

MEGAN BOWER
727.742.2699
Megan@LifestyleFL.com

Harbor Bluffs *Living*

204 Live Oak Lane,
Largo FL 33770

PRSRT STD
US POSTAGE PAID
WILMINGTON, NC
PERMIT NO. 40

FL_Harbor Bluffs

GOLD & DIAMOND SOURCE



3800 Ulmerton Rd | Clearwater, FL 33762
727-573-9351
GOLDANDDIAMOND.COM

