June 2021

Harbor Bluffs Living

A Social Publication for
the Residents of Harbor Bluffs



HAPPY FATHER'S DAY

from the Dannheim Family

Photography by **Jelena Mulin Photography**
Stamas Yacht Provided by **Sunray Marine**
Ina's Mermaid School

neighbors' night out



burn it Dance Party

with dj HOOF

June 18 at Burn Fitness Studio 7pm–9pm



Our Most Requested Neighbor's Night Out is a Dance Party!
You Asked and *HBL* Delivers!

Come Dance, Mingle, Meet New Friends, Catch up with Old Friends, Listen to Music.

HBL is Building Lasting Relationships One Neighbor at a Time!

Come Join the Burn it Dance Party with DJ Hoof Rocking the House!

Please do not feel uncomfortable coming alone – Many people have and now they have new friends!

Date: June 18
Time: 7pm–9pm
Location: Burn Fitness Studio
E and E Plaza
Indian Rocks Road,
Belleair Bluffs

Feel free to call Devin with any questions at **727-657-9615**.

Visit Burn Fitness before for a free workout with trainer and owner Tom Gurganus.



www.n2pub.com
Turning Neighborhoods Into Communities
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IMPORTANT
PHONE NUMBERS

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(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

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(727) 462-7000	Morton Plant Hospital
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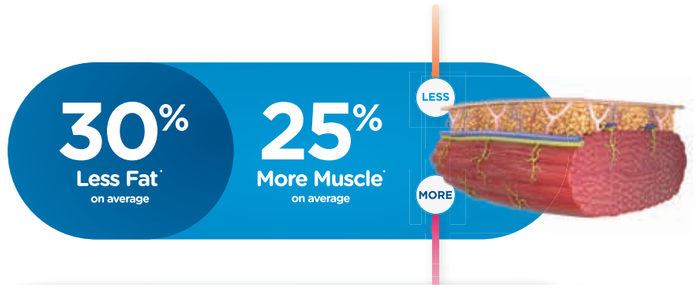
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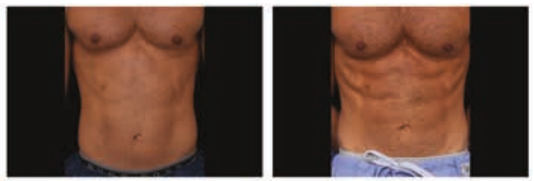
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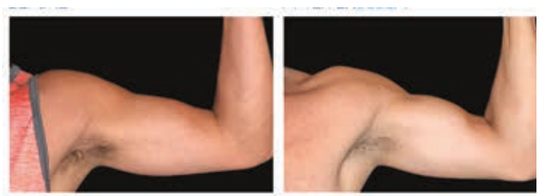
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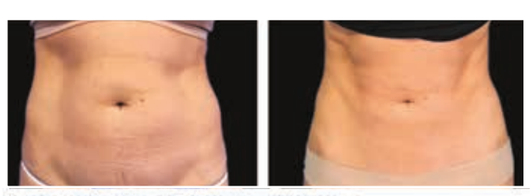
12 WEEKS AFTER 4TH TREATMENT, COURTESY OF: LASKY AESTHETICS



8 WEEKS AFTER 4TH TREATMENT, COURTESY OF: SEASIDE AESTHETICS



2 WEEKS AFTER THE LAST TREATMENT, COURTESY OF: SUM ESTHETICS



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UPCOMING NEO EVENTS

PureLife Medi-Spa body contouring events feature a presentation, live demonstration, free consultations and special discounts.
Space is limited, please call to RSVP.

June 17th
12-1:30 pm & 6-7:30 pm

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burn it Dance Party with dj HOOF

on June 18

June 4 at 7:00 pm – The Allman Betts Band
Ruth Eckerd Hall

June 4 at **8:00** pm – **The Young Dubliners**
Central Park Performing Arts Center

June 5 at **8:00** pm – **Hot Tuna Acoustic**
Bilheimer Capitol Theater

June 5–6 at 8:00 pm – **Zebra**
Central Park Performing Arts Center

June 9 at **8:00** pm – **Jake Shimabukuro**
Bilheimer Capitol Theater

June 12 at **7:30** pm – **John Mayall**
Bilheimer Capitol Theater

June 17 at **8:00 – PMCAL The Beatles' Sgt. Pepper's**
Bilheimer Capitol Theater



June 18 at **7:00** pm – ***HBL* Burn It Dance Party with DJ Hoof**
Burn Fitness Studio E and E Plaza, Indian Rocks Road Belleair Bluffs

June 20 – Happy Father's Day

June 25–26 at **8:00** pm – **Peace Frog: Doors Tribute**
Central Park Performing Arts Center

June 26 at 10:00 am–11:30 am – Free Estate Planning Seminar

- How to protect your loved ones' inheritance
- How to care for loved ones with special needs
- What the documents are and how they work
- Why most estate plans just don't work!
- How to keep your plan up-to-date
- How trusts can accomplish family goals and transmit personal values
- How you can have a plan that may cost less and deliver more with the Goal-Directed Strategy for successful estate planning.
- New Topic! What legal documents are the most important during Corona Virus
- New Topic! How does social distancing affect how we implement and use our Estate Planning Documents.

There isn't a charge or obligation, and because seating is limited reservations are required.
To reserve your seat, please call: **(727) 584-2128**;
email: **lawoffice@McManusEstatePlanning.com**
RSVP by 48 hours before the Workshop to receive your Zoom Meeting Invitation and Link



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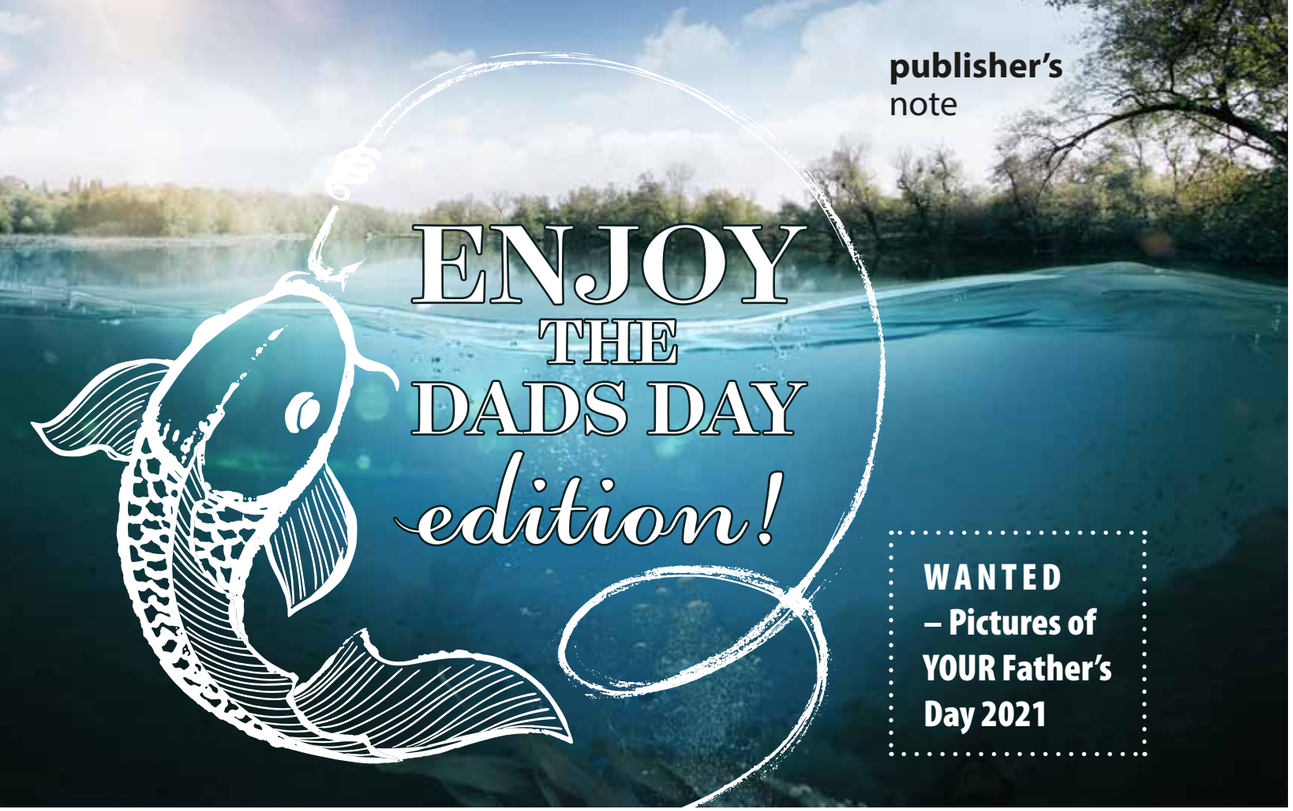
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Happy Father's Day to all!
HBL would like to thank all the dads for everything you do!

Being a "daddy's girl" myself, I know how much you influence and guide your children. My dad, who lived in Harbor Bluffs and passed away in 1989 when I was just 25, was my hero and mentor. He taught me how to be fearless, independent, business-minded, and showed me daily how much care, patience, and love it takes to be a good dad!

If you are a DAD, *HBL* would love to feature you! It is an awesome experience. If you're a father — or if you think your dad is the bomb and want to share him with Harbor Bluffs — please send us your story and a couple of pictures. *HBL* would love to surprise him from you! You can email info to Devin.pappas@N2pub.com.

I also keep hearing about all the amazing accomplishments and talents of the teens and young adults in our neighborhood. We would love to feature your *HBL* kid — please contact me!



Ready to bust a move this month?
Put your dancing shoes on and get ready for the Burn It Dance Party at Burn Fitness Studio. It will be held at their new location in the E & E plaza across from the Belleair Bluffs City Hall on June 18 from 7 p.m. to 9 p.m.

Did you know? National Peanut Butter Cookie Day is June 12. Check out our recipe of the month article to make goodies at home! And don't forget, we'd love for you to send us your favorite recipes to share with neighbors.

HBL is proud to announce and welcome our fabulous new business owners. Remember, we are very choosy about who we partner with. Each business owner must come from a trusted referral and are interviewed before we introduce them to you. Please call your *HBL* Sponsors first, visit their business or use their services! You will be glad you did. If you know a business owner that you think is fabulous, please refer them to us; we would love to talk to them!

WELCOME NEW SPONSORS:

Element Tree Care will take care of all your tree needs – Arborist, tree surgeon, and landscaper

Wildflower Café and Market – open for lunch/brunch and lunch – serving mimosa and Bloody Mary's – ready to go meals are available at their market

Why Fry Mobile Tanning Salon – HOW COOL! Want to save time on getting your spray tan? Call Marcy to come to your home or work! (no travel time) Great for parties!

Keys to the Bay Real Estate and Broker – Madeline Rousseau – Residential and commercial

Clear Wake Watersports is bringing new adventures to our area – Wake Surfing and Pontoon parties to the local Islands.

Haus Coffee Shop (and wine bar) live music, outdoor seating, the atmosphere is so unique, everything delicious.

Please never hesitate to contact me with feedback, suggestions, or to get involved, advise, or anything you may need.

See you on the dance floor at Burn Fitness on June 18.

Thank you,

Devin

PS – What fun we had on this photoshoot! Check out Ina's Mermaid School Article.



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this summer when you renovate with Cayman!

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Cocker Spaniel – Chaya *AKA* Love Sponge

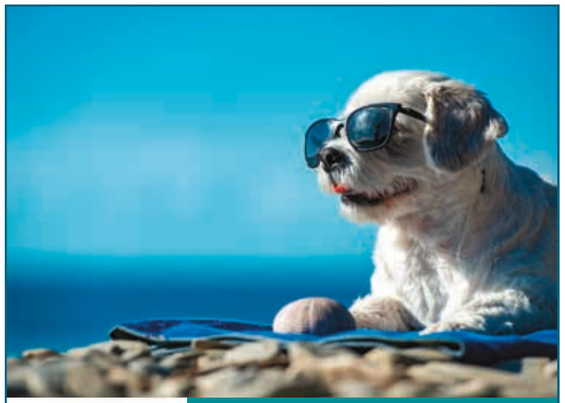
is TERRIBLY Missed by Family!
RIP Little One!



Hi! My name is Chaya (pronounced Hiya)

My Mom is Liskula and my (human) sister is Liv. We also have a new adopted cat brother named Mr. Bean. He was annoying as a kitten, but now he is a cool friend to have around.

Mom called me her Love Sponge for most of my life, and Liv called me Yaya when she was learning how to talk.



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I am a Cocker Spaniel. People are always shocked when Mom tells them my breed, but I am a special type of cocker spaniel — I am tri-colored! I have brown, blonde, and white fur. Mom calls my white feet my UGG'S. People think I look mad or grumpy all the time because of my big blond eyebrows, that's OK; I just call it my resting b**** face. Which makes so much sense.

I am almost 15. My birthday is May 31.

My Mom doesn't give me human food, but when I have to take a pill, I get a little bit of peanut butter to make it taste better. And when Liv was small, she dropped food all the time, so I got to try loads of stuff.

I used to hate the rain and thunderstorms, but at my advanced age, I can't hear it. (I guess that's the silver lining?)

My favorite thing to do is cuddle and snuggle and follow Mom around every waking second. She says I am her shadow.

My favorite toy is Mr. Bear, a large kids' stuffed bear that I was gifted by my Aunty Katia when I was a few months old. Also, my old penguin that moved by himself when Mom pulled his tail. I never tore apart a single toy, I just loved them and played with them. But playing with my sister was more fun. Liv and I used to play dress-up all the time; sometimes we would paint, too. Mom doesn't really appreciate my artistic talents.

What I hate most is when my Mom and Liv leave the house. It makes me so sad, and I cry quite loudly for a few minutes. This was pretty bothersome to our old neighbors in New York City. That's where I was born. But, whatever, they were clearly jealous that their fur family members didn't love them as much as I do.

I moved to Tampa when I was 5 years old. We were sick of the rat race in NYC. I had my own seat on the plane, and I looked out the window the entire time. The flight attendant told my Mom that I was the most well-behaved service animal she had ever seen. She didn't know that I was in shock and too freaked out to do anything else other than sit and look out the window.



The best part of moving to Florida was when Mom got pregnant. I would lay on her growing belly all day and night if she let me. I knew something really special was going on in there.

When Liv was born and Mom had to clean the house I would lay on the bed with Liv and protect her. I knew my job and took pride in it.

I have a lot of funny quirks, or at least I think they are funny. Mom says I snore like an 80-year-old man...and she doesn't think it's funny, I also have to find the perfect spot on the bed to sleep, which sometimes takes a while. I also demand affection; I know how that sounds, but hey — a dog needs attention, too.

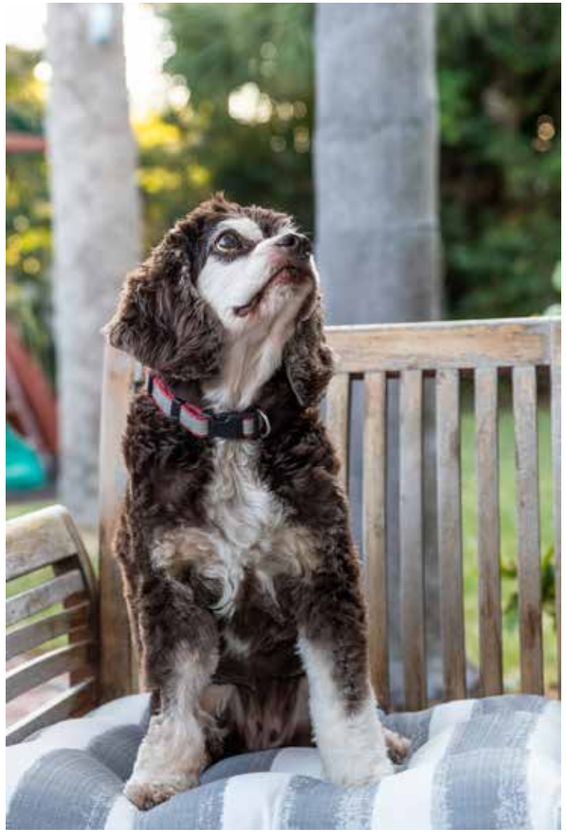
I love to greet guests into the house, and I pray they sit on the couch so there is room for me. Then I move in, I sit just close enough so they feel • • •

compelled to pet me, then I don't let them stop! When they do get bored of it and want to rest their arm, I tap on their leg with my paw. This works 100% of the time. The guests think it's funny, my Mom gets a little embarrassed because she knows my breath is not so pleasant, and when the guests stop petting and stop responding to my gentle taps. I get closer and breathe on them, heavy. They quickly learn to keep me at an arms' length — perfect for petting!

Sadly, Chay's days were limited. She passed away on Valentine's Day this year. We knew she was not in perfect health in December, but there was nothing that could be done medically, so we had some time to smother her with love and attention and for that we are grateful. We kept her comfortable and she went over the rainbow bridge knowing that she will be missed for eternity. RIP, Chaya.
Love Mom, Liv, and Mr. Bean

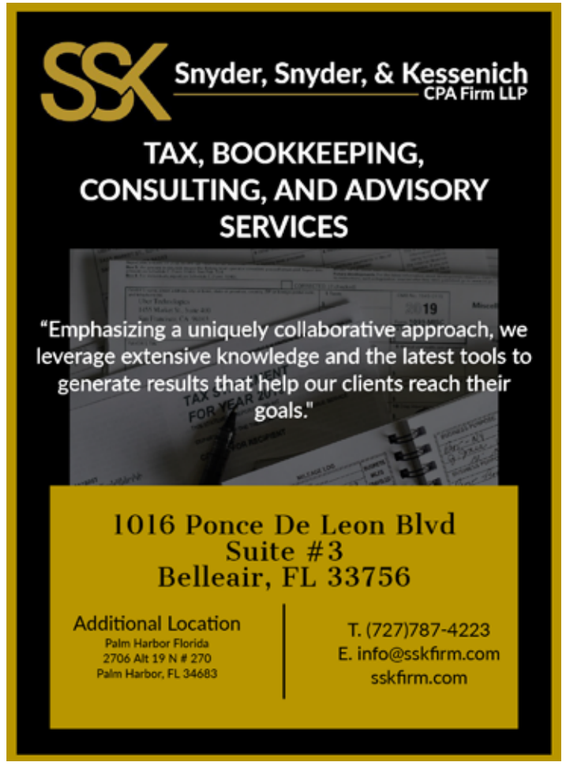


Professional Pet photography provided by Carol Moorhead of Dog-Tog Pet Photography. If your pet would like their own photoshoot, please contact **Devin.Pappas@N2pub.com**.



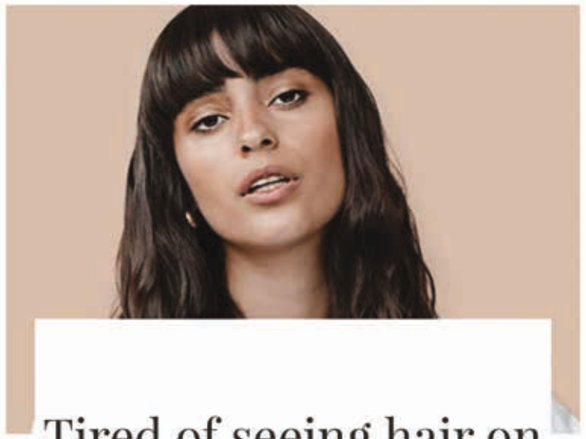












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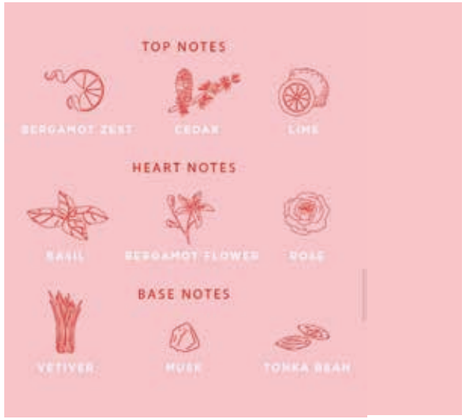


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June 12th is NATIONAL PEANUT BUTTER COOKIE DAY



resident recipe

How to Make Peanut Butter Cookies

Ingredients Needed:

- 1 cup unsalted butter
- 1 cup crunchy peanut butter
- 1 cup white sugar
- 1 cup packed brown sugar
- 2 eggs
- 2 ½ cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 ½ teaspoons baking soda

The cookie dough comes together in about 10 minutes.

1. Whisk the dry ingredients together. You need flour, baking powder, baking soda, and salt.
2. Cream the butter and sugars together. Make sure the butter is cool to touch, not overly warm or melted. Here's what room temperature butter really means. Use more granulated sugar than brown sugar. When making chocolate chip cookies, I always prefer to use more brown sugar than white sugar because it produces a softer cookie. With peanut butter cookies, however, the peanut butter already makes the cookies soft. More brown sugar made them EXTRA soft, so they fell apart. Too much of a good thing.
3. Beat in eggs, peanut butter, and vanilla extract.
4. Mix dry and wet ingredients together.
5. Chill the cookie dough. Chilling the cookie dough is important, but this dough is thick so it doesn't need hours inside the refrigerator. A quick 1 hour of chilling will prevent the cookies from over-spreading.
6. Roll into balls and coat with sugar. Each dough ball is about 1.5 Tablespoons. Roll each into granulated sugar for an extra sparkly crunch!
7. Indent fork marks on top for that classic peanut butter criss-cross cookie.
8. Bake until the edges are set, about 12 minutes.



Kara Lynn's Kitchen is open! Join us street side for dining and live music (evenings). We offer non-gmo, organic/clean 15, grain free, gluten free, grass fed, pasture raised, sustainable seafoods and plant based options that equal delicious, **clean food for a better you.**

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Jelena Mulin-Photographer

introducing hbl's new photographer

JELENA MULIN

Photographer of This Month's Cover and Featured Family Spread

My name is **Jelena Mulin** and I truly love photography. After spending 35 years as a Medical Technologist, I retired in 2017 to pursue my love of photography on a full-time basis.

As an independent photographer, I have done weddings, baptisms, school and charity events, senior high school on-location shoots, family and holiday celebrations. In addition, I shoot ethnic golf, basketball, and bowling tournaments across the nation.

I have a passion for wildlife and landscape photography. My extensive vacation travels with my husband Peter have taken us throughout the United States and Canada.

My work has been recognized in calendars, contests, by the marketing team at Nature Valley, and within the Eagles Golf Community where I live.

I am available to assist and enhance your events and special occasions. I really enjoy talking about photography and can be reached at **(813) 215-0890**. Let's talk!
– Jelena





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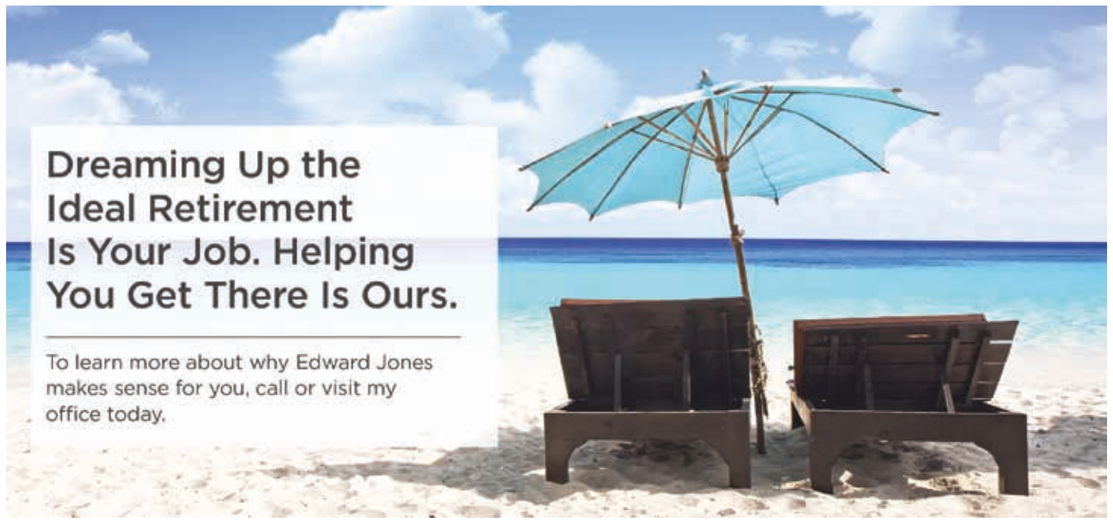
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meet the Generational Families of HB From Live Oak Lane

first family – BARRY/BARB STEINER

second family – AMY/MIKE/TY/CHARLIE DANNHEIM

Meet Barb and Barry Steiner of Live Oak – The parents and grandparents

HBL—**My family members are (including pets):**
BS—Our household now comprises my husband, myself, and a five-pound Scottish fold cat (they chirp quietly instead of meowing). Our daughter, Amy Dannheim, lives just seven doors away. She and her husband, Mike, have a 3-year-old girl named Charlie and they welcomed a little boy, Ty, in June. They arrived on March 22, 2020, from Miami Beach expecting to stay a week and lived with us for five months.

I've lived in Harbor Bluffs for 36 years. Our first house was on the small spit of Bamboo Lane. We moved here in 1984 with a 2-year-old and found ourselves surrounded by three other young families. There were few children in HB at the time, so our families all became close friends. And we still get together for holidays and travel. It has been a rich friendship for all of us. While Amy spent her youth with the pack of kids on Bamboo Lane, Allie grew up here on Live Oak Lane.

HBL— **Where did you grow up and how did you end up here?**
BS—Barry grew up in NYC and I grew up in Memphis, TN. I ended up here because Barry was transferred from Philadelphia with his company. It was an easy decision to leave city-living for a house with a yard — especially one so close to the beach. In fact, we have owned three houses here. Every time, we have had wonderful neighbors.

HBL—**What do you like best about living in HB?**
BS—I love, love, love having my grandchildren so close. It means they pop in all the time. I can babysit, take them to school, and just really be an important part of their lives. When Charlie was born, I made it a point to come to visit every month of her first year. But with Ty, there isn't a day that he hasn't known me. My other daughter, Allie Turina, and her husband, Damir, join us for Friday night dinners. We'll order take out, play games, and when the kids go to bed, we call it a night. Keeping it simple works best for all three generations. The kids are so happy when we all get together. Even the 9-month-old just beams when the family is joking around. I wish this closeness for every family that wants it. It just feels right, like everyone's world is in sync.

HBL—**You definitely have a beautiful, happy, and close-knit family**
BS—**My present job is...**Running: Running after Ty, running

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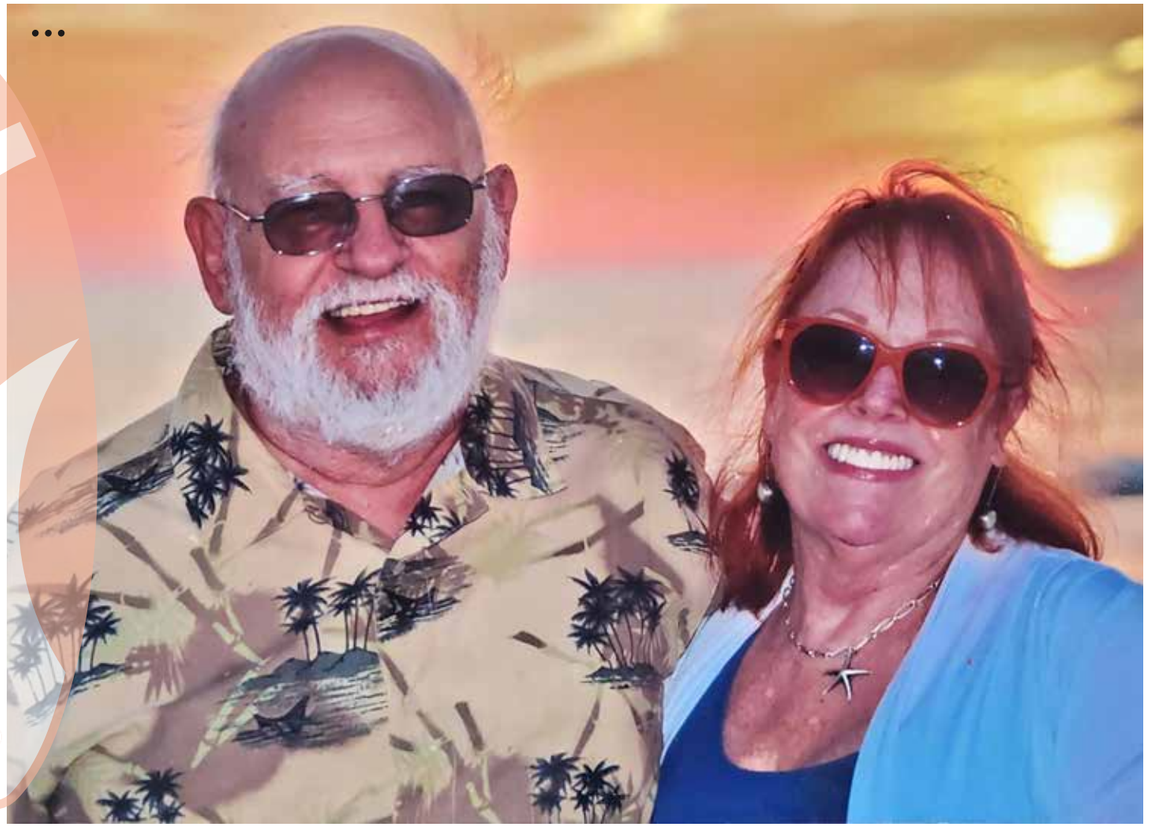


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The Entire Live Oak Family!



Barry and Barb

to Publix for milk, running to Walmart for meds. But before this crazy year, we traveled quite a bit, both together and apart. I have a twin sister who also likes to wander and we have an interest in textiles, embroidery, needlepoint, and most of the decorative arts. We began to travel together in our 20s when we joined a group that camped all across Asia from Turkey to Nepal (yes, Iran, under the Shah, was open) and we can attest to the rawness of Afghanistan and the extreme poverty of India. Barry and I were also in China in 1980 when it first opened. The song of the country was bicycle bells and Mao jackets were the uniform. More recently, we have stayed in the Mediterranean. I don't know when travel will be as carefree as it used to be, so, for now, my wanderlust is calling me to search out the fun and funky attractions in Florida!

HBL—**Thank you so much for sharing your amazing family with all of us!**



Barb Steiner, my daughter, Amy, with her daughter, Charlie, and my daughter, Allie.

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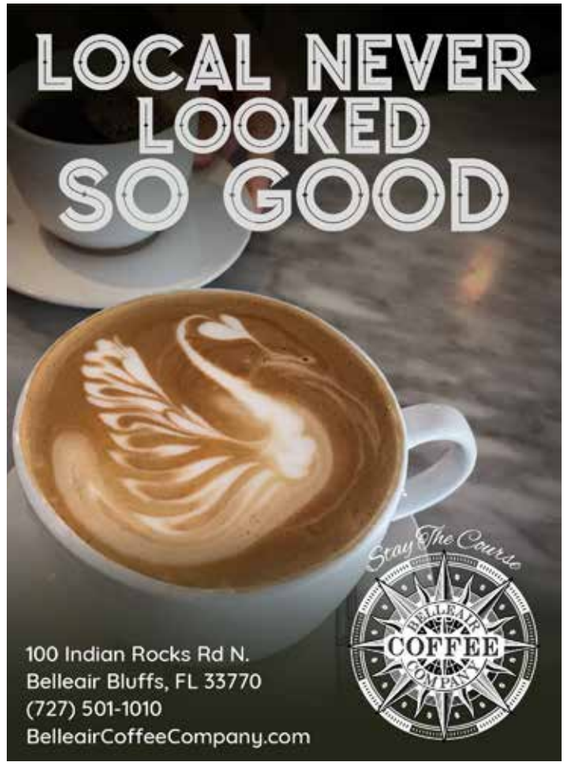
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MEET YOUR NEIGHBORS

My name is: Amy Dannheim – I am Barb and Barry's daughter. We also live on Live Oak Lane.

My family members are: Mike, Charlie (3.5 years old), and Ty (9 months). We have been here for a little over a year.

*HBL—***Where did you grow up?**

AD—I grew up right here in Harbor Bluffs! My parents moved from Philadelphia when I was 2 years old and bought a house on Bamboo Lane. When I was older, we lived on Driftwood Lane and then my parents settled on Live Oak Lane about 25 years ago, where they still live today. Much to my surprise, we now live five doors down from them. Mike was born in Boca Raton, FL, and grew up in Moorestown, NJ — right outside Philadelphia. Jersey strong!

*HBL—***How did you end up here?**

AD—We lived in Miami Beach for twelve years, but when COVID-19 broke and the city closed down in March of 2020, I was 7 months pregnant (along with having a 2-year-old) and both my husband and I were working...so we really needed help. We headed back to Harbor Bluffs to be near my family and after being here a few months, it became clear that this was where we needed to be! Being near my family really saved the day. A HUGE thank you to my mom, dad, sister, and brother-in-law for all of their help over the past year.

*HBL—***What do you like best about living in HB?**

AD—In the springtime, we wake up to the sound of birds, which is truly delightful. The location is great since we are at the beach

• • •



a lot, and we love walking or running over the bridge to check out the view. We also love having a backyard — definitely a luxury when you're used to living in a city!

HBL—**What kind of work do you?**
AD—I have been a professional yoga teacher for the past 10 years and owner of Tropical Vinyasa, voted #1 yoga studio in Miami Beach, which we closed down over the past year. I teach group classes, corporate clients, large-scale yoga events as well as private clients. I also lead yoga teacher trainings and retreats. Mike is the founder of ***Sensie***, a ground-breaking technology company that uses sensors to help people measure how they feel and then incorporates cutting-edge coaching techniques to help them achieve success in whatever area of life they want to transform. Mike also does 1:1 and group coaching and is a yoga teacher, too!

HBL—**How did you and your spouse or partner meet?**
AD—We met on match.com! Fourteen years ago, we had both recently moved to Jacksonville, FL, and were looking to connect with people. We met within our first few days on the site. On our first date, we closed down Starbucks and have been together ever since, even with some tough stints of long-distance. In his tech career, Mike has worked in Tokyo, Dubai, Taiwan, India, Singapore, London, and NYC, and we have made it through! We were married in Key West in 2014.

HBL—**Based on your business, what advice can you give our readers?**
AD—Move your body every day! Walk to Publix if you need just one or two things. This is especially true if you're feeling stressed or triggered — move a muscle, move a thought. Make your own food, preferably with organic ingredients — or at least ingredients you can pronounce. Breathe. Forgive yourself.

HBL—**What are your hobbies?**
AD—We are both very interested in the mind/body space and enjoy working with different coaches and modalities to expand our awareness around healing and consciousness. Mike is a big surfer and we gravitate towards anything with movement, like riding bikes and being outdoors — and our kids help keep us very busy in that domain. We also love exploring, spending time with friends, going to the beach, and, of course, taking a yoga class.

HBL—**Any unique stories you would like to share?**
AD—We love to travel and have cracked the code on our favorite way to do it — hosting international yoga retreats. We combine yoga, surfing, healthy eating, mindfulness, and fun in amazing destinations. We have taken yoga groups to Costa Rica, Nicaragua, Cuba, Tulum, and our favorite — Bali. With the pandemic and our kids being so little, we have taken the past year off but we have our eyes on Morocco and back to Bali for 2022.

HBL—**What do you like about *HBL* magazine?**
AD—It's such a great way to learn about local businesses and support our neighbors. The photos are always beautiful, too. And it's created by our neighbor. Go, small business owners!

HBL—**Thank you so much for allowing us to feature your family on the June cover. Without families like yours, *HBL* magazine would not exist!**



Happy Father's Day, Mike!















Photo Shoots take collaboration from a team to make these successful! Thank you to the following people who made this exciting photoshoot possible!

The Dannheim and Steiner Family of Live Oak Lane
Jelena Mulin Photography–see inside article for information
Ina's Mermaid School (see article to become a mermaid, ages 6+)
Jason Allred, owner, Sunray Marine and their Stamas Yacht

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100 LIVE OAK LN	$430,789	1342	2	2
819 JACARANDA DR	$459,000	1991	3	2
113 CRESTWOOD LN	$620,000	2847	4	3
311 HARBOR VIEW LN	$640,000	2964	3	3
910 OAKWOOD DR	$650,000	2028	4	2
905 OAKWOOD DR	$775,000	1574	3	2
207 PALMETTO LN	$750,000	3570	4	3
408 HARBOR VIEW LN	$845,000	1735	3	2
121 HARBOR VIEW LN	$817,000	3374	4	4
502 PALM DR	$1,050,050	2624	3	3
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Dylan Lemay *(@djlemay2)* has 8.6 Million Followers

SEEN TOSSING ICE CREAM AT **COLD STONE CREAMERY**





famous tiktok star spotted doing his "thing" in belleair bluffs

By **TikTok Newser**

Dylan Lemay had just started working at Cold Stone Creamery. He was 15 and petrified. "I was so afraid to mess up," he said. "Every time they asked me to do something, I asked a million questions. Like, even just to let the water out of the sink. I was like, 'Okay, how do you do that? So you take the grate out?'" "Where is that? Like... at the bottom of the sink? Like, where else would the drain be? I was just so afraid," he said.

Originally from Taylor, MI, 24-year-old Lemay has 8.6 million followers and is known for creating videos of colorful and well-decorated cakes that reach millions.

Convinced to join TikTok by an artist he followed on Instagram, he bought a tripod. His sister spotted him taking it out of its box. "What's that for?" she asked. "I'm going to become famous on TikTok," he replied, joking. He posted his first TikTok about making a cake on May 4. More than 801,100 people have now watched that TikTok.

He discovered that he had to structure TikToks in a way that would entice viewers. "I record where you can see both my hands the whole time. And so it's like you're doing it from your perspective."

As a high schooler, Lemay played hockey his freshman year but dove into the creative arts. His senior year, Lemay's art teacher chose him as their favorite artist. But Lemay had other plans: he enrolled at a *Bible* college while working full-time. "I wasn't sure what I wanted to do, and so I figured learning more about my faith would be a good idea," he told *TikTok Newser*.

He started preparing for missionary work by studying intercultural studies but switched to Biblical counseling halfway through his studies. "[I thought] it might be a good idea to actually understand how to properly speak into people's lives," he said.

But he wasn't sure what he wanted to do after he graduated, and eventually became a manager at a Cold Stone Creamery in Missouri. At one point, he considered moving back to Michigan. Then TikTok came along. "Now I have to rethink everything because my whole life has changed because of this opportunity," he said.

Please follow Dylan @djlemay2 and visit Emmy Babnick at Belleair Bluffs Cold Stone Creamery for your favorite ice cream!



travel

By **Susan Brown** of Cruise Planners

GET OUT AND SPEND SOME QUALITY TIME WITH DAD ON HIS SPECIAL DAY!



How about planning some fun adventures with Dad this summer? Now that many destinations are opening up again and vaccinations and COVID-19 protocols allow for safe interaction, families are getting ready for an epic summer!

Whether you are the father in the family and are looking for some great destinations to spend a few relaxing days this summer — or want to take dad away for some much-needed one-on-one time — our ideas might just give you some inspiration.

Fishing – It's for All Ages!

Water isn't the only thing that flows when you're out on a boat fishing. So does conversation! It's the perfect time for a one-on-one experience with your boy — or your dad — to talk about anything that comes to mind. No matter if you're out on the dock or in the middle of nowhere deep-sea fishing. Of course, the Florida Keys are the perfect playground to get that great catch.

Camping

What could be more manly than venturing to the great outdoors and spending time in nature? Camping is the perfect time to teach your children how to start a fire, set up a tent, use a compass, and countless other survival skills. Plus, those fire-roasted gooey marshmallows will be talked about for years to come!





ATV Riding

Have you experienced the exhilaration that comes from tearing through the trails on an off-road vehicle? With the wind in your face, the sun on your back, and the occasional kamikaze gnat to the exposed flesh (ok, so maybe that sensation isn't anybody's favorite), you get to experience nature in a different way.

Instead of just seeing nature from the road, you are in it, you can touch it, feel it, breathe it in, become a part of it. And it is a wonderful way to teach responsible driving to your children.

Ocala National Forest offers a variety of riding opportunities for Off-Highway Vehicle (OHV) enthusiasts.

Game Day!

Is there any activity that's more dad-centric than going to a sports game together? It's a great opportunity to spend some quality time watching his favorite pro-sport (that's probably your favorite, too) and create a memory you'll both cherish. An away game featuring his home team is preferable, but any game at a stadium that's historic or iconic is also a wonderful venue for bonding time.

But maybe don't catch the ball while holding junior!

Golfing

There's no better game to enjoy with your children, but it will also teach them things don't always go as they should — and that perseverance always wins. And if it's you taking Dad out for a round of golf, what better way to reconnect?

Hiking

A hike with the family can be as easy or as challenging as you want it to be. You can encourage each other along the way and have plenty of time to talk about all those important things that are on your or your child's mind. A hike might have difficult moments but reaching the top or the end can be so rewarding. This is a great way to teach children that it's important — and worth it! — to do hard things.

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Elvira Wright was born in Germany, raised in Russia and became a Ukrainian citizen and is now considered to be a proud American. She lives with her husband and furry baby Pomeranian, Amir, in beautiful Dunedin where they enjoy outdoor life: boating, bicycling, and dining out. They love to travel the world and learn culture and cuisine of different countries. Elvira has one daughter, Nataliya, who runs her own business.

Elvira is a registered pharmacist in two states: Florida and North Carolina. She holds a Certification as a Fellow of Anti-Aging, Regenerative Medicine and is an American Board Anti-Aging Health Practitioner. She received her pharmacy degree from Arkhangelsk Pharmaceutical College, Russia, and additional training from Zaporizhia State Medical University, Ukraine.

Elvira established herself as a Clinical/Consult pharmacist by working in a variety of settings, including hospitals (500-bed trauma hospital in the Tampa Bay Area, FL) and a pharmacy and private consulting practice in Tennessee.

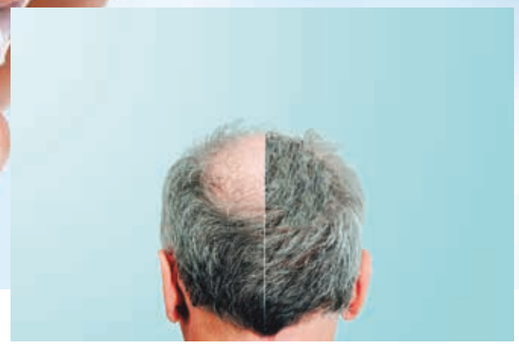
She is certified as a second category specialist in phytotherapy. She has always been in favor of holistic medicine and the usage of herbal therapy, nutraceuticals, and micronutrient supplements for a wide range of maladies.

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Don't say goodbye to your hair.

French Proverb said: Long on hair, short on brain. But even if it is, hair loss is still an unpleasant phenomenon. The good news is that it is often reversible. Our guest, Certified Trichologist Elvira Wright from Wright Aesthetics clinic answered the most important questions on how to prevent hair loss, which factors are important to keep them healthy long into the golden age, and what simple Chemistry 101 lesson you can learn in your bathroom – read in an interview.

First of all: What is Trichology?

The word "Trichology" comes from the Greek word "Trikhos" which means 'hair.' Trichologist is a hair and scalp specialist who is able to assess the causes of hair or scalp problems. Hair thinning and loss causes many women and men go into social isolation, loss of self-confidence and low self-esteem.

HBL – **What is the main reason of hair loss?**
EW – There are multiple reasons for alopecia (medical term for hair loss), including genetics, autoimmune diseases, hormonal imbalance, radical dietary changes, hairdressing habits just to name a few.

HBL – **Is it true that hair responds to stress in a person's life after a few months?**
EW – Yes, that's how the hair growth cycle works. If you notice an active fallout, then maybe three to six months ago in your life was either severe stress, or head trauma, or some severe illness/surgery. We must remember that hair is not vital organ for our survival. Therefore, during any type of stress all resources (including oxygen, nutrients, etc.) direct to where they are needed the most for a "Fight-or-Fly" response: in muscles, cardiovascular system, kidneys, brain...Hair gets all these on the residual principle.

HBL – **And what is the worst thing for hair health: sun, seawater, chlorinated water?**
EW – Chlorinated water has the worst effect. Moreover, it affects twofold: first, chlorine dries and bleaches the hair, making them brittle with dull color, and secondly, chlorine as a stronger element displaces iodine from the body. And iodine is necessary for normal function of thyroid gland which is also responsible for hair health! The sun also affects negatively. It would seem, on the one hand, we really need it for the production of vitamin D. But ultraviolet rays destroy collagen and elastin (in addition to its carcinogenic effect). Therefore, the best time for sunbath is early morning and evening hours.

HBL – **There's a gymnast in Cirque Du Soleil's show where she is hanging herself by hair. Is it realistic to do this without harm?**
EW – I can only sympathize this woman! With such a dramatic impact on hair follicles, if it is natural hair and not artificial contraption, baldness in the future is warranty. This type of hair loss is called a traction alopecia. It usually occurs because of the constant tension of the hair, even if they are just twisted into tight hairstyles too often!

HBL – **Is it not harmful to wash your hair every day?**
EW – It's still being debated, but I think you can wash as often as it gets dirty or too oily. Just pick up the right kind of products for your hair type. Shampoos, conditioners, essential oils, serums – all these will help to keep hair clean, vital, healthy as long as it is correctly selected. Our skin



Elvira Wright treating a patient.



Male – before and after Cellular Hair Restoration



Female – before and after Cellular Hair Restoration

> **Elvira's mission is to help each person to obtain vitality and resilience and to gain confidence, utilizing the latest innovations available in the field of anti-aging, hair restoration, and peptide therapy.**

• • •



Elvira with her husband, Jeff, and her Pomeranian fur baby, Amir.

• • •

> **Elvira Wright is a certified trichologist, pharmacist, and member of the American Board of Anti-Aging Health Practitioners and Fellowship in Anti-Aging, Regenerative and Functional Medicine.**

has a certain level of pH, which is the so-called hydrogen index. And even when we wash it with plain water, its pH changes. Do a little home experiment: order on "Amazon" litmus paper and start to check the pH of your shampoos, creams, lotions and other cosmetics (remember how you did chemistry lesson?). It's very interesting, I checked everything I could at home: I have tossed a few products in the trash can. The skin has a pH value around of 5.4–5.6. Buy skin and hair products as close to these range as possible. Strong alkaline cosmetics, like soap for example (pH 7) are harmful since they strip the important skin protective layer call Acid Mantle.

HBL – **Is it possible not to treat, but to prevent hair loss?**

EW – A balanced diet, optimal hormonal panel, vitamins, and a proper selection of hair care products all play an important role in the prevention of hair loss. If there is a predisposition for hair loss, it will be a good idea to reduce chemical and physical stress for hair as well (for example, coloring, traumatic styling, too frequent use of hair dryer or iron). Normally we lose 100–150 hairs per day. But if one notices a significant loss and thinning of hair, be sure to visit your doctor and check your thyroid gland, the level of iron (ferritin), vitamin D, and B12 levels. It is prudent to check a hormonal panel, if it is genetic hair loss. By the way, one of the signs of a problem with the thyroid is losing the end of eyebrows, so pay attention to them, too.

Hair is a very powerful indicator of overall health. If there's something wrong with them, don't miss these alarm bells.

Elvira Wright is a certified trichologist, pharmacist, and member of the American Board of Anti-Aging Health Practitioners and Fellowship in Anti-Aging, Regenerative and Functional Medicine.

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men's fitness over age 50

Most Men *Lose Muscle* in Their 40s = Putting on Extra Fat

By **Nathan Temple** – F45 Training Largo East

You CAN Fix This – *Read Below*

MEN'S FITNESS OVER AGE 50

Key Tips:

1. Full-body workouts are more effective than focusing on isolated muscle groups (aka chest day, arm day, leg day)
2. Keep your workouts varied to "confuse" your muscles and eliminate boredom
3. A proper, safe form is much more important than lifting heavy
4. Aim for 2.5 to 5 hours of moderate-intensity exercise or 1.25 to 2.5 hours of vigorous-intensity exercise each week

Unfortunately, most men naturally start to lose muscle in their 40s, while putting on extra fat. This extra fat contributes to a rise in LDL ("bad") cholesterol and a fall in HDL ("good") cholesterol and causes blood sugar levels to rise, making type 2 diabetes common in older American men.

The good news for men over 50 is that a well-rounded interval fitness program of resistance (aka strength) and cardio workouts combined with a healthy dose of recovery, including stretching, will counteract muscle loss, reduce body fat, and provide a host of other health benefits.

Many of the changes physiologists attribute to aging are caused by a lack of movement. You know exercise is important to maintain a healthy weight, but did you also know that cardio and strength exercise sensitizes the body's tissues to insulin, lowers blood sugar levels, boosts good cholesterol, and lowers bad cholesterol and triglycerides? Exercise also fights some of the neurological and psychological changes of aging by boosting mood and improving sleep, which counters anxiety and depression. Plus, it improves reflex time and helps stave off age-related memory loss. There's truly no downside to regular exercise!

Need to up your exercise game?

It's never too late! A Harvard Alumni Study examined mortality and found that previously sedentary men who began exercising after the age of 45 enjoyed a 24% lower death rate than their classmates who remained inactive. On average, sedentary people gained about 1.6 years of life expectancy from becoming active later in life.

Consider trying group personal training for the expertise and challenge of a personal trainer and the camaraderie and accountability of a community.

F45 Training Largo East is open every day and offers alternating cardio and resistance training days. Call 727-362-6408 for more info and the studio workout schedule.





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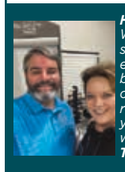
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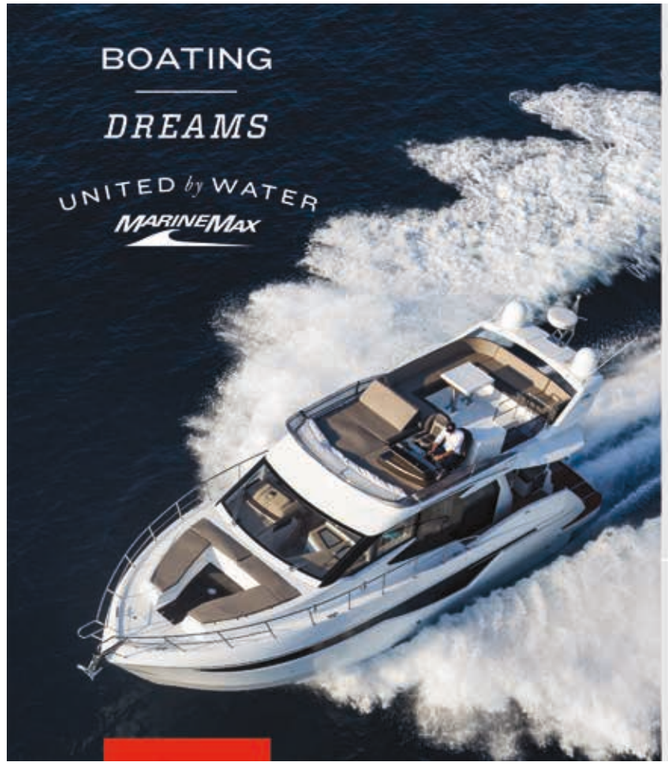
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Father, **Husband,** Coach, & Business Owner

Dan FLYNN

from Palmetto Lane

It all began in Maryland at a United Way "Bachelor Auction" fundraiser. Dan was one of the volunteer bachelors.

Let us just say that Dan did not get "the rose" from Teri, a participant at this auction. Teri did not bid on Dan, but he did leave his phone number with her.

The rest is history: Dan and Teri have been married for 27 years! They are proud parents of three daughters — Danielle, Kennedy, and Cambell — and two Golden Doodles, Guinness, and Whiskey.

Dan was an employee for State Farm Insurance for seven years before he opened his own office in 2003 in Largo and moved his family to our Harbor Bluffs neighborhood.

HBL asked Dan about one of his most rewarding accomplishments and he enthusiastically started telling us about his coaching of the Largo High girls' soccer team.

"Earning the trust in players and getting them to come together as a team (rather than work by themselves) is very rewarding. Building team camaraderie, to live and die as a team, to see the group come together to obtain one goal is what I strive to do and accomplish," Dan says.

Dan — or Coach Flynn as he's called — has been the head coach for girls' varsity soccer for 12 years. In his first seven years, he was also an Assistant Coach and Head coach for the boy's baseball team at Largo High. He decided that coaching two sports required too much time away from the office, so for the past five years, he has only been the girls' varsity soccer coach at Largo.

Under Flynn's leadership, this team has won seven district titles, played in four regional finals and one State Final four. In 2018, they won the County Championship as the top high school team in the county – beating the notorious #1 nationally ranked team, Palm Harbor High.

Flynn believes in scouting and studying his opponent, coming up with a clear action plan, reviewing the game plan with his players to give the team the best opportunity to win.

Obviously, this approach is tremendously successful, as shown in their 2018 season with a 23-1-3 record that season (wins/loss/ties). He continues to tell *HBL* that the girls really like and respect each other and even have group sleepovers together. They know the true meaning of being a team player.

HBL asked Dan about the rest of his family. His wife, Teri, is also an entrepreneur of **"Kay's Kloset Boutique."** Teri started her business four years ago which started as a hobby. She embroiders logos on shirts, visors, towels, and initials on dress shirts.

Their oldest daughter, Danielle, is a Speech-Language Pathologist with her undergraduate and master's degree from USF.

Their daughter, Kennedy, received her undergraduate degree from the University of Florida and is in her second year of Pharmacy school at UF.

Cambell, Dan and Teri's youngest daughter, is in an early college program with St. Pete College and will graduate high school with an Associate degree and high school diploma from Osceola Fundamental. Cambell also cheers competitively and is a flier on the Brandon "All-Stars" Cheerleading team. Cambell competes on the top level 6 team in Brandon. She has competed all over the country at various competitions and has competed five times in the World Championships. • • •

"Earning the trust in players and getting them to come together as a team (rather than work by themselves) is very rewarding. Building team camaraderie, to live and die as a team, to see the group come together to obtain one goal is what I strive to do and accomplish," Dan says.



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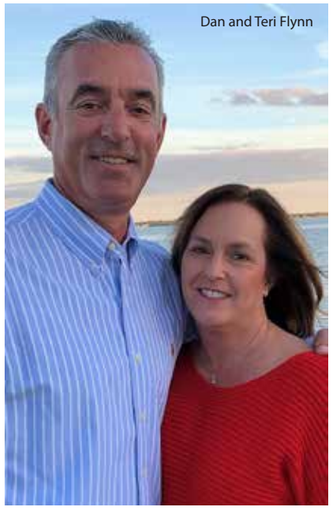
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His office is located at 13429 S. Belcher Rd., Largo, and can be reached at 727-536-1995.

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Dan and Teri Flynn



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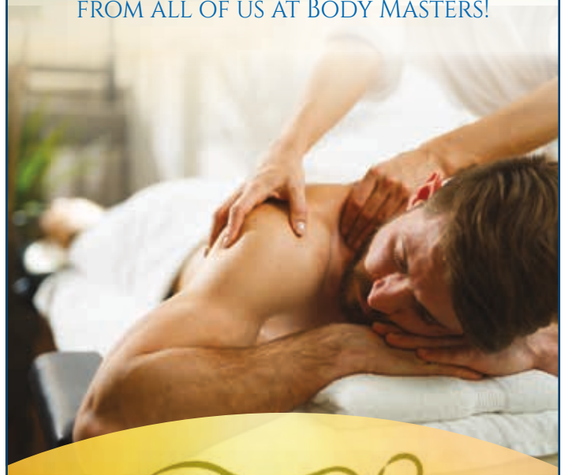
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Our guests were wowed with complimentary food provided by your *HBL* Sponsors. Chef Tyler Nelson, **Roxy's Bistro**, provided dishes inspired from New Orleans while **Karalynn's Kitchen** served food and desserts from their famous gluten-free menu.



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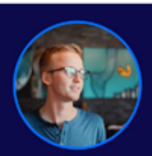
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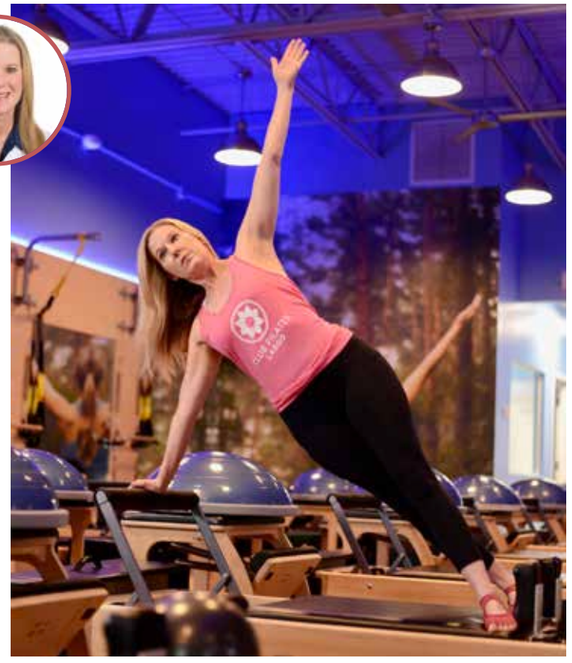
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HBL – **How long have you been a Doctor? Where did you graduate from and why did you decide to go into this profession?**
KK – I graduated from Nova Southeastern College of Osteopathic Medicine in 2000 and finished my Family Practice residency in 2003. I have been in private practice in Pinellas County as a family practitioner for 18 years. I decided in elementary school that I wanted to be a doctor and help others. It also helped that I loved science!

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HBL – **Most recently you became involved with the new Club Pilates Largo. Please tell us about that.**
KK – My husband and his business partner opened three Club Pilates locations in Bradenton and Sarasota several years ago. They have since purchased Club Pilates Countryside (Clearwater) in October 2019 and opened Club Pilates Largo in June 2020.

HBL – **What does Club Pilates offer?**
KK – Club Pilates offers group classes seven days a week. Each class lasts 50 minutes. There are several types of classes including your standard Pilates Reformer classes, cardio workouts, TRX classes, and classes that focus more on Barre.

There are different levels of classes as well including several Level 1 or beginner level classes, intermediate and advanced level classes. The Reformer is a specialized piece of equipment that is designed to provide resistance training and support while you lie, kneel, stand or sit to perform various exercises. There is a maximum class size of 12 and each workstation is spaced out over six feet apart from the next. It is the perfect socially distanced workout! There is also an option to take private classes with the instructor of your choice.

HBL – **From your professional point of view, how is Pilates beneficial to someone?**
KK – Pilates is a system of low-impact exercises that focuses on your body's core – the abdomen, back, thighs, glutes, and pelvic floor. Pilates develops what most people want and need – core strength, flexibility, coordination, and improved posture. It also enhances your mental focus and concentration.

HBL – **Who would you recommend to take Pilates and why? Is Pilates good for people with injuries? Surgery hardware?**
KK – I recommend Pilates for everybody and **EVERY BODY.** Many of our members have chronic injuries or medical issues, but Pilates is well equipped to work around those problem areas and strengthen other areas to reduce the impact of an existing injury.

Our instructors are required to have over 500 certification hours so they are experts at providing modifications for each movement when needed, ensuring everyone can participate regardless of injuries or medical conditions. Pilates is actually the perfect rehab for back pain!

HBL – **Pilates has a reputation for only being a women's exercise. However, you hear about many athletes taking Pilates classes. Please tell us your thoughts on this. Why would an athlete take Pilates?**
KK – Pilates is not just for women! We have several male members and even some male instructors. Again, Pilates is for EVERYBODY!

Pilates is very popular with celebrities and professional athletes, including Tom Brady, Tiger Woods, LeBron James, and Aaron Judge (just to name a few!). We actually have some members who are NHL and MLB players. Pilates increases flexibility and decreases the chance of injury. It can help lengthen an athlete's overall career.

HBL – **What advice can you give our residents about health and wellness?**
KK – Diet and exercise are still the cornerstones of any medical regimen. Pilates is a great form of exercise that is beneficial to everyone, no matter their age or fitness level. It will improve core strength, balance, and flexibility, which helps overall with recovery from any injury but also helps lessen fall risks. It helps tone and lengthen muscles to help you look more fit and even look younger! Pilates can be an important tool to help you live a longer, healthier, happier life!

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Wake Surfing at **Clear Wake Watersports**





Jordan Sandlin
Ryan Huffman
Owners

What is Wakesurfing?
Wakesurfing is a towable watersport unlike any other and is relatively new to the watersports industry.

Wakesurfing is very similar to traditional surfing as the wave produced by the boat mimics the look and feel of an ocean wave, but you do not need to have any previous surfing experience.
While wakesurfing, the boat moves at a slower speed of 10–12 mph which makes it fun for all ages. The ideal wakesurfing sweet spot is only about 10 feet off the stern. Don't worry! The position of the prop is well under the hull of the V drive boat where it's safely out of reach.

You start out in the water with a tow rope, and your board of choice while wearing your U.S. Coast Guard-approved life jacket.

Safety first! Wakesurfers use special boards, with no bindings or foot slots. The boat starts out in a slow idle to get tension on the rope and once ready, you signal the captain and you are pulled smoothly up and out of the water. Very similar to wakeboarding and water skiing, just slower.

Once up and comfortable, wakesurfers drop the rope and ride the wave in a style reminiscent of ocean surfing. Surfing behind our brand new AXIS A22 wake boat creates an endless surf wave you can shred into the sunset. Come to Clearwake Watersports and realize your wake surfing potential.
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Harbor Bluffs Living

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