

March 2020

Harbor Bluffs *Living*

A Social Publication for
the Residents of Harbor Bluffs

**Carol & Victor
Franco** *wish*
You a Happy Spring!!



March 29
12-5
Buy/Sell/Trade
Event

Photographer Green Pearl Photography



BUY/ SELL
& TRADE
event
IS BACK



MARCH 29TH 12-5 PM AT 117 LIVE OAK LANE

The “Buy/Sell and Trade” event by Sabrina and Daymion has had such huge success, they are doing it again!

Ladies, this is definitely a not-to-miss event!

Do you have a closet crammed with clothes you love that don’t love you back? We know we do!

Join us for our Spring Buy/Sell/Trade Party. Clothes, handbags, shoes, jewelry, and accessories are all included! Offer up your closet to others, or shop from theirs. If you don’t have any clothes to sell or trade please just come by, hang out (eat our food & drink our wine), and shop our sellers’ closets! One happy seller (and buyer) Jeza S. had this to say: *“Thanks again for helping me make (and spend) a bunch of money...I just tried everything on and I am over the moon...”*

Our Spring Party will feature one of our host’s closets: Daymion. She’ll be opening her epic closet and bringing out the best, so be prepared for classic boho and a mixture of other styles, perfect to add to your spring clothing collection!

Past brands have included gently used and NWT finds from: Free People, Tracy Negoshian, Ann Taylor, Kate Spade, St. John, Chico’s, Betsey Johnson, Miss Me, Johnny Was, Lilly Pulitzer, Stuart Weitz-

man, Jimmy Choo, Marc Jacobs, Bebe, Louis Vuitton, Celine, Gucci, Burberry and TONS more! Prices range from \$5 to \$1,000 depending on the item. Lot’s of new stuff with original tags still on also! Sizes run from 2–20.

Party sellers: Bring a rolling rack if you have one, or contact us for a rental (rack rental \$20). Tag & price *your items with your name or initials beforehand*. Arrive 45 minutes early to set up your merchandise for sale. It is free to sell if you have your own rack otherwise please rent a rack from us. **Also sellers only: Bring a share-able dish of food.**

Party shoppers: Stop in and browse our sellers’ closets anytime between the hours of 12:00–5:00. Just bring yourself or a friend! (we accept: Cash, Venmo & Credit Cards. *Sellers, RSVP for sale space and receive your seller guidelines, including tips for tagging and streamlined payments.*

Email Sabrina at sabrinanovaxo@gmail.com. Space is limited; Reserve early; Please RSVP by March 8th, 2020. Can’t wait to see y’all!



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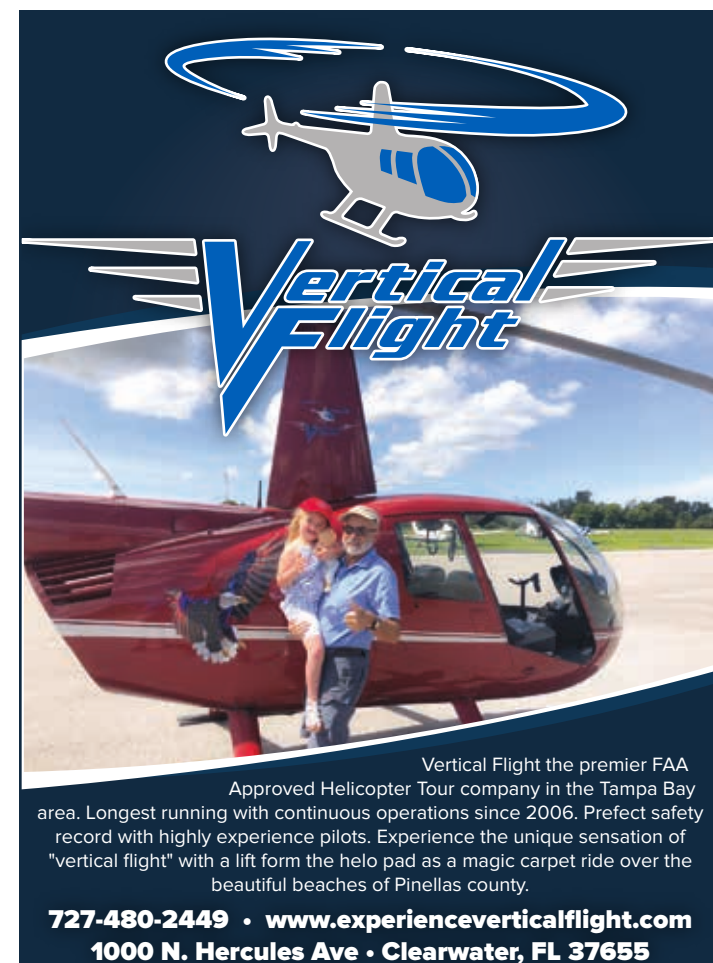
SENSUOUS SPA 2014 & 2015

publisher's note

HAPPY Spring AND happy ST PATTY'S DAY!!

ladies,
it's time for **BUY/SELL/TRADE Event on
March 29!!**

I would like to start off by welcoming our new HBL Sponsors. Please **welcome Experience Vertical Flight**. This helicopter tour company takes you through the skies of Tampa Bay and across the beautiful waters of the Gulf of Mexico. You can see the sunset, enjoy ocean views, spot dolphins, celebrate special occasions and create magical moments during your ride in the sky. It is so much fun. We can't wait for our next tour. Please see their ad below.



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Also, HBL would like to welcome **Vital Femme and Make Menopause Cool.org** with **Dalene Fallon**. HBL is excited to partner with Dalene because not only does her business help women make meaningful changes to their health wellness, she will be writing a monthly article to assist women reset and renew their life during menopause.

Again, we are very selective on who we partner with and who we introduce you to on our pages. If we wouldn't have them in our home, use their services or visit their establishments ourselves, we would not recommend them to you. Please keep the Sponsor Index located in the back of this magazine handy. Put it in that file or "drawer" that we all have and use it as a reference for the next time you are looking for services, home improvements, restaurants, retail shopping, attorneys, car services, personal appearance or pet services. Please feel free to write me a testimonial when you do use our Sponsors.

What are you doing this Spring? Thank you to all of you that have taken your Harbor Bluffs Living Magazine with you on your vacations. It is so fun for all of us to see the world. Please remember to pack a copy, snap a picture and email it to me.

This month we are having the popular Sabrina and Daymon's Buy/Sell and Trade event. Please see the inside front cover for details.

We are in the process of planning another "Party in the Park." Our November event was a big hit. We had 21 HBL Sponsors performing live demos and providing live music and complimentary food. Many of you were dancing and we estimated about 400 people attended. It was like a Hallmark movie. Adults laughing, residents meeting each other, sponsors meeting residents, dogs, kids dancing... pure fun. Stay tuned for more details.

Our events are always posted in the back of the front cover. Please never hesitate to contact me with questions or suggestions.

Lastly, this magazine can not exist without your stories. We are currently looking for pet stories, teenage or pre-teen athletes, scholars, musicians, artists, volunteer stories, family stories, house of the month, toy box adult toys or suggestions. Please email Devin.pappas@n2pub.com or call/text 727-657-9615.



Happy St Patty's Day,
Devin

Devin

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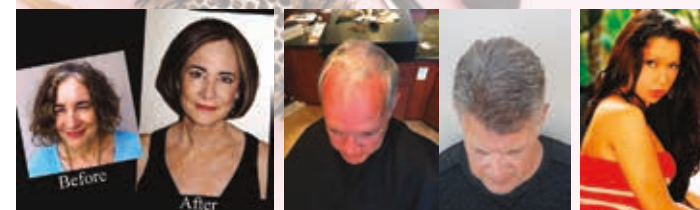
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In 2019 FEMA announced new Coastal Flood Insurance Rate Maps. Many properties have been moved into lower risk flood zones and/or the Base Flood Elevation (the elevation where there is a 1% or greater annual chance of flooding) will be reduced. However,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

Pinellascounty.org/flooding/maps

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

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



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FROM HARBOR VIEW DRIVE

family focus



Carol and Victor Franco from Harbor Bluff Drive

Carol is a retired university supervisor and an elementary school teacher. She spent 42 years in the academic profession in the Cleveland area. Victor retired as an owner of a commercial contracting company of 42 years in the Cleveland area. They love to travel and have been to all 50 states and 40 countries. They told HBL that they are still crossing off locations from their bucket list.

Meet the Franco's. Here is Carol's story:

"We have three grown daughters and six grandchildren. Twice a year we travel to our daughters' homes to help with remodeling projects since 'grandpa' is the expert. Our grown children live in Florida, Ohio and Virginia. We have a lot of family gatherings at our home, especially during the holidays. We host an annual Halloween party and the all-time favorite "Girl's Night Out Oscar Party." Each year we put out the red carpet and we never know what "celebrity-inspired" guest will show up at our party. I love to cook and experiment with new recipes. I use Victor and my sisters, Ruth Ann and Char, as my testers. Some dishes turn out delicious and some I do not make again. LOL.

When our children and grandchildren visit, Victor and I know there will always be a trip to the beach or the Clearwater pier, Johns Pass or Tarpon Springs. We enjoy hosting out of town family and friends. We also just love hosting social events and being surrounded by good people. We've lived here for four years, moving from the Cleveland area after retirement. Our home in Harbor Bluffs checked all our requirements. Downsizing is very hard, ●●●

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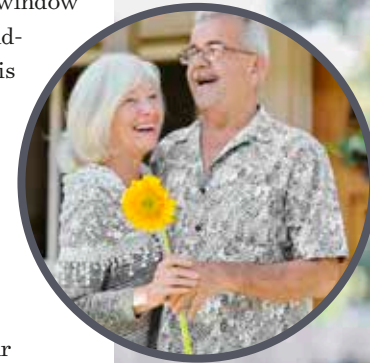
but Victor customized the house, adding a screen porch, patio bar, fireplace wall of bookcases, window bench seating, crown molding and all new landscaping. This house is in a great location and is our forever home...easy to walk to the bridge and anywhere else. I have made many friends through the Greater Belleair Young Women's Society. Also, having two sisters firmly entrenched in the local activities was a great asset. Because I missed teaching, I decided to volunteer at a local elementary school for two years. I now teach bridge at our home and Victor does all the gardening and landscaping. In Ohio he took care of our 12 acres of land. The mowing alone took about 8 hours. Though the yard is small here, there is still plenty to do.

We've been on several adventure trips; the latest in September 2019 to Peru's Machu Picchu was fascinating, but the altitude was difficult for me. We really enjoy experiencing different customs in the various cultures we visit. Soon, we're going to focus on the further exploration of the US. We both enjoy science, history and nature. Travel enhances that experience. Another hobby I have is decorating for every holiday and one of my favorite holidays is Christmas. I literally spend days decorating the trees. I have a tree in every room!

The neighbors in Harbor Bluffs are great and so are the neighborhood activities. I love the new magazine and can't wait for each issue to come out. We also have met many neighbors at the Harbor Bluffs Living Magazine "Neighbor's Night Out" events. We hope to meet more new people this year at future events. Victor and I both are avid football fans. We watch and cheer for the Ohio State team, the Cleveland Browns and the Bucs. We attended our first Tampa Bay Bucs game in December. We also enjoy meeting new residents. Recently, a new family just moved in across the street and I couldn't wait to tell them all the great things about our neighborhood. Many people have already introduced themselves, so they felt very welcomed.

We really enjoy the beautiful sunshine here as opposed to the gray, dreary Ohio days. We are members of the Anona Church.

HBL- Thank you so much, Carol and Victor, for the fun photoshoot and sharing your story with our residents and sponsors. We can't wait to see you at HBL Neighbor's Night Out. If you would like to be on the cover of HBL, please contact me at Devin.pappas@n2pub.com.





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Family member names: Diane, Alexis Benjamin

Pet name: Stella

Type of animal/breed: Rescue Mix

Male or female: Female

Pets age: Approximately 7 years

HBL-Where/why did you get your pet? AB-When I was eight years old, my dad bought me a Dalmatian. Unfortunately, we were not able to keep her and ended up giving her to another family. Ever since then, I wanted to rescue a dog of my own.

When I was 23 years old, I decided to begin actively searching for a dog to adopt. Bay News 9 featured a pet adoption event, so my boyfriend at the time, drove to Pasco County in hopes of surprising me with a new member of the family. When he arrived, he was told that all the dogs had been adopted, but there were still some dogs needing good homes at the nearby animal shelter, so he went to look. Then the magic happened. There was a little, fuzzy 6-month-old pup with her paw reaching underneath the cage. It was as if she knew that she was supposed to be with us. My boyfriend asked to hold her, and he fell in love. After a \$40 donation and a free leash, they were on their way home to me. I received a text from him, "You said you wanted a dog, right?" along with a video of the tiny pup. Little did I know she would quickly become my sweetest love. She fit right into our family. She was sweet, playful, and exuded a thankfulness to be in a loving home. She has been the perfect addition!

HBL-Is there a story behind her name?

AB-I didn't have human children yet, but I knew if I ever had a little girl, I'd name her Stella. I come from an Italian background and Stella means star in Italian. I always loved the name and figured she was technically my first-born, so it would be appropriate to name her Stella.

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

AB-Stella had squamous cell carcinoma and had to have her front right leg amputated last Christmas. She adjusted beautifully and has been as happy and healthy as a four-legged dog! Aside from her battle with cancer, she has had multiple years of gastrointestinal issues, skin issues, and hair loss. She has been so strong and fearless through it all. I admire her courage and strength!

HBL-Poor little girl but what a trooper. I have to meet her!!

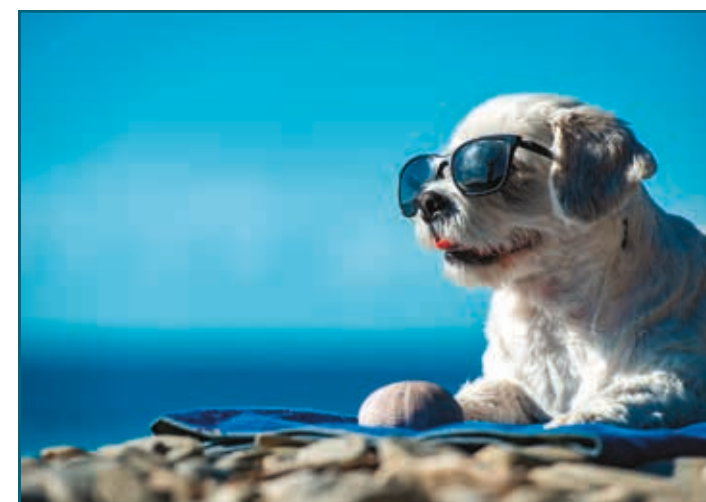
HBL-What do you like best about your pet? AB-Stella and I have a special bond. It's almost as if she can read my mind. She can sense when I'm tired, stressed, upset, or just need her to snuggle me. It doesn't hurt that she shares a love of all of the finer things in life, especially charcuterie!

HBL-Any funny stories? AB-It seems that Stella is always doing something silly. She finds herself stuck between the dining room table legs. She attempted to break out of the back yard by digging her way underneath the fence. She must have gotten scared after venturing into the neighborhood, because after a 30-minute panic reaction from her parents, Stella was found at home, waiting by the front door.

HBL-How spoiled is your pet? AB-Stella is given fresh, filtered water almost hourly. She needs to be encouraged to eat, so she enjoys hand-fed meals, including chicken, rice, beef, steak, and edamame. She also enjoys artisan cheeses and cured meats on occasion. She has a doggy bed in EVERY room of the house, as well as a warm blanket atop each one. Nothing but the finest for Queen Stella!

HBL-What else should we know about your pet and/or how your pet has enriched your home/family? AB-Stella was found in a box with her brothers and sisters, on the side of the highway. Animal Control discovered them and put them all up for adoption. Stella had struggled from the time she was born and has overcome so much since then. We are so lucky to call her part of our family!

HBL-Stella is a little miracle. Thank you SO much for sharing this little cutie with all of us!!



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Bon Voyage!

ON BOARD THE INAUGURAL SAILING OF NORWEGIAN'S NEWEST SHIP, THE ENCORE

This past November I was invited to attend the inaugural sailing of Norwegian's newest, fourth and final vessel in the fleet's acclaimed Breakaway Plus Class: Norwegian Encore.

On a rather chilly Monday morning, we set sail from Miami. First impression: from the outside, the ship is as dazzling as the bright, abstract hull art designed by Spanish artist Eduardo Arranz-Bravo.

Check-in and luggage drop off took us less than 10 minutes.

From the moment we stepped on board, Norwegian Encore impressed: whether with the world's longest race track at sea, or the largest outdoor laser tag arena, the Galaxy Pavilion, the sleek and modern design, this ship just feels a little, well, special. Tiny shoals of fish on the stateroom level carpets guided us forward,



and digital touchscreens dotted about the ship allowed us to do just about everything from booking dining, to arrange for a Swedish massage and to reserve seats for the shows. It was a pleasure to experience the shows: Choir of Man and Kinky Boots both outstanding and entertaining performances. Worth mentioning is also Prohibition The Musical, which entertains with a one-of-a-kind interactive experience. Once we stepped through the doors, we were transported to the eve of Prohibition, right down to the special prohibition-era drinks, served generously throughout the performance. Talking about feasts! I am a bit of a picky eater but the seafood buffet blew me away. Alaskan King crab legs, stone crabs, oysters, shrimps, and clams were just a few of the delectable items. Also worth mentioning is Onda by Scarpetta, a classic approach to old-world Italian fare and Food Republic with exceptionally fine Asian cuisine. At the heart of the dining is the big, busy Garden Café which is buffet-style so one can choose whatever one likes. There's a huge selection here so there really is something for every taste and dietary requirement and you can get something to eat at any time of day. The decoration is neutral tasteful and I liked that it was divided into different areas, making it less of a buffet-style restaurant and more intimate. All over, I think Norwegian Encore is my newest favorite cruise ship (and the Galaxy Pavilion my newest obsession). With so much to do, especially for families, it'll be a cruise you won't soon forget.



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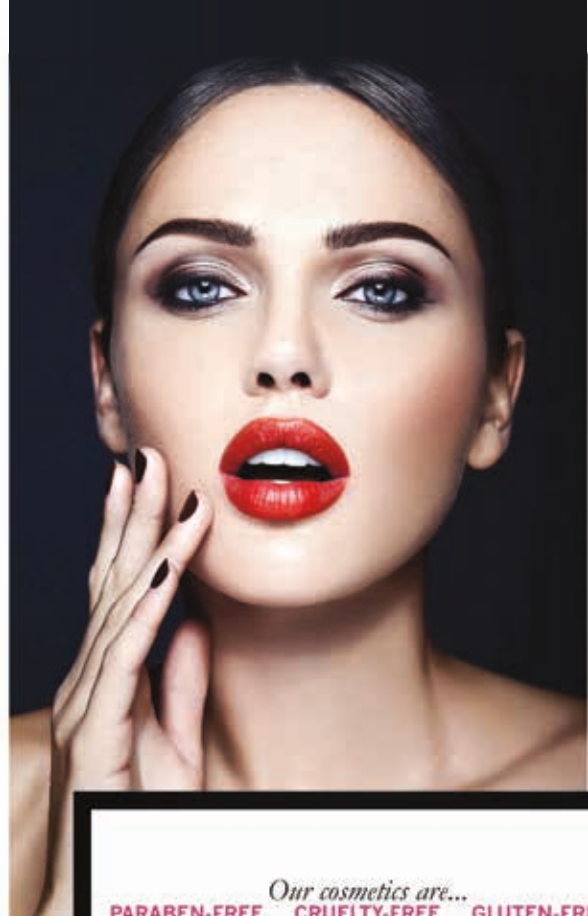
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recipe of
the month

asian Noodle Salad

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ASIAN NOODLE SALAD
Serves 6
This is a light veggie-packed salad that is made with sweet potato glass noodles (made with sweet potato starch and water). They can be ordered on-line or found at your local Asian Market. It is delicious by itself or with your favorite salad topper.

Gluten-free, grain-free and dairy-free.

SALAD

- ½ package sweet potato noodles (approximately 12 oz)
- 4 cups shredded Napa cabbage
- 1 cup shredded carrots
- ½ cup Julienned red onions
- ¼ cup chopped basil
- ¼ cup chopped cilantro
- ¼ cup chopped green onions (green tops only)

Toasted sesame seeds for garnish

Cook sweet potato noodles per package instructions. Allow to chill before adding veggie ingredients. Mix well. When ready to serve, mix with dressing and garnish with toasted sesame seeds if desired.

DRESSING

- | | |
|--|--------------------------|
| 3 cloves garlic - rough chopped | 1 bunch of cilantro |
| 1/8th cup fresh ginger -peeled and diced | ½ cup chopped basil |
| 1/3 cup rice vinegar | ¼ cup green onion |
| ½ cup Tamari | ¾ cup toasted sesame oil |

To make dressing blend all the ingredients except sesame oil in blender. When well blended, turn to medium speed and slowly stream in the sesame oil until emulsified.

If you don't feel like cooking, this delicious dish can be found at KaraLynn's Kitchen on Cleveland St, Downtown Clearwater.

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Not only was this a blast, the generous community gave back by filling The Hands Across the Bay and Women With Purpose trucks with toys and gift cards.

Please look for future HBL events in your magazine or follow us on Instagram and Facebook at Harbor Bluffs Living Magazine.

Thank you XTina Photography

If you have an idea for our Neighbor's Night Out, please email Devin.pappas@N2pub.com







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This information is just a small sample of how you can help families. I look forward to adding more information to the Harbor Bluffs Living magazine on a regular basis.

If you would like to help please see ad on this page.

If you would like to donate items from the above list or donate gift cards, to buy these items, please call Jane at 727-641-3171

Thank you so much!!

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Dana Dineen All About the Vase-Floral Sponsor



Cierra Reynolds received a standing ovation after her stellar performance



Kirk Smith-CEO of RCS



Wendy Ryan as MC



Lakiesha Davis DV survivor to Entrepreneur

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Domestic Violence Luncheon

RECORD BREAKING YEAR FOR THE HAVEN OF RCS

The 2019 Faces of Domestic Violence Luncheon was one to not be forgotten! The support of nearly 400 attendees made this year’s Faces Luncheon the largest in history.

We could not have done this alone, and would like to thank our Presenting Sponsor, Siracusa Staffing and Leasing, and our HBL sponsors; Robin and Mike Lally, Belleair Wealth Strategies, First Financial Guarantee, Gold and Diamond Source, Dana Dineen All About the Vase, Village Inn and HB Living Magazine.

Thank you to our Haven Advisory Committee for all their hard work and dedication; Khris Turpin, Tish Wold, Michelle Balon, Donna Morrison, Sandra Garcia-Olivares, Margaret Martin, Bill Holmes, Angela Emery and Chair, Devin Pappas.

This year’s event was held at the Holy Trinity Greek Church with Wendy Ryan as the Mistress of Ceremony. Doors opened at 10:30 with silent auctions, raffles and delicious social hour food donated by Joe’s Crab Shack Official Page, Cabot Cheese and Fresh Market in Clearwater.

Once all guests were seated, local artist, Cierra Reynolds, graced the crowd by singing Katy Perry’s hit song, Roar. The crowd was so moved, Cierra received a standing ovation by all 400 guests.

Next, a Haven of RCS survivor, LaKiesha Davis, told her incredibly moving story of domestic violence abuse and how she became a Thriver by changing her life. LaKiesha is now an entrepreneur of her own company called, The Pink Chef Caterer. (information can be found in sponsor index or ad in HBL).

CEO of RCS, Kirk Smith and Board Chair and Presenting Sponsor of Faces, David Siracusa awarded Devin Pappas the Korosy Pathway to Peace Award for her significant impact on victims of domestic violence. We thank all who attended and look forward to seeing you at upcoming RCS Events.

If you would like more information on RCS please visit their website: <https://rcspinellas.org> ...



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HELP US GATHER'S COMMUNITY INCLUSION AWARD POOLSIDE

When you walk inside Poolside's bright, airy store in Sand Key, the first thing you notice are the racks of upscale clothing, trendy shoes and fashion-forward jewelry. Now, the store is featuring a designer with Down syndrome who's fitting right in with her sparkly display.

23-year-old Maxine Simeone creates and sells her own hair accessories line, called "Sparkles by Maxine." Maxine has been working with the Clearwater-based nonprofit Help Us Gather (HUG) to grow her business.

HUG advocates for the inclusion of individuals with disabilities. When HUG approached Poolside owner Isaac Arobas about carrying Maxine's line in his boutique, he happily agreed. It's the kind of opportunity that can change the life of a person with special needs.

"It's amazing to watch the impact that one "yes" can have," said Robin Lally, Founder of HUG. "The entire team at Poolside has been so supportive of Maxine."

Thanks to Poolside, "Sparkles by Maxine" has received some major attention. Maxine has been featured on news outlets and her story has been shared on websites around the globe.



Sparkles by Maxine products can be purchased at Poolside.



Maxine Simeone with Sean Daly, Reporter for ABC Action News.

As Seen On



"My biggest belief is that everybody deserves a chance," said Poolside employee Linda Zell. "Plus, everybody needs a little bit of Maxine's sparkle in their lives."

HUG commends the entire Poolside team for their outstanding efforts to include and celebrate the talents of individuals of all abilities. Poolside is an example of how a seemingly small action can have a lasting effect on the lives of many, creating real change in our community and our world.

If you want to make a positive impact and support Maxine, you can purchase one (or a few!) of her headbands at Poolside's store at 1261 Gulf Boulevard.



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DEBUTANTES OF CLEARWATER Celebrate It's 60th anniversary

Meet the Debutantes, Marshals and Junior Cotillions from Harbor Bluffs

The Debutante Club of Clearwater celebrated its 60th anniversary during the Debutante Courtier Ball on December 29, 2019, at Ruth Eckard Hall, chaired by Ela Landegger and Beth McMullen.

Since 1959, Greater Clearwater families and the community have enjoyed the debutante season which begins in May and culminates with the presentation of the debutantes at the Debutante Courtier Ball held in December. Our 2019 debutantes are: Katherine Kudelko, Megan Erickson, Caroline Carlisle, Nicolette Jennings, Kelsey Coletti of Harbor Bluffs, Shannon Flaharty, Laurel Wanger, Avery Welz and Austi Critchfield (*not pictured*).

The debutantes are accompanied at official events throughout the season by their marshals: Lucas

Gelep, Chase Burwell, Trevor Gardella, Max Rizzo from Harbor Bluffs, Duncan Hayslett of Harbor Bluffs, Jackson St. Louis, Nicholas Amaro from Harbor Bluffs, Connor Flaharty, and James Gelep.

A new addition to the season this year included seventh and eighth grade young ladies who are members of Clearwater Junior Cotillion who served as attendants to the debutantes. The young ladies who were attendants are: Grace Redmond, Madelyn Shimkus, Ashley McNay, Cecilia Girgenti, Kathryn Hayslett from Harbor Bluffs, Katelyn Berthy,



Katherine Kudelko, Megan Erickson, Caroline Carlisle, Nicolette Jennings, Kelsey Coletti-Resident, Shannon Flaharty, Laurel Wanger, Avery Welz and Austi Critchfield (not pictured).



Isabella Kiesel- HB resident, Claudia Quick, and Anna Loope from Harbor Bluffs.

The presentation began by recognizing all former Clearwater and Carlouel Debutantes and Marshals in attendance at the Ball, including Merry June Jackson Burwell, one of the organization's original Debutantes of 1959. Following the presentation, there was dinner and dancing to the 12-piece band "DeLeon."

The 2019 debutante season kicked off with "Deb Day" on May 25, 2019 at Carlouel Yacht Club. The ladies gathered for a beautiful luncheon where they were schooled on etiquette and comportment by Margaret Word Burnside. Before the luncheon, the debutantes learned about the history and traditions of the organization, then under the instruction of and with flowers provided by the Belleair Garden Club, the debutantes created centerpieces for their evening event. The "Deb Night" dinner party, where the debutantes, their fathers, and their marshals also received their first dance lesson, was held at the Belleair home of Mr. and Mrs. Shon Flaharty.

The debutantes stayed busy this summer as the young ladies enrolled in summer classes, had internships and jobs, traveled and attended several debutante functions. Some of the fun events hosted in honor of the debutantes included a lovely ladies luncheon at the Sandpearl Resort, a private "Breakfast at Tiffany's" at Tiffany & Co. at International Plaza where the debutantes were treated to a continental breakfast and learned about the company's history, and fine jewelry and gemstones; a presentation at the Silver Queen in Largo where they enjoyed a tea and learning about the history, use, care and collecting of fine china, crystal and silver, together with challenging games on the etiquette of table settings and use of special silver pieces. In November, The Debutante Club of Clearwater decorated *and donated* a tree for the ARC Tampa Bay Foundation's "Festival of Trees," where their tree won first place in the 7ft tree category. The parties honoring the debutantes resumed as soon as the debutantes and marshals returned home for the holiday break. The first party they attended was a unique and creative "Croquet on the Lawn" party where they were fortunate enough to receive

...

instruction from four local instructors who are highly accomplished players with national and regional titles. A lovely party followed several fun and competitive games of garden croquet between teams comprised of the debutantes, their father's and their marshals. The day after Thanksgiving, following another of the season's numerous waltz lessons for the debutantes, their fathers, and their marshals; the debbs and marshals enjoyed dinner and golfing at a party at Top Golf.

A perfectly timed spa day and luncheon for the debbs and their mother at the Salamander Spa in Innisbrook melted the holiday stress away so they could fully enjoy the season that was upon them. The debbs rushed home from the spa to prepare for a Christmas gathering that night at the home of Ela and Cary Landegger. A fun time was had by all as they mingled with their families, marshals, and several guests while decorating Christmas ornaments and enjoying delicious desserts.

The marshals to the debbs hosted a fun western-themed party at the Silver Dollar Shooters Club where the debbs, marshals, and guests of the party took their best shot at the clay pigeons. Following the skeet shooting a delicious barbecue lunch was served.

The final party was just for the debbs and marshals on the eve of the ball. That special time was shared at the William Dean Chocolate store where they enjoyed dinner and were instructed on the fine art of the beautiful chocolate that is made at that establishment.



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The Debutante Club of Clearwater committee is comprised of: Harriett Bankston, Mila Carlisle, Melissa Erickson, Renee Flaharty, Madison Hauenstein, Ela Landegger, Beth McMullen, Wendy Sanders and Taylour Shimkus.

Mission Statement

The Debutante Season is a special year in a young lady's life in which she reaffirms her ties with family and friends and creates new connections with established members of her community. It is a time for personal growth and exploring the social, cultural, and professional aspects of the community. The purpose of the Debutante Club of Clearwater is to give young ladies the privilege of participating in a long-standing tradition that will enrich their relationships and herald their recognition as adults in the community, ready to take on the social and professional responsibilities befitting this role. The debutante season is orchestrated to provide opportunities for the debutantes to hone their social skills and establish and strengthen relationships with community members who can be valuable resources to them as they enter this stage of life.



Left to right: Lucas Gelep, Chase Burwell, Trevor Gardella, Max Rizzo-Resident, Duncan Hayslett-Resident, Jackson St. Louis , Nicholas Amaro-Resident, Connor Flaharty, James Gelep



left to right: Grace Redmond, Madelyn Shimkus, Ashley McNay, Cecilia Girgenti, Kathryn Hayslett from HB, Katelyn Berthy, Isabella Kiesel- From HB, Claudia Quick, and Anna Loope, HB resident.

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This Season, Kara Lynn's Kitchen is Playing Baseball!

Four seasons ago, Carolyn Bradham, owner of Kara Lynn's Kitchen, located in downtown Clearwater, received a call from the Philadelphia Phillies team nutritionist, asking if Kara Lynn's Kitchen would be interested in helping transition the team to a healthier way of eating. The business was less than two years old, so it was an exciting opportunity to get involved with the sports community.

"We started at two in the morning with breakfast and then rolled right into lunch, seven days a week for seven weeks," remembers Carolyn. "It was the hardest thing we had ever done since opening our doors, but it was very rewarding to provide the team with healthy food that they loved."

Since then, Kara Lynn's Kitchen has been a main player for team catering at Spectrum Field for not only the Phillies, but also their local minor league team, the Threshers. Kara Lynn's Kitchen works closely with the team nutritionists, with weekly menus and special dietary needs when requested.

"What's important to me is giving our players a variety of high quality foods that is not only healthy, but tastes great," says Alexa Scully, Team Performance Dietitian for the Philadelphia Phillies. "Giving quality nutrition is important to help their performance, recovery and overall health."

And just what makes Kara Lynn's food healthy for you while tasting so good? "When people ask me what kind of food we serve at the restaurant, I tell them we make food just like our grandma's used to make...everything from scratch," says Carolyn. "Everything on the menu is grass-fed, pastured, sustainable, organic or 'clean 15.'"

The restaurant is not only gluten-free, it's grain-free. For those with celiac or gluten, dairy and other food sensitivities, Kara Lynn's Kitchen has become a haven for customers where gluten cross-contamination is not even a possibility. The Chef makes



every effort to accommodate food sensitivities for customers who have very limited options. And if you have a sweet tooth, the dessert case is always full of healthy, tasty options from vegan keto cheesecake to chocolate chip cookies to carrot cake sweetened with dates. And, if you need a healthy dessert for a special occasion, Kara Lynn's can accommodate with just a 48 hour notice.

The irony of this story is that Kara Lynn's Kitchen never intended to be a restaurant. It was originally a rented place, meant to provide a space to make and sell their Good2Go meal plan. But so many people kept coming in, wanting to order hot food for lunch, that within three weeks, Kara Lynn's Kitchen became a full service restaurant.

The meal plan still is a large part of the business. It focuses on the paleo autoimmune protocol; no grains, no legumes, no eggs, no dairy, no nightshade vegetables, no nuts and seeds. What's left to eat? Plenty according to the meal plan's Good2Go Customer Mary Kay Carr.

"I've been on the meal plan for two years now and I have to tell you that I have not been sick once since I have dedicated myself to eating healthy clean meat and poultry and fish and fresh organic vegetables and delicious salads. The quality of Kara Lynn's kitchen food is so high that it's life and health giving. Oh,

...

and I also lost 15 pounds, without even exercising, just eating at Kara Lynns on the Good2Go program. The only thing better than her outstanding meals is the friendly personalized service that is part of the Kara Lynn’s Kitchen Brand.”

Customers pick up pre-packed meals twice a week that are ordered online at good2gohealthymeals.com. Everything is made fresh following the autoimmune guidelines.

“We use sweet potato glass noodles instead of grain pasta,” says Carolyn, “and coconut milk takes the place of dairy.” The menu is rotated, so each week there is a different selection. Another feature is the ability to choose which vegetable you would like to go with your entrée, a plus with many customers. And if you think you have to give up your bread to go grain-free, think again. Kara Lynn’s makes an Artisan bread that is grain-free, gluten-free, low carb, and lectin-free. Made with almond flour, it is sold at Nature’s Food Patch in their Clearwater and Dunedin stores. The restaurant uses the same recipe for their popular dinner rolls and burger buns.

So if you are looking for a healthy place to eat or just enjoy good-tasting food, stop in at Kara Lynn’s Kitchen for lunch or dinner. They are open Monday – Saturday from 11-8 p.m., with brunch served on Saturday from 11-2. And make sure you save room for dessert!

Located at 421 Cleveland Street, Clearwater

Sunday Feb 23 1:05 PM		Pittsburgh Pirates	Tuesday Mar 10 1:05 PM		Minnesota Twins
Monday Feb 24 1:05 PM		Baltimore Orioles	Friday Mar 13 1:05 PM		Detroit Tigers
Tuesday Feb 25 1:05 PM		Toronto Blue Jays	Sunday Mar 15 1:05 PM		Pittsburgh Pirates
Friday Feb 28 1:05 PM		Atlanta Braves	Tuesday Mar 17 1:05 PM		Toronto Blue Jays
Sunday Mar 1 1:05 PM		Baltimore Orioles	Wednesday Mar 18 1:05 PM		Tampa Bay Rays
Wednesday Mar 4 1:05 PM		Pittsburgh Pirates	Thursday Mar 19 1:05 PM		New York Yankees
Thursday Mar 5 1:05 PM		Toronto Blue Jays	Saturday Mar 21 1:05 PM		Tampa Bay Rays
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around town

MARCH HAPPENINGS

Venue Information

Ruth Eckerd Hall (REH) 727-791-7400

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

Bilheimer Capitol Theater 727-791-7400

Palladium Theater 727-8223590

1st-REO Speedwagon 7:30 at Ruth Eckerd Hall (REH)

1st Caribbean Chillers Belleair Concert Series 4pm-8pm

1st-2nd-Dirty Rotten Scoundrels at Central Park Performing Arts Center (CPPAC) 727-587-6793

2nd-Divas of Soul CPPAC 2pm and 7pm

3rd-Gladys Knight 7:30 REH

5th-George Thorogood 8 pm at REH 727-791-7400

5TH US Navy Band Strazz Theater

6th-ABBA Tribute 8 pm at REH

6th-Billy Joel Tribute at Palladium in St Pete

6th-Kenny G at Capitol Theater

7th-Green and Gold Gala USF Alumni at Florida Aquarium

7th-Spring Fling Health Day ;adults and kids, music, vendors and more at CPPAC **FREE** 11-3pm

7th-Awakening into the Sun Festival yoga, food, drinks, vendors **free** N Straub Park 9-6pm

7th-St Practice Day Pub Crawl 5-8pm Downtown St Pete Eventbrite.com for tickets

7th- Pet Adoption at The Alley at Belleair Bluffs 10 am

8th- Alley Spring Market Chloe's Home Decor/ Astoria Bakery , vendors, entertainment Belleair Bluffs

11th-The Australian Bee Gees at the Palladium

11th- Drag Queen Bingo at Hamburger Mary's benefiting Women With Purpose- helping families affected by cancer with their non-medical expenses , US 19 Clearwater 6:30 pm \$10 for 10 rounds of bingo. 727-400-6996

12th- Purelife MediSpa Coolsculpting Event 6-8pm Indian Rocks Rd, Largo discounts offered at event

13th-Southside Johnny and the Asbury Jukes at Capitol Theater

13th-15th The Jersey Boys at the Strazz Center in Tampa

13th-14th St Pete Jam Fest Cage Brewing 1st Ave S St Pete 3-midnight

14th-ArtWalk in St Pete featuring 40 of the area's talented artists, free trolleys 5-9pm- See Nanci Norman ad in your HBL magazine

14th-The Dunedin St Patrick's Celebration 5K at Weaver Park 727can-race.com

14th-St Patrick's Festival Indian Shores Town Hall 11-4

14th-Reds/White's and Bites benefitting the Community Dental Clinic

15th-Spring Training: Pittsburgh Pirates at Phillis 1:05 at Threshers Old Coachman Rd Clearwater.

15th-Little Jake and The Soul Searchers Belleair Concert Series 4pm-8pm

18th-Josh Groban 8 pm at REH

20-22-Reggae Rise Up Florida Festival 2020 Vinoy Park St Pete

20-America 8pm at REH

21st-CPPAC Gala

26th- Purelife MediSpa Coolsculpting Event 12-2pm Indian Rocks Rd, Largo discounts offered at event

27th-Buddy, Roy and Fats Tribute 8-10 pm at CPPAC

29th-Frankie Valli Tribute at CPPAC 2-4 pm

28th-Bluffs Wine Walk 4-8pm \$20 On line or \$30 day of event BluffsBusinessAssociation.com

29th- BUY/SELL/TRADE EVENT 117 LIVE OAK LANE 12-5PM SEE INSIDE FRONT COVER FOR DETAILS

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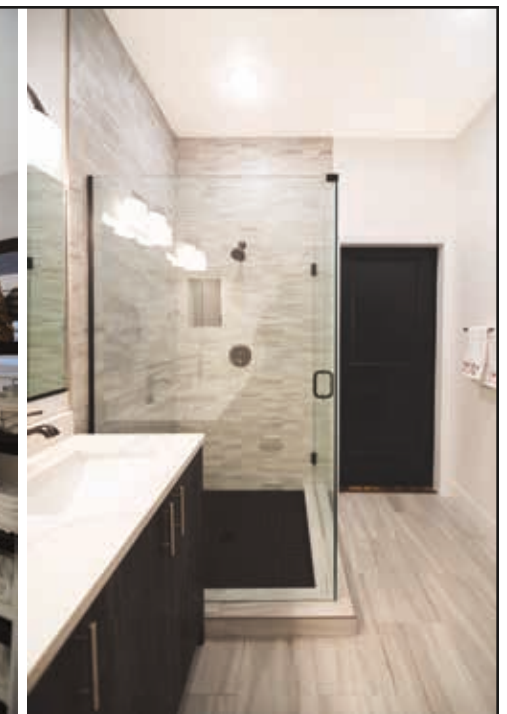
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d'Alene Fallon

**health &
wellness**

By d'Alene Fallon, a Certified
Holistic Nutritionist



Is it Just ME, or is it **HOT** in Here?

If you are one of the estimated 27 million U.S. women that suffer from symptoms of perimenopause or menopause and have endured one of those mid-sentence hot flashes that leaves you drenched and breathless, you know what I mean.

You're not alone – two million women enter menopause every year – but I'd be hard-pressed to think of a more isolating experience. You're cranky, forgetful, and so tired; it feels like you haven't had a good night's sleep in months. Not exactly a joy to be around, am I right?

Menopause is funny, it has a tendency to sneak up from behind and hit you over the head with all kinds of changes – physical, emotional, even spiritual – that you weren't expecting; we know it's coming, yet somehow we're never quite prepared. Although the average age for the onset of menopause is 51, many women begin to feel symptoms in their early forties. These physical manifestations of menopause or perimenopause – like hot flashes, brain fog, fatigue, and weight gain – can cause all kinds of trouble, and can be aggravated by the emotional upheavals that so often appear at midlife. Our health, our work, even our relationships can suffer, and it's hard to know where to turn for help.

The good news is that menopause is not a disease that needs to be "cured." Rather, it's an opportunity to harness the power of a natural transition from one phase of life into another.

Those symptoms you are feeling are signals that something is off-kilter and your body is trying to find balance; by tuning in and making subtle lifestyle shifts, you can give your body exactly what it needs to return to an ideal state without medical interventions. There is a natural path to reclaiming your energy, health, vitality, and joy no matter where you are in your journey, and my goal is to show you how simple it can be.

I'm d'Alene Fallon, a Certified Holistic Nutritionist that fought an epic battle of my own with menopause, which came from out of the blue in my mid-forties and created quite a mess. My research into what was really happening physically was a big "A-ha" moment, and it led me to piece together (through lots of trial and error), a specific nutrition, lifestyle, and supplement protocol that eliminated all my symptoms and brought me out the other side happier and healthier than I'd ever been. **And then I bottled it!** That was the birth of the **Vital Femme** line of nutritional supplements, and my mission to start a conversation about menopause, to build a supportive community for women, and ultimately, to **Make Menopause Cool™**.

Starting this month, I'll be writing for the Health & Wellness column right here in these pages, where we'll explore issues of nutrition, fitness, and overall health of particular interest to women.

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

Here's to Sunshine and Health,

d'Alene

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

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Morpheus8 can be used on any areas that can benefit from sub-dermal renewal. The most commonly treated areas include the lower face and neck. Areas of the face and body that exhibit wrinkles, discoloration or acne scarring are suitable for treatment. Knees, abdomen, thighs, arms and buttocks are areas that can also be treated.

HOW MANY TREATMENTS WILL I NEED?

Depending on your Morpheus8 treatment regime you can expect to have between 1-3 sessions.

HOW QUICKLY WILL I SEE RESULTS?

Visible results can be seen within a few days, but typically after three weeks the most noticeable results appear. Improvements continue up to three months after treatment.

WHAT IS THE BENEFIT OF FRACTIONATED ENERGY?

Fractionated RF energy is a scientifically proven method to reduce wrinkles and rebuild collagen and fat. It is minimally invasive, using a matrix of micro pins to renew deeper layers of the skin with almost no patient downtime.

CAN ANYONE USE MORPHEUS8?

The benefit of Morpheus8's color blind technology is that it can be used on all skin types. The unique properties allow even darker tones to be treated.

WHAT IS THE BENEFIT OF RF ENERGY?

RF energy heats the deep layers of the skin in a controlled way to revitalize the collagen. The treatment will improve skin complexion and texture for a more radiant and youthful appearance.

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Yes, Morpheus8 can be used in the same treatment session, or a few days after other treatments.

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BIG FROG

CUSTOM TEE SHIRTS & MORE

HBL: Tell us a little bit about yourself

Yvonne: My name is Yvonne Rickenbach and my husband's name is Linus, we have 2 terrific grown children one boy and one girl and four wonderful grandchildren between 6 weeks old and 2 years old. Our daughter still lives in Switzerland with her husband and our son currently lives in Hungary with his family. Linus and I were both born and raised in Lucerne Switzerland.

HBL: Wow the Lucerne Switzerland. How did you get from Lucerne to Clearwater?

Yvonne: Well that's a long story. After many years in the cold of Switzerland Linus and I decided to move to warmer climates and what is a better place than Florida. We made many trips to the United States and to Florida in particular to find a suitable location to enjoy the rest of our lives. We searched from Miami to Orlando looking for just the right spot until we finally found it right here in Clearwater.

HBL: Were you always in the printing business?

Yvonne: No, back in Switzerland we owned and managed hotels and restaurants. Linus is an incredibly talented chef.

HBL: Is that how you met?

Yvonne: Sort of, I was running Paradies Hotel Rotschuo on Lake Lucerne and Linus and I were friends many years. I always wanted him to come and work for me in my hotel, but for years he kept refusing me because he had other plans. He finally relented and signed on as my chef.

After several months we started dating and fell in Love. Our relationship turned toward a loving romance. We worked together at the Paradise Hotel for nearly 12 years until an opportunity came up for us to purchase Hotel Seehof Du Lac, in Weggis also on Lake Lucerne. We ran that hotel together for nearly 4 years until we ultimately moved to Florida for health reasons.

HBL: What made you get into the custom printing business?

Yvonne: In order to obtain a visa and become citizens of the United States we needed to own a business. While searching for a business to buy, our banker told us about a unique business in Clearwater in which the owner was ill and wished to sell his Franchise. The business was Big Frog Custom Printing and more. It was the original location of a100 store franchises. Linus and I are both very creative people and this was a unique opportunity to try something new. We were very lucky to find such a ...



... wonderful business. It has been very good to us and we have a lot of fun expressing our creative side and helping our customers express themselves in a very cool and unique way.

HBL: What do you mean the original Big Frog?

Yvonne: The owner of this franchise was friends with the founder of the company and this location was the first Big Frog Custom Printing anywhere. Now there are over 100 locations nationwide, but we have the original and in our opinion the best!

HBL: Very cool, there must be something special about this street. You are located just down the street from the first Hooters Restaurant. This is clearly a good street to start a franchise, lol.

HBL: What makes you different than any other printing company out there.

Yvonne: We are so different than almost every print shop out there, period! First of all, we have **No minimums**
No setup fees
Free design consultation
24 hour turnaround time (almost

unheard of in our business)
We are local, we can help you face to face or over the internet.

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HBL: I can vouch for that I'm not very creative or computer savvy and you did a wonderful job on so many products for us, such wine bags, coasters, chef aprons, and golf towels. You have made our gift recipients very happy.

Yvonne: Thank you. We take a lot of pride in what we do, and we enjoy every minute of it. Our printed products are so unique, and it is rewarding to see how happy a customer gets when they see the finished product they envisioned materialize.

I should also note that we not only custom print, but embroider custom products as well, such as polo shirts, hats, or just about anything you can imagine.

If you have an idea, give us a call and let us help you turn it into a reality fast and at an extremely reasonable price.

HBL: Do you only do small jobs, or can you handle big orders as well?

Yvonne: There is no job that is too big or too small for us. We routinely handle corporate promotional marketing items in very large quantities as well as the single custom item.

Our golf towels, Polo shirts, wine bags, and hats, etc. are extremely popular corporate gifts. I hesitate to mention specific items because I don't want to limit people's perception of our ability in any way. We can print on just about any fabric you can imagine. The sky's the limit, just try us!





custom fine art



Matt Haghighi



mhaghighi.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	Parking	Sp/Sq Ft
302 Cedar Ln	Harbor Bluffs	\$745,000	12/30/19	37	4	3.5	2,770		\$269
106 Poincianna Ln	Harbor Bluffs	\$1,000,000	12/30/19	22	4	4.5	5,259		\$190
125 Palmetto Ln	Harbor Bluffs	\$465,000	12/13/19	14	4	3	2,250		\$202
908 Oakwood Dr	Harbor Bluffs	\$1,750,000	12/07/19	222	6	6	3,999		\$437
113 Harbor Bluff Dr	Harbor Bluffs	\$251,055	12/02/19	64	2	2	1,178		\$223
116 Crestwood Ln	Harbor Bluffs	\$330,000	11/26/19	105	3	2.5	1,494		\$220
309 Orangewood Ln	Harbor Bluffs	\$533,000	11/06/19	3	3	3	2,675		\$199
803 Camelia Dr	Harbor Bluffs	\$860,000	11/21/19	28	4	3.5	5,421		\$158
107 Crestwood Ln	Harbor Bluffs	\$765,000	10/28/19	51	3	3	2,901		\$263
303 Buttonwood Ln	Harbor Bluffs	\$1,017,000	10/25/19	73	4	3.5	2,664		\$382
205 Crestwood Dr	Harbor Bluffs	\$365,000	10/24/19	26	3	3	1,625		\$224
123 Oakwood Dr	Harbor Bluffs	\$385,000	10/18/19	23	2	2.5	2,080		\$185
311 Cedar Ln	Harbor Bluffs	\$590,000	10/11/19	23	4	4	2,994		\$197
433 Buttonwood Dr	Harbor Bluffs	\$1,875,000	10/16/19	507	4	4	4,700		\$399
311 Crestwood Dr	Harbor Bluffs	\$335,000	10/04/19	4	3	2	2,033		\$165
203 Harbor Bluff Dr	Harbor Bluffs	\$470,000	10/03/19	486	4	2.5	2,327		\$202
105 Harbor Bluff Dr	Harbor Bluffs	\$360,000	08/30/19	89	4	3	2,222		\$162
324 Buttonwood Ln	Harbor Bluffs	\$975,000	08/26/19	205	5	4	3,069		\$217

Growing up in Pinellas County, I bring a unique perspective and appreciation for our community.

Always keeping your goals in mind is my focus. My extensive knowledge of local trends and pricing strategies will bring you the results you desire, whether you are buying or selling.



LAURA SCOTT
Sales & Waterfront Specialist

As a Coldwell Banker Agent, I am associated with a company that matches my personal values and high standards of honesty, and integrity: a quality company that partners with me to assure you will receive the highest level of quality service.

Cell 727-458-4868
Office 727-581-9411
laurascottrealtor@gmail.com
www.laurasellsbeachhomes.com
Navy Federal Realty Plus Agent.

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- 1/2 C FLOUR
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- 1 LARGE YELLOW ONION CHOPPED
- 4 C BEEF STOCK
- 2 T SUGAR
- 4 CUPS CARROTS CUT IN 1 INCH PIECES
- 2 LARGE YELLOW ONIONS SLICED
- 3 LBS POTATOES
- 1 T THYME
- 1 BAY LEAF
- 1 T SALT 1/2 T PEPPER
- 1/2 CUP WHITE WINE

Irish Lamb Stew

Saute bacon.
Reserve fat and bacon.
Mix salt, pepper, flour in bowl.
Place lamb in and toss gently to coat meat.
Brown meat in the bacon grease (may need to add a little oil).
Transfer meat to 10 Qt Stove Top Casserole (leave 1/4 c fat in frying pan).
Put garlic and chopped onion in frying pan.
Saute' until onion starts to color.
Add garlic, onion, bacon pieces, beef stock and sugar to casserole.
Simmer covered for 1 1/2 hours.
Add carrots, sliced onions, potatoes, thyme, bay leaf, wine.
Simmer until vegetables are tender.
Better made day before and reheated.



HBL Extreme Makeover Winner Announced at Bonefish Neighbor's Night Out *Congratulations TC Applebaum Sayles*

TC Applebaum Sayles with the HBL Sponsors

Thank you so much for all the nominations. We definitely have amazing and caring neighbors who unselfishly strive to help others and the community. Next time we run this Sponsor Appreciation Contest, we will have more than one winner.

TC Applebaum Sayles traveled to Florida from California as a single mother of a teenage daughter. She moved here after a rough divorce to take care of her mother.

During this time of many changes (which is difficult in itself), TC needed to have open heart surgery. She still did not let up on her obligations to her family while recovering from this massive surgery.

HBL Sponsors think it is time TC took some time for her self and let them pamper her.

TC will be getting the following complimentary services from our amazing and caring business owners of HBL:



Flok by Bekim, Purelife MediSpa, Gold and Diamond Source, Palm Tree Direct, Fitness Together, Visionary Centre for Women, Body Masters, R5 Skinworks, Belleair Market, Suzette's on the Rocks, Cassi and Co, Bonefish, Salon Studio 400, F45 Largo, Burn Fitness Studio, Island Breeze Tours, Bloomtown Florist, and Stretch Lab. WOW!!!

Stay tuned HBL will be following this story!!



Harbor Bluffs Living



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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**

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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

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PartiesALaCartFL.com

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Cove Kay Golf Course

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

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Crawford Ker
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thebeachviewhotel.com

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Lisa Gecelosky

(727) 412-1444
LisaGMassage@gmail.com

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Linda Bullerman
(727) 434-3376
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Asher Ballew
(727) 501-3831
MunyunPainting.com

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Myrtle Avenue Pediatrics

Kathryn Boreman
(727) 442-8589

PET SITTER

My Pets Friend

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

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

Charles Rutenberg Reaty

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

Coastal / Christies

Julie Folden
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JulieFolden.com

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Megan Bower
(727) 742-2699
TeamBower.com

Sand Key Realty

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

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BluffsAnimal.com

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Yvonne Morris
(702) 528-6110
consultel.net



Neighborhood Sponsor INDEX

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

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RCSpinellas.org

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