

July 2020

# Harbor Bluffs

*Living*

A Social Publication for  
the Residents of Harbor Bluffs

meet **Megan**  
and **Jerry**  
**BOWER**

of Harborview Lane

.....  
**HAPPY CHRISTMAS AND  
MERRY 4TH OF JULY**

Looking for  
5 Women who love  
the Holidays

Page 10

Photography by **Green Pearl Photography**



# Christmas in July



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Julie Folden

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Megan@LifestyleFL.com

*Which of these would  
you like for YOUR  
Christmas in July?*

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**(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  
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Before



90 Days After  
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Before



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Before



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Due to the fluidity of Corona Virus situation most area events have been canceled or new dates have yet to be announced thus our Around Town events page is a little different this month.

# around town

## Tampa Bay Buccaneers 2020 Schedule

### Preseason

Aug 14 @ Pittsburgh 7:30 PM  
Aug 22 vs Jacksonville 8:00 PM  
Aug 29 vs Tennessee 7:00 PM  
Sep 3 @ Cleveland 7:30 PM

### Regular Season

Sep 13 @ New Orleans 4:25 PM  
Sep 20 vs Carolina 1:00 PM  
Sep 27 @ Denver 4:25 PM  
Oct 4 vs Los Angeles 1:00 PM  
Oct 8 @ Chicago 8:20 PM  
Oct 18 vs Green Bay 4:25 PM  
Oct 25 @ Las Vegas 8:20 PM  
Nov 2 @ New York 8:15 PM  
Nov 8 vs New Orleans 8:20 PM  
Nov 15 @ Carolina 1:00 PM  
Nov 23 vs Los Angeles 8:15 PM  
Nov 29 vs Kansas City 4:25 PM  
BYE WEEK  
Dec 13 vs Minnesota 1:00 PM  
Dec 20 @ Atlanta 1:00 PM  
Sun, Dec 27 @ Detroit TBD  
Sun, Jan 3 vs Atlanta 1:00 PM

August 29th, 2020  
The 4th annual Denim and Diamonds Luncheon  
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# MERRY CHRISTMAS IN JULY 2020

OUR HARBOR  
BLUFFS NEIGHBORHOOD  
IS THE BEST!

## **publisher's note**


Merry Christmas in July!!

I chose this theme because people tend to be more charitable around the Holidays. They donate food and meals to the shelters and food banks, donate

gift cards, help their neighbors, provide for their community and unselfishly help those who may need a little extra TLC.

During the worst days of the pandemic, we witnessed YOU spreading an epidemic of goodwill, generosity, and compassion through your random acts of kindness. Let's hope that when this issue hits your mailbox, our lives are on their way to being somewhat normal and this dreadful virus is no longer causing illness and hardship.

As you read this issue, please enjoy the pictures and stories of Harbor Bluffs Neighbors and HBL Sponsors helping each other and the community during the COVID-19 quarantine.



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We had the Sunset Soundwaves, where you came outside and made some noise to thank those professions working on the front line for all of us. We heard Jacob playing Taps one night in the park at sunset.

Sabrena Amaro unselfishly led us every Tuesday and Thursday morning in a delightful and stress-free yoga practice in the park.

Chris Scott, at Belleair Market, and Scott Boing, from Sysco, joined forces and together donated enough food to feed 750 people at the RCS food bank. Danny Lehan, owner of Village Inn, Julie Weintraub's Hands Across the Bay and The Mask Project of Tampa Bay, donated 100 cloth masks and fed lunch and dinner to the staff of 200 at Bayfront Health St Petersburg.

Annette Bie and I organized a food drive in the neighborhood, where bags of food were collected from your driveway on two designated days, and we organized community drop-off locations at specific HBL Sponsor businesses: Belleair Market, Belleair Coffee, PureLife Medispa, Fyzical Balance Center, Village Inn and KaraLynn's Kitchen.

We collected approximately 7,000 units and evenly distributed them to help the St Jerome's Life Line and RCS.

Cindy Thomas from Harborview Lane and Anona Thrift Shoppe, Filled that Truck for RCS TWICE!!!

Jen Reynolds, owner of Jenergy AC, organized a Pop the Trunk Food Drive with The Rotary Club and Chamber of Seminole and they filled a few trucks for RCS!! Thank you really goes out to the generous donors of Harbor Bluffs and the nearby community. These fill-a-truck events and food drives could not have been successful without your kindness and generosity of giving. You have helped feed thousands of families during this crisis.

Please enjoy our "Christmas in July" magazine. We sure had a blast doing the photo shoot on Belleair Bleach with Megan and Jerry Bower, Green Pearl Photography and of course, Santa!!

Speaking of the Holidays, you will see a "call to action" in this issue for a group of ladies that LOVE the holidays! Check it out and contact me if you are interested or want to nominate someone who is perfect for one of the categories.

Cheers,  
Devin



*Devin*





# the Real Housewives Harbor Bluffs Living

real housewives of harbor bluffs special holiday edition

## DO You Love the HOLIDAYS?

Do People Come to You for Holiday Ideas?

*Thanksgiving? Hanukkah? Christmas? New Year's Eve?*

HBL Magazine is looking for 5 Harbor Bluffs women who love the Holidays. Are you the person that your friends and family members are always calling for recipes? decorating ideas? gift ideas? places to visit? etc.?

Well, we need your advise and tips to share with the residents and sponsors!

We are looking for women of all age groups (20s to 80s) who can help in the following categories:

- Party Planning, food and dessert recipes and Holiday drink recipes
- Decorating, inside and outside, and Holiday table setting tips
- How to surprise your children all season long-where to go, games, crafts, baking or traditions
- Gift ideas and gift wrapping tips
- Fashion tips
- Places and ideas on how to help others-volunteer, gift giving, food drives etc.

Please send me your contact information and let me know which category you are the "expert" in and why. There will be one person per category.

Once all the Real Housewives of Harbor Bluffs are selected, we will all have a professional photoshoot for the cover of the

November HBL Magazine and pictures for the inside spread. (photoshoot will take place the first week of September)

For the inside article, you will be introduced and will need to write a short article, based on your category, with pictures relative to your article.

For example, if you write about a recipe, you will take a picture of the dish. If you are writing about decorating, you will explain process, color theme, and show a picture of your decorated area. You will be featured and have an article in the November HBL for Thanksgiving and the December Magazine for Hanukkah, Christmas and New Year's Eve.

What a fun way to meet new neighbors, who also love the Holidays as much as you do, share ideas and have an unique experience that will be a BLAST!!

Please send me your information to Devin.pappas@N2pub.com by August 24th. Can't wait to meet you!! PS I am a Holiday Lover myself!!!



Please contact me today!!  
Devin.pappas@n2pub.com or 727-657-9615



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### Merry Christmas

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**GOD BLESS AMERICA**

**GOD BLESS AMERICA**





**STOP!  
look no  
Further!**

ALL ABOUT  
PETS IS HERE!

Being a “puppy” mom myself, you know we care more about our pet’s health and care than we do for ourselves. You need to trust the people taking care of your “kids” and, of course, want these people to treat them like spoiled children.

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

## My Pets Friend

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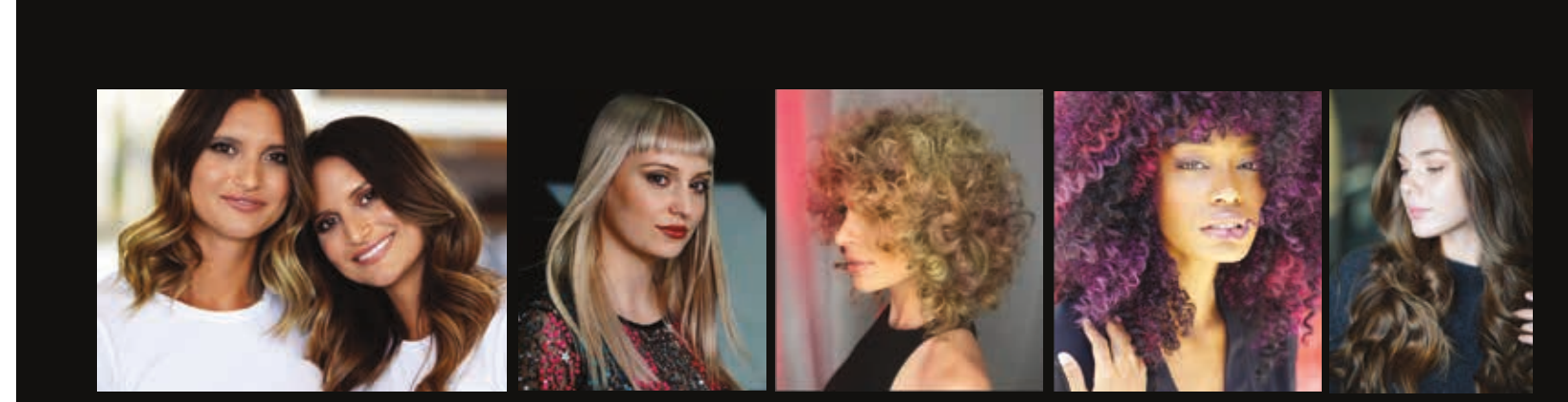
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Criss-crossing the globe, FLÖK's New Artistic Director Daniel Roldan is hailed as a hair rock star in more than 40 countries. From India, Italy and Indonesia, to Prague, Spain, China, Dubai, and now Clearwater, Florida, this gifted artist has mastered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

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

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

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

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

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



**Daniel Roldan**  
FLÖK by Bekim's Artistic Director  
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# MEET OUR NEW BABY, Macy

## On Set of Her First Photo Shoot with Carol Moorhead

**HBL would like to thank Carol Moorhead Pet Photography for making the Precious Pet of the Month even more special.**

She will be providing a complimentary photo shoot, of your fur baby, either in her studio or at a location of your choice.

Macy and I had such a blast at this photo shoot. Carol is awesome with the pups and made this experience so fun. We can't wait for you to experience this too.

HBL asked Carol if she would give you more information on this exciting new upgrade to our "Precious Pets" article. Here is what Carol Moorhead had to say:

"The Precious Pets photo shoot includes either a 30 minute session at my studio in Clearwater, or a 30 minute on-location session at your home, park, local attraction. About a week after the photo shoot I will invite you to the studio for the BIG REVEAL to see the best images captured during the session. From those images, we will be able to pick which ones will look best to fit your story



submission to the magazine and you will be gifted one of those images for social media sharing.

Please send a note to Devin to apply for the Precious Pet article to Devin.pappas@n2pub.com! I can't wait to see your pet through my lens! "

My photography is focused on pets and their unique personalities. I offer a free consultation for potential clients in order get to know the pet, answer questions and help sort out details of the shoot. Where is the pet most comfortable? Outdoors? Indoors? Whatever that answer is, that is the best place to have the shoot. The studio is a great setting for dogs that get distracted by strangers walking by at an on-location shoot, or sounds coming from all directions. Outdoors is perfect for the dog that loves to run around, play, and show their athleticism! Getting a great expression, a peculiar look, or a great big smile is always on my list for any shoot!

Do you want to be photographed as well? Perfect! Not sure of what to wear? For some ideas, you can visit my Pinterest page at <https://www.pinterest.com/cmoorhead/what-to-wear/>

My goal as a photographer is to help people preserve the very essence of their fur-child and create meaningful artwork for home or office. Why? For one simple reason ... we are not blessed with their presence forever, but we can make sure they are **NEVER** forgotten. I have been the proud mama of many pets in my life, but so few pictures and none of quality. I knew when we adopted Dexter that this time I would make sure I would preserve

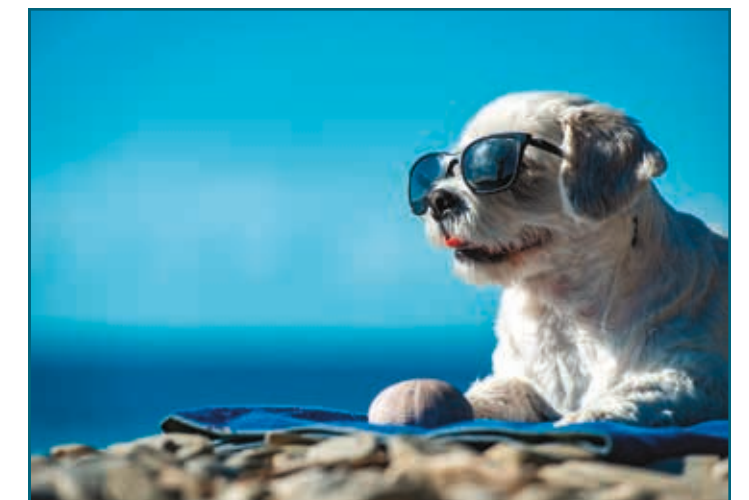
the memories of him with purposeful artwork. That's how my business was born. Dexter made me realize how important it is to preserve memories of the ones who give us their ALL! He's that **SPECIAL** and so is yours! Friend, don't miss this opportunity to design and capture one of them. I can't wait to talk with you about how we can tell your story through beautiful custom artwork of your best friend to proudly display in your home or office! In the meantime, tell your pup I said "Hi!".

"Putting The Woof In Custom Artwork"

Contact me now, looking for Fall Pet Photo Shoots  
Devin **727-657-9615**



**Carol Moorhead Pet Photography is now doing photo shoots on all the Precious Pets.** Please email me if you would like your fur baby featured.



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"First of all, Lauren is **the finest GC we have ever worked with**, by far. She is collaborative, has incredible design and construction expertise, and is an **exceptional communicator**.

Lauren also coordinated all the trades seamlessly so we were able to **move easily from one phase to the next**. We cannot thank Cayman enough. (Can't wait for the next project too!) **Hire them in a heartbeat!**" - Mary D.



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**resident recipe**

# FIREBALL fudge

**PERFECT FOR ANY HOLIDAY  
- EVEN CHRISTMAS IN JULY**

## INGREDIENTS

- 4 cups white chocolate chips
- 14 oz can sweetened condensed milk
- 1/4 cup unsalted butter
- 1/4 cup Fireball Whiskey
- 3/4 tsp vanilla extract
- food coloring

## INSTRUCTIONS

Start by preparing your 8x8 square baking pan by lining it with parchment paper or aluminum foil.

Next, fill a small saucepan with about an inch of water and bring to a simmer. Grab a large heat-proof bowl and place bowl over the simmering pan of water. Pour the white chocolate baking chips into the bowl along with the butter, sweetened condensed milk, and Fireball whisky. Whisk until butter and chocolate are melted.




Remove the mixture from the heat and place 1/4 cup of the mixture into a small bowl. Add your food dye and stir to combine. Set aside.

Pour the white fudge mixture into the prepared pan and use a knife to even out the mixture. Drizzle on the food coloring mixture and use a toothpick to swirl the color into the fudge.

Place the fudge in the fridge for at least 2 hours to set. When ready, remove the fudge from the pan and slice into bite-size squares. Serve.



 **We need your recipes!!**  
Please submit to  
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Slowly but surely life is taking on a semblance of the new normal – stay at home orders are lifting, the beaches are for us to enjoy again, our favorite restaurants can be visited in person now, albeit all with restrictions and we are getting ready to dip our toes into travel once again.

The travel industry took a horrific loss earlier this year. Travel around the world came to a complete standstill and all borders closed indefinitely. Americans are known for their love of travel; the Caribbean, Hawaii, Europe, South America, there are not too many places we have not ventured to yet. Hence the travel ban hit us so much harder than other counties because we love to explore, to discover and to experience not only other countries, customs and people but our own back yard – state parks, beaches and cities – as well.

My fellow travel advisors and I have had many, many in-depth discussions these last couple of months about the future of the travel industry. One thing we were all sure of - our love for travel, although temporarily halted – will come back with a vengeance and I am happy to say, it sure looks like it right now.

Cruise industries stepped up to the plate and not only allowed cancellations across all lines but sweetened the deal with offers of additional credits if a trip was postponed, rather than cancelled, to be used when travel deemed safe again. Tour operators graciously moved vacations one year out and if the hours I spent on the phone with my customers, cruise line, airlines and hotels over the last 10 weeks are any indication of the future, we will have an epic come back.

Already, some European countries are starting to open their borders, flights connections are increasing, hotels beginning to fill up their rooms and the cruise industry is getting prepared to start sailing the Caribbean again. Once thing is for sure as we move forward: travel advisors will be much sought after in the years to come. If you were one of the very frustrated, unlucky customers to spend hours and days on the phone trying to cancel a trip you booked with an online operator, only to be hung up on - I feel for you!

If you booked your now cancelled trip with your trusted travel advisor, all you had to was wait for your credit or money to show back up in your account – because it was us travel advisors who worked tirelessly 18 hours a day to bring our customers home on time, to cancel and modify their trips and now we feel blessed you are willing to re-book with us. I have never been prouder to be a part of this hardy bunch of agents who didn’t think twice about helping customers and each other around the world.

And by the way – we did not get paid for it – we only get paid when you travel. But for most of us, customer care and satisfaction are the backbone of our small business. Now more than ever we depend on you to use us going forward. You know we have your back; you know we have your best interest at heart, and you know we never not answer our phones. Can you say the same about online operators?



I am so happy to announce that we will have our 2nd Annual Harbor Bluffs living cruise, “Join the Fun” this October. It will a be short trip, I know we all need to carefully dip our toes into the water again, but it is something to look forward to and we all surely need that! I cannot wait to get out there again, meet new and old friends, spend precious time with each other and simply enjoy life.

Will you join us?  
The itinerary, registration details and costs can be found at **yourdestinationexperts.com**  
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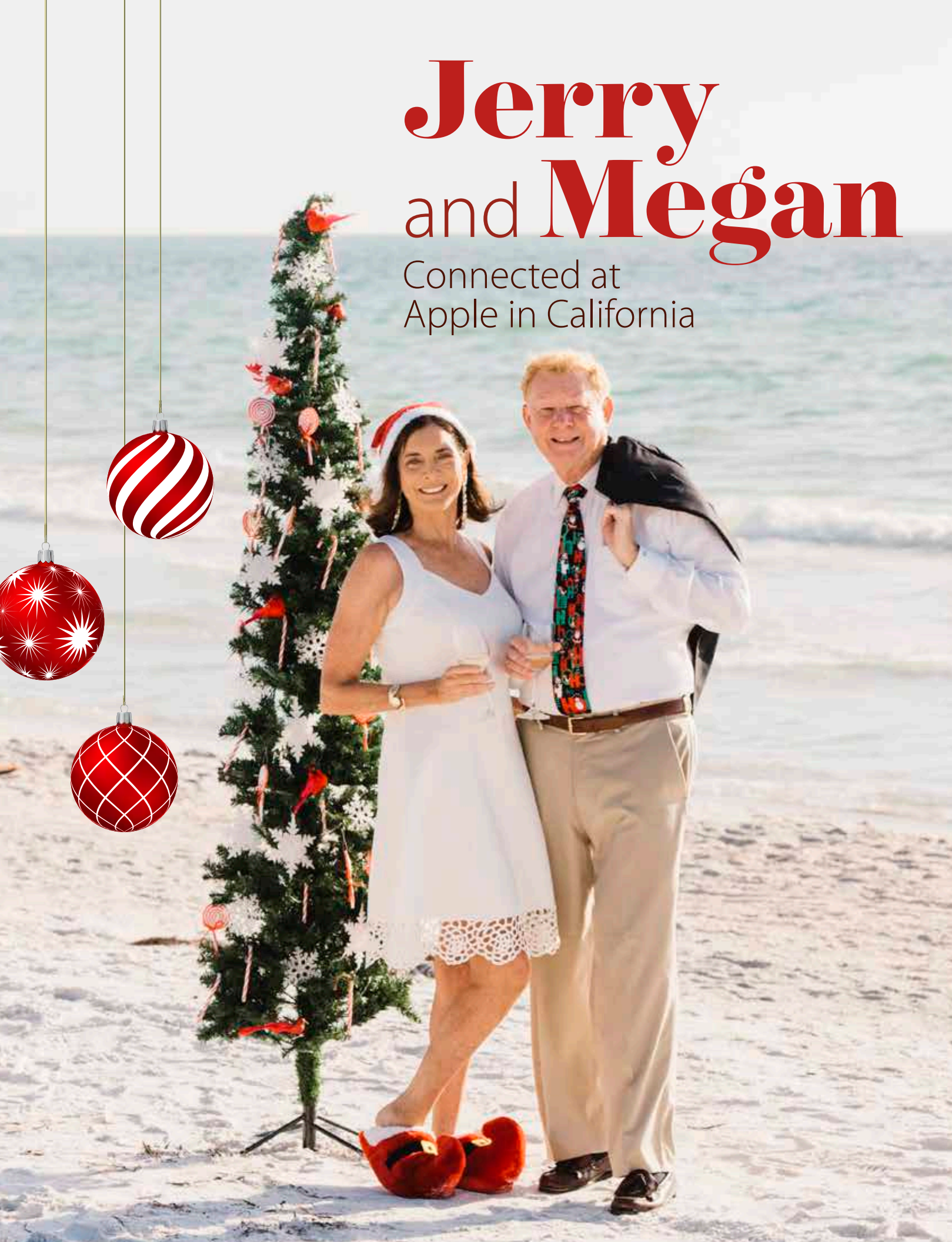
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# Jerry and Megan

Connected at  
Apple in California



## THE SPARKS FLEW AND THE REST IS HISTORY!

### family focus

**Meet Jerry and Megan Bower**  
402 Harbor View Lane

**Megan** was born and raised in St. Petersburg until a job offer from Eastern Airlines took her to California. **Jerry** is originally from Philadelphia and after graduating from college, he also headed to California.

Megan went to work at Apple in 1981, after the airline industry went through huge layoffs. Although she was not a computer expert, Apple needed someone to reach their customers and figured a former airline industry person was a good fit. She and Jerry both worked in the Marketing department at Apple's headquarters in Cupertino, California. It was an exciting time as most people had never even heard of a personal computer.

Jerry began his Apple career in early 1980 as the Product Marketing Manager for the Apple //e. He worked with both Steve Jobs and Steve Wozniak (Apple's engineering genius). His first office was next door to Woz's, who would stay up all night, designing and coding, and then would come in the next day to excitedly tell Jerry what he had just developed. It would be Jerry's job to determine which of those features would make sense and be included in the final product.

And yes, Steve Jobs was very similar to his portrayal in the movies. A brilliant visionary, but be ready for the outbursts!

Jerry stayed with Apple until 1994, managing the Special Markets Division, which included the national incentives industry and the international military PX stores, giving the couple an opportunity to travel extensively. After Apple, he spent several years as a Business Development consultant and finished out his career by starting and growing a wine incentives company, which he sold before finally retiring.

While at Apple, Jerry was responsible for a program many Floridians may remember, called *Apples for the Students*, which ran locally at Publix in the 1980s. Jerry and one of his sales reps designed the nationwide program and through it Apple provided over 250,000 free computers to participating schools.

Megan spent several years in the Cupertino office, working with software development and product launches before accepting

the position of Field Marketing Manager in Apple's Southeast Area. (Ironically, while there, she met Bob Dudenhoefer in the company's Rocky Point office, and 10 years later would be a fellow HB neighbor.) In 1987, she returned to California to marry Jerry.

When Jerry left Apple, he and Megan decided to move to Florida to be near Megan's aging parents. It was a return to a place she remembered fondly. After scouring Snell Isle, the Pasadena Yacht Club and many other neighborhoods in the St. Pete area, Megan told Jerry there was only one other area she could think of that they might like. It happened to be Harbor Bluffs. Megan's Great

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...

Aunt Ellen had lived on Oakwood Dr. during the 60s and Megan and her siblings spent a lot of their summers having fun on Uncle Earl's boat.

The instant they turned onto Oakwood Drive, Jerry said, "This is where we want to be." The couple found a home that needed a lot of work and immediately began renovating and updating. Megan remembers feeling "completely at ease" the first night they slept in the house. She had none of the expected anxiousness about buying a home. "It was obvious that Harbor Bluffs was still a well-cared-for neighborhood which had held its value," she said.

In 2019, Jerry moved his Dad to Florida, and into nearby Oak Manor. Jerry spends most afternoons with his Dad, watching sports on TV, "and solving all of the world's problems." His dad turned 99 in April, but "since the Coronavirus nixed the party, Dad is making plans for his 100th birthday instead," Jerry said.

**HBL: Where Did You Meet?**

**MB:** Jerry and I met at the condo pool where I was living in San Bruno, CA, while working for Eastern Airlines. One afternoon, I ran into an old Florida friend I hadn't seen in many years. Jerry was his best friend and in charge of supplying the poolside loungers with strawberry daiquiris. And I loved those daiquiris.

**HBL: What do you do for Relaxation?**

**MB:** As for relaxation, Jerry enjoys playing golf, working in the yard and maintaining the house.

I, on the other hand, admit I don't relax, although I do play golf. It's a lot of fun and gives me a chance to enjoy our beautiful weather, but it's not relaxing.

**HBL: What was your best vacation?**

**MB:** Our best vacation was our honeymoon to Tahiti and Australia in 1987. Although we each had traveled a lot with our jobs, we wanted to honeymoon somewhere neither of us had ever been. A friend of Jerry's in the travel business set it up for us so all we needed to do was pack and get on the plane. We were treated like royalty everywhere we went!

**The Bowers had plans for a golf trip to the English countryside in September and were looking forward to golfing at some of the famous British Open courses in the Liverpool area. They are hoping to reschedule that trip in 2021.**

**HBL: Megan, what prompted you to become a Realtor?**

**MB:** After returning to Florida, I held marketing positions with Home Shopping Network and Sensodyne before deciding to become a Realtor and start my own business. After working with international customers for so long, I enjoyed becoming more a part of the local community. I have sold homes and condos in this area since 2002 and is currently with Coastal Properties Group. I bring over 30 years of marketing expertise from my previous



...





Famous Swilken Bridge at St Andrews, Scotland



Before



After



Jerry and Woz



Tuscany



Lake Como



Paris





high-tech career and has over \$100,000,000 in sales, helping many buyers and sellers “Live the Florida Lifestyle”.

*“Our favorite part about living in Harbor Bluffs is feeling so comfortable. Our neighbors are great. We get each other’s mail during vacations and watch each other’s homes. It’s such a comfortable neighborhood without the pretentiousness found in some other areas,” Megan said.*

HBL would like to thank the Bower family for sharing their story, Green Pearl Photography, for their amazing photography, Karen McGraw, owner of Salon Studio 400, Janine Lennox, Andi Simon and Jeff Pollick AKA Santa for making this photo shoot super fun and memorable!

If you would like to have your own family photo shoot and be on the cover of HBL please email Devin.pappas@n2pub.com

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**stay** at home activities  
By Emily Harris

# Resident Emily Harris OF PALMETTO LANE

## ENJOYED HER FAMILY TIME DURING QUARANTINE

During this unusual time of forced stay-at-home rules and social distancing, it can be difficult to figure out what to do with so much free time in each day. Although many of us are working from home, or have children attending classes online, we can still find ways to mix up our daily lives and include some fun activities.

I have enjoyed spending time with my family, the only people I am really allowed to see. My brother has been able to learn a few new cooking tips and recipes from my dad, and I have been able to spend some quality time with my mom. My parents and I have gone on bike rides through the neighborhood, practicing social distancing yet still enjoying the outdoors. I love swimming with my nephew and my sister-in-law, and enjoying our gorgeous weather. We have also gone on walks around the neighborhood and to the Belleair Causeway to enjoy the view.



My nephew discovered an interest in art, using his Easter sidewalk chalk.

Indoors, we finally got around to watching some shows we previously did not have time for. We also managed to catch a Harry Potter marathon. I enjoy reading lots of books in the vast amount of spare time I have. One of my favorite things about all this family time is that we are able to play games almost every night, such as charades, Pictionary, Risk, Yahtzee and many more.

While family time is wonderful, sometimes we need to take time for ourselves. Some things I have done to recharge my batteries are a paint-by-number painting, meditating, listening to music, doing yoga and going for drives. This stay-at-home order had an unexpected silver lining; I discovered an interest in birds. It is calming for me to sit outside and listen to and watch the many birds in our area. I even discovered a blue jay nest in my front yard. I found that naps are also extremely beneficial and can help fill the day.

While we are dealing with these difficult times, take time to remind yourself that things eventually will be okay and enjoy some old and new activities to help you endure.

Stay safe and stay healthy.



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# what were You Doing during the Quarantine?

WHAT WAS  
NATURE DOING?  
**neighbors** during  
quarantine

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through Easter; From a pink moon  
to bright sunsets.

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will sprout first and grow the most. Whoever wins, gets to pick dinner three nights in a row



Best Ever- Making the Gingerbread Houses the Marquardt family didn't  
have time to do in December.



Social distancing Happy Hour



Sabrena Amaro led the residents to a yoga practice  
on Tue and Thurs mornings in the park.

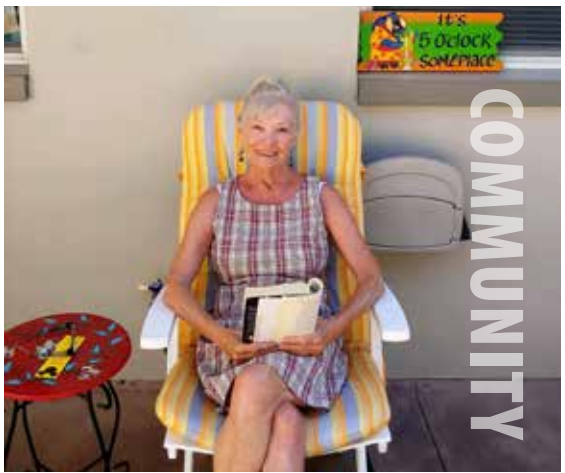


Social Distancing while doing Yoga in the Park. Thank you Sabrena!!



HBL Sponsors brainstorming on ways to help the residents!!





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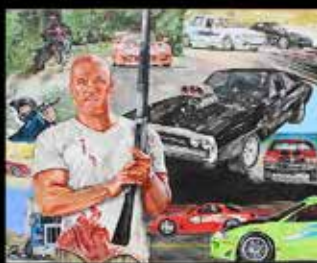
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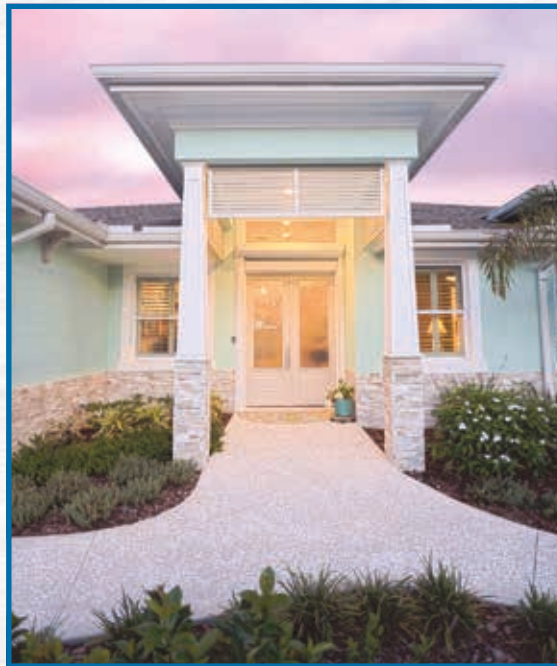
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safety tips for july 4th

# This 4th of July week Prevent Fires!

**More fire-related calls come to the Pinellas County Regional 911 Center during the 4th of July holiday than any other time of the year.**

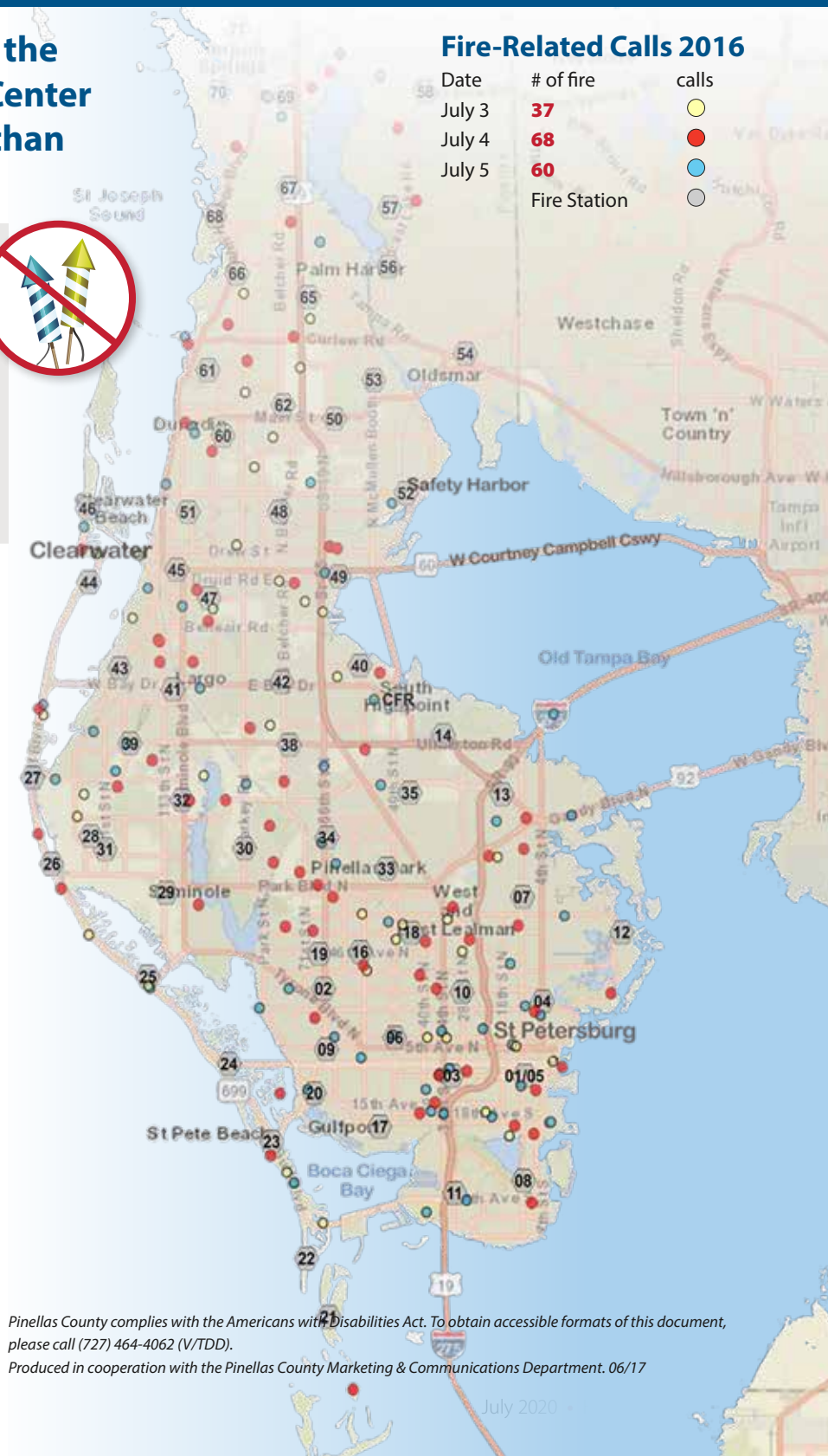
**WARNING:**  
Fireworks are dangerous to people and pets. Using them puts your property at risk.

The best way to stay safe from fireworks is to not use them. Instead, attend a public fireworks display put on by professionals.



## Fire-Related Calls 2016

Date	# of fire calls	
July 3	37	Yellow circle
July 4	68	Red circle
July 5	60	Blue circle
Fire Station		Grey circle



## Recreational grilling and backyard firepits safety:

- ☐ Grills must be placed at least 10 feet away from any structures.
- ☐ Never grill on a condo or apartment balcony.
- ☐ Keep children and pets at least 3 feet away from hot grills and a safe distance away from firepits. Firepits must be at least 15 feet away from your house and anything that can burn.
- ☐ Never leave any fire unattended.
- ☐ Make sure all fires are completely extinguished after use.

**165** Pinellas County fire-related calls July 3-5, 2016

Learn more about fire prevention:  
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Vertical Flight LLC was established on the basis of an experienced management team. Captain **Frank Marsalek** was awarded the FAA Master Pilot Award, which recognized over 50 years of aviation experience along with his knowledge that has provided invaluable operational guidance to the company.

All pilots at Vertical Flight LLC must have a minimum of 1,000 hours of flight experience. This is unusual in the industry, as many companies employ lower- time pilots, who use these jobs to build their experience. At Vertical Flight LLC, you are flying with pilots that already have the flight experience.

Pinellas County, with over 30 miles of beaches and many other gorgeous vistas, provides a wonderful location for sightseeing. With famous beaches such as Clearwater and St. Pete, along with the beautiful parks of Honeymoon Island, Caladesi and Fort Desoto, plus the Tarpon Springs sponge docks, you will enjoy incredible views on a helicopter flight.

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*Aerial photo flying is a specialty of Vertical Flight LLC. Orientating the helicopter for that perfect visual perspective can be safely accomplished using the highly experienced Vertical Flight pilots. Capture that memory in a photograph that can only be obtained from a helo.*

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There is even some evidence that Santa Claus himself endorses Vertical Flight LLC.

HBL-Personally this is one of my favorite experiences I have ever had. The feeling of relaxation and freedom is hard to put into words. I can't wait for my next flight.



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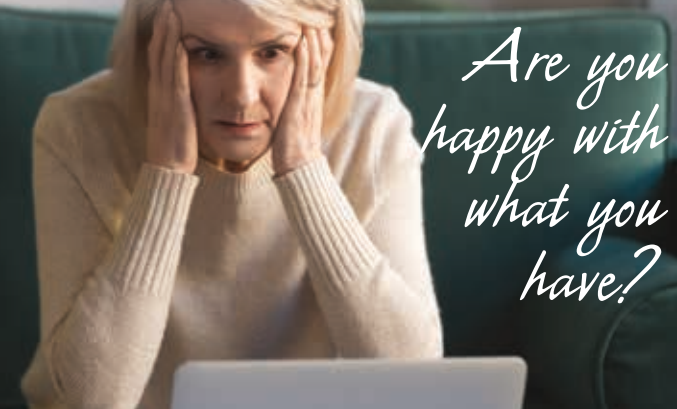
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# HARBOR BLUFFS RESIDENTS AND SPONSORS came together for FOOD DRIVE

COLLECTING 7000 ITEMS FOR RCS AND ST JEROME'S LIFELINE IN ONE WEEK

## neighbors helping neighbors

It certainly felt like Holiday Spirit was in the air during our pandemic time!! Spreading goodwill and helping your neighbor was obviously on everyone's mind as we witnessed through the outpour of generosity during our neighborhood food drive.

On a recent Sunday, **Annette Bie**, a volunteer at St Jerome's Lifeline Food Bank, and **Devin Pappas**, a volunteer for RCS Pinellas, were talking about getting together to help with the non-perishable food shortage in the local food banks. With the pandemic causing high unemployment and shutting down schools, the need for the food bank service increased overnight. As you can imagine, with this unexpected surge in demand, came a substantial shortage within the St Jerome's and RCS Food banks.

The two residents decided to pull together a Harbor Bluffs food drive called "Neighbors Helping Neighbors" and utilized six HBL sponsor businesses as drop-off sites within the community to collect food. These businesses were **Belleair Market, KaraLynn's Kitchen, Belleair Coffee Company, Village Inn, PureLife Medi-Spa Wellness and Skincare, and Fyzical Therapy & Balance Center.**

They decided they would ask the neighbors to leave bags of food at the end of their driveway for pickups on the following Sunday and Tuesday from 10 a.m. to noon.

They created flyers, sent emails, utilized social media and recruited volunteers. Annette set up a sorting station in her garage on Palmetto Lane.

Thank you to the people, who distributed flyers to the neighbors, while Annette sorted and split the donations between the two nonprofit organizations.

**The results of the "Neighbors Helping Neighbors" campaign was unbelievable. Collectively, as a neighborhood, you donated approximately 7,000 units or 2700 lbs of food which were split between Lifeline and RCS.**

Thank you to the amazing neighbors who left food on their driveway or dropped off at the business locations mentioned above.

Thank you to Chris Scott, owner of Belleair Market; Chris Waylan, owner of Belleair Coffee Co.; Elif Fitzgerald, owner of PureLife Medi-Spa; Tara Schwartz, who owns Fyzical; Carolyn Bradham, owner of KaraLynn's Kitchen; and Danny Lehan, owner of Village Inn, for participating in this much-needed community event.

Thank you also to the amazing people who helped with this event: It takes a TEAM!!!



The Harbor Bluffs Volunteer Team



Sarah Dunbar from Village Inn

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We live in such a caring community!! Who always are willing to help each other!!

Sincerely,  
**Fred Bach**  
*Director/Lifeline Ministries*

**“The results of the “Neighbors Helping Neighbors” campaign was unbelievable. Collectively, as a neighborhood, you donated approximately 7,000 units or 2700 lbs of food which were split between Lifeline and RCS.**



Chris Scott and Julie Champion, Belleair Market, helping collect food!!



Annette Bie and Devin Pappas. Organizers of “Neighbors Helping Neighbors” Food Drive



Carolyn Bradham, Owner of KaraLynn's Kitchen collecting donations for food drive



and owner, Tara Schwartz of Fyzical Therapy & Balance Centers





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*On behalf of Lifeline Ministries I would like to give a sincere thank you to all the "Neighbors Helping Neighbors" food drive. It was a huge success and benefited many people in need of our services.*

*Happy Holidays & Merry 4th of July. Stop by & have some holiday fun with us!*



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# MASSAGE RELAXES YOU, STRETCHING ENERGIZES YOU

## STRETCHLAB LARGO - YOU'RE IN FOR A SURPRISE

It sounded too good to be true! Just lay on your back and let somebody stretch and stretch your body and get rid of aches and pains. Well before I finished this article I went for a session at StretchLab, commonly referred to as a “The Lab.” Over the years, I’ve come to rely on tai chi, massage, and chiropractic treatments to shake off the tension, stress and stiffness from this aging body. This was something new and exciting!


If you haven’t had an assisted stretch before – prepare yourself for a great time! Your Flexologist will greet you and discuss your current flexibility and any injuries that you may have then walk you through your session. Stretches are performed on one of their custom-designed benches. Your stretch won’t be painful, but your Flexologist will communicate with you throughout your stretch to gauge your comfort level. It’s best to wear clothes you feel comfortable moving in. Kristina explained the stretch movements at each new stretch area. These custom stretches are designed to increase range of motion, energy level, and reduce pain. The stretching technique used is PNF which is the oldest form of resistance based stretching which allows for a deeper stretch—you can’t do it alone. This method of stretching muscles involves a series of contractions and relaxations with enforced stretching during the relaxation phase.

Before Kristina began, I stood in front of a MAPS machine, an acronym for mobility, activation, posture, and symmetry and did three squats with my hands above my head. My overall rating was 42 — it was obvious I needed work. Flexologists receive more than 100 hours of intensive training, learning theory, and gaining hands-on experience, before they can work with members. Using a variety of techniques, they assist clients of all shapes and sizes, and tailor the one-on-one sessions to their specific needs. Whether someone is recovering from an injury or is a high-performance, professional athlete, the Flexologist will take everything into consideration during each session.

StretchLab is new modality which started in 2015 in California with the desire to provide a premium level of customized flexibil-

ity training. On Oct. 11, 2019, StretchLab hosted the grand opening of its Largo location at 10423 Ulmertown Road. This marks the first Tampa Bay location for the national franchise with more than 130 studios across the country.

StretchLab comes to Tampa Bay courtesy of local owners, husband and wife team Soosie Lazenby and George Spowart. With more than 50 years of marketing experience between them, they both fully realize the importance of what StretchLab has to offer its clients. ...



A promotional graphic for StretchLab Largo. It features a woman in a black athletic top and leggings performing a stretch on a blue padded bench. The background is a blurred studio setting. The StretchLab logo is in the bottom right corner. Text on the left side of the graphic includes: "2 X 50 MIN.", "\$ 99", and "includes a comprehensive mobility evaluation". At the bottom, it says "BOOK YOUR STRETCH TODAY!", "LARGO@STRETCHLAB.COM | (727) 500-2192", "10423 ULMERTON RD, LARGO, FL 33771", and "LIMIT ONE PER CUSTOMER".



Spowart, former chief marketing officer of PODS, has been stretching on his own for years to relieve back pain. Soosie, owner of an award-winning event and design company in Clearwater, served as the sports commissioner for the State of Massachusetts, as well as the chair of the Governor’s Council on Physical Fitness and Sports.

“Both of us have always been passionate about fitness so it’s exciting to bring our business experience to something we really believe in. Getting involved with StretchLab was a natural next step for us,” Soosie said. “We evaluated dozens of concepts, and we know StretchLab will be a perfect fit for the current wellness scene in the area. It’s complementary, not competitive, to other fitness and wellness activities. We didn’t drink the kool-aid, we chugged it.”

George and Soosie met in Boston in 1999. Twelve years ago they moved to Belleair, Soosie’s hometown. George is the chief marketing agent for a local company and Soosie runs the Labs both here and in Boston. “We expect to open three more labs within the next two years,” she said.

No two bodies are the same and no two stretches at StretchLab are the same. One-on-one stretching is about identifying tightness and imbalances in your body and customizing a stretch routine that is just for you. Clients may come in with pain, tightness or specific focus areas, but keep coming back and commit to their flexibility journey once they experience the freedom that comes with having a wider range of motion and flexibility. Throughout the Lab there is tremendous team spirit and camaraderie.

Once you’ve discovered just how amazing it feels to be professionally stretched you are impelled to sign up for a monthly membership, which are offered in 25 or 50-minute sessions. After my first session at the Lab, I got up off the table feeling like



a new woman. The nagging lower back pain was gone as was the tension in my neck and shoulders. So, I signed up for a membership. As Soosie so aptly put it, “Massage relaxes you, stretching energizes you.”

**JUST A FEW TESTIMONIALS:**

*“Since going to StretchLab Largo and working with Jamaal for one 50 minute session a week, I am definitely hitting the golf ball farther because I am able to turn rather than sliding through the golf swing. The best part is he knows how to work out my aching elbows and lower back pain!!” ... Cliff Miller*

*“I’ve been going to StretchLab for a couple of months with Jamaal as my trainer. My chiropractor has noticed a better improvement in my body and said don’t stop. I’ve gained better stretching in my torso so I can swing a golf club better and farther; amazing results in my golf game. This is a part of my life now as a health routine. Thank you StretchLab.” ... Elizabeth Dale*

*“Shortly after the Lab opened I went for a session with Jamaal. I didn’t notice any improvement until two days later when my back didn’t hurt nor my shoulder. I’ve never played better golf, have increased club head speed and shoot my age most of the time.” ... Connie McMullen*

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## ANONA THRIFT SHOPPE “Filled that Truck” for RCS

CINDI THOMAS AND HER TEAM  
TAKES COMMITMENT FOR THE  
COMMUNITY TO THE NEXT LEVEL

When the staff of Anona Thrift Shoppe (ATS) and **Cindi Thomas**, our neighbor from Harborview Lane and President of Hands of Healing, decided to get involved with a community RCS (ReligiousCommunity Services) food drive, they decided to take it to the next level of commitment. Their motto for collecting food donations was “FILL THAT TRUCK” and that they did.

Their Ram 250 pickup truck was over-flowing with food donations for the RCS drive. Volunteers and businesses in the community just kept the food coming. Their truck was decorated with signs and streamers when they delivered their goods to the



Neighbor, Cindi Thomas, excited about the donations from the Anona food drive for RCS

“Pop The Trunk” event that was held May 9, at Anona United Methodist Church. Volunteers from sixteen local organizations were ready to hand out medical masks to those who wanted them and also unloaded groceries from over 500 trucks and cars. RCS received 13,477 lbs of food from Anona Methodist Church, “Pop the Trunk” food drive.

This community drive was on par for ATS because giving back to the community has been something the staff has been doing even before the COVID-19 pandemic. The donated items that are sold in the Anona Thrift Shoppe, located at 12027 Indian Rocks Road in Largo,

help to fund medical mission trips to under-served populations. Merchandise that isn't put on sale in the store is donated to several local organizations. Everything gets repurposed.

Anona Thrift Shoppe is accepting donations and reopens June 1.





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ask the expert

By Alycia Hernandez

# IS IT SAFE TO USE COMMERCIAL DRAIN CLEANERS?

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is NO!



pets. Even if you use commercial drain cleaners successfully and there is none left in your drain or pipes, that substance ends up somewhere. When it exits your plumbing or sewage system, it can quickly contaminate water supply causing tremendous harm to plants and animals that might consume it.

From the first application, chemical drain cleaners have the potential to damage to your plumbing system. Because of its corrosive nature and extreme heat generation, commercial drain cleaners can cause toilet bowls to crack, PVC pipes to melt or break and the glue that holds pipes together can be eaten away. If any of these occur, you may find yourself left with an inoperable plumbing system and costly repairs.

A few DIY alternatives you can try are a plunger or auger and also practicing good pipe maintenance helps to avoid those frustrating clogs. If you are experiencing frequent backups, it may be the result of a bigger problem. When you find yourself in need of this or any plumbing or gas service, give the experts at **Plumbing By Paul** a call! 727-709-2552

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In short, no, commercial drain cleaners is not safe for your family, the environment, and finally your PLUMBING PIPES!



## Is it safe to use commercial drain cleaners?

Our answer will always be NO! Commercial drain cleaners are not only unsafe for your plumbing and pipes, they are also dangerous to humans and pets, and horrible for the environment. Even the ones that say, "WON'T damage pipes" WILL.

## What are commercial drain cleaners and how do they work?

Commercial drain cleaners are lye-based household drain cleaning products, consisting of different variations of aluminum, salt, (Lye) sodium hydroxide, (Bleach) sodium hypochlorite and sodium nitrate. When used several reactions happen simultaneously. Lye decomposes most organic matter. That includes anything from the grease clogging up your kitchen sink, to the huge hairball blocking your daughter's shower drain. To speed up the process the lye mixes with small shards of aluminum to generate heat at near-boiling temperatures. The tap water further reacts with the lye to produce even more heat, which softens the deposits that line the drain. This combination forms a hydrogen bubble soap that loosens stuck particles and the hot water washes all your problems away! Problem solved!? Not exactly. Commercial drain cleaners may be convenient, but they are at best a temporary fix, not a permanent solution.

When using commercial drain cleaners, you run the risk of splashing a caustic chemical on your skin or in your eyes. Be careful when using chemical cleaning products after the stoppage is cleared. If any commercial drain cleaners remain in the pipe, you can create toxic fumes that can be harmful to your family and



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## Real Estate RESOURCE

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Address	Neighborhood	Sale Price	Sold Date	DOM	Beds	Baths	SqFt	Parking	\$ / Sq Ft
208 Palmetto Ln	Harbor Bluffs	\$280,000	04/24/20		3	3	2,629		\$107
800 Allamada Dr	Harbor Bluffs	\$560,000	04/06/20	165	4	3	2,392		\$234
301 Palm Drive	Harbor Bluffs	\$497,500	02/03/20	124	3	2	2,190		\$227
302 Bamboo Ln	Harbor Bluffs	\$390,000	01/27/20	113	3	3	1,925		\$202
217 Harbor View Ln	Harbor Bluffs	\$435,000	01/15/20	5	3	2	1,897		\$229
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
803 Camelia Dr	Harbor Bluffs	\$860,000	11/21/19	28	4	3.5	5,421		\$158
309 Orangewood Ln	Harbor Bluffs	\$533,000	11/06/19	3	3	3	2,675		\$199
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
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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**

### ATTORNEY

#### McManus and McManus PA

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

### CONTRACTOR

#### AAA Services of Central Florida

Joe Logar  
(727) 447-7112  
AAAServicesFlorida.com

### GOLF COURSE

#### Cove Kay Golf Course

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

### HOTEL

#### Beach View Hotel

Crawford Ker  
(727) 461-7695  
thebeachviewhotel.com

### MASSAGE

#### Lisa Gecelosky

(727) 412-1444  
LisaGMassage@gmail.com

### MEDICARE INSURANCE

#### Linda Bullerman CLTC

Linda Bullerman  
(727) 434-3376  
LindaBullerman.com

### PAINTER

#### Munyun Painting

Asher Ballew  
(727) 501-3831  
MunyunPainting.com

### PEDIATRICIAN

#### Myrtle Avenue Pediatrics

Kathryn Boreman  
(727) 442-8589

### PET SITTER

#### My Pets Friend

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

### REALTOR

#### Century 21 Beggins Enterprises

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

### Coastal / Christies

Julie Folden  
(727) 460-7462  
JulieFolden.com

### Coastal / Christies

Megan Bower  
(727) 742-2699  
TeamBower.com

### The Crawford Team

Shane and Cheryl Crawford  
(727) 776-1684  
CherylCrawford0325@gmail.com

### RESTAURANT

#### CK's Eats and Drinks

Crawford Ker  
(727) 443-5377  
ckseatsndrinks.com

### RESTORATION SERVICES

#### Total Restoration

Jim Bova  
(727) 573-1959  
Totalrestorationfl.com

### SPECIALTY FOODS

#### Dip It

Steve James  
(727) 221-9220  
Getdipit.com

### VETERINARIAN

#### Bluffs Animal Hospital

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

### Bluffs Animal Hospital

Kristen Heatherly  
(727) 585-5682  
BluffsAnimal.com

### WEBSITE DEVELOPMENT

#### Consultel Inc

Yvonne Morris  
(727) 444-0356  
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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Devin Pappas  
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HarborBluffsLiving.com

### W Creative Agency

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Clearwater, FL 33756  
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Wcreates.com

### AESTHETICIAN SERVICES/FACIALS

#### R5 Skinworks LLC

(727) 492-1041  
R5skinworks.com

### AIR CONDITIONING & HEATING

#### Jenergy Air Services

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JenergyAir.com

### APPAREL & GIFTS

#### Cassi and Co

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CassiAndCompany.com

### ART GALLERY

#### Art Lovers Place Inc

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ArtLoversPlace.org

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#### Nancie Norman Artist

Nancie Norman  
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nancienorman.com

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#### McManus & McManus PA

(727) 584-2128  
McmanusEstatePlanning.com

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Acquitter.com

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GermanImportsCorp.com

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#### Suzettes

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#### RCS

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RCSpinellas.org

### CIGARS, CRAFT BEER, WINE

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Belleair Bluffs, FL 33770  
(727) 584-3697  
BelleairMarket.com

### CONSTRUCTION/REMODELING

#### AAA Services of Central Florida Inc

(727) 447-7112  
AAAServicesFlorida.com

### Cayman Construction Group

#### Lauren Connors

(727) 667-2171  
Caymanconstructiongroup.com

### Polo Builders Inc.

#### Gerald Green

(727) 234-0701  
Polobuilders.us

### COOLSCULPTING

#### PureLife Medi-Spa

12442 Indian Rocks Road  
Largo, FL 33774  
(727) 595-3400  
PureLifeMediSpa.com

### CPAS

#### Nancy A. Barnes, CPA

#### Nancy Barnes

(813) 694-7069  
BellairCPA.com

### CUSTOM WINDOW TREATMENTS

#### Budget Blinds of Clearwater

#### Carolyn Tricoli

1496 South Missouri Avenue  
Clearwater, FL 33756  
(727) 400-6870  
www.BudgetBlinds.com/Clearwater

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EVENT PLANNING

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(727) 710-2511

PartiesALaCarteFl.com

FAMILY LAW

Kinnear K Smith PA  
(727) 724-4116

KinnearKSmithPA.com

FASHION & GIFTS

Trades of Hope

FEMININE REJUVENATION

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2695 Ulmerton Road

Clearwater, FL 33762

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Visionarycentreforwomen.com

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Brenda Ehrke

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MHaghighi.com

FITNESS

Burn Fitness Studio

(727) 385-1108

TheBurnfit.com

Stretch Lab

Soosie Lazenby

(727) 584-8500

largo@stretchlab.com

FITNESS TRAINING

F45 Training Largo East

(727) 362-6408

F45training.com/LargoEast/trial

FLORAL DESIGNER

Dana Dineen

(727) 674-0100

Allaboutthevase.com

FLORIST

BloomTown

(727) 559-7177

BloomTownFloristFl.com

GARDEN CENTER AND LANDSCAPING

Palm Trees Direct

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palmtreesdirectinc.com

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FlokByBekim.com

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salonstudio400.com

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ExperienceVerticalFlight.com

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Chloe's Home Decor

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Beachview Hotel

BeachViewHotel.com

HOUSECLEANING

Elena Campos Cleaning

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Linda Bullerman CLTL

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Lindabullerman.com

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Decorating Den Interiors

(727) 366-1761

Mercedes.DecoratingDen.com

JEWELRY & GOLD

Gold and Diamond Source

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GoldAndDiamondSource.com

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POLISHING/RESTORATION

Fabrizio and Sons Marble and Granite

Restoration

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Palm Harbor, FL 34684

(727) 798-9365

TarponMarble.com

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BodyMastersOnline.com

MEDI-SPA

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PureLifeMediSpa.com

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MunyanPainting.com

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Belleair Bluffs, FL 33770

(727) 586-7680

https://fitnesstogether.com/belleairbluffs

PET GROOMING

Clippingdales

(727) 586-6559

PET PHOTOGRAPHY

Dog-Tog

Carol Moorhead

504 N. Ft Harrison

Clearwater, FL 33755

(727) 541-6647

CarolMoorheadPhotography.com

PETSITTING

My Pets Friend

Jennifer Munro

(727) 463-5661

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Green Pearl Photography

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Xtina Photography

Christina Creech

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xtinaphotography.com

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WEDDINGS/EVENTS

323 Photography Studio

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323photographystudio.com

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Fyzical Therapy and Balance Centers

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FyzicalPT.com

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ClubPilatesLargo.com

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MyTampaBayPlumber.com

Plumbing by Paul

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PlumbingbyPaulLLC.com

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WWBA WHBO Radio

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SportsTalkFlorida.com

NewsTalkFlorida.com

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Coastal Real Estate Consultants -

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Laura Scott/ Coldwell Banker

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LauraSellsBeachHomes.com

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(727) 735-5002

MarykayCsenge.com

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TeamBower.com

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Carolyn Bradham

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Clearwater, FL 33755

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VillageInn.com

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TotalRestorationFl.com

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