

November 2020

# Harbor Bluffs *Living*

A Social Publication for  
the Residents of Harbor Bluffs

**The Real Housewives of  
Harbor Bluffs  
*wish you a  
Happy Thanksgiving***



Xtina Photography





party in the park and pasta in the park

COME ENJOY THE TWO Neighbor's Night Outside Events This November

GIVE BACK BY BRINGING CANNED GOODS FOR LOCAL SHELTERS



Pasta in the Park with Carrabba's

Date: Wednesday, November 4th, 2020
Time: 6 pm- 8 pm
Place: HB Harborview Park

- Call Carrabba's in Clearwater at 727-712-0844 and place your family order from the Special HB Pasta in the Park Menu by November 2nd
- Carrabba's will deliver to the HB Park on November 4th at 6pm
- Pick up your order in the park, spread your picnic blanket, set up your chairs and tables and enjoy your neighbors.
- Or pick up your order and bring it to your house and have a private family dinner
- Feel free to BYOB
- Get a complimentary stretch for a professional trainer from StretchLab



HBL Pasta in the Park menu

Table with 3 columns: Item, Price, Entrée. Items include Chicken Parmesan, Chicken Marsala, Lasagne, Fettuccini Carrabba, Kids Chicken Fingers.

Side options: Penne Pomodoro, Mashed potatoes, Sautéed broccoli
Salad options: Caesar, House
\*Drinks not included\*



Annual Family Party in the Park with HBL Sponsor Vendors and HOA

Date: Saturday, November 21st, 2020
Time: 7 pm -10 pm

Come enjoy the evening in the park with Sponsor tents from HBL Living Magazine!!

Last year this event was a HUGE success and we can't wait to have another fabulous Fall outdoor event!!

We will have live music by the popular Blue Moon! Bring you chairs, tables and blankets and enjoy the evening with your friends, neighbors and HBL Magazine.

BYOB and dancing is welcomed.

Please contact Devin Pappas with any questions at 727-657-9615



Food will go to RCS Food Bank and St Jerome's Food Bank



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PUBLISHER Devin Pappas
727-657-9615
Devin.Pappas@N2pub.com

WHATEVER DEVIN NEEDS Marc Pappas
727-437-8681
RepMarcPappas@gmail.com

SOCIAL MEDIA Emily Wood
emily@wcreates.com

Victoria Walker
Victoria@wcreates.com

IMPORTANT PHONE NUMBERS

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(727) 442-4128 Domestic Violence Hotline
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AD STRATEGIST Keya Garg
Keya.Garg@n2pub.com

EDITOR Jerilyn Forsythe
jlforsyt@gmail.com

PHOTOGRAPHERS Christina Creech
xtinaphotography@gmail.com | (727) 488-8912

Suzanne Zygmunt
323photosuzanne@gmail.com | (727) 686-2284

Greta Green
greenpearlprints@gmail.com | (727) 239-6904

KIDS COLUMN CONTRIBUTOR Jace Whitlock

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around town

# November

is filled with HBL Park Events

*HBL and HOA Annual Party in the Park is November 21- See Below for Details*

**Nov. 1st - Daylight savings** time ends... Turn your clocks back.

**Nov. 3rd - Election Day!** Yay, no more political ads!

**Nov. 4th Pasta in The Park:** more info go to [www.harborbluffsliving.com](http://www.harborbluffsliving.com)

Carrabba's Italian Restaurant has a special menu for us to order from and will deliver right to the park for our Family night Pasta in the park. Free stretch available from StretchLab at event. See the advertisement on the back of the front cover.

**Nov. 5th - Chloe's Home Decor** is hosting an event, "Chloe's Customer Appreciation Night" An evening of music, wine, Hors D'oeuvres and light beverages (located in The Alley in Belleair Bluffs, off of Indian Rocks Rd.)

**Nov. 15th- THE FOUR FRESHMEN:** Largo Cultural Center 2:00 PM and 7 PM  
Inspired the Beach Boys' Brian Wilson, the Mamas & the Papas, and the Manhattan Transfer



**Nov 21st- Party In the Park: 7pm to 10pm**  
**More info go to [www.harborbluffsliving.com](http://www.harborbluffsliving.com)**  
**Featuring live music from Blue Moon 6, numerous vendors, food, prizes**  
**BYOB and chairs, blankets.**  
**Annual Family Party in the Park with HBL Sponsor Vendors and HOA**

**Come enjoy the evening in the park with Sponsor tents from HBL Living Magazine!!**

**Last year this event was a HUGE success and we can't wait to have another fabulous Fall outdoor event!**

**Please contact Devin Pappas with any questions at 727-657-9615**

**Nov 21st. to Nov. 22nd:** Holiday Market & Expo: Coliseum-Downtown St. Petersburg.

**Nov 21 & 22** Dunedin Highland Games: 8:00 AM  
813-451-7936

**Nov 26- Happy Thanksgiving!!!**

**11/29/20 Let's Hang On!:** Largo Cultural Center 2:00 PM  
Tribute to The Jersey Boys and Frankie Valli and The Four Seasons

Nov 29, 104 PM: PICKERS n' BREWS FESTIVAL: Tampa Riverwalk's, Waterworks Park

(Hunt for your Vintage, Rustic, Collectables, Upcycled Art, Artisan inspired finds!) Local Breweries.

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Thank you, Carolyn Tricoli and Billy Tricoli



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# THANKSGIVING

is the Time to Give Thanks to  
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HBL is Thankful for YOU and Our HBL Sponsors

The ENTIRE Team of HBL Magazine and Network would like to say, “We are thankful for all the residents and sponsors that contribute to our monthly magazine. We could not exist without YOU!”

I personally want to thank the dedicated and talented team of professionals who work alongside me to put this magazine together each month. I am so fortunate and blessed to have such an amazing team and HBL Family.

Thank you to: Keya, our Ad Strategist; Emily and Victoria, who do our social media postings; our amazing photographers—Greta, Suzanne and Christina; our new editor, Jerilyn; Jace, our Junior Writer; and especially my husband, Marc, who jumps in and does, as he says, “Whatever Devin needs!” (I am sure he regrets saying that at times...LOL.)

Please check out the website Marc just created, HarborBluffsLiving.com. It’s fantastic!

It contains a list of all our sponsors. Please visit our website when you are in the need of businesses that are experienced, exceptional in customer service, and care about you!

We are so excited about this issue. It has been in the works for several months, ever since the call to action was released in August. It is one of two magazines introducing the Real Housewives of Harbor Bluffs Holiday Tips.

We are NOT like the Real Housewives reality TV show. We are community women, mothers, teachers, business owners, philanthropists, wives, realtors, and artists.

**We are the Genuine Real Housewives of Harbor Bluffs.**

We love the Holiday season and we hope you find our helpful tips useful and our articles make your Holidays a little easier!



Plus, check out this cool news with two of our sponsors: **Jenergy Air Services** was featured in NATE Magazine, a national publication for technicians. **Bloomtown Florist** was chosen by Publishers Clearing House Prize Patrol to supply balloons, roses and serve as the staging area for the latest \$1,000,000 check delivery to a local Largo resident.

Rinda Mizelle, owner of Bloomtown Florist, created the floral arrangements and balloons for The Publishers Clearing House winner

IF YOU WANT THE BEST, CALL THE BEST  
—THEY ARE ALL LOCATED RIGHT IN THIS MAGAZINE!



Speaking of great HBL Sponsors, please welcome **Thomas Nessler and the Team at the Law Offices of Frederick W. Nessler and Associates, PLLC.** Your local, experienced, and straight-talking personal injury attorneys.



**Olti Ndreu, owner of Bro's Pizzeria** who has the best pizza, service and delivery right to Harbor Bluffs.



Did you know that **Coldstone Creamery Belleair Bluffs** has a new owner and manager? Please welcome **Santi Velez, Manager and Rick Nadal, Owner.** Stay tuned for Neighbor's Night Out at these two restaurants.



Very excited to welcome, **Robert Segal, owner of Airport SUV,** chauffeur service!! Perfect for Holiday shopping this year!!

Looking for custom printed Holiday cards, invitations, place cards for your Holiday table or menu cards? **Urban Coast Graphic and Event Design** has just partnered with HBL. Local owner, **Soosie Lazenby** is extremely talented and this local business is located right in The Alley in Belleair Bluffs.

**Happy Thanksgiving to you and your families! We would love to see your Holiday pictures! Please send them to Devin.pappas@N2pub.com.**

‘Tis the season to support and shop local.

All our businesses have gift cards, which are great for stocking stuffers, many have gift wrapping and experts to help you with your gift-giving ideas (or you could always call me—everyone knows I love to shop!).

Please see our HBL Holiday Retail and Fashion Directory on Page 38.



**We hope you can all make it to our Pasta Party in the Park with Carrabba's Italian Grill on November 4 from 6 to 8 p.m. and our annual Party in the Park on November 21 from 7 to 10 p.m.. (Please see the inside front cover for details.)**



Thank you,  
Devin

Devin



Jenergy Air Services featured in a national magazine, NATE

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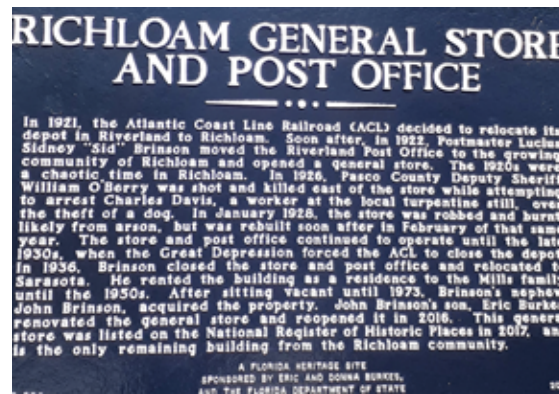
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# Pip & Jack's ADVENTURE

By Jack Lambert of Harbor View Lane

**THEY ARE BACK!!!**

*THIS TIME VISITING OLD FLORIDA*

Old Florida is fast becoming a mere memory now, but if you look for it, there are still bits and pieces here and there. Every Spring I volunteer for a ride sponsored by a local club, the Dixie Dual Sport Motorcycle Club. Dual sport motorcycles are designed to be used both on-road and off-road, so our event is a combination of each. The forest service issues us a permit for 150 riders in the Richloam section of the Withlacoochee State Forest, just north of Dade City. A stream runs through a section called Devils Creek, and that became the name of our ride. This year was the 24th running of the Devils Creek Dual Sport Ride and we attracted riders from as far away as Canada and New Mexico (one guy even flew in from Belize), and sold out passes in only 11 hours.

The event is headquartered at the Sertoma Youth Ranch, a campground west of Dade City, and a perfect place for Pip and

me to camp. We found a nice, grassy spot that would warm in the morning sun and set up our home for the next three nights. Our volunteer days were Saturday and Sunday so we had Friday to explore

After a nice, cool, morning ride, we stopped at the Florida Cracker Kitchen in Brooksville for a big plate of their special shrimp and grits with tomato sauce, a tart and tasty dish. Although the restaurant opened in 2011, it looks more like 1911 inside; and with a little imagination, it can take you back to old Florida.

Then we were back on the road, as Pip and I decided to head to the forest and preview some of the next day's ride. The Richloam section of Florida's Withlacoochee Forest is about 9 miles east of I-75 by way of SR50. Graded dirt roads thread through forest and small farms dot the landscape; this is old Florida. There are hundreds of miles of rugged jeep trails that go deep into the forest and those are the roads we use for our event. Pip and I decided to leave them for another day, so we explored the graded roads instead. I've been riding up here

for 30 years and during that time have seen just about every wild animal native to Florida. Deer, turkey, wild boar, a variety of snakes, alligators, bobcats, and those banana spiders who build their huge webs across the trail just to surprise the lead morning rider! After a leisurely tour of the forest, we visited a replica of a bygone era.

We stopped at the historic Richloam General Store, a Florida Heritage Site, and another step back into old Florida. Candy, glass jars of jelly and jam, bulk coffee beans, wooden toys, and candles – all the usual items you'd expect in a general store. It is just a quarter mile south of SR50, on Richloam Clay Sink Road, around the corner from an old fire spotter's tower that happens to be the trailhead for the Richloam hiking trail. The whole area is reminiscent of Marjorie Rawlings iconic novel, *The Yearling*, and a way of life only found in books now.

Pip and I had a great time exploring old Florida and we enjoyed camping, even if it did drop into the 30s each night! Next time we're bringing a warmer blanket.





Happy Thanksgiving From  
Pip. Photography by Dog-Tog

**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)**.

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to all our old and new  
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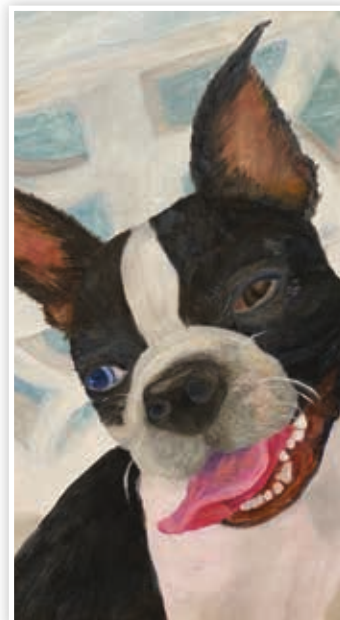
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## Medicare Open Enrollment MUST be complete by December 7th 2020

### Here are some questions you can think about.

*Are you retiring this year?*

*What do I need to do before?*

*What is Original Medicare  
& other health care options?*

*What does Medicare parts  
A, B, C, & D mean?*

*Are my prescriptions & doctors covered?*

*Why would you want to use an agent?*

*What the difference between Medicare  
Advantage & Medicare Supplement?*

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*Linda Bullerman*  
Harbor Bluffs Resident

## THE CULTURED pumpkin SMOOTHIE

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### resident recipe

#### THE CULTURED PUMPKIN SMOOTHIE

This cultured, probiotic smoothie is the perfect combination of energy to rev you up and the right balance of minerals to calm you down. The pumpkin spice flavors will satisfy your taste buds and bring your mind, body and spirit head-first into fall!

Besides a flavor reminiscent of holidays and get-togethers, pumpkin has some amazing health benefits. You can use organic canned puree for this recipe (not pie filling) which makes it so quick and easy to make. This smoothie is a powerful burst of vitamins, nutrients, probiotics and digestive enzymes designed to fill you up which makes it a great meal replacement. The holidays are the ideal time to incorporate healthy options that make you feel like you're completely indulging. It's rich and creamy and will satisfy your pumpkin cravings with natural ingredients.

**Health benefits of pumpkin:** Pumpkin is loaded with vitamin A. It contains more than 200% of the recommended daily amount. Vitamin A is great for the eyes and your brain. It is also a fantastic inflammation fighter. Pumpkin contains 20% of your RDA of vitamin C which is vital during the cold and flu season. Adding a whole orange, along with its fiber also increases the amount vitamin C. Pumpkin is rich in soluble fiber, the type of fiber that feeds your microbiome, also known as your second brain.

Pumpkin is good for the skin! You may have seen alpha hydroxy acid on labels of quality skin care items. It's even better for your skin if you get it through your diet! This is found in pumpkin and along with the vitamin A can really help your skin look and feel younger.

The cultured part of this recipe helps protect your immune system and is my favorite smoothie ingredient, homemade kefir. Kefir provides up to 50 different strains of probiotics (yogurt has only 7) which is really important during the cold and flu season. Homemade kefir contains so many nutrients itself but then helps to release nutrients in the other ingredients making them more bio-available to you. This is what real living probiotics do when found in food. Since kefir contains the spectrum of B vitamins and tryptophan, it also helps keep you calm if you experience stress trying to accomplish everything during the holidays. If you would like to learn more about kefir and how to make it please visit [InLivingCulture.com](http://InLivingCulture.com) or email me at [jenifer@inlivingculture.com](mailto:jenifer@inlivingculture.com).

The entire recipe is not only delicious but was created with the holidays in mind. Many times, holiday gatherings are synonymous with overeating. Incorporating foods that contain spices



like cloves and ginger, help our bodies process large meals easier. The ingredients that make this smoothie sweet all have benefits above and beyond their flavor. They are functionally sweet meaning they contain an array of vitamins, minerals and fiber which makes them guilt-free in my opinion!

Here's how to make The Cultured Pumpkin Smoothie  
In a blender combine all ingredients. Enjoy!

#### INGREDIENTS:

- 1 16 oz. Can Organic Pumpkin Puree
- 1 1/2 Cups Homemade Kefir
- 1 Orange, peeled plus small amount of orange zest
- 4 Dates
- 2 Tablespoons Pure Maple Syrup
- 1 teaspoon Pumpkin Pie Spice
- 3/4 teaspoon Ground Cloves
- 1-inch Piece Ginger Root
- 2 teaspoons Monk Fruit Sweetener
- Cinnamon for garnish

If you would like to learn more about the healing powers of cultured foods, please visit [InLivingCulture.com](http://InLivingCulture.com) and sign up for the Free weekly newsletter.

Culturally Yours,  
Jenifer Ries

# Clean Food

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## travel tales

By Susan Brown Cruise Planners

# VIVA LA MEXICO OPEN TO U.S. VACATIONERS

*HERE IS MY TRAVEL EXPERIENCE- HIGHLY RECOMMENDED*

### VIVA LA MEXICO!

In mid-September, I set out to do several site inspections in Cancun. Mexico has been open to U.S. vacationers for a couple of months now—one of the very few countries that do not mandate a COVID-19 test for entering.

I flew on American Airlines to Miami and from there it was a short flight to Quintana Roo, Cancun.

Flying American Air is not for the faint of heart and, although my flight to Miami was empty, almost every seat on the second leg was taken. There were no empty middle seats. On a brighter note, everybody was and stayed masked, there was no food and drink service, and plenty of travelers brought wipes and hand sanitizer to disinfect all surfaces. I doubt American Airlines has ever been this clean!

My first stop in Cancun was Dreams Playa Mujeres. It's an all-inclusive family friendly resort, about 30 minutes north of Quintana Roo airport. It has an absolutely stunning design and layout. Our rooms were very spacious, clean, and thoroughly sanitized. Room service is still available but instead of a waiter bringing you the food, it is left in a little cubby hole outside your room that has a pass through. Although I loved everything about the grounds, our rooms, the beach and the pool, I thought the service and food lacked the standards I would expect from a resort of this caliber.

My second stop was the Live Aqua on the hotel strip in Cancun. I loved this resort! All-inclusive and adults only, we were treated like royalty. The service was outstanding, whether we were at the pool, the beach or the restaurants, every five minutes somebody stopped by to ask if there was anything they could bring us. The food was outstanding! We had Italian one night, Asian and Mexican the next. I have food allergies and they were most accommodating and innovative in terms of substitutions.

Next stop was the Grand Fiesta Americana. WOW! This is a family property, also all-inclusive and gorgeous. Just look at the pictures I included; the grounds are truly beautiful. One night we did "the Table"—a rather unusual 10 course dinner. Let's just say crickets are not everybody's favorite.

I think Grand Fiesta Americana was probably my favorite resort, although at the time of writing this article, I had two more to visit. The grounds and rooms are amazing and perfect for families and multi-generational trips.

If you are just itching to get away Mexico is a wonderful option. The flights are short and there is no COVID-19 test required. The automatic temperature checks at the airport, temperature screenings at most (but not all) resorts, and required masks for staff made me feel very safe overall.

**I highly recommend Mexico if you feel comfortable traveling right now.**

The safety protocols made me feel safer there than here in Florida, the locals are so happy to welcome us back, and capacity is still low (although will be on the rise by the time this article is printed).

Contact me so we can find you the best property for you and your travel companions!

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jace's world  
By Jace Whitlock



# Thanksgiving FUN & HOLIDAY word search

## LET'S MAKE WURKEY TURKEYS

Hello and welcome to Jace's World, this month we will be talking about Thanksgivings past, a recipe on how to make "not so healthy" Wurkey Turkeys and a fun word search

The **"First Thanksgiving"** was celebrated by the Pilgrims after their **first** harvest in the New World in October 1621. This feast lasted three days, and—as recounted by attendee Edward Winslow—was attended by 90 Native Americans and 53 Pilgrims.

Remember psalm 7:17 *I will give thanks to the Lord because of his righteousness; I will sing the praises of the name of the Lord Most High. Be thankful for what you have. It may be hard, but nothing will make you happy except for God's love.*

I know someone from my school, her brother always wants new and updated technology. Their

mother went out and bought him a new PC/gaming set and he was happy for a week.

Then something better came out and he no longer liked the one that he had just got and wanted to go get the newest one.

On the other hand, the sister, my friend just wanted this big \$10 plush bear for the past 3 months. Once she was given it, she loved it and never asked for another thing for a long time.

The brother pleaded so hard to his mom to get that new game, but she wanted him to learn a lesson. The brother yelled "WHAT??"

WHY DOES SHE GET WHAT SHE WANTS AND I DON'T?"

He was filled with anger and his mom said, "You need to learn your lesson first!" My friend stopped her mom and said, "I have learned my lesson and have \$25 in my piggy bank, can I get you something mom?"

The mom said, "thank you, that is very kind of you." And as you can see the sister was grateful and was satisfied with what she had.

**The lesson is, always be thankful for what you have.**



**It is time to make Wurkey Turkeys. You will need these items:**  
regular Oreos  
mini Oreos  
red icing  
candy eyes  
candy corn  
First you will have use the inside of the Oreo as paste to stick stuff together. Then on top of the Oreo you will put a mini Oreo. Now stick the candy corns inside the Oreo. Then cut a candy corn in half and stick it on for their beaks. Now stick on the candy eyes and put the red icing beside the beak.

Thanks for reading and I will see you next time on Jace's World.  
**Have fun with the word search!**



# meet the Real Housewives of Harbor Bluffs

Photography by Xtina Photography

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**We are the Genuine**  
**Real Housewives of Harbor Bluffs**

**We are NOT like the Real Housewives Reality Show.**

We are community women, mothers, teaches, business owners, philanthropic, wives, realtors, artists, Holiday gurus and we like each other and empower one another!!

**We are The Genuine Real Housewives of Harbor Bluffs.**

We love the Holiday season and we hope you find our helpful tips useful and our articles make your Holiday's a little easier!! We would love if you could send in your own pictures, ideas or feedback!!

**Enjoy!! Happy Thanksgiving,**

**THE REAL HOUSEWIVES OF HARBOR BLUFFS,**

Devin Pappas  
Julie Folden  
Jenifer Ries  
Cheryl Crawford  
Andrea Keisel  
Jennifer Compton  
Shannon Pollick  
Jessica Ralph Bova

In the August and September HBL Magazine, I placed a Call to Action about The RHOHB Holiday magazines. Before I knew it these amazing ladies, with unbelievable Holiday spirit, responded.

Most of these neighbors did not know each other then after our first meeting everyone was immediate friends.

RHOHB photo shoot by XTina Photography



**If you are single and want to meet new people, please contact me for our Single Edition of HBL for Feb. (photoshoot in Dec)**

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Jessica Ralph Bova



real housewives  
of harbor bluffs

# Jessica Ralph-Bova

*from Bamboo Lane*

## CREATES MAGICAL THANKSGIVING TABLE SETTINGS AND YOU CAN TOO

My name is **Jessica Ralph Bova and I am the Founder and CEO of Parties A’ La Carte**. I have been a resident of Harbor Bluffs for eight years. My husband Jim and our four boys—Jaco (18), Jackson (17), Jake (15), and James (12)—reside on Bamboo Lane with the newest member of our family: JayJay, our one-year-old bullmastiff. We are the J-Team!

The boys attend Indian Rocks Christian School and Osceola Fundamental High School. We are a very active family and stay busy, boating, fishing, and attending the boys’ sporting events.

The holidays are my favorite time of the year because I get to spend extended quality time with my family. I always look forward to hosting Thanksgiving and Christmas at my home! Every year, we plan a memorable and intimate plated dinner to bring everyone together. As an event planner, I am all about the decor and creating a warm and inviting ambiance for my family and friends to enjoy.

I am very detail-orientated, and readers can expect my tips to reflect that. For my Thanksgiving table this year, I was inspired by

the current chinoiserie trend and wanted to incorporate delicate touches of blue into the table-scape. Keeping with the fall theme, I also wanted to bring in different orange and peach shades in a fun way, which is where the napkins and flowers came into play.

Napkins are such a versatile decor element because you can present them in many different ways. If you look at the pictures below, we opted for a rustic orange linen napkin and knotted the napkins to add some volume. It was no surprise that Bruce Wayne Florals crafted the most beautiful centerpiece. consisting of various flowers and textures. Touches of real greenery or festive flowers can bring a table to life. I loved creating this table-scape and seeing how everything came together. If I had to choose my favorite element of the table, it would be the chinoiserie, as this is something unique and unexpected for a Thanksgiving table-scape.

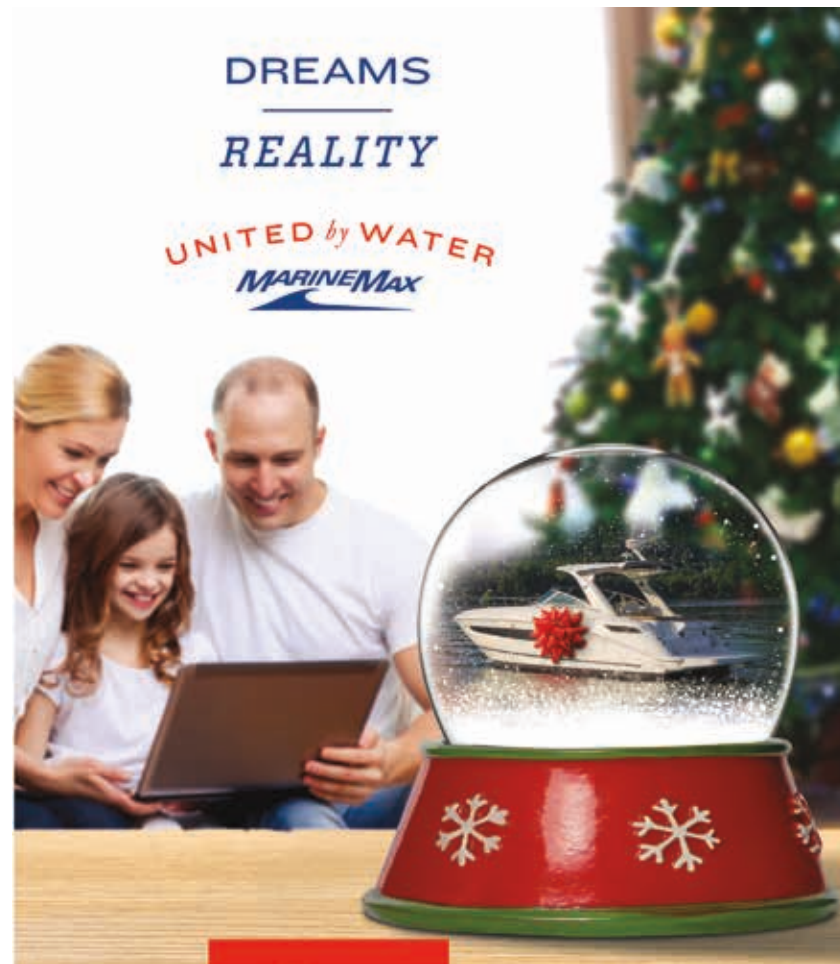
If you would like to recreate this Thanksgiving table, you can find where to purchase each item below...or you could hire **Parties A’ La Carte** to create a custom table-scape for your home this holiday season.

...



**Plates:** Neiman Marcus  
**Placemats:** At Home  
**Napkins:** Amazon - Eight Owls  
**Glassware:** Dollar Store  
**Flatware:** Amazon - Oneida Moda Lux  
**Florals:** Bruce Wayne Florals  
**Velvet Pumpkins:** Hobby Lobby  
**Chinoiserie Pumpkins:** Emily Kate Designs Co. on Etsy  
**Place Cards:** URBANcoast  
**Menu:** URBANcoast  
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As a bonus, we wanted to design a simple yet fun kids table! For the kid's table, we suggest integrating interactive décor. We opted for a placemat that the kids can color to keep their little hands busy. The place cards were tied to a small white box from Lost Your Marbles with a personalized note from the host(ess) sharing what the host(ess) is thankful for about that specific person. We used jam jars as water glasses and added a gold pumpkin centerpiece with a hint of greenery.



Interactive Thanksgiving table for the kids

We are thankful to have been in the community for 10 years and to have worked with so many wonderful residents to create treasured memories through events and weddings.

**Happy holidays to you  
and yours!,  
Jessica**



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Julie Folden

# Meet Julie Folden

*from Palm Drive*

## FALL FASHIONISTA GUIDELINE

**My name is Julie Folden.**

Thanksgiving has become my favorite holiday. I have lived in Harbor Bluffs since 1993, when our family moved from an Indian Rocks Beach condo to our present waterfront home that we were fortunate to inherit from my husband’s parents. There is nowhere else that I would rather live than here. It was my first FSBO sale!

I met my husband Gary through a classmate at USF where we both were completing our Master’s in Speech Pathology. Subsequently, I worked for several years in the Pinellas County school system and private practice until Gary persuaded me to get my real estate license so that we could acquire some investment properties. That was 30 years ago. I always say that “HE created the monster.”

I absolutely love what I do and have helped hundreds of families start the next chapter of their lives. Gary graduated from University of Tampa and owns a charter boat fishing business at Clearwater Marina. Our son grew up in Harbor Bluffs, enjoyed the neighborhood, climbed the trees and walked the dog in our park. He currently lives in L.A. and works in the film industry.

Sharing fashion tips for Thanksgiving was requested of me—and is appropriate as I enjoy the colors of Autumn, ranging from rich greens to camel to deep red to vibrant orange.

Of course, choosing what to wear is dependent on Florida weather. It could be 50 to 85 degrees and choosing the right outfit that goes from cooking to entertaining to relaxing is a bit of a challenge. So I have included some suggestions that might help in creating your Fall look.



Courtenay Twinam, rocking the leopard slip ons accented with the popular mustard colored handbag-found at Shoes by Beverly.



Courtenay Twinam, Owner of Shoes by Beverly is sporting this fashionable Fall outfit-these great new Fall booties and handbag are available at Shoes by Beverly!



...

- **Consider using transitional pieces** from your summer wardrobe such as maxi dresses. Wear them with a knotted chambray shirt so that it defines your waistline, or a sporty denim jacket—casual but classy.
- **Add tights to your outfit.** Opaque or textured in a variety of colors worn with a khaki skirt and ankle boots makes it trendy. Leggings that look like slacks stretch for comfort and look stylish under a lightweight tunic—quite fashionable.
- **Scarves;** I love wearing them. The soft larger ones that can be wrapped around the shoulders are perfect for sitting outside in the evening and pulling your outfit colors together. If the weather is warm,

pair a long one with a metallic color tank top and black skirt or dress jeans, and wear it around your neck knotted at the ends to show off a tassel finish. Do not forget a leather Moto jacket for a dressier look.

- **Layer your clothes.** A long vest over a cotton tee with straight jeans and a “statement” piece of jewelry looks great, or go with a monochromatic look by wearing beige color spaghetti strap top with slacks and an open-weave, lightweight sweater of a complementing color—such as olive green or chestnut brown
- **Autumn color combos.** Colors that reflect the season but are not necessarily a warmer temperature will help you feel like its Fall: teal and harvest orange, deep burgundy and asphalt gray, pale blue and gold, military green with chestnut brown and mustard

Keep your feet happy! Slides, mules (backless shoes that are slip-ons), flats or wedges with decorative heels (studs, fur, etc.) will look quite stylish. Don't forget Fall fashion, for our feet, like boots and booties

**Lastly, the most important item to wear on this special holiday, in my opinion, is a piece of jewelry that belonged to someone that you have spent previous Thanksgivings with. A memory of appreciation...**

I hope that these fashion tips are helpful to you this holiday season! To be continued next month.



Florida Fall Fashion Found at Cassi and Co. Go visit Beth Monterio for Fashion Tips.



Cardigans are perfect for layering over leggings, maxi skirts, denim or slacks. Tate and Tilly's Boutique



Grey Fleece Outfit with Pearl Accents-Gorgeous, also comes in Blush. Found at Tate and Tilly's or Lagniappe



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real housewives  
of harbor bluffs



“To Prime or to  
Pinterest, That  
is the Question”  
Andrea Kiesel

# Meet Andrea Kiesel

of Live Oak Lane

## CREATIVE THANKSGIVING ENTERTAINING TIPS IS MY PASSION

Happy Holidays! My name is **Andrea Kiesel**, your neighbor on Live Oak Lane.

I grew up in Clearwater after moving from Rockford, IL when I was 6 years old, so you can say I’m a transplant, but I certainly feel like a Florida Native! I enjoyed the beach life growing up and graduated from Clearwater High School in 1990. My husband Kurt and I didn’t meet until after college while living in South Tampa. Fast-forward almost 20 years, we have two beautiful teenage girls, a dog and are living in our third home in Harbor Bluffs (Royal Drive, then Harbor View Lane, and now Live Oak). We obviously love the neighborhood!

Our girls, Katie and Izzie, are both in high school now but when they were little, I started my own home-based business called “**Lost Your Marbles Designs.**” Over the last 15 years, I have sold my

coastal creations at art festivals, fundraisers, and markets. I’ve also sold wholesale to gift boutiques and had an online store, too. Some of my favorite onsite jobs included painting murals at local restaurants and businesses, painting baby nurseries, refinishing furniture, and helping locals with decorating ideas.

These days, I am busy with my pharmaceutical sales job but still receive orders through the Lost Your Marbles Facebook page and Instagram from friends near and far. It’s such a treat to create personalized gifts for people; it’s truly my way to unplug and be creative. Some of my best sellers are my colorful Wood Wreaths and my whimsical Porch Pallets.

**I jumped at the opportunity to share some ideas with HBL on how to give back this Thanksgiving and be creative when entertaining this holiday season!**

Looking back at 2020, we all have many things to be grateful for....Grateful for our health, or those

**I jumped at the opportunity to share some ideas with HBL on how to give back this Thanksgiving and be creative when entertaining this holiday season!**



DIY KEEPSAKE 2020 ORNAMENTS WITH  
HANDWRITTEN THANK YOU NOTES ON  
THE BACK. HAVE THE KIDS HELP, TOO!

IF YOU ARE THE HOST FOR THANKSGIVING  
DINNER THIS YEAR, A THOUGHTFUL  
PLACE SETTING IDEA CAN BE:



... that have taken care of us. Our family and the extra time we have had together. Our friends and neighbors who have helped us stay safely social. Our relatives faraway that have checked in on us. Our coworkers that have made our jobs bearable. Our healthcare workers, law enforcement, virtual pastors, teachers, and babysitters—the list goes on! This year is a great year to be creative and give a thoughtful gift of thanks for the positives in 2020. Here are some ideas...

**DIY keepsake 2020 ornaments with handwritten thank you notes on the back. Have the kids help, too!**

These ornaments can be used as:

1. Place cards and napkin rings at your Turkey Feast
2. Gift tags with something special (bottle of wine, wrapped gift, baked goods)

**If you are the host for Thanksgiving dinner this year, a thoughtful place setting idea can be:**

1. Writing a note of thanks and wrapping it up in a cute little box for each guest

**Other creative ways to “Fall” into the season:**

2. Decorate your front entry with a painted Porch Pallet or Welcome Wreath

Please check out my Facebook and Instagram for more ideas, or send me a message at [LostYourMarblesDesigns@gmail.com](mailto:LostYourMarblesDesigns@gmail.com)  
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“Jenny From the  
Block Straight  
Outta Compton.”  
Jenny Compton

# Meet Jennifer Compton *of Palmetto Lane*

## CREATIVE CRAFTS FOR THE FAMILY TO DO TOGETHER

My housewives of Harbor Bluffs tagline is: Jenny from the block, straight out of Compton.

My name is Jennifer Compton and I am a true Floridian. Though I lived in Atlanta for a few years, I was drawn back to raise my son near our family. I have lived in Harbor Bluffs for 18 years. My son, Jackson, is 16 years old and a sophomore at Osceola Fundamental. This is our first year at Osceola, as we have been at Indian Rocks Christian for the past four years.

I am passionate about working out and living a healthy lifestyle. **But, when it comes to weekend cocktails with girl-friends, I’m all in!** There is nothing better than time with friends, and I know I’m a lucky girl to have such a great group of women to do life with.

I have been working at an alternative high school in Pinellas County for the last five years as a guidance counselor. This has been an interesting year to work in education, to say the least! Even though it’s been a hectic and unconventional year, this Thanksgiving I’m grateful that schools are open and we’re back with our kids.

I may have a teenager now, but I still love all the traditions and spirit that make the holidays special. I really enjoy activities that involve getting all children—young and young at heart—to interact and experience the magic of the holidays.

**I have two fun Thanksgiving activities for you in this issue.**

One can be enjoyed by all ages and can involve both your family and your friend: A Thankful Tree made with large easel paper.



Finished Thanksgiving Crafts (After)





Supplies Needed (before)

You can also use fabric or canvas, and save it to use again year after year. You will also need paint. Any kind of paint is fine for this project, use whatever you have on hand, or pick some up in your favorite holiday color scheme.

Feel free to be creative and make this your own to fit your family dynamics. Have each person write their name on the bottom. Help only the littlest ones with this, because even the scribbles from your youngest that cannot write well yet will become part of this precious keepsake.

**Next, have each person make a fingerprint and add it as a leaf on the tree. If you only have a few people at your celebration, let everyone do several leaves! Again, you can save this one to bring out each year.**

You can date the fingerprints and keep adding to it each year, or you can make a new one each year and compare them to years past. These would also be cute to date and frame, and over the years you can create a beautiful collage of fingerprint tree frames that will each hold its own special memories.

**Another fun activity is making turkeys from toilet paper rolls. Aren't we all grateful to have toilet paper back in our lives?**

This will be a great way to memorialize this crazy year we've had. You can trace your children's hands and cut them out to use as the turkey feathers for a very personalized craft. You can also use leaf shapes, real leaves, feathers, or any other items you have on hand.

This is an easy craft to make as simple or as elaborate as you would like. Choose items you already have at home or that you can easily make yourself. You can also get your kids involved in this one and have them make one for each place setting at your Thanksgiving dinner. You can just attach a little card to the front of the turkey with each person's name on it.

**It will make a fun, special addition to your Thanksgiving table, and you can send each guest home with their own little keepsake of your holiday gathering.**

Stayed tuned for the December issue, where I'm going to teach you how to play the hide the pickle game (spoiler alert: it's not what you're thinking, LOL!), as well as some fun ideas for the Elf on the Shelf.



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“I Want  
You to Get  
Cultured”  
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real housewives  
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By Jenifer Ries

Here is Jenifer Ries  
from Harborview Lane

I WANT YOU TO GET “CULTURED” THIS HOLIDAY  
SEASON BY EATING DELICIOUS HEALING FOODS

Hi everyone! **My name is Jenifer Ries.** I have been a Harbor Bluffs resident since our family moved here from Chicago in 1997. And I want you to “Get Cultured” this holiday season.

No, I don’t think you are uncouth or out of sync with society—I am talking about cultured foods! I am passionate about their healing powers. The season of family get-togethers and, well, over-indulging is upon us. If you plan on eating more than you should this Thanksgiving (or any other time of year for that matter), I have a little trick that will help you overcome this.

Foods that have been cultured date back thousands of years. They are a part of family traditions all over the world and, before refrigeration, was how food was preserved. While methods of food preservation have changed, our dependence on beneficial microbes found in cultured foods have not. We are learning more and more about the role our microbiome plays in overall health. Incorporating “living” foods that create inner balance and harmony is more important than ever right now.

Even though these foods are incredibly healing and powerful, they have to taste great in order to compete with other delicious offerings. This recipe of Cultured Mashed Sweet Potato and Pumpkin looks, smells, and tastes incredible. It incorporates fresh ingredients that will help you handle large meals at holidays. Think of these foods like a delicious and natural alternative to TUMS or antacids—but without the negative side effects.

Cultured Sweet Potato and Pumpkin Mash  
(served cold)

Starting with the main ingredients, sweet potatoes and pumpkin:

When potatoes are cooked, then cooled they become abundant in resistant starch. Research on these special starches have linked them to weight loss, better digestion and better overall health. This is one of the reasons the dish is served chilled. Sweet potatoes are abundant in manganese, a mineral that helps produce collagen, which is good



for your skin and bone health. It contains both vitamins A and C and is loaded with brain-boosting B vitamins. Combining sweet potatoes with pumpkin expands these same benefits. Pumpkin contains alpha hydroxy acids, found in high-quality skin care products. It is actually better for your skin, though, if these compounds are found in your diet rather than applied topically.

**The Star Attraction:** The cultured part of this recipe is my favorite food on the planet and that is homemade kefir. Not only does it add vitamins, minerals and digestive enzymes, it also adds an abundance of probiotics to this dish. It helps protect your immune system, especially during the cold and flu season. Since kefir contains the spectrum of B vitamins and tryptophan, it keeps you calm if you are experiencing extra stress during the holidays. It is exactly what real, living, probiotics do when found in food. This is the other important reason this dish is served chilled. In order to preserve the probiotics, it can’t be heated. A small price to pay in my opinion. (If you would like to learn more about kefir and how to make it please visit my website at [InLivingCulture.com](http://InLivingCulture.com) or email me at [jenifer@inlivingculture.com](mailto:jenifer@inlivingculture.com).)

**Ginger:** Adding fresh, grated ginger root provides a pop of spice to the palate. But we’re not adding ginger just for the flavor here. Ginger is a fantastic digestive aid. It helps soothe a distressed stomach, especially from overeating. Because of this, it is an amazing inflammation fighter. This medicinal spice is also anti-viral, so consuming more of this during flu season can really help protect you.



...

**Spices:** Individually the spices contained in this recipe are loaded with beneficial healing properties but collectively they work together to pack a nutritional punch. This combination was formulated long ago due to their medicinal properties when combined. They protect cells, contain antioxidants, and improve digestion.

**Molasses:** Not only does molasses add a unique sweetness to this dish, but it also contains a ton of minerals. Many sweet potato recipes call for brown sugar. Substituting molasses, however, is a much better alternative due to its nutritional profile.

#### How to Make It

##### INGREDIENTS:

8 medium sweet potatoes

1 cup homemade kefir

One 16-ounce can organic pumpkin puree

1-2 inches fresh ginger root, grated

1 tablespoon molasses

1 tablespoon pumpkin pie spice

½ tablespoon clove

Extra cinnamon for garnish

Chopped parsley or mint for garnish


Bake sweet potatoes in a 350-degree preheated oven for one hour or until soft. Allow to cool completely. When sweet potatoes are cooled, remove skin and mash in a large bowl. If using organic sweet potatoes, finely chop skins, or place in a food processor. Add chopped skins to mashed potatoes, as the skin contains most of the nutrients. Add all remaining ingredients and stir thoroughly. Chill until ready to serve.

#### Serve straight from the refrigerator.

This can also be proportioned into smaller serving bowls. I like to serve it this way so I can ensure every family member has a portion. When it is set apart as something special from the other foods, people tend to gravitate toward it. For this, I omit the herb garnish and add a cultured homemade whipped cream (you can find the recipe on my website). This recipe will be enjoyed by all ages. Bon Appétit and Happy ThanksLiving!





Please visit my website at [InLivingCulture.com](http://InLivingCulture.com) for more information and recipes on cultured foods. On the website you can also sign up for In Living Culture's Free weekly newsletter sent out every Sunday.



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of Gold.”

Cheryl Crawford

real housewives  
of harbor bluffs

# Cheryl Crawford

from Poinciana Lane



CHEERS TO HOLIDAY ADULT BEVERAGES  
- NEW RECIPES YOU WILL WANT TO MAKE

My name is **Cheryl Crawford**, and my husband Shane, daughter Michelle, and I moved to Harbor Bluffs a little over a year ago from Madeira Beach. We enjoy everything this community and area have to offer, and love calling Poinciana Lane home.

**The Holidays are my favorite time of year for many reasons, but the main reason is getting together with family.**

I love talking, laughing, and catching up with my loved ones. As a family, one of our favorite holiday events is putting up the Christmas tree—we all take turns putting up our favorite ornaments, some old, some new. And nothing makes putting up the tree more fun than a few of our favorite holiday cocktails!

We put a holiday spin on my husband’s favorite cocktail, the “Old Fashioned,” and my personal favorite is anything pumpkin, so my oldest daughter created this amazing Pumpkin Spiced Martini!

**After a few of these cocktails, the laughs really start coming and we create even more crazy memories to laugh about for many years to come.**

### Christmas Old Fashioned

- Orange wedge and fresh blackberries
- Ice
- 3 cranberries
- Sugar or sugar substitute, cinnamon
- 2 oz Maker’s Mark Bourbon
- 2 dashes Angostura Bitters
- 1 oz of cranberry simple syrup

Rim the Rocks Glass with Sugar and Cinnamon, muddle the cranberries in the glass. Add the Maker’s Mark and simple syrup, top with bitters and stir. Add ice, garnish with an orange slice and blackberries.



Christmas Old Fashioned





...

### Pumpkin Spiced Martini

2 oz heavy whipping cream

Ice

Pumpkin pie spice, sugar or sugar substitute

2 oz of vanilla vodka

2 oz of pumpkin moonshine

Rim martini glass with sugar and pumpkin pie spice. Add ice, heavy whipping cream, vanilla vodka and pumpkin moonshine to the cocktail shaker. Shake vigorously then pour thru strained cocktail shaker into martini glass. Garnish with pumpkin pie spice. Yum!

Cheers and Happy Holidays to you and your family! — Cheryl Crawford



RHOHB, Cheryl, sampling the Pumpkin Spiced Martini

Pumpkin Spiced Martini

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“Some people  
call me  
Old Fashioned,  
but I prefer  
On The Rocks”  
Cheers!  
Shannon Pollick

# Meet Shannon Pollick

## from *Buttonwoods Lane*

### MY THANKSGIVING TIPS ARE ABOUT FAMILY TRADITIONS- OLD AND NEW

**My name is Shannon Pollick.** I grew up in the Clearwater-area and have now lived in Harbor Bluffs for the past three years. My husband and I have three children—Charlie (9), Reese (7) and Everett (3)—and, I have to admit, our holiday traditions run deep. I grew up in a home that was rooted with tradition and I owe it all to my mother. In our household, every holiday, big or small, had a celebration or meaning to it. My mother left big shoes to fill and, when I had children of my own, it was no surprise that I would continue with the same merriment.

Thanksgiving is most special to me and still my favorite holiday to celebrate. The week of Thanksgiving, I try to do two things: send a floral arrangement to a friend and give back to our community. The former tradition started one year when I sent my friend in Indiana a floral arrangement with a note expressing my gratitude for our friendship. The flowers anchored their Thanksgiving table and the gesture was so appreciated that I’ve continued the tradition for years.

Next, our family tries to give back as much as we can to the community. Whether it’s donating turkeys, monetary contributions, or serving dinner to the less fortunate, it’s extremely important to show my children how to help in our local community. It really is life-changing and I encourage you to do the same, even just once.

#### Thanksgiving Day is a big day for me!

We host a brunch filled with friends and family. My mother makes these amazing pastries she only serves on Thanksgiving; they made her a legend in our family and the recipe is still heavily guarded. After brunch we have a fun, family-style flag football

game in the park. The kids love it, they get to pick the team name and mascot. One year they were dressed up as Native Americans, feathers and all. Everyone laughs and there’s plenty of pumpkin beers to go around. Then we go back to the house to get cleaned up and for a traditional Thanksgiving dinner. The kids have their own table filled with crafts and coloring to keep them busy.

We end up with about 20 people for Thanksgiving dinner and I like to begin with expressing my gratitude and sharing something that I am particularly thankful for. I always end up crying but it has become my favorite part of the day. You might be surprised what your kids say they’re thankful for.





...

Afterward, we sit outside by the fire and enjoy dessert and after-dinner drinks. The next day there is no shopping allowed. Instead, the day is filled with setting up Christmas decorations, baking Christmas cookies and, of course, eating leftovers!

**If you're looking for new Thanksgiving traditions, here are some ideas:**

- Send a friend some flowers! Tell them how much your friendship means to you.
- See how your time or donation can help others at The Metropolitan Ministries or RCS Food Bank.
- A children's Thanksgiving Mad Libs is a quick download off the internet and Michael's is a great place for kid's crafts.
- Shop Etsy for custom monogrammed aprons for all the people who help cook or clean up.
- **Overall, don't let holiday shopping take the front seat—slow down and enjoy the holiday. You never know how different next Thanksgiving could be!**



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And through their advertising partnerships, the businesses seen within these pages are helping us break these chains, too. Learn more about our cause by visiting [n2gives.com](http://n2gives.com).





# “Buy the Shoe First, Then Plan the Outfit”

Devin Pappas

real housewives  
of harbor bluffs

## Devin Pappas of Live Oak Lane

### HELPING OTHERS THIS THANKSGIVING AND CHARITY GIVING IDEAS

I grew up in Barrington, Rhode Island with my parents and younger brother. We lived on the Palmer River where boating, clamming, fishing, and crabbing were our norm in the summer, and ice skating and playing hockey were our activities in the winter.

After high school, I went to the University of Rhode Island for business, and upon graduation, started a career in retail management. I’ve always loved math and fashion—so it made perfect sense to me. At the age of 23, I was promoted to oversee a multi-store operation as a District Manager for US Shoe (which would later become the Nine West Group). I was the youngest DM and only one out of two women in the country in this position.

My territory eventually grew to be the largest district in the company, consisting of 19 stores and seven states: Vermont, New Hampshire, Massachusetts, Maine, Connecticut, New Jersey, and New York (yes, the entire state!).

In 1984, while I was pursuing my career in New England, my mother, father and brother relocated to Harbor Bluffs. They resided at 204 Live Oak Lane until both my parents passed. My dad, Walter, lost his life in 1989 and my mom, Laura, passed away five years ago.

My husband Marc and I moved to Belleair Bluffs in 2011 and later purchased my parents’ home from my brother. Our Live Oak home has been our family home for more than three decades

now. I love our neighborhood. I felt inspired to help residents, local business owners, and other community members get to know each other—so we started your monthly *Harbor Bluffs Living Magazine* and social network two years ago.

Marc and I have three dogs and love to travel. I also love to give back. I am a Domestic Violence Advocate and help survivors and their children. I’m on the Board of **Julie Weintraub’s Hands Across the Bay** and started and Chair the Denim and Diamonds Fundraiser. I have volunteered with the **RCS Pinellas** for the past eight years, where I lead the Haven Advisory Committee, teach a business course at the shelter, and Chair the Faces of DV event.

I enjoy community work, mentoring women affected by domestic violence, teaching the course I wrote titled “**Pathways to Business Fundamentals**” to the residents of the DV Shelter, and connecting with people. Also, of course, I’ll always love shopping, fashion, shoes and having fun!

**My RHOHB topic is “Supporting charities during the Holidays and helping our neighbors.”**

With COVID-10 hitting the world fast and furious, many businesses were forced to temporarily shut down, while others have permanently closed. Many people lost their jobs and families’ savings were used up, resulting in an increase in food shortages for local food banks.



“Neighbors Helping Neighbors”

Perfect idea for Thanksgiving Food Banks—host a food drive





...

First, please check in with your own family, friends, and neighbors to see if they need any extra help this year. If you know someone that may be struggling but they refuse help, leave a gift card at their doorstep with an anonymous note of encouragement.

Next, when planning your holiday get-together s—i.e. Bunco, Book Clubs, Girls Night, friends dinner, family game night, or any type of party or entertaining—how about asking your guests to bring canned goods or gift cards that you can donate to a local food bank or shelter?

You can also get your kids involved by hosting a kid’s craft day. Have all the children bring non-perishables items or gift cards, decorate a big food basket, and write notes to the families that will receive the basket.

- Listed below are a few organizations that our HB neighbors directly support. They could really use your help this Thanksgiving and all holiday season-long. They’ll all appreciate donations of food items, grocery, or gas gift cards.
- **Hands Across the Bay:** Supports families in crisis and domestic violence survivors
  - **RCS:** Helps fight homelessness, hunger, and domestic violence
  - **St Jerome’s Food Bank:** Helps fight hunger, needs all canned goods and food for Thanksgiving dinner
  - **EmpowHERment:** Single-mother support group in need of Christmas gifts, toiletries, and gift cards. Check Empowherment.org or send check to PO Box 2251 Palm Harbor 34683
  - **Anona Thrift Store:** Helps purchase medical and dental supplies for mission trips. Needs donations of household items; you can drop them off on Indian Rocks Rd at Anona Thrift Store
  - **Clearwater Free Clinic:** Provides healthcare to low-income residents that do not have medical coverage
  - **Mustard Seeds Bag of Courage:** Empowers survivors of domestic violence
  - **Wheels of Success:** Supports families in need by providing reliable transportation
  - **Florida Dream Center:** Homelessness, human trafficking, jails, community outreach
  - **Victor Newman Ministries:** Feeds the hungry
  - **The Arc Tampa Bay:** Provides services for people with disabilities

Many of you may not realize this, but since COVID-19, nonprofit organizations have been



Jake Weinstock and his friends already started the Holiday Food Drives!!



Donating Blood will Save Lives Always! Be thankful for your health and help others not as fortunate this Thanksgiving!! Donate Blood!!

helping more families than usual—without a way to replenish their own funds. Many of these nonprofits rely on fundraisers, however, with events being cancelled, most nonprofits are also struggling financially (financially does necessarily mean cash—they need food and gift cards too).

**For those of us that are in a situation to help families in need this holiday season, please help at least one charity from this list.**

Thank you in advance, Harbor Bluffs residents, for always helping your neighbor and the community.

Please come to “Pasta Night in the Park” on November 4th and HBL/HOA “Annual Party in the Park” on November 21 and bring can goods to help others!! Event details are throughout this magazine or you can visit HarborBluffsLiving.com to view our event calendar.

Happy Thanksgiving,  
Devin

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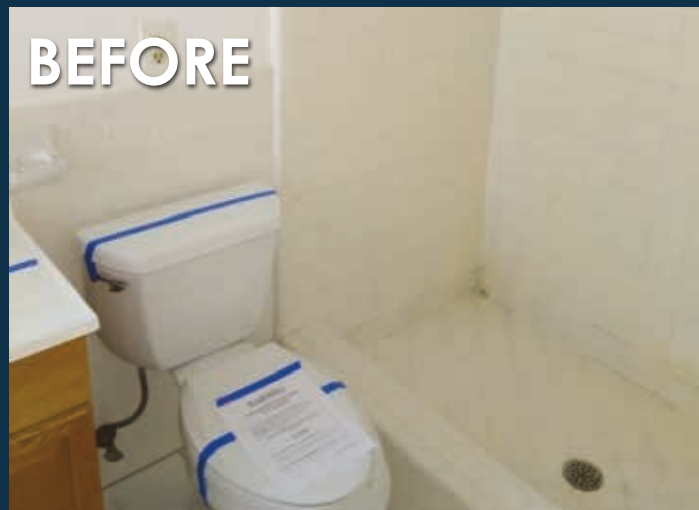
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call to action

## looking for *single* Males and Females of all Ages

To Participate in our Singles  
Cover and Article for February HBL.

Over the past several months, we have had many requests to do a singles section in HBL Magazine.

We are looking for men and women, of all ages, from Harbor Bluffs, who want to meet new friends or possibly find that special someone.

Please nominate yourself or someone you know, that is single, by emailing me at **Devin.pappas@N2pub.com**

**Do not be shy.**

We will have a fun and professional photo shoot, with all the single people in early December.

Please ask the RHOHB about their experience, they will share with you stories about the new friendships they have developed and the awesome time we all had.

In addition to the photo shoot and article, we will have a private event or two for all of you!! Come on join the fun !!





behind the scenes

# Real Housewives of Harbor Bluffs

## SET STAGE FOR PRINT PREMIERE

*“All You Need is Love and Your Glam Squad”*

The RHOHB would like to thank **Georgette’s Boutique**, now located in the West Shore Plaza, for the GORGEOUS gowns and fun time at our group fitting. **Lavender Nail Bar** for the professional experience with nails and pedicures in your beautiful salon (they serve wine too... BONUS! HBL is always looking for the best customer service experience for our residents and we certainly did with **Lavender Nail Bar**, located on Seminole and 102nd, in the Winn Dixie Plaza).

**Flok by Bekim** for opening their salon on their off day to give The RHOHB up-dos and blow outs for the photo shoot.

I would personally like to thank **Karen McGraw, owner of The Redington Salon and Spa** in Redington and former Salon Studio 400 in Seminole, for the most amazing hair extensions anyone could ever ask for. The skill, professionalism, patience and results exceeded my expectations beyond imaginable.

Enjoy the Thanksgiving Edition of HBL!! From our home to yours!!



Salon Studio 400-Extensions with Karen McGraw



Fitting Time @ Georgette's Boutique in West Shore Plaza in Tampa.



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# Meet Ava Mundy,

## Entrepreneur and College Student at Age 19

OWNER AND FOUNDER OF  
LAGNIAPPE INTERIORS



**My name:** Ava Michelle Mundy  
**Your position:** Owner and Founder  
**Company name:** Lagniappe Interiors  
**Website:** lagniappeinteriors.square.site  
**Phone Number:** (727) 239-0190  
**Address:** 1901 West Bay Drive, Suite 1718, Largo, FL 33770

**How many people does your company employ?** 2

**How long has it been in business:** I opened Lagniappe Interiors on July 1, 2020. I also own Ava Mundy Furniture, which was started in September of 2019.

Lagniappe is a Cajun French word from Louisiana that means “a little something extra” that a merchant gives to a customer.

**What prompted you to open a store?**

In August 2019, I went to school on a Lacrosse scholarship. Unfortunately, it was not for me and God called me home. I came back to Florida and enrolled in college here. While I was searching for jobs after I came home, I painted a table for my mom’s second living room for my brother to use for doing his homework. I found painting a relaxing way to get everything off my mind. When I completed that table, I then found a free coffee table and end table online. I picked it up and painted it the same gray.

When I decided I wanted to paint furniture, I knew I would need an outlet in order to sell my creations, a real store. As a full-time college student, and new to this business, I was not ready to open my own store. So instead, I became a vendor for a store in Antique Alley. I had a rather large space that I adored. I was always bringing new things in and pouring my heart into my work. I am so proud of my space there and am forever grateful for the opportunity they gave me!

Fast forward to when COVID shut businesses down. Unfortunately, the store I was in had to close for a month. I knew that I would have to alter my sales outlet. I could not go a month without a sale. So, I took to Facebook and live videos. Two live videos later, I was

new business owner

sold out of everything we had in the warehouse. Gone. While I was overwhelmed with joy and stress, I had this little feeling of real accomplishment. Everyone was telling me how great my marketing and videos were. It was like a breath of fresh air in such a crazy world. People from all over supported MY business.

I was telling my stepdad, Sean, about my sales, all the custom jobs I was receiving, and he was also super excited for me. He has always been the one telling me that I was ready for a store of





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...


my own. I never really believed him because what did I know about running my own business? I am a full-time business student. I am 19. I am on my way to a business degree, key words ON MY WAY. I am nowhere close to graduating. But after I sold out during COVID I decided that maybe he was right. Maybe I could do it. So, I called up a Realtor that works with my mom and we began our hunt for commercial space. And there we were on July 1st, with Lagniappe (LAN-YAP) Interiors. I did it. I continue to do it every day, and I wouldn't trade the world for the opportunity to represent this adorable company.

**Anything extraordinary/unique that your company does:** I am a huge supporter of small businesses owned by women. I have several local artists that carry their items in my store. I work as hard as I do to show girls my age that they CAN start their own businesses and if they work hard enough, they can fund their dreams all by themselves. Girls can run successful companies! I am extremely grateful for the women that are a part of the store.


As for furniture and home décor, we also offer personalized services. From designing your space for you to painting that family heirloom, we do it!

**Given your business expertise and the nature of what you do, what advice (whether general or specific) can you offer to the residents of your neighborhood:** Chase your dreams. Love what you do. I don't consider it work, because in my eyes I feel fortunate to wake up and do what I love every day. When you think no one is going to support you, just remember God is in your corner. If you ever have any questions about home décor, gift giving, or furniture, please give me a call or stop in. I would love to grab lunch with you and answer any questions you may have.





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## sponsor spotlight

# US Navy Officers open F45 Largo on EAST BAY

*For HBL Readers Only- 3 Weeks Unlimited Sessions for \$39*

As you know HBL searches for the best business owners in the area, those who care about their customers, team members, other business owners and their community.

**Nathan and Carrie Temple**, owners of F45 Largo, go above and beyond in all the above categories. They listen to what the fitness goals of their clients are and are dedicated to help them achieve them, they are always the first to help their HBL business owners and they always give back to the community by participating in fundraisers, blood drives, 5K races for non-profits and they have created a family environment within their business.

HBL would love for you to get to know Nathan and Carrie like we do.

HERE IS THEIR STORY:

**HBL - Where did you grow up?**

**Nathan** - I grew up in Kansas City, Kansas, and Carrie grew up in Largo. We have been back in here for four years.

**HBL - Tell us about your family.**

**NT** - F45 Largo is family-owned and operated. Carrie and I are the owners and Justin (Carrie's brother) is the Membership Experience Officer. Carrie and I met in 1998 in Hawaii, where we were both stationed as U.S. Navy Officers. We do not have kids,

but we have two dogs. We moved back to Carrie's hometown here in Largo and love being near her family.

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

**NT** - Besides operating F45 Largo East, Carrie and I are professional engineers and project managers. In the U.S. Navy, I was a submarine officer and Carrie was in the Civil Engineer Corps. After leaving the Navy, we moved to Northern California and entered the life sciences industry, working for multiple biotech manufacturing companies. We continue that work today.

**HBL - What is your business and how/why did you start your business?**

**NT** - F45 Largo East is a fitness studio that offers full-body functional personal training in a team environment. We are all about community, motivation, accountability, and results! F45 is fun, efficient, safe fitness accessible to all ages and fitness levels—without the repetitiveness of traditional gyms and other boutique fitness concepts.

Fitness is a huge part of our life. Plus, I've always wanted the challenge of owning my own business. I have ankylosing spondylitis, a rare degenerative soft tissue disorder that causes the spine to fuse. My doctors explained that full body exercise was

as effective as prescription medicine. F45 came at the exact right time. Carrie and I fell in love with its innovative, team-based approach to exercise, all powered by amazing technology. F45 Largo has been a dream come true because our members and community are so incredible!

Functional training at F45 mimics or recreates everyday movements. These types of exercises typically involve the use of your full body and multiple muscle groups. This training builds and sculpts lean, functional muscle. The fixed, 45-minute duration of our workouts provides a timing structure to maximize our members' growth and progress. Our workouts vary the number of exercise stations, the work/rest timing ratio and the number of repetitions each day. This provides an ever-evolving challenge workout for everyone. The motivation and encouragement in our studio creates a pulsing, upbeat environment where goals are met and exceeded!

**HBL - What is unique about your business (what sets you apart from the rest)?**

**NT** - F45 Largo East is recognized by the community as a top fitness studio! You'll burn 500-700 calories in a 45-minute F45 class...now that's efficiency! Plus, you work under the guidance of a nationally certified personal trainer. Our motto is "No treadmills, no mirror and no egos." A different workout every day plus the included nutrition program is what delivers results in a safe atmosphere.

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Carrie Temple-F45 Largo, Owner

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...



...

all ages and fitness levels are able reach their life-changing goals, whether that is weight loss, muscle building or mental wellness.

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

**NT** - Never stop moving! Whether you're walking daily, playing a sport or doing HIIT classes, keeping your body active can't be overemphasized. Being active will stave off chronic conditions, disease, and depression.

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

**NT** - The owners, staff and trainers at F45 Largo workout at F45 Largo themselves, because we truly believe that F45 offers the best workout in the world.

**We believe in "giving where you live," and each month we donate to a local nonprofit on behalf of our members.**

We have also been nominated for a 2020 Sustainable Business Award from the Sustany Foundation, which recognizes businesses and organizations in the Tampa Bay Area that are committed to making a positive impact on the planet.

**Plus, fun fact: Mark Wahlberg is a minority owner of the F45 brand.**

**HBL - Future events or specials planned?**

**NT** - HBL readers can experience three weeks of unlimited training at F45 Largo for only \$39. Our extended trial is a great way to see if we're your perfect gym "home."

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

**NT** - We are so proud of our members' amazing transformations that are truly life-changing. They have lost 70 lbs., 60 lbs., etc. with significant increases in lean muscle mass. We love when someone who has never really been into working out discovers that it's FUN and then we get to see them in the studio every day. We have members with diabetes that are off insulin and feeling better than ever. The physical and mental wellness improvements are so important, especially given all that is happening in 2020. All these positive results keep us excited every day!

**Business contact information**

**F45 2715 East Bay Dr, Largo 33771**

**Email: largoeast@f45training.com**

**Phone: 727-362-6408**

**F45Training.com/LargoEast**

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Nathan Temple-F45 Largo, Owner



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**Upcoming dates:**

Saturday, November 7, 2020 (10:00 a.m. – 11:30 a.m.)  
 Saturday, November 21, 2020 (10:00 a.m. – 11:30 a.m.)  
 Saturday, December 5, 2020 (10:00 a.m. – 11:30 a.m.)

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# 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	\$ / Sq Ft
215 Driftwood Ln	Harbor Bluffs	\$1,335,000	08/21/20	0	3	3.5	2,889		\$462
124 Live Oak Ln	Harbor Bluffs	\$650,000	08/14/20	201	5	3	4,320		\$150
313 Palmetto Ln	Harbor Bluffs	\$605,000	08/07/20	7	4	4	2,917		\$207
411 Harbor View Ln	Harbor Bluffs	\$505,000	07/31/20	394	4	3	2,806		\$180
107 Harbor View Ln	Harbor Bluffs	\$570,000	07/27/20	77	3	2	2,329		\$245
421 Buttonwood Ln	Harbor Bluffs	\$1,690,000	07/21/20	96	7	2.5	5,302		\$319
205 Poinciana Ln	Harbor Bluffs	\$1,400,000	07/16/20	311	5	6	5,418		\$258
129 Live Oak Ln	Harbor Bluffs	\$400,000	06/16/20	159	2	3	1,910		\$209
307 Harborview Ln	Harbor Bluffs	\$1,150,000	06/01/20	141	5	5	4,143		\$277
203 Palm Dr	Harbor Bluffs	\$795,000	05/14/20	33	4	4	3,415		\$233
208 Palmetto Ln	Harbor Bluffs	\$280,000	04/24/20	57	3	3	2,629		\$107
800 Allamada Dr	Harbor Bluffs	\$560,000	04/06/20	165	4	3	2,392		\$234
301 Palm Dr	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
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**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](mailto:laurascottrealtor@gmail.com)  
[www.laurasellsbeachhomes.com](http://www.laurasellsbeachhomes.com)

Navy Federal Realty Plus Agent.

**Pumpkin Spice Pear Bundt Cake**  
 350 DEGREES • 50-55MINUTES IN GREASED BUNDT PAN

**CAKE**  
 3 EGGS  
 1/2 C BROWN SUGAR  
 1/2 C SUGAR  
 1 CAN PUMPKIN  
 1/2 C BUTTERMILK  
 1/2 CANOLA OIL  
 1 T VANILLA  
 3 C FLOUR

1 T BAKING SODA  
 2T BAKING POWDER  
 1 T CINNAMON  
 1 T PUMPKIN PIE SPICE  
 1 T SALT  
 1 C DICED PEARS

**GLAZE**  
 4 OZ CREAM CHEESE ROOM TEMP  
 4T UNSALTED BUTTER VERY SOFT  
 1/2 C POWDERED SUGAR  
 1 T VANILLA  
 1T MAPLE SYRUP  
 4 TO 5 T MILK

**CAKE**  
 WISK TOGETHER EGGS AND SUGARS. ADD PUMPKIN, BUTTERMILK, OIL AND VANILLA. WISK TO COMBINE. MIX IN FLOUR, BAKING POWDER, BAKING SODA,SPICE AND SALT. LASTLY ADD DICED PEARS.MIX POUR INTO CAKE PAN.

**GLAZE**  
 COMBINE CREAM CHEESE,BUTTER TOGETHER UNTIL LIGHT AND FLUFFY.ADD POWDERED SUGAR, VANILLA, MAPLE SYRUP AND MILK BEAT UNTIL SMOOTH. COOL CAKE TO ROOM TEMPERATURE, THEN POUR GLAZE OVER THE TOP. SERVE OR REFRIGERATE UNTIL READY TO SERVE.



# 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

### BOAT TOURS

#### Island Breeze Boat Tours

Capt. Bob  
(727) 595-2618

### CONTRACTOR

#### AAA Services of Central Florida

Joe Logar  
(727) 447-7112  
AAAServicesFlorida.com

### EVENT PLANNING

#### Parties A'la Carte

Jessica Ralph Bova  
(727) 710-2511

### 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

### INSURANCE

#### State Farm Dan Flynn

Dan Flynn  
(727) 536-1995

### LANDSCAPE NURSERY SUPPLY

#### Palm Trees Direct

Joel Guthrie  
(727) 343-0607  
www.palmtreesdirectinc.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

### PHOTOGRAPHER

#### Kristen Spang Photography

Kristen Spang  
(513) 600-8084  
kristenspangphotography@gmail.com  
www.kristenspangphotography.com

### REALTOR

#### Century 21 Beggins

#### Enterprises

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

#### Charles Rutenberg Realty

C.J. Spang  
(727) 433-3716  
CJ@cjspang.com  
www.cjspang.com

#### Coastal / Christies

Julie Folden  
(727) 460-7462  
JulieFolden.com

#### Coastal / Christies

Megan Bower  
(727) 742-2699  
TeamBower.com

#### Sand Key Realty

Michelle Gerhart  
(949) 235-9691

#### 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

### VETERINARIAN

#### 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!

### ADVERTISING / MARKETING

#### Harbor Bluffs Living Magazine

Devin Pappas  
(727) 657-9615  
HarborBluffsLiving.com

#### W Creative Agency Emily Wood

2433 Gulf to Bay Blvd Suite 103  
Clearwater, FL 33756  
(727) 209-7850  
Wcreates.com

### AESTHETICIAN SERVICES/FACIALS

#### R5 Skinworks LLC

(727) 492-1041  
R5skinworks.com

### AIR CONDITIONING & HEATING

#### Jenergy Air Services

(727) 595-5366  
JenergyAir.com

### APPAREL & GIFTS

#### Cassi and Co

(727) 585-2011  
CassiAndCompany.com

### ARTIST

#### Nancie Norman Artist Nancie Norman

(727) 471-5211  
nancienorman.com

### ATTORNEY - ESTATE PLANNING

#### McManus & McManus PA

(727) 584-2128  
McmanusEstatePlanning.com

#### The Law Office of Harvey Schonbrun

(813) 229-0664  
Schonbrun.com

### ATTORNEY/ CRIMINAL DEFENSE

#### Brunvand Wise P.A.

(727) 446-7505  
Acquitter.com

### ATTORNEYS - BUSINESS

#### & CIVIL LITIGATION

#### Law Offices of Federic W Nessler & Assoc PLLC

(727) 333-7093  
NesslerLawOffice.com

### AUTOMOTIVE SERVICE

#### German Imports

(727) 596-1374  
GermanImportsCorp.com

### BOATING SALES AND SERVICE

#### MarineMax

(727) 536-2628  
marinemax.com

### BOUTIQUE/LADIES

#### Suzettes

400 Indian Rocks Road N.  
Belleair Bluffs, FL 33770  
(727) 595-8700

### CARPET AND UPHOLSTERY CLEANING

#### Doll Bros. Carpet Dry Cleaning

(727) 596-2249

### CATERING

#### Belleair Market

510 Indian Rocks Road N  
Belleair Bluffs, FL 33770  
(727) 584-3697  
BelleairMarket.com

### CHARITY

#### RCS

(727) 480-2773 x401  
RCSpinellas.org

### CIGARS, CRAFT BEER, WINE

#### Belleair Market

510 Indian Rocks Road N  
Belleair Bluffs, FL 33770  
(727) 584-3697  
BelleairMarket.com

### COFFEE SHOP & CAFE

#### Belleair Coffee Company

100 Indian Rocks Rd N Suite J  
Belleair Bluffs, FL 33770  
(727) 501-1010

### 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 INVITATIONS & STATIONARY

#### Urban Coast

596 Indian Rocks Rd N #1  
Belleair Bluffs, FL 33770  
(727) 403-3388

...



CUSTOM WINDOW TREATMENTS

**Budget Blinds of Clearwater**  
**Carolyn Tricoli**  
*1496 South Missouri Avenue*  
*Clearwater, FL 33756*  
**(727) 400-6870**  
www.BudgetBlinds.com/Clearwater

EVENT PLANNING

**Parties A'La Carte**  
**(727) 710-2511**  
PartiesALaCarteFL.com

FAMILY LAW

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

FEMININE REJUVENATION

**Visionary Centre for Women**  
*2695 Ulmerton Road*  
*Clearwater, FL 33762*  
**(727) 540-0414**  
Visionarycentreforwomen.com

FINANCIAL PLANNER

**First Financial Guarantee**  
**(727) 518-8333**  
FFG-LLC.com

FINANCIAL PLANNING/  
WEALTH MANAGEMENT

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

Edward Jones

**Brenda Ehrke**  
**(727) 581-3583**  
EdwardJones.com

FINE ART

**Matt Haghighi**  
**(847) 651-5439**  
MHaghighi.com

FITNESS

**Stretch Lab**  
**Soosie Lazenby**  
**(727) 584-8500**  
largo@stretchlab.com

FITNESS TRAINING

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

FITNESS/GYM

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

FLOORING

**Floor Coverings International**  
**Bill Hess**  
**(727) 593-2100**  
fcinow.net

FLORIST

**BloomTown**  
**(727) 559-7177**  
BloomTownFloristFL.com

FRAMING

**Vista Galleries**  
**Peter Lowes**  
*1620 N Hercules Ave*  
*Suite 8*  
*Clearwater, FL 33766*  
**(727) 216-0411**

GARDEN CENTER AND LANDSCAPING

**Palm Trees Direct**  
**Joel Guthrie**  
**(727) 343-0607**  
palmtreesdirectinc.com

HAIR SALON

**Flok by Bekim**  
*609 S Ft Harrison Ave*  
*Clearwater, FL 33756*  
**(239) 938-6460**  
FlokByBekim.com

Salon Studio 400

**Karen McGraw**  
**(727) 348-0619**  
salonstudio400.com

HELICOPTER TOURS

**Vertical Flight**  
**(727) 656-6812**  
ExperienceVerticalFlight.com

HOME DECOR

**Lagniappe Interiors**  
*1901 Westbay Drive Suite 1718*  
*Largo, FL 33770*  
**(727) 239-0190**  
Lagniappe Interiors

HOME FURNISHING & DECOR

**Chloe's Home Decor**  
**(727) 303-0883**

Tate & Tilly

*14360 N. Dale Maybry*  
*Tampa, FL 33618*  
**(310) 200-8575**

HOUSECLEANING

**Elena Campos Cleaning**  
**(727) 480-2519**

ICE CREAM/CAKES

**Coldstone Creamery Belleair Bluffs**  
*2681 Roosevelt Blvd Apt 2107*  
*Clearwater, FL 33760*  
**(727) 270-7010**

INSURANCE - MEDICARE

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

INSURANCE AGENCY

**Dan Flynn State Farm**  
**(727) 536-1995**  
www.DanFlynninsurance.com

INTERIOR DECORATING

**Decorating Den Interiors**  
**(727) 366-1761**  
Mercedes.DecoratingDen.com

JEWELRY & GOLD

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

MARBLE & STONE  
POLISHING/RESTORATION

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

MARBLE AND GRANITE

**Tarpon Marble**  
*37182 US 19 North*  
*Palm Harbor, FL 34684*  
**(727) 798-9365**  
TarponMarble.com

MASSAGE/FACIALS

**Body Masters**  
**(727) 595-9111**  
BodyMastersOnline.com

MEDI-SPA

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

NAIL SALON AND SPA

**Lavender Nail Bar**  
**Christy Phan**  
*10380 Seminole Blvd.*  
*Seminole, FL 33778*  
**(727) 560-2082**  
Lavendernailbarseminole.com

PAINTING

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

PAINTING -- RESIDENTIAL  
& COMMERCIAL

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

PERSONAL TRAINING STUDIO

**FT - Fitness Together**  
**JD Christie**  
*2917 West Bay Drive*  
*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

PHOTOGRAPHY

**Green Pearl Photography**  
**(727) 239-6904**

Xtina Photography

**Christina Creech**  
**(727) 488-8912**  
xtinaphotography.com

PHYSICAL THERAPY

**Fyzical Therapy and Balance Centers**  
**Tara Schwartz**  
**(727) 596-2101**  
FyzicalPT.com

PILATES STUDIO

**Club Pilates Largo**  
**(727) 647-0429**  
ClubPilatesLargo.com

PLUMBING

**Petrovic Plumbing**  
**(727) 643-6598**  
MyTampaBayPlumber.com

Plumbing by Paul

**(727) 709-2552**  
PlumbingbyPaulLLC.com

RADIO STATION

**WWBA WHBO Radio**  
**(813) 250-3883**  
SportsTalkFlorida.com  
NewsTalkFlorida.com

REAL ESTATE

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

Marykay Csege - Coastal Christie's

*603 Indian Rocks Rd*  
*Belleair, FL 33756*  
**(727) 735-5002**  
MarykayCsege.com

Megan Bower/Julie Folden

**Coastal Christies**  
**(727) 742-2699**  
TeamBower.com  
JulieFolden.com

The Crawford Team

**(727) 776-1684**

RESTAURANT

**Kara Lynns Kitchen**  
**Carolyn Bradham**  
*421 Cleveland St*  
*Clearwater, FL 33755*  
**(727) 447-2536**

Sandy's

**Natasha Madelaine**  
**(927) 596-6896**

Village Inn

**(727) 596-4310**  
VillageInn.com

RESTAURANT / PIZZA / ITALIAN

**Bros Pizzeria and Bar**  
**Oltian Ndrev**  
*2535 East Bay Drive*  
*Largo, FL 33771*  
**(727) 460-6043**  
Bros pizzariaandbar.com

RESTAURANT/BAR

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

Carrabbas

**(727) 998-3669**  
Carrabbas.com

RESTORATION SERVICES

**Total Restoration Services**  
**(727) 573-1959**  
TotalRestorationFL.com

RETIREMENT LIVING

**The Oaks of Clearwater**  
*420 Bay Ave.*  
*Clearwater, FL 33756*  
**(727) 445-4700**  
theoaksofclearwater.com

SHOES

**Shoes by Beverly**  
*100 Indian Rocks Road N. #2*  
*Belleair Bluffs, FL 33770*  
**(727) 584-7755**

TRANSPORTATION/  
LUXURY CHAUFFEUR

**Airport Suv**  
*1330 Walsingham Road #50*  
*Largo, FL 33774*  
**(727) 677-0698**  
AirportSuVFL.com

TRAVEL & CRUISES

**Susan Brown Cruise Planners**  
**(727) 303-9050**

WEALTH MANAGEMENT

**Belleair Wealth Strategies**  
**Tish Wold, CFP®**  
*1215 S. Myrtle Ave.*  
*Clearwater, FL 33756*  
**(727) 451-3450**  
belleairwealth.com

The Tampa Bay Trust Company

**(727) 226-6039**  
TampaBayTrustCompany.com

WOMEN'S HEALTH

**Vital Femme**  
**(646) 209-1925**  
www.MakeMenopauseCool.com  
www.VitalFemme.com



# Harbor Bluffs *Living*

204 Live Oak Lane,  
Largo FL 33770

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