

January 2020

# Harbor Bluffs

*Living*

A Social Publication for  
the Residents of Harbor Bluffs



**HAPPY NEW YEAR**  
**2020** from  
**Jessica Viola**  
from Coastal Realty and  
the **BALLEW FAMILY**  
of *Crestwood Lane*

Photography by 323 Photography Studio

**GUYS**  
**Night Out**  
**Jan 9**

*details*  
*inside cover*



guys night out

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# HAPPY NEW YEAR

# 2020

**JANUARY 9**  
HBL Guys  
Night Out

*Lightning Watch*  
Party at  
CK's Eats and  
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Happy 2020! We are already in full swing planning Neighbor's Night Out Events for **you** and looking for the best businesses for you. Businesses who share the vision of being the best in their field, care about **your** needs, gives **you** the ultimate customer service, fair with their pricing and care about our community.

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What a great year that 2019 was. I would like to thank everyone who was involved with sharing their stories, pictures, recipes, came to events, etc. We can't wait to meet more families in 2020. Please contact me if you would like to be on *Harbor Bluffs Living* cover.

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Next, I would like to share some of the comments You are saying about our Trusted Sponsors of *HBL*.

★ **F45** ★

**Team Work, Unity, and Family** is what I got from this awesome place. Can't wait to go back!

If you want to come to a fun and high-energy place and have a really good workout to build some strength, this is the place to go!

**The atmosphere at Pure Life Medi Spa** is soothing, every staff member brings something special to the table that in turn makes you feel special with unique essences. My mom means the world to me and I am so happy that she did Coolsculpting with Elizabeth and not an abrasive procedure like liposuction. My mom has melted her fat away with the help of PureLife Medi-Spa and has rediscovered her natural waistline." – Lisa P.

**We Love Jenergy!** I own multiple vacation rentals and they are always there to assist when I am in a pinch. Always professional, always show up on time, always priced right! If and when I have AC issues at my home, they will be the first person I call. I have recommended this company to all of my family and friends and will continue to do so. They have never once let me down, and I do not anticipate they ever will. Thank you! You have an amazing team!

★ **Belleair Market** ★

"Thanks, Julie, the food was a **Huge success ...** we appreciate all you did and yes, I'm sure we will be calling you in the future. Thanks so much." – L.

**Cayman Construction did a beautiful job** with the installation of a massage room into my salon. The job was quick and efficient. Every detail of the job was communicated clearly and executed accordingly. Every employee that I had the pleasure of meeting was personable, had a sense of humor and a great work ethic! I genuinely feel so blessed that I found Cayman Construction. I trust them and highly recommend their work. – Tasha Johnson

**"Fabrizio and his sons are an incredible team!** They polished my marble and were able to get rid of the scratches that I was afraid would never leave! They are all personable, professional, and experts at their work. I cannot recommend them enough! I would give them six stars if I could!" – Sage Halv

★ **StretchLab** ★

**I have been going to StretchLab now for 4 weeks running**, just once a week for 25-minute sessions. The results I am already feeling are quite remarkable. My tennis elbow has subsided significantly and my sciatica pain, too, has calmed down – I don't feel it nearly as often. The staff is all very friendly and knowledgeable about what exactly it is they are stretching and what results I should expect to see.

Oh, and another plus is that they have a really cute clothing line, so soft and practical for everyday living.

I am so happy to have this valuable business in our Clearwater area. Looking forward to my next stretch!

Thank you StetchLab

★ **Gold and Diamond Source** ★

I have been going here since 1984 and I have compared other jewelers during that 30-plus years, I **continue to come back to Gold & Diamond because of the value**, service, and people that help you find what you're looking for. I highly recommend everyone to visit Gold & Diamond

**Jessica Ralph and Parties a La Carte** planned the best day of our lives. They were constantly on call and available. Their efforts did not go unnoticed or unappreciated by my husband and me. Jessica has superb organizational skills which is something that we fellow OCDers relished! Jessica went above and beyond for us from the beginning with our engagement shoot in New Orleans, LA. She even went as far as bringing me a dress to wear that she thought might better suit the look that we were aiming for.

That was so special and important to my husband and me and they are memories and photos that we will cherish forever. In a company, your team is a direct reflection of its boss. This team is just that. Jessica was not only a great businesswoman throughout the process but also a great friend throughout it as well. I could always rely on her to make the best decision because I knew she cared just as much as us ... heck, maybe even more! Everyone can tell how passionate she is about what she does and that is what makes her the best. I can speak for my mom, dad, husband and I when I say that we love her and we will miss her!

**Above and Beyond! Bloomtown Florist** offers a very high standard with personal service. Last, but not least, the arrangement was **Stunning!** Rinda was thoughtful to include buds to ensure longevity for a longer hospital recovery. Thank you.

**Thanks for your feedback, please keep the comments coming.**



*Devin*







# EXTREME MAKEOVER

## resident giveaway

Are you that person that is always taking care of everyone else and not yourself?

Do you know someone that is always helping others and not spending quality time on themselves?

Is this your husband? Is this your wife? Is this your friend?  
Is this your neighbor? Is this you?

## HBL Edition

HBL Sponsors want to spoil this person!

Please send an email to Devin.pappas@n2pub.com and tell us why this person is the one that should get The HBL Extreme Makeover. Nominations must be sent by February 10, 2020.



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family focus

Happy  
NEW YEAR  
from  
Jessica Viola  
from Coastal Real Estate  
consultants

AND THE BALLEW FAMILY  
INCLUDING THE NEWLY BORN RESIDENTS  
ON CRESTWOOD LANE

*HBL* had a contest for our sponsors, where the winner would be on the cover with one of our families. Since Jessica Viola, Real Estate Agent from Coastal Real Estate Consultants won the contest, we thought it was a perfect time to feature Jessica and Asher Ballew with their three beautiful daughters, Eden, age 3, and newborn twin girls named Everly and Emerson.

Jessica and Asher Ballew officially moved into Harbor Bluffs in 2016, on Crestwood Lane. Asher is a retired Major in the U.S. Army and a Partner with Munyan Painting and Restoration. Jessica is now a busy mom of three girls while keeping up with her career as Owner and Administrator of Coastal Cottage Assisted Living Facility and Senior Solutions.

*HBL* is honored to have met such a fantastic family, through this magazine, and we are excited to call them our friends!

Next, *HBL* would like to thank Jessica Viola for all her hard work to win our contest. We asked Jessica a few questions about her career and here is her story! I think you will enjoy it!!

HBL-Where did you grow up?

**JV**-I grew up in Queens, NY. I moved to Clearwater when I was 25.

HBL-How long have you lived in this area?

**JB**-I moved here a little over three years ago. I came down on vacation and loved everything about the area. I signed a lease on my second day and then planned my move.

HBL-Tell us about your family.

**JV**-I grew up predominantly with just my mother

and my older sister, Sarah. When I was young, my grandma lived with us to help babysit, while my mom worked. She taught me how to speak Arabic. My mom was a director of sales until she decided to become a real estate investor. My sister is 2 years older than I am and is married. She and her husband, Allen, both work in NYC schools. Sarah is a speech pathologist and he is a high school teacher. The three of us have always been very close. We would take vacations together every year and really do a lot of bonding.

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

**JV**-I graduated from Queens College, City University of New York, with a degree in psychology and had no idea what I wanted to do with it. After graduation, a friend of mine offered me a job at his family construction company, doing administrative work, and some property management.

Within two months of being on the job, I learned how to read plans and do material take-offs from blueprints. When a project manager unexpectedly quit, I got the opportunity to work very hands-on on a project involving the rebuilding of a city park. From there, I became enthralled with the building process and developed a real love for architecture and design. I now still work with Cayman Construction Group on remodeling and new construction.

...

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Two years ago, I was looking for my own house and realized that my knowledge in construction has given me a keen eye for problems in homes that could lead to big problems down the road. While I was on my home search, I also worked with an agent that was not what I needed as a first-time buyer. I was nervous and confused and she would become upset with me. From that poor experience, I decided that I could provide clients the guidance and understanding they need, while also bringing my knowledge of the actual construction of a home, and ensure they get the best possible house for their money.

I am not afraid to point out potential issues that I recognize and recommend a specialist to inspect it. I think I can give people a vision for their homes rather than just walking away once the deal is closed. I want to continue to help them grow and maintain their homes forever.

#### HBL-What is unique about your business vision?

**JV**-I try to begin each experience with a new client by providing them with knowledge of the market and the real estate buying process. Most people don't know what to expect because they have either never done it before or it has been several years since they last bought or sold a home. I have both buying and selling guides to prepare clients for what is ahead. I strive to provide complete open communication so my clients can be at ease throughout all phases of the process. If you compile my knowledge of real estate and construction, and my excellent customer service, you will seldom find someone as well-rounded in the industry.

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

**JV**-Some of the things I am passionate about are yoga and animals. I have been doing yoga for 15 years now. I practice anywhere I can, somewhere out in nature is my favorite spot. I think it gives me time to be with myself and grow as a person. I have had pets all my life, from hamsters to birds to snakes to cats and dogs. My first job was at an animal hospital when I thought I wanted to be a veterinarian. Some parts of that job were too hard on me emotionally, so I opted out, but I still have never been able to shake my desire to help animals. I have two dogs and have fostered seven. One of my dogs is what we call a "foster fail" because I couldn't give her up. I like to take in the tough fosters. I got bitten in the face once by a very anxious dog, but after that one bite, we became best friends

and he spent the rest of his days with me, often snuggled into my neck. I try to do everything I can to give them the best shot at a forever home.

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

**JV**-I am most proud of my care and dedication to anyone I work with. I realize that I will be part of their memory of one of the biggest milestones of a person's life and want them to look back at it fondly. I remember my own personal experience of house-hunting and strive to provide everything I wanted in a Realtor. Each person I help is putting tremendous trust in me and I want to make sure to honor that trust by always protecting their interests.

Please consider calling me when you are thinking of listing your home or if you are interested in purchasing a new home. I hope to meet you at the *Harbor Bluffs Living* Neighbor's Nights Out that they have monthly.



Closing on New Year's Eve – New Year/New House



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# HARBOR VIEW DOLLY SUE

## LEAVES A LASTING IMPRESSION ON ALL

Here is a story about a precious female English Springer Spaniel, named Dolly. Belinda and George Glover of Harbor View Lane would like to share their story of Dolly who was born on 1/13/04 and left them on 12/18/18. They will never forget the quirky memories of Dolly.



**BG**-Our first Springer, Dixie (Madi Gras Dixie Belle), was almost 15 in her final senior days, our second springer, Daisy (Tampa Bay Daisy Mae), was 2 and needed a pal. Dolly was a “super pal” to Daisy and took care of her ailing big sister, Dixie. Her AKC name was Harbor View Dolly Sue.

She was our third Springer and terrific sister to her (two) big sisters and to her (two) younger sisters (Dutchess Grace of Harbor Bluffs) and our now 6-year-old Springer, Annabelle. Dolly was a shy, sweet girl who kept to herself. If we had friends or family over, she did not want to be part of the party. But she was very outgoing with all her sisters.

Dolly had numerous ailments during her senior years and was a frequent visitor at Bluffs Animal Hospital. Dr. Gibson was her

primary veterinarian but the entire staff was amazing in her care. The photo of her in the goggles was taken by Beth, Sr. Vet Technician during a cold laser treatment. Beth, knowing Dolly for years realizing the goggles were so “not her” shared the photo with us. Everyone who knew her thought the photo was a scream.

She had her rituals – up at 6 am (and so was everyone else), dinner at 5 pm, bed at 8 pm. And hated time changes from daylight savings to regular – she didn’t get it. She could also be contrary – would spit her pills across the room if forced to take them. And did not like to be dirty – had to bathe her at least once a week.

Dolly was such a joy and we miss her and all her little quirky manners so much. She will forever be in our hearts.

A couple of notes about Annabelle: She doesn’t have a quirky name. I call her my “designer dog” because all she wants is to be groomed and walk the walk (English Springer show dog “gait”). Her name is Sidekick’s Annabelle Francesca. Her pedigree is sophisticated but that’s about it. She does not swim or hunt like most Springers but is very much a lovable lap dog.

**HLB-Thank you so much for sharing your story about Dolly Sue and the rest of the gang. Losing a fur baby is devastating.** If you would like to remember your loved one with a spread in *Harbor Bluffs Living* magazine, please email me at [devin.pappas@n2pub.com](mailto:devin.pappas@n2pub.com).





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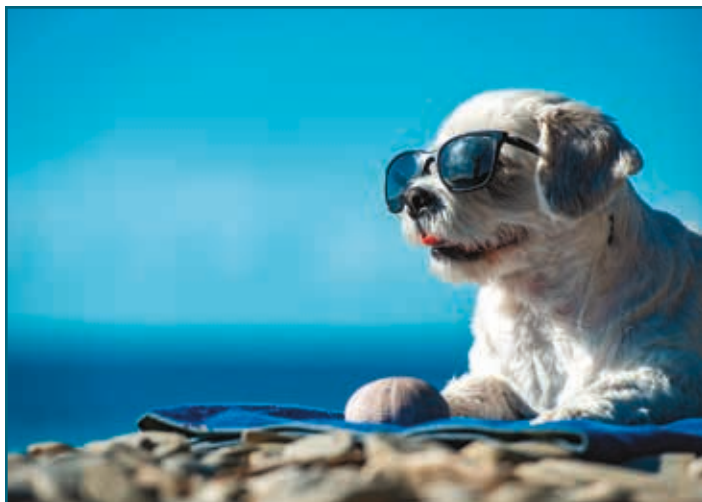


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# Alaska

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## travel

Booking a cruise to Alaska can be very overwhelming and confusing. There are many cruise lines, itineraries, ships, seasons, and prices. Harbor Bluffs residents Kelly, Sean, and Riley Woodruff and their extended family traveled on a cruise to Alaska last August and were simply overwhelmed by the beauty and diversity of this great state. So, how do you start planning an Alaskan cruise? Here are a few questions to ask yourself:

### When do I want to visit?

Most cruise lines operate in Alaska mid-May to mid-September.



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### What else is there to do?

Whale watching is certainly on top of the list of every Alaskan cruise, but there is so much more. Fancy a helicopter ride to the top of a glacier? Musher's camp and dogsled experience? You even get to play with those adorable sled dog puppies! White Pass Scenic Railway? Travel to the top of Mount White Pass, it follows the same trail route taken in the late 19th century by a steady stream of gold prospectors – only they did it on foot. Or, if you are not quite that adventurous, visit the Alaskan Sea Life Center or one of the many native villages nestled along the route. Kelly and Sean rented a car one day in port and went all the way to the Yukon. In another port, they went out on a boat to go deep-

sea salmon fishing and had their catch shipped home on ice. The possibilities are endless!

Words of advice from the Woodruff family: do your research, know what you want, then find a great travel advisor to help you with all the logistics so every day is filled with exciting and wondrous adventures.

Susan Brown Cruise Planners has a variety of Alaskan itineraries to please even the most discerning traveler. Call today to start planning your once in a lifetime adventure! Cruise Planners Susan Brown 727 303 9050.

If you plan a pre- or post- stop in Denali, which is open year-round, keep in mind that lodges and tours are only offered mid-June to end of August.

### Who do you want to travel with?

Will it be a family trip? Kids love cruises. All the major cruise ship lines cater to children, with multiple pools, activities, bunk beds, free ice cream, babysitting services, and plenty of G-rated entertainment. Many even have heated pools inside.

Trying to avoid children? Cruise before June or after mid-August, when kids will still –or again – be in school, or seek out the adults-only areas on the cruise ship. Kelly and Sean's cruise was a multi-generational cruise for them, so it was important to have activities and quiet time for all the different ages.

### What do you want to see?

Dozens of cruise ships sail the Inside Passage every summer. Most go to Ketchikan, Juneau, Skagway, and either Glacier Bay National Park or Tracy Arm Fjord. And many cruises leave from Seattle or Vancouver and Delta has nonstop flights from Tampa. But ask yourself what it is you want to do and see? Our best advice is to find a knowledgeable travel agent to go over all your options and find the best itinerary for you and your travel companions.

### What kind of cruise ship should I choose?

This is not easy to answer because cruise lines provide a plethora of options. Have you cruised before? Is there a particular cruise line you are fond of? Do you prefer an adults-only cruise? Should the ship have activities for kids? Again, consult with a travel agent, there are so many options to consider and you want to make sure that this once-in-a-lifetime experience is exactly what you envision.

### Will it be cold in Alaska?

Alaska's summer temperatures are surprisingly pleasant. Day-time highs range from 60°-80°F. Nighttime lows are refreshingly cool, dipping into the 40s-50s. May and September are 5°-10° cooler. However, temperatures vary wildly depending on which region of Alaska you plan to visit. Kelly and Sean packed everything from a bathing suit to a sweater and rubber boots and were able to adapt to all different temperatures.





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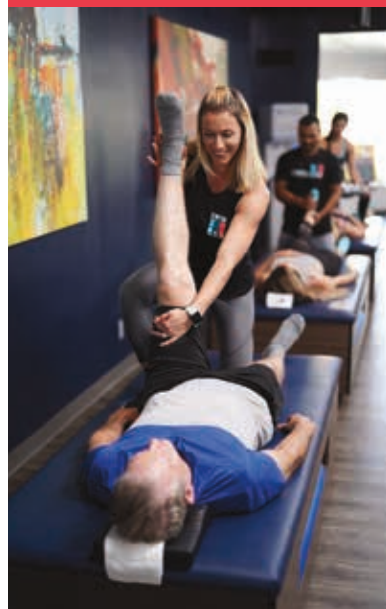


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# Financial Questions

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**HBL: Who can you trust to reduce the stress of estate planning?**

**B.E.** When it's time to settle your estate, your family can benefit from some professional help.

You may want to work with the Trust Company, which can administer the estate plans you created with your attorney.

A Trust Company can help you in a variety of ways. For one thing, because it acts as a neutral third party, the Trust Company can help you avoid family squabbles that might develop when family members argue over the distribution of assets. They can also coordinate your plans with your financial professional, tax advisor, and attorney. And because trust companies assume fiduciary responsibility for your financial well-being, your best interest will always be considered in each service and transaction performed.

For more details contact Brenda Ehrke at Edward Jones 727-581-3583

**HBL: Is life insurance a good vehicle for retirement savings?**

**C.T.** Certain life insurance contracts can be a *Great* way to save for retirement. Certain contracts have excellent internal rates of return that could build great cash value, that you the client can then draw from. Some contracts allow you to draw long-term care benefits (in a variety of ways) out of them! Some have "wash loans," which means you can borrow from your policy, without having to pay it back... it comes off the death benefit in the end. So you can put a strong contract, that is Diverse in his capabilities and benefits in place, with, for example, that CD money that has been rolling for 10 years, or other retirement savings comma and you now have the best of both worlds - a plan for tax free benefits to your heirs, as well as another bucket of assets to draw from for life's unexpected emergencies!

For more details call Christine Turpin at First Financial Guarantee 727-518-8333



Brenda Ehrke  
Edward Jones  
727-581-3583



Christine Turpin  
First Financial Guarantee  
727-518-8333



Tish Wold, CFP  
Bellaire Wealth Strategies  
727-451-3450

**HBL: Which qualified retirement plan is best for my business?**

**T.W.** Offering a qualified retirement plan is an ideal way to attract and retain highly qualified employees, as well as help owners, plan for their own futures. But how to choose which plan is right for your business can be confusing without help from a qualified financial planner.

To start with, the first step is, do I want to offer a defined benefit plan or a defined contribution plan?

A defined benefit plan is more commonly referred to as a pension. There are options within this category, but for most smaller companies, the administrative costs and complexities are overwhelming.

Defined contribution plans take a few forms as well - most common being a 401K. There are variations here as well, such as Safe Harbor 401K's, owner only 401K's in add-ons such as Profit-Sharing plans and Cash Benefit plans. Profit-Sharing plans can be structured in a variety of manners including Age-Weighted and Comparability (cross-tested) Profit-Sharing plans, tailored to achieve the goals you have for your business' retirement plan.

You can also offer Simplified Employment Pensions (SEP) and Simple IRA's to your employees.

As you can imagine with so many options, each with its own regulations and deadlines, the options can be overwhelming. And not something most business owners want to take the time to research in their "free time." Working with a qualified financial planner can cut through the noise and narrow your choices to something that will be easier for you to select from.

For more information contact Tish Wold at Bellaire Wealth Strategies 727-451-3450

For help with the legal portion of your financial plan, be sure to contact the Estate Planning professionals at McManus and McManus, PA (727)584-2128. Trusted Legal Advisors since 1953 and Harbor Bluffs residents for three generations! Protect your family and your assets with one call.

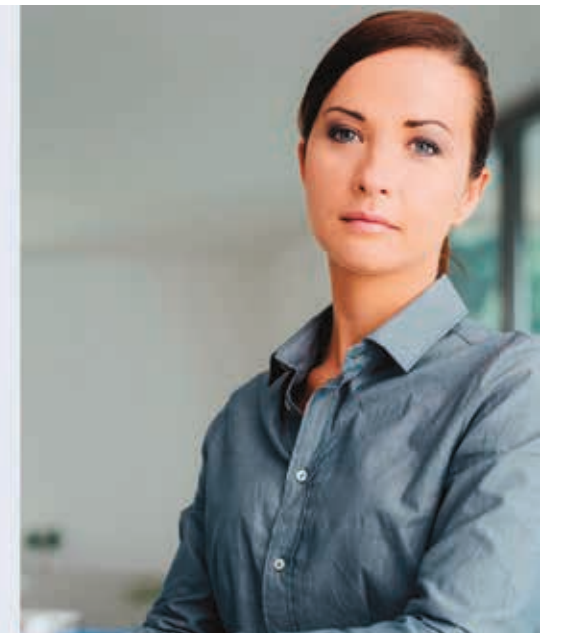


If you have a question, about anything - please send them to us - we will get you your answer.

## If You Aren't at Your Last Job ... Why Is Your 401(k)?

At Edward Jones, we can explain options for your 401(k), including leaving the money in your former employer's plan, moving it to your new employer's plan, rolling it over to an Individual Retirement Account (IRA) or cashing out the account subject to tax consequences.

To learn more, call today.



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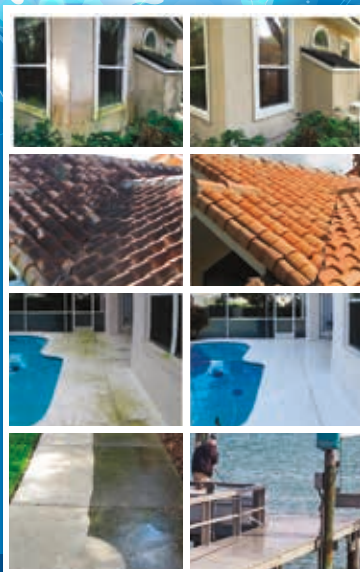
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 BOULLIANNE

Happiness and fulfillment are two goals I strive for in my life. Fortunately, with my career path of healing and helping others, I have begun to achieve just that. My name is **Hope Boullianne** and I am a Licensed Massage Therapist (MA91914) and Certified Personal Trainer. Growing up, I found happiness in helping others in any way possible. What I do today allows me to do that, as well as find fulfillment when I see people benefiting from the help I have to offer. I've always said that if I could have one "superpower," it would be to heal people. And today, through my work, I like to think I have that ability.

My educational journey began in 2017, upon my graduation from the University of Tampa, with a Bachelor of Science degree in Human Performance with a concentration in Exercise Physiology, including a double minor in Psychology and Exercise Science /Sports Studies. In 2018, I received my personal training certification through the National Academy of Sports Medicine. I then continued my passion to heal, and this past February, I became a Licensed Massage Therapist through Cortiva Institute in St. Petersburg, FL. My specializations are in Neuromuscular Therapy, Swedish Massage, and Myofascial work.

As a newly motivated independent contractor, I am working hard to leave a footprint in our community. I want to make a difference in peoples' lives. During massage, my focus is to heal muscle tissue, improve joint mobility, and increase overall relaxation for each client. My favorite types of massage are treatment-based, so clients can live more comfortably. While working with my personal training clients, I strive to help them develop strength, increase balance, build endurance, and enhance their ability to perform functional movements that they use on a daily basis. I enjoy training clients in a way that creates more confidence and enhances their overall outlook about health and fitness.

In both massage and personal training, I work with a diverse age group ranging from teens to 90s. You can find me training at Get Fitness, 13845 Walsingham Rd., Largo, FL 33774, phone number (727) 595-4505. Massaging at Body Masters, 12552 Indian Rocks Road, Largo, FL 33774, phone number (727) 595-9111. I look forward to helping you heal and obtaining your health goals!

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looking back

# Through The Year 2019

## FOCUS FAMILY REVIEW

Thank you to all the Families in 2019 that shared their stories with the HB residents and sponsors.

We had so many fun memories from the planning of the photo-shoot to actually doing the shoot. Did you know we have our photo shoots two months ahead of the actual magazine? This means while you are planning Thanksgiving, we are doing a photoshoot for New Year's and while you are trimming your tree or preparing for Hanukkah, we were prepping for Valentine's Day.

Here's a recap: In January we rode in the limo with The Carrolls, February we carved a tree with The Baileys, March we had a picnic with the Boyds and April we met the Compton Family who sported their love for The Lightning Hockey Team. In May, we rode the motorcycle with Sabrina and Nova, in June we met Crawford Ker and his beautiful family. July we went boating with the ever so fun Thomas Family and in August we jet settled in a private plane with Liskula and Liv. In September we did yoga on a horse with the McGraths and October we visited Botanical Gardens with the Stantons, November we had an elegant Thanksgiving dinner at Heritage Village with Yvonne and Terry and in December we met Santa in a helicopter with Sky Daily and her three children.

We spend a lot of time planning these fantasy photoshoots for your family. Please join us this year and get your professional shoot with a *HBL* photographer and be on the cover of the magazine. It's a blast. Now booking families for the spring and summer. Please contact me at [devin.pappas@n2pub.com](mailto:devin.pappas@n2pub.com).

We can't wait to feature 12 more families in 2020.









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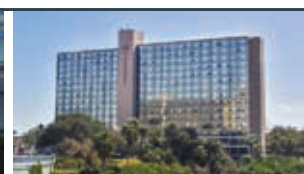
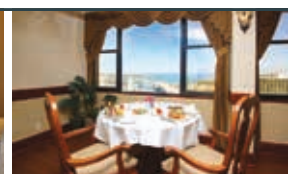
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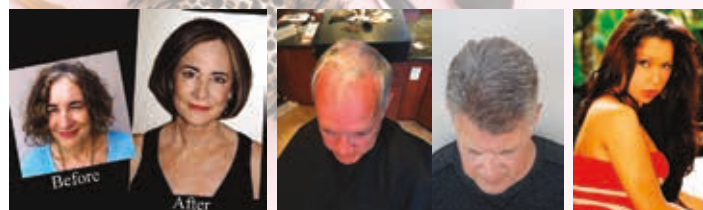
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# mermazing French TOAST perfect for the holidays

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## Ingredients:

2x 16 oz. cream cheese  
½ cup powdered sugar  
2 cups pecans  
Blueberries  
(the more, the merrier)  
2 lemons  
4 brioche baguettes  
6 eggs  
2 cups heavy cream

## Equipment Needed:

processor  
3 mixing bowls  
deep fryer  
steel grater  
blender  
whisk

**Mermazing French Toast | Servings 8**

## Filling

Combine cream cheese with powdered sugar. Use the grater to extract lemon peel (try to avoid the pith as it will make your filling bitter). Add your rind to cream cheese and then add 1 cup of heavy cream. Once combined blend away until whipped thoroughly with no lumps.

## Breading

First, you will need to process your pecans finely and then add the cinnamon to your processed pecans and mix with a whisk.

## Batter

Whisk your eggs thoroughly and combine 1-cup heavy cream and 1-tablespoon cinnamon.

Take your brioche baguettes and cut them approximately 6" and butterfly your bread. Open up your baguettes and add your lemon cream cheese filling evenly and place the filling in the center of your brioche and add as many blueberries as you like. Once this is achieved close up your brioche baguettes, you will then dip them in the batter and dust with pecan breading on both sides. When you are finished place French toast in the fryer for approximately 3-4 minutes at 350° and voila! This French toast is very complementary with strawberries, raspberries, and whipped cream.

Sounds yummy!

Yum!

Thank you!

Please visit Sandy's Restaurant and meet the Master Chef herself, Natasha Madelaine, at 2300 Gulf Blvd., #7, Indian Rocks Beach

**recipe of the month**

By Recipe Created By **Natasha Madelaine**



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neighbor

**Name:** Penrhyn (Penny) Young

**Position:** Artist/Owner of Teaching Studio and Gallery

**Company Name:** Painter Pear Studio & Gallery

We met Penny when a neighbor contacted me to tell me about one of our residents that recently relocated The Painted Pear Art Studio. Please enjoy her story as much as we did.

**HBL-What prompted you to start this business?**

**PY-**It all began in 2017 in a small space. As we grew, we moved to Jewel Rd. for a larger more inviting studio and location.

I felt a need to provide a “creative, artistic, environment.” Art is no longer being offered in the schools. As a result, our kids are not being exposed to what is so important to their development and growth – they all have artistic skills that must be encouraged and tapped into. I want to make that available by having a place in which all ages can enter my sunlit studio full of color and paintings — a place of good energy. The Gallery walls contribute to the learning aspect with many styles to pique one’s interest (all for sale).

Many seascapes by local artists and painters from Newport, Rhode Island, Maine, and Vermont.

Our classes have proven to me that everyone has creative energy just waiting to burst out.

**HBL-Describe what your studio/gallery does:**

**PY-**The studio is there for everyone to enjoy. Wine and painting nights are great fun.

We teach private and group lessons – watercolors, abstract designs, and acrylic painting as well as beautiful hand-painted pillows. Paint your Pet is extremely popular as is Sea-shelling boxes and frames. Classes coming up: Learning to make giclee prints from your photos and paintings. Even an interesting fun night of cooking with herbs.

**HBL-Anything extraordinary/unique that you offer at Painted Pear?**

**PY-**A mother/daughter team is quite unique. I adore working alongside my daughter, Heather Kendall ([www.elegantshells.com](http://www.elegantshells.com)). She joins me in producing an event where a zillion sea-shells from around the world are made available to each attendant. Heather helps with the design on boxes/mirrors etc. and offers her years of experience in the shelling world. It’s very special to be able to collaborate and make beautiful pieces. (i.e. Heather’s mirrors in the gallery)

**HBL-I placed a picture in this article. The mirrors are gorgeous and perfect for any home.**

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

**PY-**Well, since we are in an easy and great location, I recommend to all my neighbors/friends that they plan an event, party or

class. Kick back with a little wine or drink of choice and retreat, relax, restore, and create. It’s so inspiring to go ahead and try a new experience, something you’ve put on the back burner for way too long. So, pop in — ask about our events or classes and sign-up for whatever makes you happy (as popular painter Bob Ross would say).

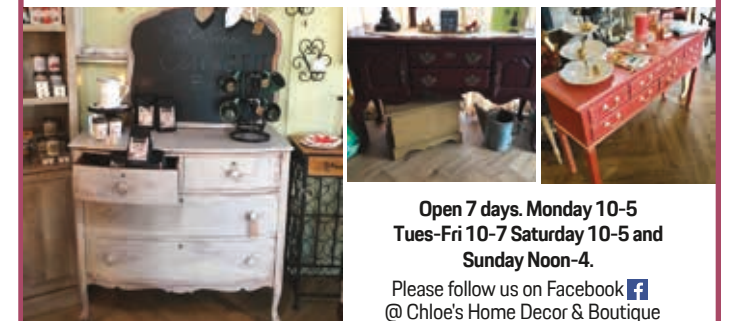
**HBL-How did you decide on this business and what led you up to this point?**

**PY-**After college, I moved to NYC and worked on wall street which was very interesting and exciting. I then moved to Rye, NY, where I started a family and at the same time began painting and taking workshops from many fine local painters. “I just did it. Painting was instinctive and I reveled in every stroke and painting I worked on, which holds true today. Within a few years, we moved back to my hometown – Clearwater – where I had gone to school and loved having my family close again. Everything spoke to me regarding the beach, the sky and water all around. I watched my children and others being completely absorbed by the seashore. It was time to paint and choreograph what I saw and loved most. I continued to study and read about color and creating feelings in my work. When I am commissioned to paint children (doing their favorite thing) playing, I am completely honored and it becomes my muse in every way. So many people enjoy having their pets painted and that is also rewarding when I can capture that adorable look in those great eyes of all dogs.

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...

This brings me to why and how the Painted Pear exists today. It's all about the pure joy of translating what I see, into a delightful impressionistic style ... while hoping and attempting to share with others what I've learned over the years.

#### HBL-What section of the neighborhood do you live?

**PY**-I am still enjoying the water and the beautiful skies from South Harbor View Lane. It is such a peaceful lovely neighborhood – people biking, walking their dogs, and runners galore.

#### HBL-Can you please tell us about your family?

**PY**-I have many relatives living in the area. Everyone is a boater/diver in all degrees. Most would prefer to dive down and spear a huge Grouper or Hogfish as opposed to sitting and waiting for a bite on a fishing line. I have two daughters – Dianne Young Erwin and Heather Kendall – five fabulous grandsons, two of which are Van (12) and Jet (8) living in Austin, TX. Colin, Matthew, and Hayden recently graduated from FSU working and living in Tampa. We all love playing golf together at the Belleair Country Club.

#### HBL-Besides painting, what are some of your hobbies and interests?

**PY**-I have many interests ... one, in particular, is “painting for charity.” Just a few of the charities I feel closest to are The Pediatric Cancer Foundation, St. Jude's Children's Hospital, The



Margaret Metz



Clearwater Free Clinic (Martinis and Matisse). Regarding sports, playing tennis is at the top of my list ... have played for 35 years. Fly fishing is also a favorite sport ...flowers and gardens are also a must in my life ... and to photograph and capture the perfect moment/shot so that I might be lucky enough to transfer it into a great painting.

#### Two quotes I like:

“Art allows us to find ourselves and lose ourselves at the same time.” — Thomas Merton

Happy are the painters for they shall not be lonely. Light and color, peace and hope will keep them company to the end of the day.

**HBL**- What a fascinating woman you are. We have enjoyed our time with you. Please bring your friends and family to the *HBL* and Cayman's Holiday Party on Dec 12. Where can our residents find your studio and gallery?

**PY**-Website: Paintedpearartclass.com

Phone: 727-415-9955

Business address: Painted Pear Studio, 2617 Jewel Road, Belleair Bluffs, FL 33770

I am really looking forward to meeting more of my neighbors in Harbor Bluffs.



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## around town

# JANUARY HAPPENINGS

**January 9 – HBL Guys Night Out  
Lightning Watch Party At  
CK's Eats And Drinks 7 pm**

January 1 – Happy New Year 2020

1 – The Outback Bowl happening at Raymond James Stadium

4-5 – Duneiden Art Festival Downtown

4 – Kids Ninja Competition at Jungle Gym 10 am-5 pm at 8100 Park Blvd., Pinellas Park

6 – Tarpon Springs Epiphany, celebration of the Baptism of Christ all-day affair

8 – Florida Orchestra Café Ole REH 10 am

**9 – HBL Guys Night Out at CKs Eat and Drinks on Clearwater  
Beach for The Lightning Game Watch Party 7 pm  
RSVP Devin.pappas@n2pub.com**

9 – Salute to Glenn Campbell 8 pm at Central Park Performing Arts Center (CPPAC) West Bay, Largo

10 – Allman Brother's Tribute 8 pm CPPAC Largo

10 – Air Supply Ruth Eckerd Hall (REH) 8 pm

**10 – Pink Chef Gourmet Cupcake Day 727-485-7022**

11-12 – Hacking Hollywood Pitch Fest for aspiring filmmakers Holiday Inn Clearwater at 9 am

12 – Legendary Ladies in Country 7 pm CPPAC Largo

17 – Tusk Capitol Theater at 8 pm

18 – Ottmar Liebert 7 pm Capitol Theater

18 – Johnny Mathis at REH 8 pm

**18 – Marine Max Intro to Boating Class at  
18025 US 19 N, Clearwater 727-536-2628**

19 – Buddy Holly Tribute 2 pm at CPPAC Largo

20 – MLK National Parade and Battle of the Bands starts at Tropicana Field and ends at the Vinoy 2:30-8

24 – Englebert Humperdink REH at 7:30 pm

24 – Eagles Tribute 8 pm CPPAC Largo

24 – Steve Martin and Martin Short 9 pm at Ruth Eckerd Hall (REH)

25-26 – Clearwater Running Festival 5K to 50K

25 – Motown Tribute 8 pm CPPAC Largo

25 – *Star Wars Return of the Jedi* REH at 8 pm

31 – Bee Gees Tribute 8 pm CPPAC Largo

31 – Rodney Crowell 8 pm at Capitol Theater

31 – Stomp REH at 8 pm

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resident gives back

## THE ANONA THRIFT STORE IS OPERATED BY



### Proceeds Purchase Medical, Dental, and Vision Supplies

The Anona Thrift Shoppe (ATS) operated by Hands Of Healing, Inc., is now open and is located at 12025 Indian Rocks Road in Harbor Crest Shopping Center, across from Publix in Largo. All proceeds from this thrift store will help purchase medical, dental, and vision supplies for future medical missions.

The thrift store was the brain-child of four women who serve on the Hands Of Healing Board of Directors: Carolyn Fishback, Nancy Dowd, Betsy Bomar, and Cindi Thomas, a resident of Harbor Bluffs from Harbor View Lane.

*HBL* asked Cindi, “Why open a thrift store?” She said, “We needed a fresh and creative way to con-



Martin Pebbles treating a toddler



Cindi Thomas, Vision Specialist



tinue to fundraise for future medical mission trips. Our medical supplies run about \$30,000 per trip.” Volunteers on the mission trip pay their own expenses.

At one of the group’s board meetings in early 2019, they discussed how to raise funds for the 2020 medical mission trip. Carolyn and Nancy, who volunteer at other local non-profit thrift stores, brought up the idea of opening a thrift store. The board agreed to establish a committee and began the due diligence process. It took six months and many hours of research to get their questions answered, find a location, and establish a volunteer base.

Since its opening in late September 2019, the store has gotten great reviews. It looks and feels more like a boutique than a thrift store. The prices are very reasonable (\$2-\$5 for women’s and men’s shirts, \$6 for nice dresses, and shoes \$4) and the quality and style are top-shelf. Also, a difference from other thrift stores is that ATS carries men’s clothing with brand names such as Polo, Ralph Lauren, and Tommy Bahama. There is also a women’s “designer section,” with brands that include Chico’s, J Crew, Lilly Pulitzer, Michael Kors, Coach, Ralph Lauren, and Kate Spade. And it changes daily! ...



• • • You can also find several stylish, and sometimes new, home décor items, small furniture pieces, lamps, nice linens, china, fine glassware, and art.

Nancy told *HBL* that the success of the store has really been exciting because “the store is living up to our motto of Reuse-Reduce-Recycle and Repurpose.” Since the opening, ATS has teamed up and donated to organizations that include Clothes For Kids, Habitat for Humanity, Metropolitan Ministries, Lealman Project, New2U, Vietnam Veterans, My Place for Recovery, and St. Joseph Children’s Hospital, just to mention a few.

“Everything we take in that isn’t put out in the store gets re-purposed or donated,” Nancy said. “And, of course, we love the compliments about the store looking like a boutique.”

But you can’t really talk about Anona Thrift Shoppe without talking about its owners, Hands Of Healing, Inc. (HOH), a faith-based organization established in early 2000, in which all faiths participate. The organization was ignited by a spark after two of its member families adopted children from Guatemala. In addition, one of the members hosted an exchange student, who became like a daughter. That young woman is now a board-certified

ENT surgeon back in her birth country of Guatemala. This combination of personal interests began a search for a special heartfelt mission within Central America.

HOH is a stand-alone 501(c)(3) non-profit organization that launched out of the Anona United Methodist Church. “The church supports our mission efforts and the congregation has poured out its heart in donations and

volunteers,” Nancy said. “The surrounding communities have also graciously supported this endeavor as many of the practitioners that travel with us are from the area.”

Most of the medical mission trips are to remote areas of Guatemala. People ask why Guatemala? “This country has the largest malnutrition rate in

Latin American and is considered one of the most malnourished countries in the world, especially women and children. Over 80 percent of the indigenous people have **no** access to medical care or social service,” said Nancy.

Teams of doctors, nurses, paramedics, dentists, a vision specialist and a variety of other volunteers have provided health, vision and dental care to thousands of impoverished people in Guatemala.

Anona Thrift Shoppe was formed to help this community do their part to recycle on many levels. With the piles of no-longer-wanted items making their way to the dumps, it’s nice to see retailers like Levi Strauss, North Face, H & M and Penny’s getting in on the recycling trend. Let’s do our part...

**So how can you participate and help in this endeavor?**

**Donate** – Donations may be dropped off at the Anona Thrift Shoppe, Tues.-Sat. 10 am to 5 pm, using the back entrance where there is a doorbell. A volunteer will help you unload. There is no need to call in advance.

**The following items may be donated:**

Smaller pieces of furniture  
Gently used clothing, shoes, and purses in good condition, jewelry, hats, and accessories  
Linens, decorative pillows, household items, lamps, and current art

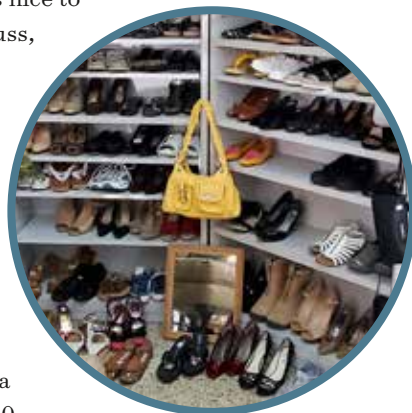
**Volunteer** – join the fun group of men and women that work in the store, even just one 4-hour shift a week. We have a great group of volunteers, and without their help, we would not be successful. This is an opportunity to become a part of the medical mission team. **We Need Volunteers.** If interested contact:

Betsy 727- 417- 6863 or Cindi 727- 480-3627  
Nancy 727-301-7844 or email: tdowd127@aol.com  
Carolyn 727- 593-7974

**or** to inquire about traveling on a mission trip, contact:

Scott at email: dsmag81@gmail.com

For more information about Hands Of Healing, Inc. or the Anona Thrift Shoppe, visit the website: [www.handsofhealinginc.org](http://www.handsofhealinginc.org)  
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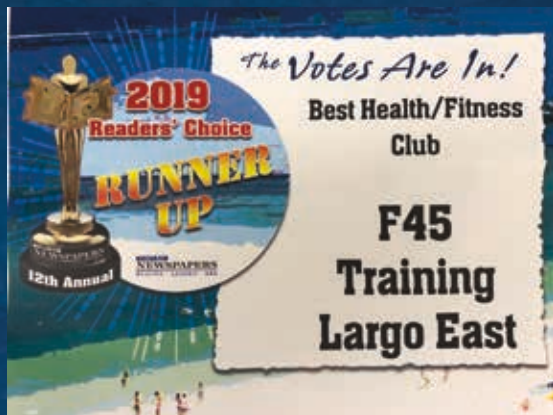
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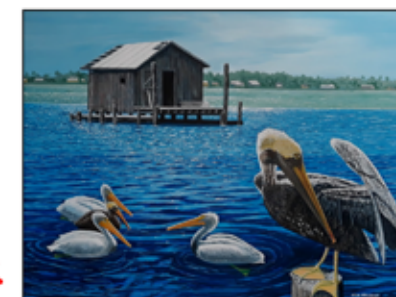
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FIND OUT WHAT MAKES THEM SO UNIQUE!

meet  
 Thomas Gurganus,  
 OWNER AND MENTOR

Thomas Gurganus, a Pittsburgh, PA, native ... and father to two amazing girls, Dani, 15, and Alayna, 18 ... found himself on a unique journey that landed him here — at the beaches of the Gulf coast.

*HBL* asked Tom to describe his journey and why his popular gym, Burn Fitness Studio, is such a craze in our community. What is he doing that is so unique that other fitness places aren’t?

Here is Thomas Gurganus’ story about his career, his struggle, and his vision to help and mentor others through exercise.

With a BS and BA dual major in both economics and finance, and having been integrally involved in the financial services industry — from bank management to overseeing mortgage divisions ... Thomas may not be your typical boxer. But when, in his second year of college, he found a local boxing gym, he immediately fell in love with the sport.

The boxing gym, in addition to being a home for high-level professional and amateur boxers, took pride in community involvement by offering an outreach center for underprivileged children in the area.

Being one of the top boxers in the city, as well as being able to communicate easily with the different personalities associated with the gym — the coaches asked if he could mentor some of the disadvantaged children that were looking for boxing training.

From there Thomas would volunteer to spend additional time coaching and mentoring the young men and women that requested help.

It was there that Thomas found a love for coaching and training, but it would be years before he would realize that coaching, training and mentoring, not banking, would be his actual career path.

Boxing throughout college and in the beginnings of his finance career, Tom learned and honed his skills both in the corporate world as well as in the boxing ring, retiring from the sport in his late 20s.







Moving to Florida, Tom became a principal owner of a mortgage bank/broker in south Florida, which grew into a very healthy and prosperous venture until the mortgage crash of 2007. This devastation affected south Florida significantly.

Around the same time, Tom was involved in a bad car accident, which damaged and tore areas in the cervical, lumbar, and thoracic regions of his spine.

Having been placed by doctors on everything to get rid of the pain – from trigger point injections to intensive pain medication — the doctors kept trying to push him to have surgery.

Tom opted away from surgery and after two years of dealing with the pain, and getting further and further out of shape, he removed the outside influences: the medication and the excuses. Tom began the transformation and started to push through the pain in order to get himself back into shape.

It wasn't an easy road and mentally it was as difficult as it was physically, but he crossed it. It didn't happen fast – it was a process, but he believed in it and it worked.

From there, after finding such benefit from following this fitness path — there was a draw, a calling, to help others find their own wellness path. Tom knew he was destined to help people utilize fitness to become **their** best selves.

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Tom and daughter, Dani





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## EAT the MEDITERRANEAN diet

SO YOU DON'T HAVE TO DIET

### medical minute

By Dr. Katharine Weinstock

How many of you have made a New Year's resolution to diet and lose weight, start exercising, or both? Each one is a great idea, but the concept of diet should no longer mean restricting calories to lose weight. Try to think of your diet as a new habit and way of life.

There are so many diets out there that promote weight loss but most are unsustainable. Trending now is the keto diet and intermittent fasting. But I propose that if you eat the Mediterranean diet that you will never have to diet. The Mediterranean diet has been shown to reduce the risk of heart disease (number one killer of both men and women), breast cancer, and colon cancer (number three cancer in men and women). Don't we diet to be healthy and live longer?

There is no one definition of the Mediterranean diet, but the most common description is a diet that consists of fruits and vegetables, olive oil as the source of fat and three servings of fish a week. Dairy and any other meat are consumed sparingly.

To better understand the importance of a clean diet, The Blue Zones project TED Talk is my favorite! Dan Buettner founded Blue Zones to research the world's best practices in health and longevity. Listening to his TED Talk is a quick and easy way to get

all the essential information that is in the book. He set out to find the secrets of the world's longest-lived people.

Interestingly, there is a group of people in Linda Loma, CA, that live 10 years longer than the average American. I have to admit that I was surprised! Once I learned their eating habits, it made sense. They also had daily exercise through their work. These people, living just outside of Los Angeles, belong to the Adventists religion. Conservative Seventh Day Adventists take the *Bible* literally and the scripture says that God gave nuts, grains, and herbs as nourishment. Therefore, they eat a plant-based diet, similar to the Mediterranean diet.

Now, I don't think everyone has to become a vegetarian. When you consider the Mediterranean diet, your goals should be to consume five vegetables a day and limit processed foods. If you want to eat meat, don't eat the processed meats (lunch meat, bacon, sausages, hot dogs, smoked meats) but focus on free-range meats and eggs. Eat whole grains: brown rice, 100 percent whole wheat bread, steel-cut oats, and quinoa. Legumes (lentils) and beans are great sources of protein. Raw nuts (walnuts and almonds) make a great snack! I try to think about what nutrients each food supplies when I eat something and what benefits I get from each food. Eat to live = the Mediterranean diet!

Thank you, Dr. Weinstock, for this great information. *HBL* appreciates you being a part of our community magazine!

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# Congratulations TIM KRAUS

## “The Cat Whisperer”

Shortly after being named Mr. Charitable 2019 by non-profit Help Us Gather, Tim Kraus was awarded Bay News 9's [Everyday Hero](#) and FOX 13's [Hometown Hero](#) titles. In addition, FOX 13's Jen Epstein nicknamed him “The Cat Whisperer”. Tim's tireless work with the cats at the Humane Society of Pinellas inspires the community. Congratulations on a job well done!



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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 | Sp/Sq Ft |
|---------------------|---------------|-------------|-----------|------|------|-------|-------|---------|----------|
| 309 Orangewood      | Harbor Bluffs | \$533,000   | 11/06/19  | 3    | 3    | 3     | 2,675 |         | \$199    |
| 107 Crestwood       | Harbor Bluffs | \$765,000   | 10/28/19  | 51   | 3    | 3     | 2,901 |         | \$263    |
| 303 Buttonwood      | Harbor Bluffs | \$1,017,000 | 10/25/19  | 73   | 4    | 3.5   | 2,664 |         | \$382    |
| 205 Crestwood Dr    | Harbor Bluffs | \$365,000   | 10/24/19  | 26   | 3    | 3     | 1,625 |         | \$224    |
| 123 Oakwood Dr      | Harbor Bluffs | \$385,000   | 10/18/19  | 23   | 2    | 2.5   | 2,080 |         | \$185    |
| 433 Buttonwood Dr   | Harbor Bluffs | \$1,875,000 | 10/16/19  | 507  | 4    | 4     | 4,700 |         | \$399    |
| 311 Cedar Ln        | Harbor Bluffs | \$590,000   | 10/11/19  | 23   | 4    | 4     | 2,994 |         | \$197    |
| 311 Crestwood Dr    | Harbor Bluffs | \$335,000   | 10/04/19  | 4    | 3    | 2     | 2,033 |         | \$165    |
| 203 Harbor Bluff Dr | Harbor Bluffs | \$470,000   | 10/03/19  | 486  | 4    | 2.5   | 2,327 |         | \$202    |
| 324 Buttonwood      | Harbor Bluffs | \$975,000   | 08/26/19  | 205  | 5    | 4     | 3,069 |         | \$217    |
| 105 Harbor Bluff    | Harbor Bluffs | \$360,000   | 08/30/19  | 89   | 4    | 3     | 2,222 |         | \$162    |
| 505 Palm Dr         | Harbor Bluffs | \$799,100   | 08/20/19  | 1439 | 2    | 2     | 2,508 |         | \$318    |
| 426 Buttonwood      | Harbor Bluffs | \$1,925,000 | 08/12/19  | 513  | 5    | 4     | 5,602 |         | \$342    |
| 204 Crestwood       | Harbor Bluffs | \$400,000   | 08/05/19  | 53   | 3    | 2     | 2,014 |         | \$198    |
| 313 Live Oak        | Harbor Bluffs | \$690,000   | 07/22/19  | 30   | 4    | 3     | 3,002 |         | \$229    |
| 907 Oakwood         | Harbor Bluffs | \$2,250,000 | 07/19/19  | 4    | 4    | 4     | 5,467 |         | \$411    |
| 213 Palmetto        | Harbor Bluffs | \$420,000   | 07/15/19  | 45   | 4    | 3     | 2,152 |         | \$195    |
| 502 Palm            | Harbor Bluffs | \$841,500   | 07/15/19  | 9    | 3    | 3     | 2,624 |         | \$320    |

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

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## Carrot Souffle

Steam or boil carrots - drain-transfer to mixing bowl while still warm

Add sugar, baking powder, & vanilla . Beat with mixer until smooth.

Add flour - mix well. Add whipped eggs - beat well.

Add butter - beat well

Pour into 2 quart baking dish

Bake 350 degree 1 hour until top is lightly golden brown

Sprinkle lightly with powdered sugar over top before serving.

1 3/4 LB CARROTS CHOPPED  
1 C SUGAR  
1 1/2 T BAKING POWDER  
1 1/2 VANILLA  
2 T FLOUR  
3 EGGS BEATEN  
1 SICK BUTTER ( ROOM TEMP)  
POWDERED SUGAR



fundraiser



# MARTINIS & MATISSE

JANUARY 18TH, 2020 • 7 PM- 10 pm

## *Benefiting The Clearwater Free Clinic*

Martinis & Matisse will be held on **Saturday, January 18, 2020**, at the stunning FrankCrum building in Clearwater. Gracious hosts Frank & Brenda Crum will join with Honorary Chairs Sandra Nesbit & Greg Willsey and Featured Artist Kelly Nash to present a wildly unforgettable evening, all for the benefit of the Clearwater Free Clinic and its programs serving low-income, uninsured families in Pinellas County.

The continued success of this fundraising event that draws 800 attendees is largely to thank for the Clinic's dedicated service to this community for the past 42 years. Sponsors, donors, and guests can feel good about enjoying this indulgent evening that boasts lottery-style drawings of donated artwork from local and national talent, tasty martinis and libations for sipping, and delicacies from your

favorite chefs in Tampa Bay to delight even the most discerning of palettes! The only thing that feels better than taking home a new beautiful piece of art at the end of the evening is knowing that in doing so, you have helped to build a healthier community.

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