

November 2021

Harbor Bluffs

A Social Publication for
the Residents of Harbor Bluffs

Living

***Happy
Holidays***

**meet our
Trusted Beauty
LEADERS!**

**Get Your *Holiday Glam*
on With Our Experts!**

Photography by **Green Pearl Photography**





annual hbl/hoa
pre-holiday event
and toy drive

Party in the Park on Harborview Lane

**Saturday,
November 13th,
7-10 pm**

You NEVER want to miss out on the BEST event
of the YEAR!

HBL magazine and The HOA team up together to
give the residents the best party of the year!

Date: Saturday, November 13th

Time: 7-10 pm

***Location: Harbor Bluffs Park on
Harborview Lane***

This is truly like a Hallmark Movie Moment
– kids running and dancing, neighbors laugh-
ing, eating, drinking, socializing –puppies
everywhere!

Come out for a special evening with live music,
complimentary food, BYOB, and chairs!

Come meet your *HBL* Sponsors and visit them at
their vendor tents-giveaways, raffles, and more!

Please help us fill the Hands Across the Bay
– “Kindness Warrior” van with toys for kids and
teens for the Holidays!

Any questions, please call Devin
at **727-657-9615**.





community event

NOVEMBER
19-21, 2021

31st Annual SUNCOAST Jazz FESTIVAL

The 31st Annual Suncoast Jazz Festival is a three day and night celebration of jazz in its many forms.

Traditional, Dixieland, Bossa Nova, Jazz Samba, Swing, Brazilian, Acoustical, Blues, and more.

Held in five different venues in the Sheraton Sand Key Resort and the Marriott Suites on Sand Key, Clearwater Beach, 80+ musicians gather to perform together, individually, and in unscripted jam sessions in the Lounge. New artists, local and international, as well as legends like John Lamb (Duke Ellington Bass player); Dick Hyman, pianist; and The Brubeck Brothers Quartet (sons of legend Dave Brubeck and fabulous musicians in their own right).

On Friday night three different swing bands will play in one venue for our Swing Dance Night. The Brubeck Brothers will teach a masterclass on Saturday and Dave Bennet will hold a Gospel Jazz Session on Sunday morning.

VIP ticket holders and sponsors can enjoy a special VIP evening on Thursday night to kick off the festival.

Tickets and sponsorships are available by phone (727) 248-9441 or online at www.SuncoastJazzFestival.com



www.n2pub.com

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TRAVEL



Susan Brown
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516-903-6460

IMPORTANT PHONE NUMBERS

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(727) 442-4128 Domestic Violence Hotline
(800) 222-1222 Poison Control Hotline

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(727) 585-4379 Crime Watch Leader Darlene Sheets
(727) 582-6200 Suspicious Activity
(727) 584-6695 HOA - Professional Condo Concepts
Nikki McConnell
2181 Indian Rocks Road S. Suite #1
Largo, FL. 33774

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(855) 222-0102 Spectrum - Cable/Internet/Phone
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(727) 898-7451 Johns Hopkins All Childrens Hospital

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All photos courtesy of Dr. Joseph Fitzgerald



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Before



60 Days After
One CoolSculpting Session
30 Days Until Final Results!



Before



90 Days After
One CoolSculpting Session



Before



90 Days After One
CoolSculpting Session

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around town

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Oct 30-Oct 31 10am-5pm

Fall Outdoor Market-30 Vendors, Food, Music, and Drinks
Coastal Market 607



607 Clearwater Largo Rd. North, Largo



Oct 29-Nov 7 at 8:00 PM

NUNSENSE A-MEN!

Central Park Performing Arts Center (CPPAC)

Wed, Nov 3, 2021, at 8:00 PM

Mat Kearney

BILHEIMER CAPITOL THEA

Thu, Nov 4, 2021, at 7:00 PM

Jackie Evancho

BILHEIMER CAPITOL THEATRE

Fri, Nov 5, 2021, at 7:30 PM

Brian Culbertson

BILHEIMER CAPITOL THEATRE

Sat, Nov 6, 2021, at 8:00 PM

Terrence K Williams

BILHEIMER CAPITOL THEATRE

Tue, Nov 9, 2021, at 8:00 PM

Melissa Etheridge

RUTH ECKERD HALL

Wed, Nov 10, 2021, at 6:30 PM

Carrabba's and HBL Four-Course Wine Dinner

RSVP 727-712-0844 – see full article

Wed, Nov 10, 2021, at 7:00 PM

Trey Kennedy

REH

Wed, Nov 10, 2021, at 8:00 PM

Bruce Hornsby

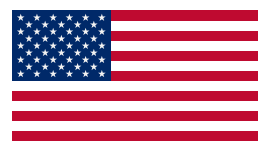
BILHEIMER CAPITOL THEATRE

Thu, Nov 11, 2021, at 6-10 PM

Veterans Day Celebration

**50% off all drinks for all Veterans,
military stories, singing, and food
Pour Yours**

522 Cleveland St Clearwater



Thu, Nov 11, 2021, at 8:00 PM

Stephen Lynch

BILHEIMER CAPITOL THEATRE

Thu, Nov 11, 2021, at 8:00 PM

Gin Blossoms

REH ON THE ROAD

Fri, Nov 12, 2021, 8PM

AN EVENING WITH JD SOUTHER

Central Park Performing Arts Center

Sat, Nov 13, 2021, at 7-10 PM

HBL/HOA PARTY IN THE PARK

HARBORVIEW LANE

Sat, Nov 13, 2021, at 8:00 PM

TITO PUENTE JR.

Central Park Performing Arts Center

Sat, Nov 13, 2021, at 8:00 PM

Greg Billings Band Final Show

RUTH ECKERD HALL

Sat, Nov 13, 2021, at 8:00 PM

Steep Canyon Rangers

BILHEIMER CAPITOL THEATRE

Sun, Nov 14, 2021, at 8:00 PM

Air Supply

RUTH ECKERD HALL

Tue, Nov 16, 2021, at 7:30 PM

Tedeschi Trucks Band

RUTH ECKERD HALL

Wed, Nov 17 at 7:30 PM

& Nov 18 at 7:30pm

THE KLEZMATICS

HAPPY JOYOUS

HANUKKAH CELEBRATION

Central Park Performing Arts Center

Wed, Nov 17, 2021, at 7:00 PM

Neil Berg 50 Years of Rock IV

RUTH ECKERD HALL

Fri, Nov 19-Sun, Nov 21

Suncoast Jazz Festival

Sheraton Sand Key Resort-Clearwater

Fri, Nov 19, 2021, at 8:00 PM

Rick Wakeman

BILHEIMER CAPITOL THEATRE

Sat, Nov 20, 2021, at 7:30 PM

John Mayall

BILHEIMER CAPITOL THEATRE

Sat, Nov 20, 2021, at 8:00 PM

Gipsy Kings

RUTH ECKERD HALL

Sun, Nov 21, at 7:00 PM

SARA GAZAREK-Grammy Winner

Jazz Specialist

Central Park Performing Arts Center

Sun, Nov 21, 2021, at 7:00 PM

Mannheim Steamroller

RUTH ECKERD HALL

Sat, Nov 27, 2021, at 8:00 PM

Dave Koz & Friends Christmas

RUTH ECKERD HALL

Sun, Nov 28, 2021, at 7:00 PM

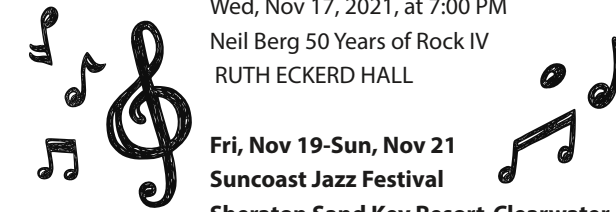
Celtic Angels Christmas

BILHEIMER CAPITOL THEATRE

Tue, Nov 30, 2021, at 7:00 PM

A Christmas Carol

RUTH ECKERD HALL



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Julie & Megan

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We teamed up years ago so that YOU would benefit from our knowledge of the neighborhood.
We have both lived here since the 1990's and we know the history of most of the homes here.
We have sold some of them several times!



**We Are Grateful, Joyful and
Thankful for Harbor Bluffs
and our Neighborhood Family.**

Megan & Julie

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Fall is Here

Which Means it is Time
for Our HBL/HOA Party in the Park and Toy Drive!




November 13th at 7-10pm – In the HB Park on Harborview Lane



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publisher's note

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HAPPY HOLIDAY SEASON!
HAPPY VETERANS DAY AND THANK YOU
SO MUCH FOR YOUR SERVICE!

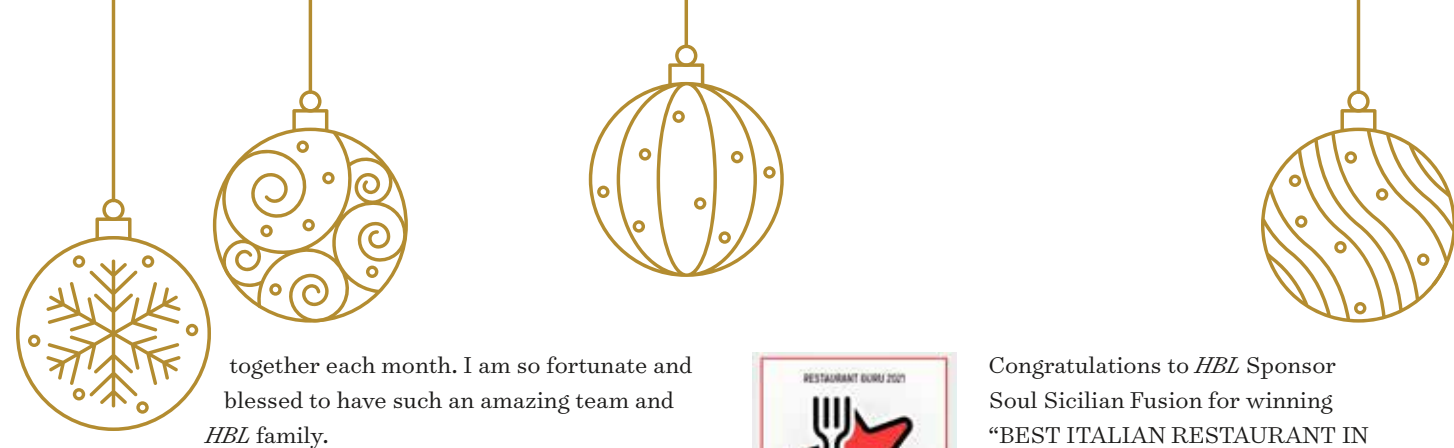
*See Around Town for Special Veteran's Events on
Nov 10th at Carrabba's and Nov 11th at Pour Yours!*

*We hope you enjoy our Special Edition of HBL—**Trusted Beauty Leaders**—which is an introduction to all the local business owners that want to help you get your Holiday Glam on!*

Our Beauty Leaders can help you with your hair, nails, spray tan, skin care, and even hair loss! Look for their special deals just for our readers.

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.

And 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.

Happy Thanksgiving to you and your families! We would love to see your Holiday pictures; please send them to me at Devin.pappas@N2pub.com.

‘Tis the season to support and shop local.

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

As you have heard me say before: HBL only partners with the best business owners. Marc and I would not just introduce you to anyone; we are very selective.

All business owners must come to us by referral and/or we have used and vetted them ourselves. You will see they have 4-to-5 star reviews and have won local business “Best Of” awards within our community! We are super proud of our HBL Sponsors and hope you will call them and use their services (if you don’t already)! Feel free to call me personally about any of our business partners, my number is **727-657-9615**.

All our HBL Sponsors care about their customers, their team, other business owners, and our community. Total win for everyone!



Congratulations to HBL Sponsor Soul Sicilian Fusion for winning “BEST ITALIAN RESTAURANT IN CLEARWATER” -see their ad for location!

We are looking forward to a great Holiday Season with everyone, starting November 13th with our annual “Party in the Park”- bring the kids, pets, and friends-fun for everyone.



Please find it in your heart to bring an unwrapped toy for Hands Across the Bay's annual HBL toy drive- you will see their yellow “Kindness Warrior Van” parked at the park during this event. (PS when shopping for this

drive, please don't forget about the teenagers)



Happy Holidays,
Devin




323 Photography Studio



let me help you
capture the
moments that
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breathless.



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We are extra **THANKFUL** for these

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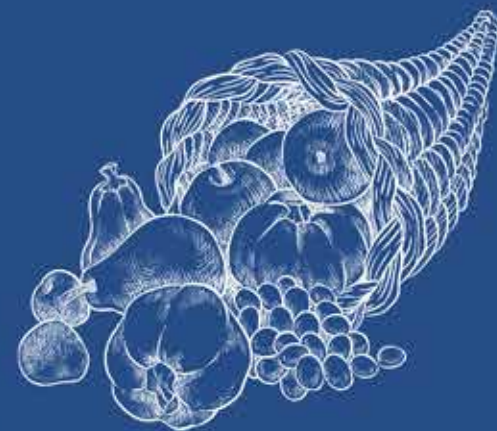
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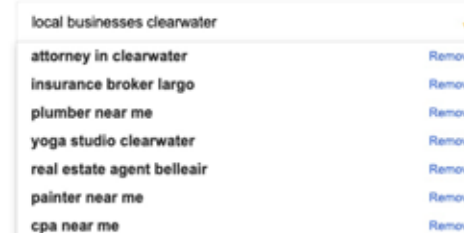
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HBL Would Like To
Thank All Our
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WE APPRECIATE
YOU!



Many of you know **Asher Ballew** from being a dedicated partner with the **Munyan Painting and Restoration** Team. Maybe, you see him riding his golf cart with his wife, **Jessica**, and their three beautiful daughters through the streets of Harbor Bluffs?

Did you know that Asher received a purple heart in the U.S. Army along with several other medals?

Here is a short write-up on one of our local heroes and Veterans, *Asher Ballew-of Crestwood Lane.*

Major Asher Ballew received his commission as a Second Lieutenant in the United States Army from Marion Military Institute in May 2005.

His first assignment was with the 3rd Battalion, 124th Infantry regiment in the Florida National Guard where he served as a Rifle Platoon Leader in Alpha Company from May 2005 until September 2007. Asher graduated from Florida State University in September 2007 and started his active duty service. He then received orders to attend Armor Officer Basic Course at Fort Knox, KY.

After the completion of the Basic course, Asher’s first active duty assignment was with the 3rd Squadron, 71st Cavalry Regiment “The Tank Destroyers” 3rd IBCT, 10th Mountain Infantry Division at Fort Drum, NY. While there, he served as a Scout Platoon Leader in Charlie Troop. During deployment, he continued to serve as a Platoon Leader and as the project and local development officer. While assigned to 3-71 CAV he deployed to Logar Province in Eastern Afghanistan in support of Operation Enduring Freedom from 2009-2010.

In 2010 Asher attended the Infantry Captains’ Career Course and was assigned to the 5th Battlefield Coordination Detachment (BCD), under United States Army Pacific Command. While assigned to the 5th BCD he served as a Ground Liaison Officer to the United States Air Force, 35th Fighter Wing out of Misawa, Japan. There he served as the senior Army advisor to the Wing Commander and Air to Ground Integration subject matter expert. While assigned to the 5th BCD, he deployed to Afghanistan in support of Operation Enduring Freedom from 2012-2013. Upon returning from Afghanistan in April 2013, Asher was assigned to 2nd Squadron, 14th Cavalry Regiment “Strike Horse” as the Commander of Battle Company, 52nd Infantry Regiment. After successfully commanding Battle Company, he was awarded a second command as the Sarasota recruiting Company commander.

After completing his second command, Asher served as the operation officer (S3) for the Tampa Recruiting Battalion (TRB) from 2016-2019. As the S3, he led several successful major recruiting operations which led the TRB from going from the last in the division to the top three. After completing his tour as the S3, he was selected for the career skills program (CSP) by his battalion commander. Under the CSP he conducted six months of training with the industry prior to his departure from active duty.

Asher is a graduate of Marion Military Institute, where he received an Associate in Arts. He continued his education at Florida State University, where he received a Political Science degree. His military education includes the Armor Officer Basic Course, Scout Leader Course, Airborne School, Maneuver Captain Career Course, Air Assault School, and several other joint training courses.

His awards and decorations include the Bronze Star Medal (2), Purple Heart, Meritorious Service Medal (3), Army Commendation Medal, National Defense Service Medal, Afghanistan Campaign Medal, Global War on Terrorism Service Ribbon, Army Service Ribbon, Overseas Service Ribbon (3), NATO Medal, Navy and Marine Corps Achievement Medal, Sea Service Deployment Ribbon, Combat Action Badge, Parachutist Badge, and the Air Assault Badge.

Asher is married to the former Jessica Ann Crowe of Clearwater, Florida. They have three girls, Eden (5), Everly (2), and Emerson (2).

Thank you, Asher and the rest of our veteran neighbors, for serving our country!





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CENTRAL PARK PERFORMING ARTS CENTER 2021 - 2022 SEASON AT A GLANCE

25th Anniversary Season

An Evening with JD Souther	Fri, Nov 12	\$24.50—\$39.50
Tito Puente Jr.	Sat, Nov 13	\$24.50—\$39.50
The Klezmatics	Nov 17 & 18	\$29.50
Sara Gazarek	Sun, Nov 21	\$19.50
A Big Band Christmas	Sun, Dec 12	\$19.50—\$34.50
Jethro Tull's Martin Barre Band	Jan 13 & 14	\$34.50—\$49.50
An Evening with Jimmy Webb	Sat, Jan 15	\$29.50—\$44.50
The Machine performs Pink Floyd	Sun, Jan 16	\$29.50—\$44.50
Michael Winslow w/ Marc "Skippy" Price	Fri, Jan 21	\$24.50—\$39.50
Bobby Collins w/ Mark Riccadonna	Sat, Jan 29	\$29.50—\$44.50
The New Shanghai Circus	Sat, Feb 5	\$24.50—\$39.50
Cross That River	Sun, Feb 6	\$9.50—\$24.50
Joanne Shaw Taylor	Thu, Feb 10	\$14.50—\$29.50
Heart by Heart	Fri, Feb 11	\$19.50—\$34.50
José Feliciano	Fri, Feb 18	\$44.50—\$59.50
The Manhattan Transfer	Sat, Mar 26	\$39.50—\$54.50
Carpenters Tribute Concert	Sun, Mar 27	\$24.50—\$39.50
Shaun Hopper Trio	Fri, Apr 29	\$14.50—\$29.50
Project: The ULT Prog Rock All Star Band	Sat, Apr 30	\$29.50—\$44.50
Christie Lenée	Fri, Jun 3	\$14.50—\$29.50
Little Black Dress the Musical	Jun 4 & 5	\$29.50—\$44.50

CPPAC CHILDREN'S EDUCATIONAL SERIES

Santa's Holiday Revue	Sat, Dec 11	\$8.50
Elf the Musical, Jr.	Sat, Dec 18	\$8.50
Elf the Musical, Jr.	Sun, Dec 19	\$8.50
Pinkalicious	Sat, Feb 19	\$8.50
Charlotte's Web	Sat, Apr 30	\$8.50



Central Park Performing Arts Center

105 Central Park Dr. Largo, FL 33771
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CONTACT US : 727.587.6793



Text **CPPAC** to **727.220.5959** to receive exclusive event updates, announcements & ticketing offers including pre-sale access & discount\$.

The Cultured Pumpkin smoothie

Take a Cultured Cooking Class
RIGHT HERE in Harbor Bluffs – Read On!



resident recipe | By Jenifer Ries

Hi, my name is Jenifer Ries, a Harbor Bluffs resident for almost 25 years.

I started In Living Culture as a blog and a website to help get the word out about how regenerative the human body is when we live symbiotically with the microorganisms that heal us.

I am passionate about the healing powers cultured foods possess. I teach a series of “Cultured Classes” to help those who want to learn how to make these powerful foods. Please visit <https://www.inlivingculture.com/> for more information or email me at jenifer@inlivingculture.com for a class schedule.

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 the 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:

Real 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 of 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 skincare items. It's even better for your skin if you get it through your diet! This is found in pumpkin and along with vitamin A can really help your skin look and feel younger.

Homemade Kefir - *The Probiotics Powerhouse!*

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 bioavailable 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](https://www.inlivingculture.com) or email me at jenifer@inlivingculture.com. I teach classes right in Harbor Bluffs, on how to make cultured foods and include the cultures and recipes to get you started on your probiotic journey.

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
1 Cup Ice
Cinnamon for garnish

If you would like to learn more about the healing powers of cultured foods, please visit **InLivingCulture.com** and sign up for the Free Weekly Newsletter. Cultured (or fermented) foods are incredible healers. I am living proof that when we live symbiotically with the beneficial microbes that heal us, we can thrive at any age!

Culturally Yours,
Jenifer Ries

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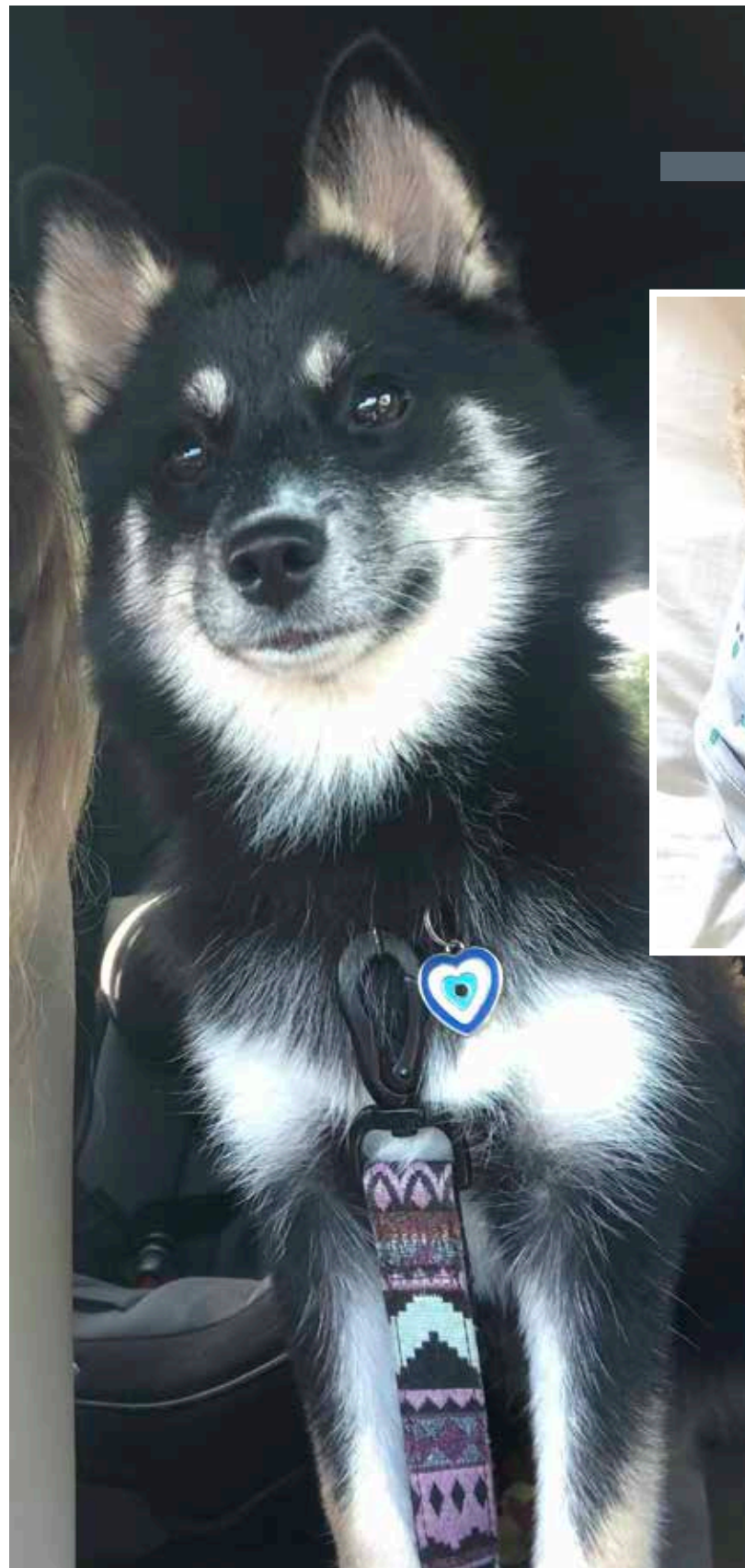
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Hi! My name is: Nala
My mom and Dad's names are: Mike and Amy
My nickname/nicknames is/are: Nally Bally, Bala, Nala Coco, Rascal, and Houdini

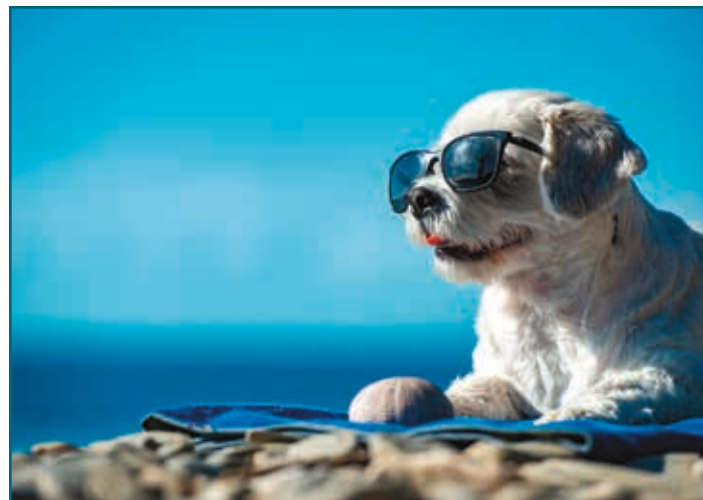
My breed is: Pomsy (Pomeranian and Husky)
My age is: 6 months
My favorite human food are: Chicken, cucumbers, and apples

My biggest fear is: I have no fears!
My favorite thing to do is: Run and play fetch!

My favorite toy is: Rope
What I hate most is: Being put outside

Where do I sleep? In a crate

Do I love car rides? Yes!
My favorite place to drive to is: Anywhere the kids are going



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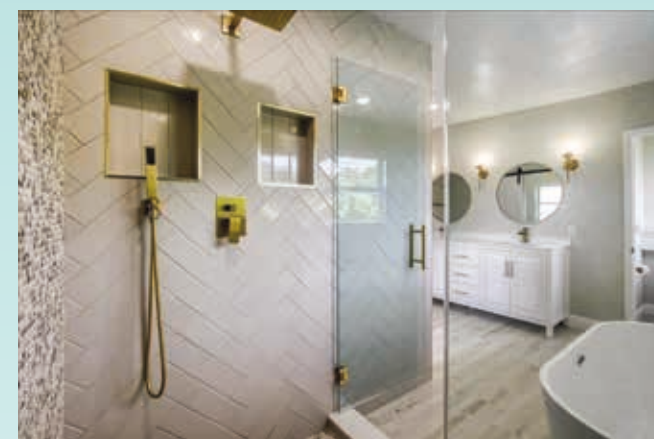
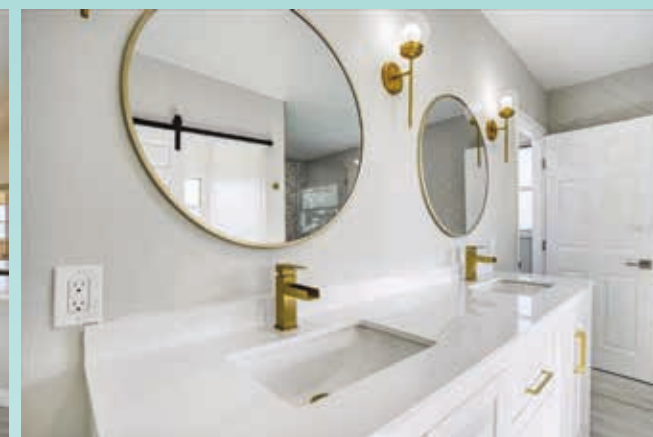


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Cleveland Street in Downtown Clearwater – Known as **The District of Clearwater** – traveled back to the 1980s!

A Huge Shout Out to **Matthew Haghighi Artist** for bringing back The Breakfast Club, Beetlejuice, Raiders of the Lost Ark, Miami Vice, and more for one night!

The 1980s decor in the new “VIP HBL Section” in-between Pour Yours and Souls Sicilian Fusion was radical, totally narly, and way cool!

The valley girls threw on their leg warmers, grabbed their favorite scrunchie, and motored to the streets!

Enjoy the pictures and thank you to all that made this totally awesome!



Looking to meet new friends and have a blast? Join HBL's Monthly Neighbor's Night Out Events! Follow us on Instagram, Facebook, or contact Devin at 727-657-9615.

DISCLAIMER: The business reviewed in this section provided products and/or services free of charge in exchange for this review.

THE '80S NEVER DIE

– **DANCING** in the **District Streets Party** Was a Hit!

neighbor's night out recap

Follow *Harbor Bluffs Living* on Facebook and Join All Our Fun Events!



Before the party – Artist Matt Haghighi converted this outdoor area in between Pjur Yours and Soul Sicilian Fusion into an '80s Flashback VIP section!



Sebastian-The Owner of Pour Yours-hanging HBL Banner before the party



Madonna and WHO? Is it Richard Simmons or John McEnroe? What is your guess?





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PHOTOGRAPHY

behind the scenes

Whether you have black tie events or you're throwing on your casual clothing and heading Holiday shopping or viewing the lights-we all like a little extra pampering this time of the year! (and need it)

HBL decided to help you achieve this by personally introducing you to our Beauty Leaders/Business Owners.

These fabulous ladies will help you with a new hairstyle or color, hair extensions, eyelashes, skin care, hair growth, mobile spray tanning, nails, massage, vegan makeup, new holiday outfits, and more.

Looking for an awesome photographer this Holiday season? Call Greta Green-owner of Green Pearl Photography at **727-239-6904** or visit **greenpearlphotography.com**.

We hope you enjoy this special edition of *HBL* and Happy Holidays!



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Marcy Yauchler is the owner of Why Fry? Mobile Spray Tanning.

Her business has been serving the Tampa Bay area for more than 13 years!

As a teenager, Marcy was a competitor water skier. She spent long hours in the sun in the ‘70s and ‘80s prior to the mass production and availability of broad-spectrum sunscreens. In 2004, she was diagnosed with Melanoma after her massage therapist noticed a strange mole on her back.

Marcy immediately stopped spending time in the sun and started getting spray tans. There were many things she didn’t like about them, though—so she went away to get master-certified in spray tanning and began to offer it at the gym she owned at the time.

In 2008, Marcy was in the middle of a divorce and had her gym listed for sale. It was time for a fresh start. She was at a stoplight one day and saw a dog-grooming van drive by. She thought *I’ve got it!* and set out to find her first van and have it custom-built for spray tanning. It was tough in the beginning—especially with two teenage sons at home—but after a couple of years, her business began to explode.

She is now on her third van! You won’t see the bikini-splashed shuttle busses anymore; the current van is just plain white. (Perfect for your privacy.) She listened to customers’ feedback and addressed that and all other concerns clients have had in the past.

Marcy is very passionate about what she does. Besides paying it forward by looking out for any suspicious moles, Marcy comes to you in the van.

The process is very convenient and self-contained, so she can meet you anywhere in the Tampa Bay area. Even the grocery store!

The ventilation is superior. The inside of the van is super-clean, you’re always standing on a fresh towel, and Marcy goes above and beyond to prep your skin prior to your tan. Of course, you’ll get a wipe for your palms and nails afterward. Her tans take 15 minutes from start to finish—and that includes her drying you.

Marcy also offers a self-tanning mousse and an anti-aging moisturizer that adds just a little color each time it’s applied.

All of her solutions are organic, gluten-free, nut-allergy-free, and vegan. They are also made locally to her exact specifications. Her tans last 7-to-10 days on average and look very natural.

You can’t help feeling special and glowy with a Why Fry? spray tan. If you are looking to get pampered for your next event or just to have a safe, natural-looking glow, call (727) 638-0994 to make your appointment.





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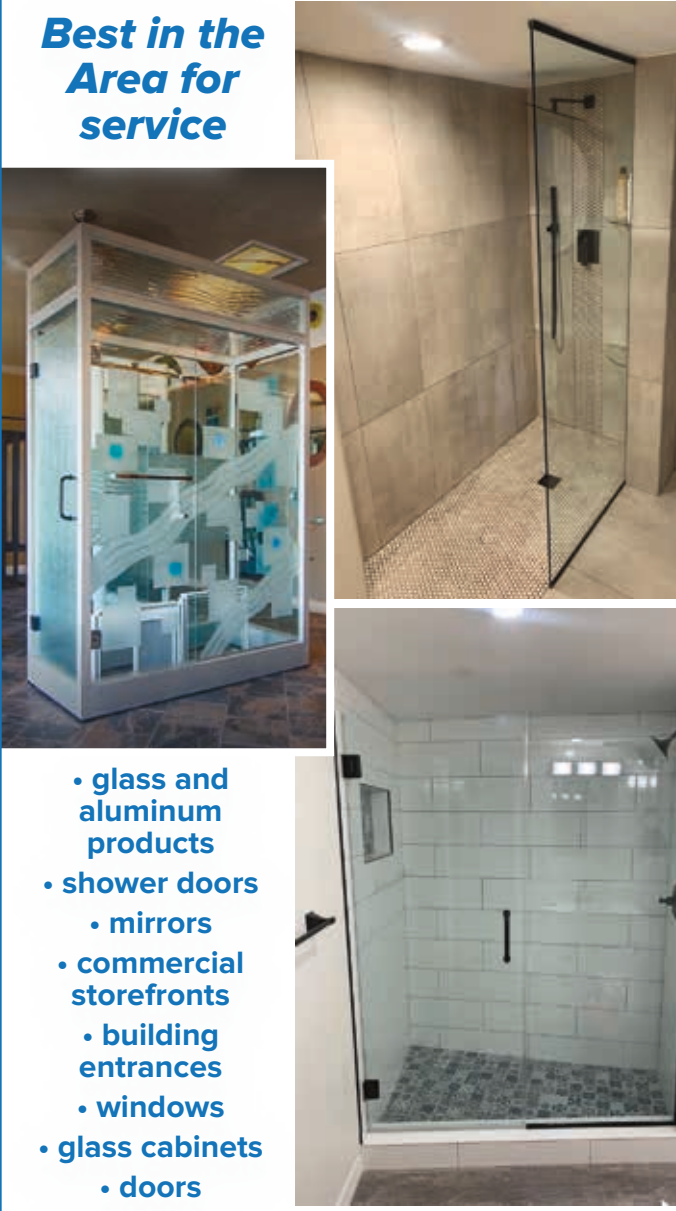
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Kasia Chrzanowski immigrated from Poland 16 years ago, where she studied journalism. Her career in service began in her early 20s when, alongside her husband, she owned and managed a restaurant business in Brooklyn, NY.

Kasia has always had a passion for beauty and, after finishing Christine Valmy International School for Esthetics in New York—one of the most prestigious esthetics schools—Kasia worked at a Medical Spa in NYC. There, she provided beauty services to local celebrities and movie directors.

After selling the restaurant business and moving to Florida, Kasia started her own beauty adventure: ***Eyelash and Skin Boutique***. The Largo business was growing fast until the COVID-19 outbreak in 2020 brought unexpected challenges to the beauty industry. But Eyelash and Skin Boutique survived—and is ready to beautify you!

“We are very fortunate we got to survive this difficult time and still can serve the community,” said Kasia.

Eyelash and Skin Boutique specializes in eyelash extensions, lash lifts, chemical peels, and natural/organic skin care. Kasia’s mission is to provide a professional, tailored experience for each individual—you can be sure your lashes (or any treatment) will fit your specific features and desired look.

Can you imagine waking up to thicker, longer, and darker lashes? The process shortens your makeup routine and you can wake up mascara-free, with healthy glowing skin every morning. **The Eyelash and Skin Boutique** team evaluates every client’s needs and adapts each treatment to address unique wants, needs, and concerns. They hope to see you soon!

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Your Skin with Me!

I am Martha Ross, owner and solo aesthetician of R5 Skinworks.

The five Rs stand for: Renew, Refresh, Restore, Rejuvenate and Revitalize (your skin). It is a holistic/natural approach to repair your skin—with lasting results. I'm clinically/oncology trained and use my expertise and passion to give my clients the best possible services. All treatments are customized to the client's specific needs and challenges.

A little bit about me: I was born in St. Petersburg, attended College in Ocala, and have been married for 32 years. I have one daughter and two grandchildren; God and family mean everything to me.

I retired from Honeywell after 30 years as a Program Manager. My business, R5 Skinworks, also offers outside services, including Spa Parties that teaches skin regimen at resorts and homes, and the De-Stress Program for businesses. Moffitt Cancer Center, All Children's Hospital, Lockheed Martin, and Honeywell are a few of the businesses I've visited, along with banks, and schools. I teach de-stressing techniques that help increase overall wellness and maximize productivity.

My passion is to transform your skin. I am able to choose the specific products and services I offer at my studio.

Giving my clients the time they need is my highest priority; quality is SO much more important than quantity.

Clients don't always want surgical downtime and associated expenses. R5 is the non-surgical, holistic option for improving your skin and appearance! I strive to find the best skincare products—pharmaceutical grade—to provide the best results at R5 Skinworks. Here's what you need to know about me, my business, and what I offer:

The Lift Kit: Rebuilds sagging skin, relaxes muscles to minimize lines and wrinkles, repairs thin skin around the eyes, and provides energy to cells to naturally speed up the turnover process. Peptides work at the cellular level to naturally repair skin.

Corrective Facial Massage: I use massage to balance, relax, and tone muscles in the face, depending on what is needed where. This type of facial is also used to improve lymphatic drainage and to remove puffiness associated with fluid retention. As a result, it restores elasticity. Corrective facial massages are typically performed in a series.

Advanced Treatments: Get a post-treatment made from umbilical cord lining media (CLCM), providing Stem Cells for a faster recovery. They can also be used at home.

Deep Cleansing/Purifying Facials: These are very popular and consist of oxygen treatments, which are great for every skin type.

I Support: Fundraising, Vendor Events, Spa Parties, De-Stress Programs, and Services. I am very proud of and I love what I do. I am passionate about helping others and dedicated to helping my clients love the skin they are in.

First-timers receive a free consultation and a 15% discount. Holiday discounts include 15% on everything over \$125 through December 2021!

Martha Ross – Owner and Aesthetician
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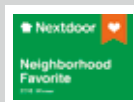
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Charity	HOPE VILLAGES OF AMERICA	Hope Villages of America	Faces of Domestic Violence - The Shawna Katz Story.	
Beauty	EYELASH & SKIN BOUTIQUE	Eyelash and Skin Boutique	See these beauty experts transform short lashes to long and lush.	
Painting	MUNYAN	Munyan Painting roofing and restoration	Their mission is to make perfect paint jobs possible.	

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Operations Managing & Marketing Director**

As Managing Director of Operations and Marketing for FLÖK, **Lule** is the heartbeat of the well-known Clearwater hair salon. Preparing weekly financials, setting salon business goals, organizing product promotions, and coordinating professional seminars are just some of her responsibilities for the vibrant company.

Lule began her career in the beauty industry while finishing her Bachelor’s degree in Supervision & Management, and has worked with executives of such prestigious companies as L’Oréal Professional, Kerastase, and Oribe to bring the industries’ top products to the clients at FLÖK.

Born in Illinois, Lule has spent much of her life in Florida and Europe and feels her many European travel experiences have broadened her concept of beauty and exposed her to inspirational international trends.

She is responsible for FLÖK’s foray into the cosmetic arena with their exciting new line of makeup—the LūLe

line, named fondly by her husband Bekim, FLÖK’s main creative Master Hair Stylist.

This sophisticated line of makeup has been formulated to enhance a woman’s natural beauty, providing a smooth, photogenic finish with natural highlighting. FLÖK’s Master team of professionals is now rounded out with Master Make-Up Stylist Lee Cullens, who provides FLÖK’s highly skilled demonstrations and applications.

Lule loves her job and loves being a Mom to her four children, ages 3-19. “I think the most difficult and most rewarding job in the world is being a parent,” she said.

With her amazing ability to wear so many different hats at FLÖK, Lule is sure to juggle family and career with the same excellence, endless energy, and love she brings to FLÖK.

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Someone asked me the other day, “Is it possible to reverse aging?” I answered very affirmatively: “Yes!”

If you would like to know how to become 15 to 20 years younger, keep reading.

My name is Elvira Wright. I am the owner of Medispa Wright Aesthetics in Clearwater. Growing up in a small town in Russia—where the government builds nuclear submarines—we were constantly exposed to high radiation.

Later, I graduated from Medical University and joined the healthcare system as a pharmacist with a high-paying but equally high-stress level job. No wonder when I checked my biological age (how old I am inside and how much my body had worn out), ***I discovered that I was 70 years old, while chronologically (by birth certificate) I was only 46 years old at that time. It was a wake-up call for me.***

Over the next 18 years, I did everything possible to undo the damage and rejuvenate myself—not only from the outside but, most importantly, on the inside as well.

I graduated as a Fellow in Anti-Aging and Regenerative Medicine from the American Academy of Anti-Aging, obtaining certification with Peptide therapy, cardiovascular intensive course, weight loss program, and hormonal adjustment courses (just to name a few).

I believe the body has tremendous power to heal itself. Instead of being a pharmacist, I became a detective looking for the causes of disease. A couple of years ago, I decided to change from the field of “Sickness Industry” to the Wellness Industry. ***I obtained my esthetician license and became a certified trichologist—a specialist in scalp and hair disorders.***

I left the hospital behind and opened my dream place, a boutique and unique medical spa, where I practice what I learned and experimented on myself. The result of my journey is remarkable: my current biological age is 54 and it keeps going in the right direction. I am getting younger and younger!

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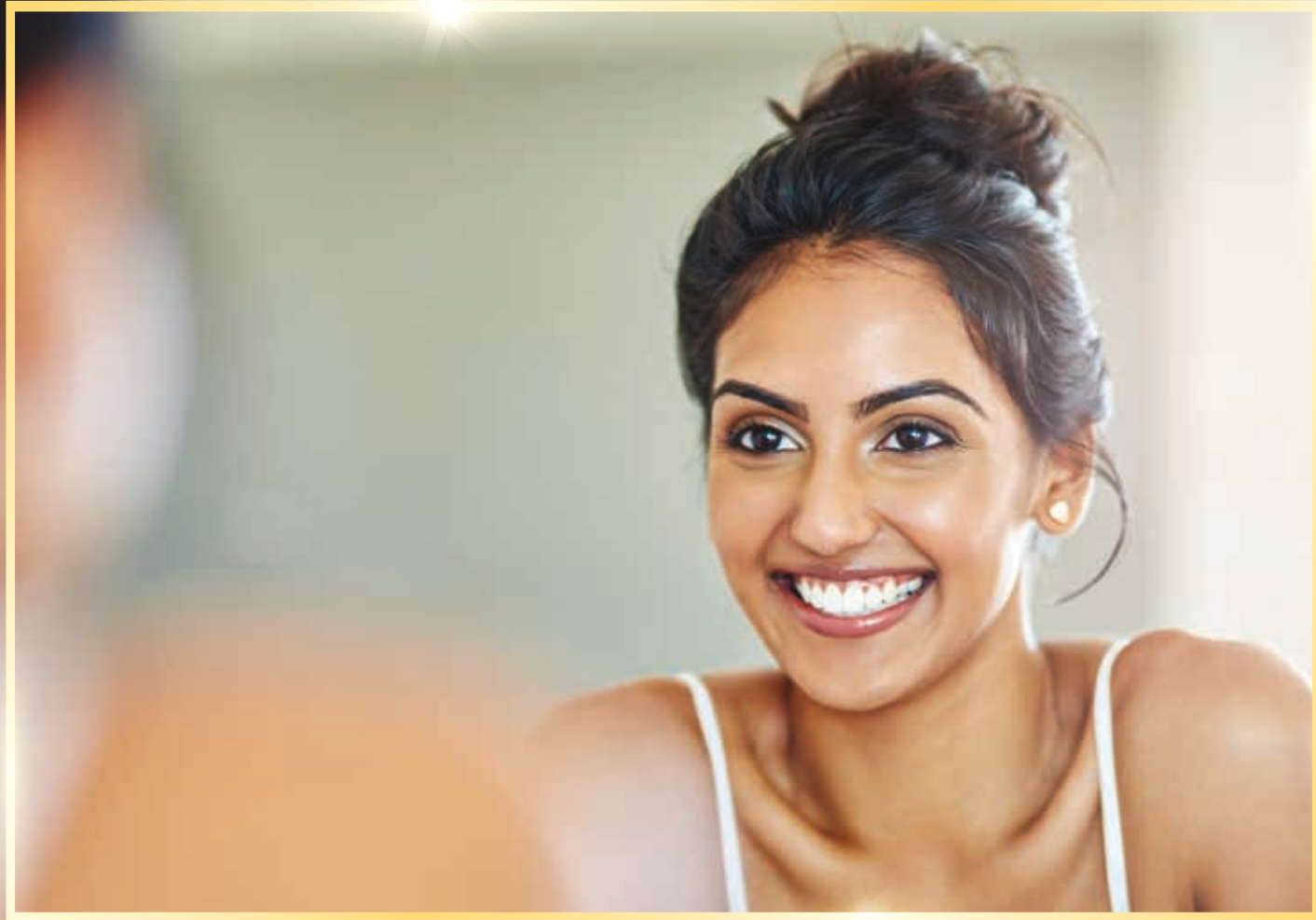
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Zelina Nilaj

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My name is Zelina and I own an online women’s boutique by the name of ZfashionBoutique. I am your neighbor and I and my family live on Live Oak Lane.

For a very long time, I wanted to open my own store where I could sell hand-picked items of great quality and style at a very reasonable price. Those that know me know that I’m a fashion lover, a mom, a wife, and a full-time Corporate Healthcare worker.

I believe every girl and woman of any age should feel classy, sexy, and feminine!

I’ve always loved wearing something new that inspires me to feel beautiful and sophisticated because I believe **“Life isn’t perfect, but your outfit can be!”**

My inventory comes from different parts of the world, including the United States. I have luxurious, custom couture dresses that I can’t wait to show to all the *HBL* ladies! I also just launched my own makeup line in June 2021.

Personally, I love how I feel when I wear something new, classy, colorful, and sexy—and I want each and every one of you ladies to feel the same!

Thank you for believing and supporting me through this journey. I can’t wait to see you in my new collection.

Follow me on Instagram @ ZfashionBoutique2021.

Z-Fashion Boutique provided the gorgeous gowns for this Trusted Beauty Leaders photoshoot!



Zelina's new vegan makeup line can be purchased at [zfashionboutique2021](#)



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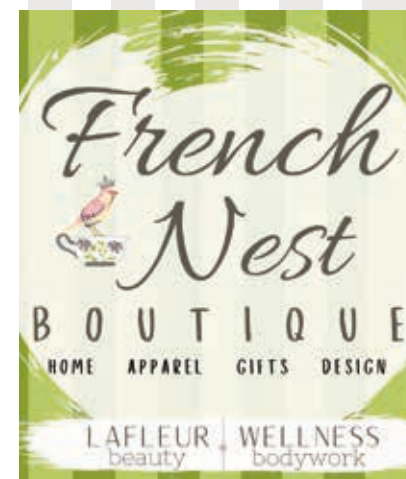
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My Name is Karen McGraw.

I am originally from Kingston, Jamaica, but have lived in the Pinellas County area for the last 31 years. I was inspired to become a stylist when I went to a salon in Palm Harbor and observed other stylists having a good time making their clients look amazing. It reminded me of all the years I spent styling people’s hair just for fun when I was growing up.

Along with being a certified Redken Master Specialist and Color Specialist, I also have other certifications, including Great Lengths Hair Extensions, American Hairlines Hair Systems, Hairuwear Wigs and Hair Pieces, Lox Hair Extensions, Babe Hair Extensions, HotHeads Hair Extensions, and Peter Coppola Keratin Systems.

I’ve had the opportunity to learn from some of the top facilitators that have done New York Fashion Week and Fashion Week in Milan—and have trained and shared secrets of high fashion runway hairstyling.

During my journey in the hair industry, I grew a clientele of busy moms, corporate executives, and business owners. What they all had in common was a lack of time.

This is when The Redington Salon and Spa in North Redington Beach was born! Now, our clients can have multiple services at the same time, all in one location.

This eliminates lengthy drives, multiple appointments, and generally makes life a little easier. The Redington Salon and Spa staffs full-time Hairstylists, Nail Technician(s), and an Esthetician and Massage Therapist.

We’re honored to have a veteran and expert staff who are not only skilled at their craft but know how to accommodate each individual client’s needs.

Our Esthetician, Kathleen, has more than 20 years of experience in the medical spa industry and advanced education in Hydrafacial treatments. She specializes in corrective skincare, relaxation, and rejuvenation.

Our Massage Therapist, Megan, has more than 15 years of experience in the holistic healing industry. She custom-tailors each massage and bodywork session to fit your needs.

Our hairstylist, Rhiannon, is a well-rounded stylist, who loves to make people’s day with just the right look. Her services include hair color, cuts, and makeup.

All of our clients can feel confident when they come into our salon. Together, we work as a team to accommodate multiple services, all in one place. We provide exceptional customer service and always put our clients first. We love to make our clients feel special and each service is an uplifting experience that will brighten days and change lives!

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One of the most pressing questions I get as a travel advisor right now is, “Can we visit Europe?” The answer is: Yes! You can visit Europe—but it will take a little more preparation and research than normal. Not all countries are open.

But with many destinations and cruise lines resuming operations, a European vacation is not only possible, I highly recommend it. The beauty of it is that Europe is currently at less than half its capacity. Museums and sightseeing spots have no lines, the air is cleaner, and the locals are ecstatic to welcome U.S. tourists back. All of this could make a trip overseas one of the best vacations you ever had.

First things first: Vaccinations are a must. Most European destinations also now require a valid PCR or antigen test taken before departure, as well as a health form submitted for each traveler.

I was fortunate to be able to visit family and friends in Germany in September—after two long years of not seeing each other! Then, I went off for a Greek Isles cruise. One of my bucket list items! Greece did not disappoint, and neither did the cruise line. As I mentioned before, most destinations and cruise ships are still way below capacity, but with all amenities open and ready to welcome you back.

Imagine walking out to the pool deck mid-morning and being able to choose from plenty of available chairs? Or walking into any of the restaurants onboard without a wait? Visiting the ancient Knossos sight, and reveling in its beauty without vying for space?

One thing that stood out to me during this Greek Isle cruise was the overwhelming feeling of being set back in time.

There is history and remnants of life thousands of years ago in every corner of the country. Immaculately painted white houses and white cobblestone streets against the glistening blue ocean and bright sunny sky make for beautiful photo opportunities.

If you like history, this is the perfect destination for you. And the Greeks are extremely hospitable and friendly hosts, welcoming each traveler to their breathtaking country. The islands are spotless. Shop owners constantly sweeping, wiping down surfaces and masks are mandatory while inside. We felt safe and well taken care of at all times.

I like to explore off the beaten path as well, so we took a couple of local trains to explore farms and villages farther from the cruise ports, and experienced the unparalleled hospitality and kindness of the Greek people.

Other stops included Rhodes, Mykonos, Olympia, and Santorini. Don’t ask me for my favorite; it’s like asking which one is your favorite child! Each destination had something to enjoy, a different vibe or sight.

If you are ready to dip your toes into international travel again, I’d be delighted to guide you!

I delight in putting together an unforgettable journey for you and your loved ones. See you in Europe!

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If you have ever met or called upon **Alycia and Paul**-you will know exactly why we are excited to introduce them to you! Please enjoy their story!

HBL-Where did you grow up/How long have you been in the area? Tell us about the events that led up to where you are now?

A: I (Alycia) was born and raised right here in the Tampa Bay area just on the other side of the bridge. Five years ago, I was commuting to Seminole, two years later I moved to this side of the bridge and have never been happier. Paul is originally from Massachusetts, as anyone who speaks with him can tell, although he has called Pinellas County and this community home for 25 years.

Paul: I moved to St. Augustine as a teenager and found my way to St. Pete. I loved the west coast beaches and the community because, as a young person, It felt like I had the best of both worlds, that small-town feel with big-city amenities.

HBL-What is your business?

A: Our business is a full-service commercial and residential plumbing and gas company, I know that sounds like a mouthful, but what that really means is we do everything from the aesthetics and fixtures that our customers can see like sinks, beautiful spa showers, faucets, all the way to the digging under a house to completely re-pipe outdated or compromised plumbing.

P: We specialize in remodels of kitchens and baths and partner with several locally known contractors on new builds. I started this company in 2014 with one van, some tools, and a lot of hustle. It took years of sowing into the community so when I did start, it was easy for my business to take off. I was already the community’s go-to plumber, everyone was calling me ‘Pauly, the plumber’ I figured **Plumbing By Paul** would be recognizable. Once Alycia joined the team, she added structure and advertising expertise, which allowed me to get out of the field and be able to work ON my business. Since then, within two years, we doubled in size and now have six vans and 12 employees covering all of Pinellas County.

HBL-What is unique about your business?

P: A lot of companies plumb, but a few things do set Plumbing by Paul apart – ***One unique thing is Alycia always trying to make “plumbing pretty”?***

A: ... And it is harder than it looks. Plumbing is a pretty “crappy” trade. I love our toilet paper gifts we give away. I think it is nice to show up at someone’s house with a little something special.

Seriously, what we do differently is we plumb with heart.

As a family-owned business, building a company that represents our hearts is more important than anything we do. To serve the community with integrity and compassion is our ultimate goal, Plumbing is just the vehicle that we use to bless our community. Our employees become a part of our family, Paul goes above and beyond to look out for the needs of his family, even before his own. We are a plumbing company that is locally loved and we love our community, that is the heart of Plumbing By Paul.

...

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

A: My advice is to always use a Licensed tradesman who has a good reputation in the community.

P: A plumbing tip would be to carry a disposal wrench under your kitchen sink just in case it gets jammed. **And our biggest tip is NO wipes down the pipes!**

HBL-What are you most proud of?

P: The culture we were able to create for our employees and customers.

We are most proud to be partners building a company that we fully believe in. Our clients know that they will be welcomed with a friendly voice on the phone, and a gift from our plumbers, and that our job isn't done until our customers are happy.

HBL-What else should we know about you?

We absolutely love being a part of *Harbor Bluffs Living*. We always look forward to attending all the great events in the "Around Town" page of the magazine! We hope to meet you at the next one!

HBL-... And we love having you as a part of our community and HBL Network!



Meet the Team of Plumbing by Paul





...

Philanthropy is a fundamental part of Plumbing By Paul. We have partnered with several organizations such as Central Park Performing Arts Center and 'Hands Across the Bay.' We are proud of sponsoring fundraising benefits to help domestic violence survivors. PBP also volunteers at Victor Newman Ministries to help feed the food-insecure families. We continually sponsor the 'ILSP emergency relief fund,' aiding the community with discounted or free plumbing services for struggling members of the community. We try to give back to our community that constantly serves us.

If you need our services please contact us at:
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Thank you,
Alycia and Paul





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neighbor's night out – november 10th at 6:30 pm



HBL and Carrabba's 4 -course *wine* dinner is Back by Popular Demand!



Gift Bags for All Veterans to Thank You for Your Service!



HBL is always having monthly "Neighbor's Night Out." Please join our fun and meet the neighbors and sponsors! Great people, food, and laughs!

Carrabba's and *HBL* invite you to attend the four-course dinner and wine pairing dinner for only \$55/person.

To thank our wonderful Veterans, we have a surprise gift bag waiting for you! Please tell your Veteran friends! We want to spoil them!

Date: November 10th

Time: 6:30 pm

Location: Carrabba's Italian Grill

2680 Gulf to Bay Blvd., Clearwater 33759

RSVP: Call 727-712-0844 and tell them you are with Harbor Bluffs Living

Check out the special *HBL* menu created by Carrabba's! It is always delicious with the perfect pairing of wines!

Our events are always posted behind the back of the front cover, in The Around Town article in every *HBL* magazine or please follow *Harbor Bluffs Living* on Instagram and Facebook.



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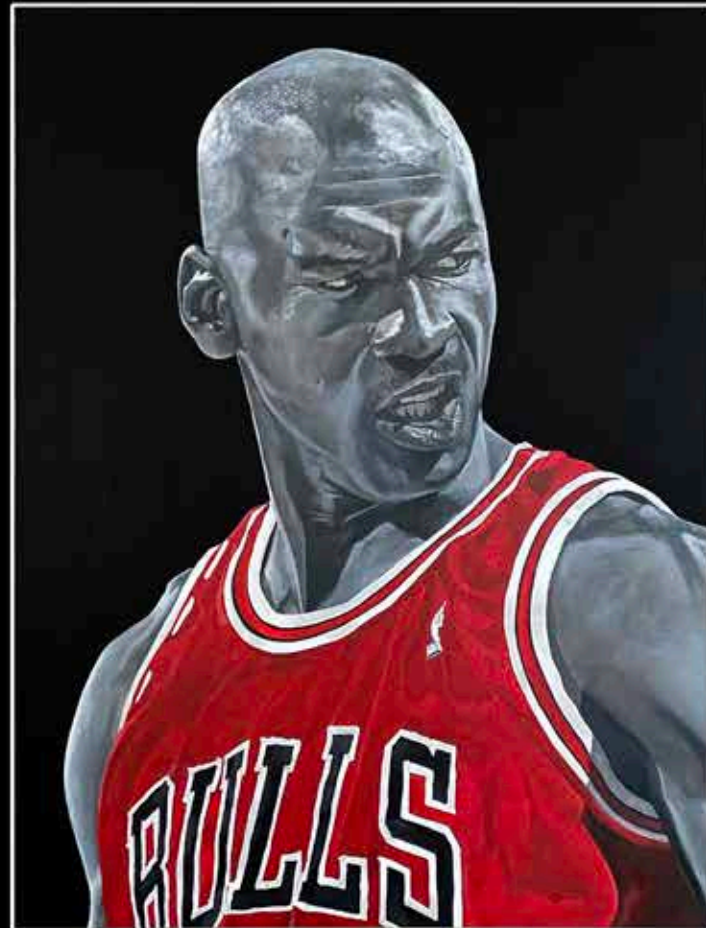


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*The Holidays are here so let's
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seasonal Social Media content!*

I am Michelle Buckland, Founder and CEO of Socialvive Marketing. I love helping my clients understand social media can be fun! I enjoy consulting and telling your story, so people know who you are & what you have to offer.

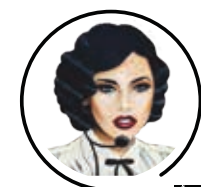


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The advertisement features a central display of fine jewelry. In the center is an open blue velvet jewelry box with a gold-colored clasp. The inside of the lid is white and features the "GOLD & DIAMOND SOURCE" logo in gold. A large, brilliant-cut emerald-cut diamond is set in a four-prong ring and sits prominently in the box. To the left of the box is a long necklace with a large, pear-shaped blue gemstone surrounded by smaller clear diamonds. To the right is another necklace with a large, rectangular emerald-cut green gemstone surrounded by smaller clear diamonds. Above the central box, the "GOLD & DIAMOND SOURCE" logo is displayed in large, elegant letters, with a registered trademark symbol. Two small inset photos show a man examining a ring and a woman smiling. At the bottom left, a white box contains the text "America's Source for Fine Jewelry™". At the bottom right, contact information and social media icons are provided.

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