

June 2020

# Harbor Bluffs

*Living*

A Social Publication for  
the Residents of Harbor Bluffs

## The Pollick *Family*

*Wish you a  
Happy Father's Day  
and Happy Summer*





neighbors' night out

# Party in the Park ON HARBOR VIEW LANE RETURNS

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May 30th from 7 pm-10 pm  
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**(800) 222-1222** Poison Control Hotline

## COMMUNITY CONTACTS

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**(727) 582-6200** Suspicious Activity  
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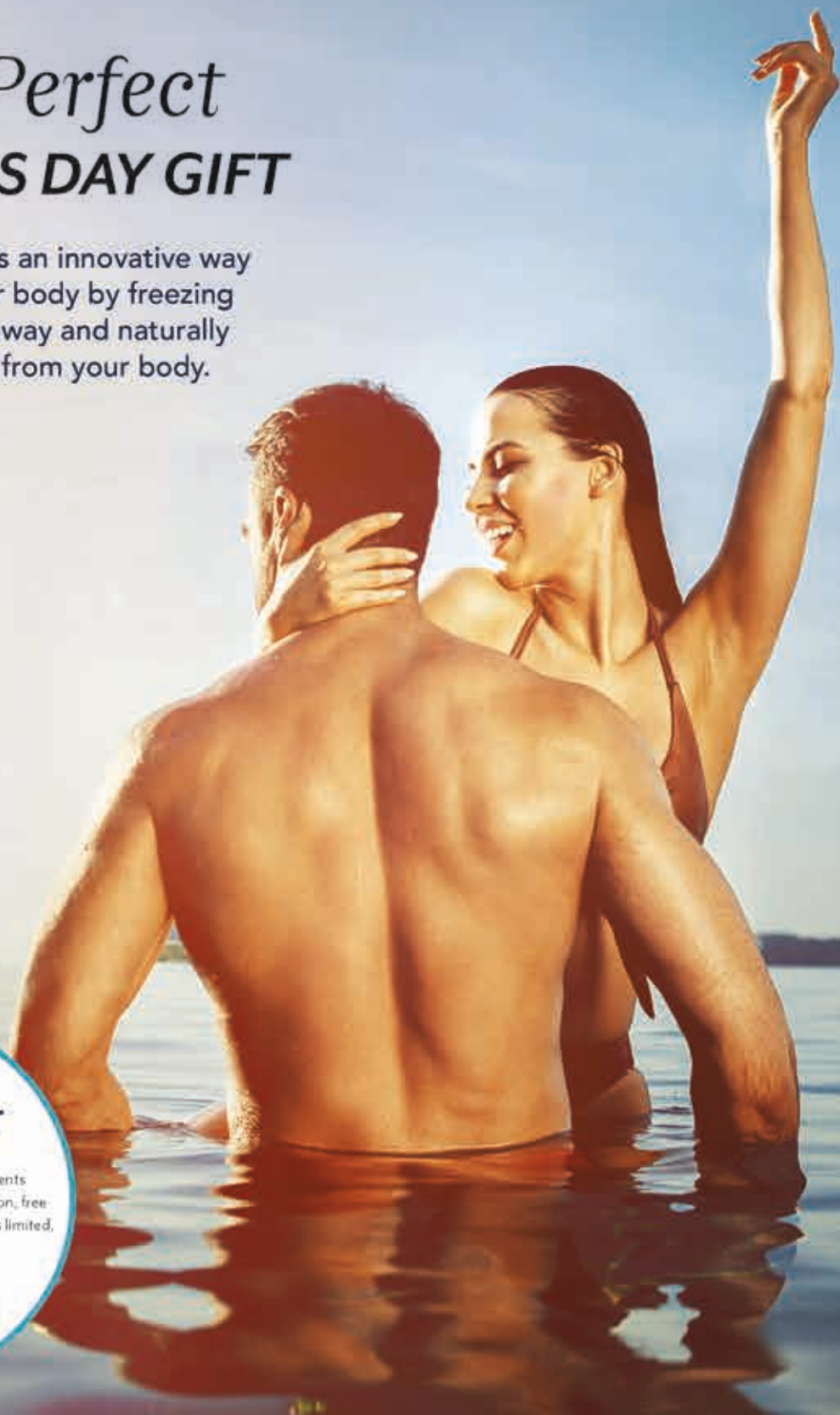
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# meet Bjorn Brunvand

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## sponsor spotlight

Bjorn Brunvand was born in Stavanger, Norway, in 1963. He grew up nearby in Randaberg, a small farming community with a population of about 4,000. His father was a local dentist and his mother was the first female mayor of his hometown. This was a safe and beautiful place to spend formative years despite the harsh climate.

In the summer of 1981, at the age of 17, Bjorn was lucky enough to arrive in Largo, Florida, to live with a new family as an AFS (American Field Services) foreign exchange student. Patricia and Jerry Dominick, as well as their youngest daughter Karen, became his American family, and remain so to this day. They lived in Harbor Bluffs, on the corner of Jacaranda Drive and Harborview Lane. He recalls waking up on day-one in Harbor Bluffs, experiencing heat and humidity that was unimaginable for a young Norwegian. His first activity that morning was to jog Harborview Lane to the Belleair Causeway, followed by a walk on the beach, a dip in the Gulf of Mexico, and his first sighting of the local dolphins swimming off Belleair Beach. While his residence in Harbor Bluffs was brief, the neighborhood remains a favorite.

At the age of 18, and only about four months after returning to Norway, his path led him back to our beautiful area. Bjorn made the permanent move to Pinellas County in December 1982. He obtained his education from St. Petersburg Junior College (St. Pete College), University of South Florida, St. Petersburg Campus, and Stetson University College of Law in Gulfport. In 1983, at the conclusion of his first year of college, and only 19 years old, he married. Over the next 14 years, the couple had three daughters together.

During the remaining college years, he worked full-time as a valet, mostly for the Wine Cellar and Lobster Pot



restaurants in Redington Beach. In March 1986, his oldest daughter, Kelsey, arrived about two months before his USF graduation. His family continued to grow, with the birth of Cara, in March 1991, and Hanne, in December 1997.

About twenty years ago, Bjorn's family doubled in size when he married his current wife, Denise, who had a daughter, Heidi, and sons Zach and Ben. The family continues to grow with grandchildren, spouses and significant others.

It was at the early age of about 14, that Bjorn realized he would become a trial attorney. The path to criminal defense was paved during his undergraduate years, while volunteering for a lawyer who represented those condemned to die. His legal career started with the Office of the Public Defender in and for the Sixth Judicial Circuit, which covers Pinellas and Pasco Counties. This gave him a solid foundation as a trial lawyer, with more jury trials under his belt during these early years than most lawyers have in their entire legal careers. Bjorn has been in private practice with his primary office in Clearwater, and a satellite office in Tampa, since December 1992.

The outdoors, from swamps to mountains to rivers and oceans, have always been a significant part of Bjorn's life, apart from being a lawyer. He loves to fish on the flats near Boca Grande, the Gulf of Mexico, the rivers of Montana and the Pacific Ocean. He



Brunvand Wise, P.A. Office. 615 Turner Street, Clearwater

also loves to travel throughout the world. A special place in his heart remains in Norway, where much of his family, including his mother, still resides and where many wonderful childhood memories will forever remain.

His hope is that you, your family members or friends, will never need his services or the services of any criminal defense lawyer.

However, Bjorn Brunvand recognizes that good people sometimes engage in behavior that is not a reflection of who they really are. Individuals are sometimes falsely accused of wrongdoings by government officials. Accidental circumstances can be misinterpreted as criminal behavior. Should this need arise for you, his firm Brunvand Wise, P.A. is best equipped to provide a defense.

A wide variety of cases are prosecuted in the criminal justice system in both state and federal courts, against individuals and corporations. The law firm founded by Bjorn has a reputation for representing individuals and corporations in both state and federal courts. While the firm is well known for handling cases involving allegations of large-scale fraud, drug trafficking, manslaughter and murder, just to mention a few, Bjorn recognizes that to the individual or organization, facing any criminal charge is one of the most traumatic events of a life.

Some of the highlights of his career include the acquittal of a Russian Captain charged with being part of a drug conspiracy



Bjorn with his family.



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...

and being in possession of 3.5 metric tons of cocaine. Bjorn was also able to set the foundation for acquittals in the appellate courts for three clients originally convicted of murder. Two of the clients were sentenced to death and one to life in prison, prior to their acquittal and release. However, the most rewarding aspects of his career have been to be part of the joy surrounding satisfied clients and their families, as well as witnessing their success in life.

**NOTE:** The office remains open during these very difficult times facing the COVID-19 virus. Video conferencing is available for those who prefer not to meet in person, but clients who want to visit the office in person are welcomed. The staff is sensitive to the potential dangers of this terrible virus.

For more information about the firm please visit the website [www.acquitter.com](http://www.acquitter.com). You can also view this informational video: <https://youtu.be/1IUb1VWk7XI>



J. Jarvis Wise, Bjorn Brunvand , Danya Farinella





## **publisher's note**

# STAYING TOGETHER THROUGH THE ROUGH TIMES

*HAPPY FATHER'S DAY!!*

Many of you probably aren't aware of this, but HBL preparation and deadlines are two months in advance from when you receive your *Harbor Bluffs Living* Magazine in your mailbox.

Today, as I write this, it is Monday, April 6th, the peak of the Coronavirus pandemic and Easter week. We are all following the Stay Home and Quarantine orders and I am praying that everyone is all right.

Writing about the future feels odd, because life is so different at this moment, and we really have no idea what June will bring. Moms are facing homeschooling their children for the first time, many of our sponsors' businesses are temporarily closed, we are wearing masks and staying away from our circle of friends and

all events have been cancelled. But then we realize we are being given an opportunity to reconnect with loved ones and friends and to experience a less hectic day-to-day existence.

This new way of life is teaching us who and what really matters in our lives. Family time has become a new focus. We are finding out that staying home and having family dinners on a regular basis, watching television or movies together, and bringing out crafts and games to enjoy are activities that had become lost in our sometimes chaotic, digital lives. Some people are exercising for the first time in months, maybe years.

On the other hand, technology is really helping us move forward through this uncertain time by providing online classes, live exercise online programs from F45 Largo and Burn Fitness, online stretching from Stretch Lab and face to face Zoom calls for business and personal gatherings. (Family dinners or girlfriend's happy hours.)

We all are realizing this is a time to chill out, to recharge our batteries, get some sun, spend time outside, even spend more time with our pets.

By the time you all read this, we could be out of Coronavirus danger, with events up and running and all businesses open again, and we will all feel the gratitude and kindness that our neighbors have shown through these difficult times. We will want to spend more time reaching out and talking to each other. We have all grown closer through this and will never forget this history-making event that we all experienced TOGETHER.

However, if we still are in quarantine through the summer months, remember that we as a community are here for each other now and in the future. As you know, we are so proud to be part of this amazing community and thank you for all the positive feedback on HBL Magazine. We are glad you enjoy it, read it and participate in it.

Please share stories and pictures of your quarantine memories, Easter egg hunts in your backyard or living room, homeschooling, Zoom calls, etc.

Most importantly, please show appreciation to our dedicated business sponsors who pay for this magazine. In this edition you will see many articles written by the business owners themselves. They wanted to share personal and helpful tips with you, our HB residents. Please frequent and use their businesses for food, apparel, accessories, health and wellness, pet care, event planning, catering, art and home improvements. Our business owners are vetted and truly care about you and your family. They will provide the best customer service and always be honest and fair with you. The HBL Sponsors want you to know they are here for you. Please reach out to ask them any question. Please enjoy their articles.

We thank you in advance for sticking together and helping each other through joint efforts to rebound the economy and by working with our amazing business owners. If you do not need their service right now, please consider referring them to a friend or neighbor or purchasing gift cards for future use.

This is our Father's Day Edition. We would like to wish all the fabulous Dads out there, a memorable and terrific Father's Day 2020.

Lastly, Marc and I would like you to know how much we care about this community and the families in this neighborhood. We are always open for ideas that you may have for YOUR neighborhood magazine, Harbor Bluffs Living. It could be article ideas, photo collage themes, event ideas, Toy Box photos, referral of your neighbor or simply tell us about you, for our "Meet Your Neighbor" section.

Please do not hesitate to call, text or email.



Peace,  
Devin

*Devin*

Picture Taken by Carol Moorhead  
Pet Photography

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

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

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# The Pollick Family

A VERY ACTIVE FAMILY WHO LOVE THE OUTDOORS AND LIVING IN HARBOR BLUFFS



## family focus

Photography by **Green Pearl Photography**  
Parts of photoshoot were taken at the Belleview Inn, Belleair

We had the pleasure of meeting **The Pollick** Family the night of the HBL/HOA Party in the Park in November. If anyone has ever spent time with Jeff and Shannon, you will quickly learn how fun, positive and hilarious they are.

They bring this good energy to their children and even their new puppy, Captain. The Pollick family love the outdoors and spending time boating and skiing with friends and family.

We had a blast on their photo shoot. Their first photo shoot was taken at the Belleview Inn in Belleair and we finished up in their beautiful back yard on Buttonwood Lane. We interviewed Shannon and here is what she had to say!!

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**MEET THE POLLICK FAMILY:**

**Family member names:** Jeff, Shannon, Charlie (8), Reese (6) and Everett (3) Pollick

**Street:** Buttonwood Lane

**Pets:** Captain, a Golden Retriever puppy.

**Profession(s):** Jeff is an Insurance Executive and Shannon is retired.

**HBL- Do you have any family traditions?**

**SP-** We enjoy lobstering in Key West with the entire extended family. My husband has been going there for over 20 years and even the kids join in and catch lobster. We spend time fishing for Mahi and other bill fish while we are down there too. It's exciting to hook such a beautiful fish!

We also go to Park City, Utah, around Christmas, which is such a magical time. All the kids have been skiing since they were toddlers and they have developed into great skiers. Charlie and Reese love to hit double blue runs, while little Everett isn't too far behind them!

**HBL- What type of work are you and your husband in?**

**SP-** Jeff is in the insurance industry and I am now a stay-at-home Mom.

**HBL- Where are you originally from?**

**SP-** Jeff is originally from Ohio, but his family moved to Sand Key Beach when he was a baby. He remembers when Sand Key was just a beach and no condos. I was born in Colorado, but I have deep Minnesota roots.

**HBL- How long have you lived in the neighborhood?**

**SP-** We have enjoyed living in Harbor Bluffs for just over two years.

**HBL- What do you like to do to relax?**

**SP-** We are a very active family. The kids are involved with various sports, from soccer, golf, tennis to dance. We spend a lot of time fishing, boating and exploring our Florida Parks. You can often find us at Three Rooker Island or Caladesi Island for the day. I love showing my kids the wonders of being Native Floridians, and the importance of keeping Florida wild! We have a great

summer planned, traveling across Florida and really enjoying the great outdoors, from finding shark's teeth on Venice Beach, to swimming with manatees in Homasassa Springs, to scalloping in Crystal River and hitting everything the Florida Keys has to offer!

**HBL- How are you involved in the community?**

**SP-** We like to shop locally and support local business; some of our favorite places are Belleair Coffee, Sunshine State Goods and Off the Grid BBQ.

**HBL- What activities are your children involved in?**

**SP-** Charlie likes to play the drums and Reese can play the ukulele. We all love to fish; even my daughter can throw a cast net!

**HBL- What is your favorite part about living in Harbor Bluffs?**

**SP-** We love our neighbors! They have become our closest friends and every Friday night, we get together for a big family-style dinner. Sometimes we end up with 6 or 7 families!

**HBL- That's awesome!!**

**HBL- Best family vacation? And why?**

**SP-** I would have to say Park City! It is truly a wonderful place and such a departure from our life in Florida. It feels like we are walking in a Hallmark Christmas Movie. The whole town celebrates. We watch Santa come down in the chair lift, Christmas movies are played at the base of the mountain, and there is a lighted parade, with over 300 ski instructors skiing down the Park City Mountain carrying torches. It's just so pretty to watch.

**HBL- How did you and your spouse meet?**

**SP-** We met while playing golf at the old Belleview Biltmore Golf Course. Before the kids were born, we spent a lot of time at the Belleview Biltmore Hotel, having dinner and listening to live jazz. As a lover of Florida history, it has a special place in my heart.

**HBL-** Thank you so much for sharing your story to our residents!! Looking forward to seeing you at our next HBL/HOA Party in the Park on May 30th!!



If you would like to have a fun professional photo shoot and be the cover of HBL, please contact Devin **727-657-9615**- Families, Singles, Group of Friends, Pet and Owner or you have an idea? Let's Chat!





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## kitchen EXPERIMENT

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I was listening to the television when I heard them speaking about regrowing romaine lettuce from the stem. I thought what a fun experiment to do during the mandatory Stay Home time or even more fun to do if you have children, possibly for a science experiment.

I googled the instructions and here is what I learned from Getty Stewart:

### STEPS FOR HOW TO REGROW LETTUCE FROM A STEM

1. Eat your purchased lettuce, cutting the leaves at about 1 inch from the bottom.
2. Place remaining stem in a shallow dish of water (about 1/2 inch).
3. Place on a window sill or under grow lights.
4. Change water in bowl every 1 to 2 days.
5. Watch your lettuce grow. It is truly remarkable how quickly the new shoots start. You'll also notice that roots will start to grow on the bottom.
6. After 10-12 days, your lettuce is going to be as big as it will likely ever get. No, it's not going to be a full head of lettuce, it'll be just enough to top a sandwich or make a small salad. But how cool is that!

If you leave your lettuce beyond this point, it will become spindly and bitter as it attempts to produce seed. It won't be pleasant to eat at this point. You'll know it has reached this point when the leaves start turning a blue green color and/or the main stalk shoots up and leaves become less dense.

HBL would love to see your pictures of you creating your very own "Romaine Lettuce Regrowth" experiment. Please submit pictures of you creating your lettuce regrowth and the final product to Devin.pappas@n2pub.com.

*All submissions will receive a gift certificate to one of our restaurant sponsors.*

*Grand Winner will be announced with a special prize!!*



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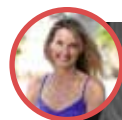
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# PROTECT THE MEN IN OUR LIVES FROM THE #1 Killer in America

## Prescription Pad or Fork—Choose Your Weapon

**Ahhh, June. Summer picnics, backyard grilling, and Father's Day all put family – especially Dads – at the top of our minds.** Which is why protecting the men in our lives from the number one killer in America – responsible for nearly 650 thousand deaths each year – is so important. The culprit is coronary heart disease (CHD), and in truth, it strikes only slightly fewer women than men. The fact is, it's indiscriminate in its killing.

To understand how we can fight heart disease, it helps to know that the atherosclerosis (plaque buildups in the coronary arteries) that causes CHD appears years – even decades – before it becomes a diagnosed problem. In fact, studies have shown that fatty streaks, the precursor to atherosclerosis, appear in the arteries of nearly all-American children by the time they are ten. By the time we are in our 20s and 30s, the plaques have begun to harden, and disease is setting in, and by our 40s and 50s, it is killing us. And it all starts with cholesterol. Specifically, elevated LDL levels in your blood. In fact, cholesterol is the one



true risk factor for development of CHD, regardless of your age or any other health factors.

So, what's the fix?

Medication is the generally favored route, because it's easy (just pop a pill!), and because it follows the prevailing wisdom that prescription meds are the surest path to health. That's why cholesterol-lowering statins like Lipitor are the most-prescribed class of drugs in the U.S, with more than 35 million people taking them daily. They do an excellent job of lowering LDL cholesterol, but not without risk – they can increase risk of diabetes and can also have brain-related side effects like memory loss and confusion. In addition, long-term use can increase risk of prostate, bladder, and invasive breast cancer.

If the idea of a lifetime of medication sounds just fine to you, statins could be your best bet. But there is another way to protect yourself and your loved ones from heart disease – one that also has side effects, but of an entirely different sort: namely, reduced risk of cancer and diabetes, and protection of the liver and brain. It works quickly and just as effectively as statins, and it can start with your next meal.

It's true - you can drastically reduce your LDL levels with diet alone by reducing your intake of three things:

- trans fat - found in processed foods, meat, and dairy
- saturated fat - found in animal products and junk foods
- dietary cholesterol - found primarily in animal-derived foods, especially eggs

**Yep, the processed junk food and animal products that dominate the standard American diet are the number one contributor to bad cholesterol. A whole food plant-based diet corrects that.** To be sure, adopting a plant-based lifestyle requires some effort up front and a period of adjustment. But when the payoff is a healthy heart and a longer, disease-free life for everyone in your family – without daily medication – the choice becomes quite clear.

**Prescription pad or fork – choose your weapon.**



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## ideas for the BEST Dad's Day Gift



### FROM YOUR HBL SPONSORS

As you learned, from The Publisher's Note, this magazine was done in April during the height of the Quarantine and no events were confirmed at that time. However, I am excited to use this article for **GIFT IDEAS FOR DAD'S DAY!**

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Devin

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**travel** | By Susan Brown Cruise Planners

# SEIZE THE DAY & Take the Trip

SAVE THE DATE FOR HBL 2ND ANNUAL CRUISE OCTOBER 16-20

Travel = Hope

The events of the last couple of months have been earth-shattering. Borders closed. Stay at home orders issued. Entire industry segments – like cruise lines, airlines, restaurants, and hotels – rendered completely moot. Life as we know it has changed. And travel has certainly ground to a complete stop.

The coronavirus epidemic is hitting all of us. It has done damage, and it will continue to *do* damage. But we can limit its impact in an act of impassioned solidarity and we already have started to. We are ordering take out to support our small neighborhood restaurants, we are shopping local to support the small neighborhood stores, we are reviewing, referring and praising those businesses on local media and we dream about travel so when it is safe to explore and the borders are open again, we can follow our passion and roam by land and by sea.



ence. I expect there will be many, but there is one thing we do know: it will happen!

Community has mattered more now than ever in these trying times. We've all seen the videos of Italians on their apartment balconies singing songs together to get through it all.

Similarly, our Harbor Bluffs Living community is banding together like so many communities around the world like never before. I am so grateful that even with all the madness that usually fills our days, we have gotten to know the people who live around us. We all need each other now. My family will go back to travel and meeting people from around the world, but we'll never take for granted the importance of the people who live next door.

Before the events of the last few months unfolded, for me a month without travel rarely happened. The trip to Spain and Germany, the Mediterranean cruise, Dominican Republic, Las Vegas, a Bahamas cruise, and a cruise to Mexico are just some of the trips I took over the last 12 months.

Do you know how I feel now about having taken all those trips? **Profoundly grateful.**

I do not know when I'll be able to travel again. The memories of seeing friends and family along those trips are helping me get through these tough times of being confined at home. So, what is my point? My point is, that when the world reopens again, it is going to be that much more important to seize the day. Or in the case of travel, **take the trip!**

**Remember last year's inaugural Harbor Bluffs living cruise?** Well, we want you to continue dreaming and decided to go ahead with planning our 2nd Annual HBL Cruise. It will be a long weekend cruise, Friday thru Monday, down to Nassau and Cococay and we are expected to set sail on **October 16th for 3 nights and 4 days.** This time we would love to see the husbands, boyfriends, fiancés and kids as well, so bring along your loved ones as we celebrate Harbor Bluffs, our love for travel and us.

The itinerary, registration details and costs will be announced soon, so stay tuned.

I for one am excited to be planning another getaway, it gives me hope that life soon will return to a new normal, it allows me to dream of better times to come and that we still get to do the things we always loved

We don't know what the next few months will bring, we don't know when it will be safe to hug your friends and neighbors again and it's way too soon to know all the lessons we will take from this experi-

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On the Road to Pensacola, Florida



Pip enjoying the view



# PIP & Jack's big adventure

## CAMPING IN FLORIDA

Residents have been asking HBL about the popular article, “Jack and Pip Adventures”, well here you go.

Jack Lambert and Pip live on Harborview Lane and love to travel together. A few months ago,

they shared their adventures on the Blue Ridge Parkway.

Here is their newest adventure, camping in Florida. The next time you see Jack and Pip in the neighborhood, snap a pic with our popular Pip and send it to me for our next Chapter of “Jack and Pip’s Big Adventure.”

Traveling with Pip has been fun, so much fun that we’re planning longer trips. There’s something gratifying about traveling by motorcycle and being (relatively) self-sufficient. I also enjoy camping, but I wasn’t sure if Pip would adapt to sleeping in a tent, the strange smells and sounds, and no doggie bed for her. However, an invitation to a reunion of old friends in Pensacola was the perfect excuse to dig out the camping gear and give it a try.

It’s been a few years since it was used, but most of the camping equipment was ready to go. I only had to replace the small camping stove. I have found that good equipment makes all the difference while camping and I thought we would be comfortable. I’ve never loaded my present motorcycle with camping gear and that can be like a jigsaw puzzle. Right away, I discovered my little “camping stool” was not going to fit. This was a big disappointment because it has many uses. After several trial and error configurations, I found one that worked, and we were ready to ride.

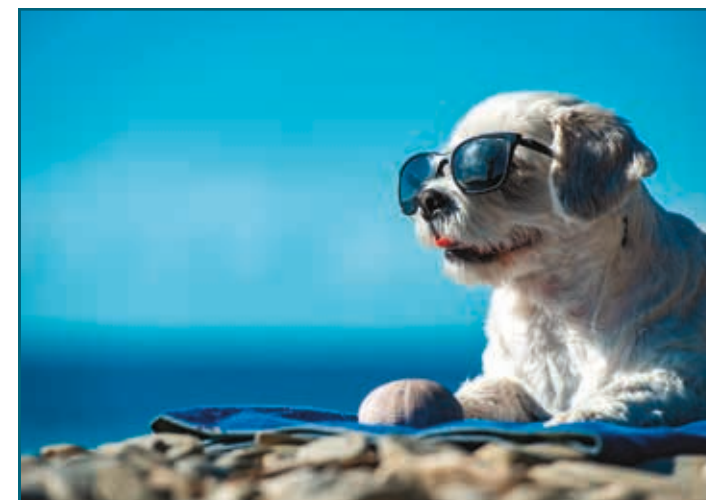
It was cool and drizzly when Pip and I pulled out of Harbor Bluffs, but the sky soon cleared and warmed the day. Our first stop was in Inverness to have lunch with my son and family, then we were back on the road. Newport is 40 miles west of Perry, and there’s a campground there (almost halfway to Pensacola). It looked like a perfect place to stop. Smoked mullet (purchased in Perry) and a beer made for a great dinner treat; tasty food makes camping even better. We had a nice, flat, shady campsite with a table and the campground was clean and friendly; it even had a nature walk down to the St. Marks River.

Pip is a pretty adaptable dog and she took to camping like a duck to water. She was able to squeeze into the sleeping bag with me and we kept each other warm all night. She enjoyed the campground walks and meeting other people and their dogs. We met two British ladies who were tandem bicycling around the world. They were on their last leg to Miami and had been on the road for over a year. They had the smallest tent I’ve ever seen. (bicyclists travel real light)

In the morning I got out the stove and made coffee, then packed everything on the bike and we were ready to go. But I had a big surprise – the motorcycle wouldn’t start. The battery had just been checked and tested OK. It occurred to me that the temperature had dropped into the 30s that night and the oil was too thick. The air was cool but the morning sun was warm. I moved the bike to a patch of sunlight and let it warm the engine. I had to move the bike several times to keep it in the sun but it worked; after about 45 minutes it started and ran great.

I decided to take mostly rural roads through the Panhandle to avoid the coastal traffic. Even miles inland, the effects of Hurricane Michael were still evident. Acres of trees blown over into horizontal piles of decaying wood were frequent sights. This

mid-section of the Florida Panhandle is quite different from most of the state – rolling hills, heavily wooded and sparsely populated. We enjoyed a nice, uneventful ride to our reunion and our ride back to Harbor Bluffs went off without a hitch. I am eagerly planning our next trip.



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

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

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

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

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

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



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# design trends 2020

## WHAT TO EXPECT IN HOME DESIGN AND DECOR.

By Mercedes Lavalla



Mercedes  
Lavalla  
Decorating  
Dens Interiors

Another year has come and gone. We've seen plenty of lovely home design and decor trends grace us over the last 12 months, but it's time to make way for the upcoming style direction of 2020. Here are a few emerging trends we plan on seeing more often in homes across the country from spring and beyond, based on our Market Trends Fall Report:

### Integrated living spaces

For many years, an open floor plan has been a nice touch to a gathering space. Today, it's an absolute must when it comes to entertaining and socializing with family and friends.

One major theme that we noticed within the market is creating a home that is both livable and comfortable, and an open floor plan of kitchen, dining and other living zones can help you accomplish just that. For example, it allows you to keep the conversation flowing with those sitting on the couch while you're finishing meal prep in the kitchen. It also gives you the opportunity to keep an eye on the children playing in one room while you're taking care of tasks in another. Integrated living spaces are not only comfortable, but they're tremendously practical in today's modern world.

Open floor plans inspire interaction.

### Colors

While new shade and tone trends occur on a regular basis, it's important to keep in mind that it's not always necessary to change up your color palette annually. If you are in the mood to mix things up, shades of blue, from sky to navy are trending. Pale pink and light greens are also increasing in popularity and are calming and uplifting.

### Curves

From chairs and sofas to full sectionals, curvy furniture is a major anticipated trend of 2020

Curves and round shapes associate mostly with softness and classic design, while true, furniture with curved shapes and rounded corners can also be used in modern interiors with a retro twist. And, it makes perfect sense with the open floor plans we see today. Curvy furniture, from a practical point, is also easier to get around.

*"Curved furniture inspires you to get closer to your family members and friends."*

Curved furniture inspires you to get closer to your family members and friends. It's all about encouraging conversation, comfort and family togetherness.

### Natural textures

Nature has increasingly made a major impact in the design industry and is inspiring more homeowners to utilize its colors, scenery and textures.

Whether you enjoy a walk in the forest, a climb to the top of a mountain or a stroll along the beach, we all

want to capture those moments in some fashion in our home to constantly bring us back to that time.

From finishes and materials like macramé, wicker and rattan to natural agate and burl wood, all of these elements can add supreme sensation to any living space.

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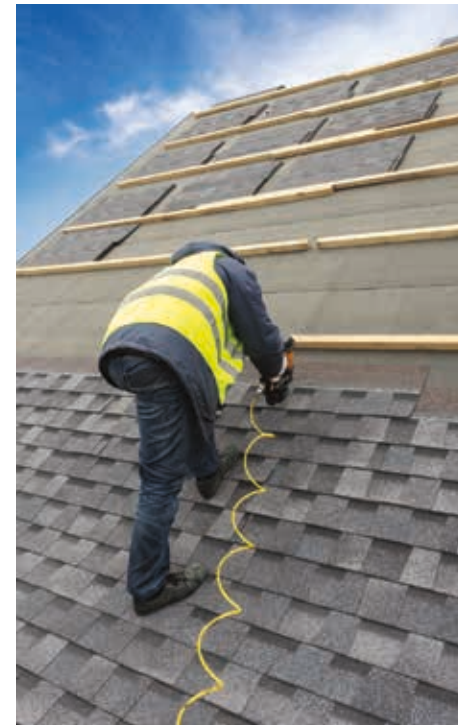
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## Be Proactive and Protect Yourself from Getting Sick

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#### Indoor Air Quality starts at your AC system

People spend about 90% of their lives indoors, and pollutant levels can be as high as 100 times the levels encountered outside. The Environmental Protection Agency (EPA) ranks indoor air pollution among the top four environmental hazards in America.

While we have our attention focused on the spread of Coronavirus, and we are thinking about the necessary precautions that are needed to reduce our chances of coming in contact with this virus, HVAC professionals know that Coronavirus is not the only disease, germ, virus, or pollutant we need to combat in our homes. We also need to consider the other viruses and germs that are spread through a central HVAC system. One-way people can be proactive and protect themselves from getting sick in general is by **being educated on Indoor Air Quality (IAQ).**

#### There are four particular groups of people (although everyone could benefit) that need the best possible air quality in the home:

Infants to 16-years-old

Adults, age 60 plus

No age restriction - immune-compromised individuals, pregnant women, and persons with chronic respiratory disorders, and those recovering from surgical procedures or illness

Pet owners with domestic animals - dogs, cats, and birds

Scientists believe the principal transmission mode of the Coronavirus is by respiratory droplets, which may travel several feet



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from someone who is coughing or sneezing. Covering your mouth when you cough or sneeze is the first step to control the spread. However, residual contaminants can travel through your HVAC system, where all air in the home is circulated and can contribute to the spread of an airborne virus. The Coronavirus has the same traits as other viruses such as the common cold, the flu, and a sore throat, by how it is spread from person-to-person.

**Source control is always the first step** when dealing with IAQ concerns such as mold, dust, odors, and even viruses. There are many remedies when it comes to managing IAQ in a home. Some products range from a higher Minimum Efficiency Reporting Value (MERV) rated filter, electronic air cleaners, and ultra-violet sterilization systems. The HVAC system and duct system can contribute to spreading unwanted pathogens in the air, not because your system came contaminated from the factory, but because the air in your home became contaminated.

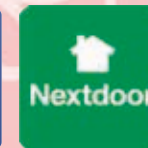
Tiny pathogens spread in the air can be fungi, bacteria, or viruses. The difference between a virus and bacteria is viruses are much smaller than bacteria, and viruses cannot survive without a host. According to the Mayo Clinic, fewer than 1% of bacteria cause disease in people.

In addition to spreading viruses through an HVAC system, another nemesis is mold, a biological growth. Mold is, in the simplest terms, part of the “dust to dust” program. Everything living will die, it will return to the food chain, whether it’s a mighty oak

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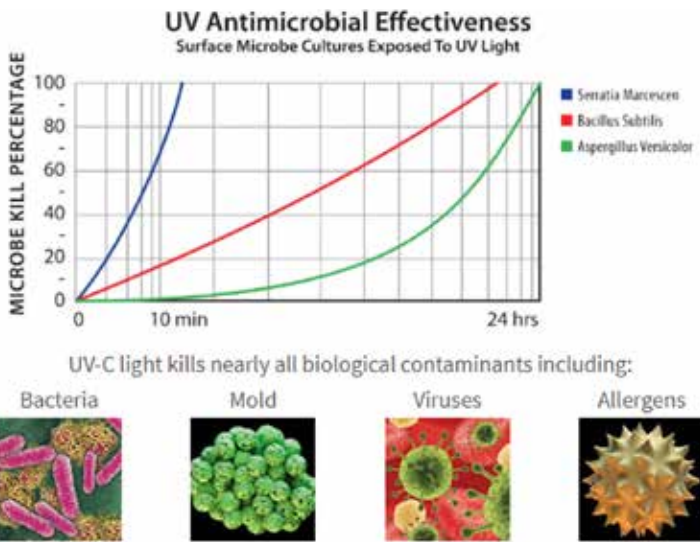
tree, your favorite leather shoes (once upon a time, a cow), or that forgotten orange in the back of the refrigerator.

Your HVAC system can provide biological growth the perfect opportunity to form and grow. There are three things needed to support biological growth. Food is the number one source of supporting biological growth. One example of food sources is skin cells that have flaked off and floated into the HVAC system. The next item to support organic growth is moisture. Once those skin cells made it through the system, they can become attached to the evaporator coil or blower motor. When the coil starts to produce condensation along with the food source, it becomes the perfect recipe for biological growth. The final item to contribute to organic growth is the absence of ultraviolet light. HVAC professionals and homeowners who manage these factors, reduce the risk of biological growth.

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## Keto Fathers Day Dinner Filet Mignon with Tomato Mozzarella Salad, Cheryl Crawford

Marinade recipe for Filet Mignon -(purchased from the Belleair Market)

- ¼ cup extra virgin olive oil
- ¼ cup Worcestershire sauce
- ¼ cup soy sauce
- 2 tbsp balsamic vinegar
- 1 tbsp dijon mustard
- 4 cloves garlic, pressed

Mix marinade ingredients together then pour on top of steak. Cover and let steak marinade minimum of four hours maximum of 24 hours. Grill the steak to your desired taste...wrap in aluminum foil and let sit for five minutes before serving

Tomato Mozzarella Salad- Cut up the tomatoes and mozzarella into slices. Place 1 slice of tomatoes with 1 slice mozzarella, and then add a slice of basil. Drizzle w/vinegar and olive oil and sprinkle with sea salt.

Enjoy its Delicious!!!

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NANCIE NORMAN

Oil and Acrylic Paintings

why must i  
P A I N T ?

THANK YOU,  
DAD,  
FOR INSPIRING ME



Nanci Norman Artist painting of Elif Fitzgerald and her precious Cleo



Nancie Norman Artist



de. We leaned against the gates of their art school as if talent might rub off on us and ate and sipped at cafes in their neighborhood. I can still feel how inspired and happy I was exploring as much as we could take in.



## sponsor news

By **Nancie Norman**, Artist

Hi and thank you for reading my article. Devin asked that I write about why I love to paint. I can tell you that painting feeds my need to express myself. Even better, painting continuously brings new and interesting people into my life and challenges me to grow as an artist by trying new subjects and capturing emotions in my work.

Since this is a Father's Day edition, I thought I would share a bit about my dad. He passed away unexpectedly just as I was gaining momentum as an artist and he never saw any of my paintings. I miss him dearly as he was my biggest fan and always made me laugh with his silly practical jokes. He was a cartoonist and prolific creator of all things wood. He made beautiful Danish modern furniture, wooden bowls, and candlesticks which are some of my most treasured possessions. He also carved wood figurines and though somewhat scandalous for the South, we had a carving of a naked woman in our family room that suspiciously resembled my Mom. He loved jazz and Spanish guitar or any type of music and it is my Dad that inspires me to work diligently on what I have a passion for. Thanks, Dad!

When I decided to be an artist, I was fortunate to travel to Europe on a mission to visit every museum possible. My favorites were the impressionist museums of Paris and my boyfriend and I spent a couple of days tracing the footsteps of the Avant-Gar-

That "Paris feeling" and my Dad's inspiration is why I continue to paint no matter what distractions come my way. I love the challenge of starting with a blank canvas and creating something beautiful. Occasionally I paint abstractly without direction, but mainly I have a plan. I think it is good to do both to maintain a sense of balance.

I am always happy to share or brainstorm on your projects or for something I could paint for you. I hope you enjoy the pictures of my paintings with their owners.

In closing, I would be remiss if I did not encourage everyone to support living artists. We're passionately investing our talents in shaping the culture of the places that we live and beyond. Also, I would love to have you visit my studio at the ArtsXchange in St. Pete. The ArtsXchange compound has over 30 artists and is open 5-9 pm every second Saturday or by appointment.

Have a happy Father's Day!  
Nancie

My studio is located in the Warehouse Arts District of St Petersburg. We are open to the public every 2nd Saturday from 5-9pm or by appointment.

**The address is: ArtsXchange, 515 22nd Street South, St Petersburg, FL 33713. I can be reached at [nancienorman@gmail.com](mailto:nancienorman@gmail.com) or 214-437-5391.**



NANCIE NORMAN

Oil and Acrylic Paintings



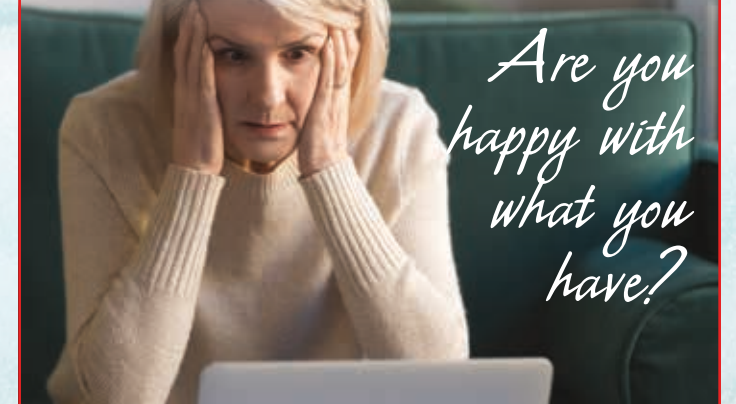
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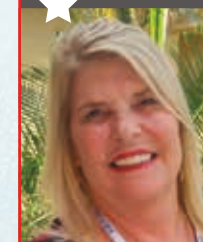


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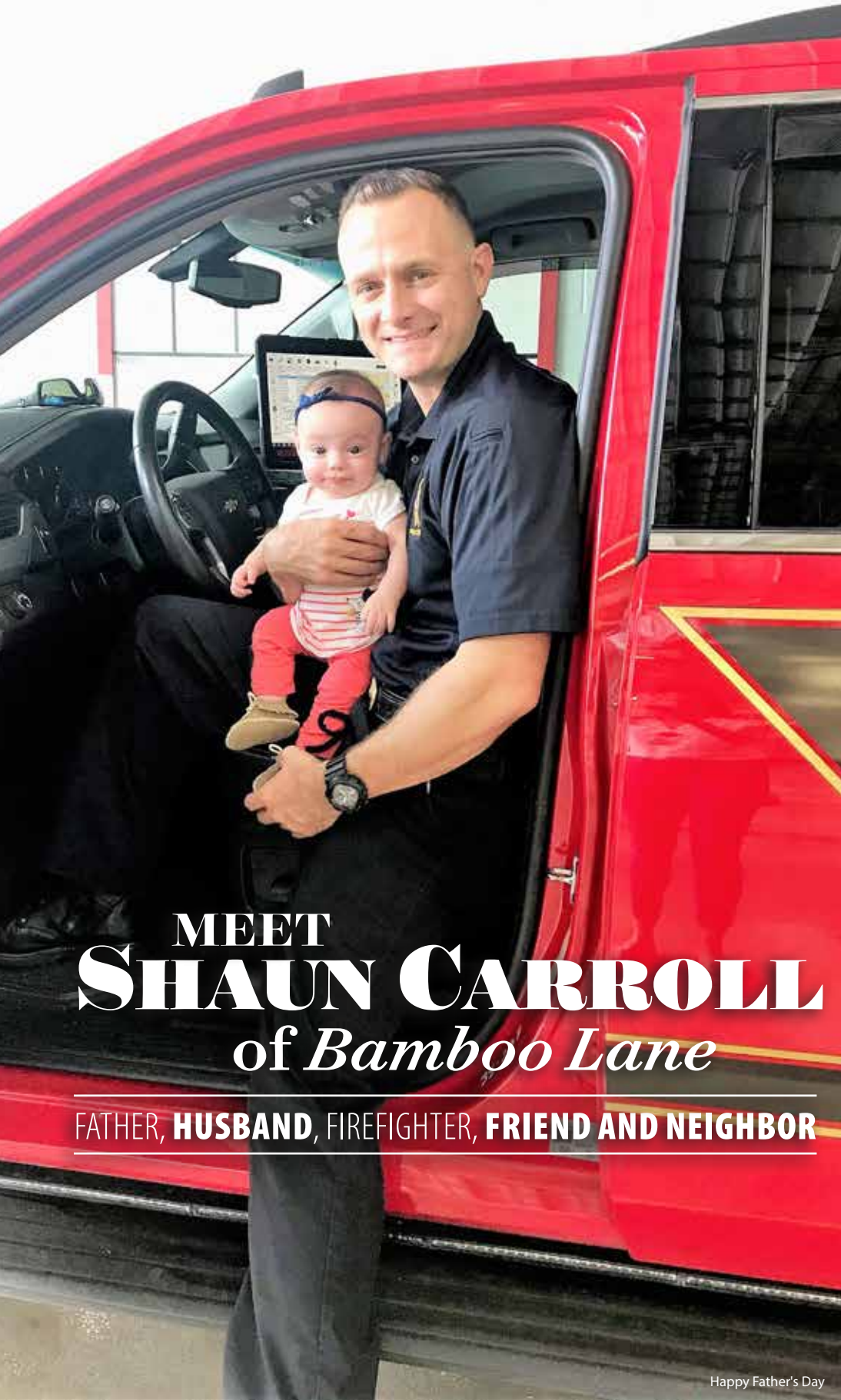
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**Linda Bullerman**  
Harbor Bluffs Resident





# MEET SHAUN CARROLL of *Bamboo Lane*

FATHER, **HUSBAND**, FIREFIGHTER, **FRIEND AND NEIGHBOR**

Happy Father's Day

HBL loves to meet our neighbors and share their stories. Everyone has a unique life, yet no one thinks they do. It is always comforting to know we have a firefighter in our neighborhood.

Please enjoy this story about Shaun Carroll. Shaun is a new dad and HBL would like to wish him a Happy Father's Day!

**HBL- What inspired you to become a Firefighter?**

**SC-** My father was a police officer and was also in the military. Growing up, I spend a lot of time visiting him at the police station, and occasionally, he would also take me to the fire stations. When I reached high school, I knew I either wanted to pursue a career in law enforcement, the military or the fire service. I was a senior in high school on 9/11/2001 and after seeing the heroism displayed by the FDNY, I decided I would go into the fire service.

**HBL- How long have you been doing this?**

**SC-** It will be 17 years in September. I signed up for the fire academy immediately after graduating high school and I joined Largo Fire Rescue in September 2003.

**HBL- What is your title and position? Location?**

**SC-** I am the District Chief, Station 41, C Shift. Station 41 is located at 180 4th St SW in Largo, across from the Pinellas County School Board building.

**HBL- Please tell us about your main responsibilities as a Chief**

**SC-** I am responsible for the three fire stations located on the West side of Largo, including station 43 in Belleair Bluffs, which is the first duty station for our neighborhood. I am also responsible for the four lieutenants who are responsible for crews of 4-7 firefighters at those three stations. On emergency incidents, I am responsible for command and safety of the firefighters. At the station, I am responsi-



ble for staffing/scheduling for my shift, evaluations of personnel, and oversight of Largo's branch of the Pinellas County Technical Rescue team.

**HBL- What an accomplishment. We are lucky to have you in our community.**

**HBL- Do you have an safety advice for our residents?**

**SC-** Make sure your smoke detectors are in good working order, as they definitely save lives.

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

**SC-** My wife Angie and I have lived on Bamboo Lane since October 2016. We have a daughter who was born on September 2, 2019, and she is our whole world. Angie is finishing nursing school and plans to become a Nurse Practitioner. We plan on having one, possibly two more children, in the near future. Both of our families are close (Largo and Seminole) so we spend a lot of time together, which we are grateful for and enjoy.

**HBL- Thank you so much for protecting us and saving lives. We appreciate you.**



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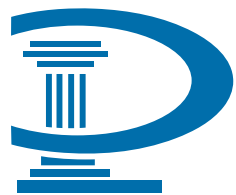






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tips**  
By Olenka Stashchak

# TOP 3 Tips to DESIGNING Your Dream House



**Polo Builders, Inc.**

Designing your very own, custom home is a dream everyone wants to turn into a reality. The big question is how? Where do you start? Who do you hire? How do you turn that concept in your mind into something real and tangible? We're here to help answer some of those questions for you! Here are 3 awesome tips to consider before and during the building process of your home.



## 1. Budgeting

Budgeting seems easy enough, right? For most first-time home builders, the surprise expenses of things they didn't consider before-hand always sneak up on them and hits them right where it hurts...the wallet! Make sure that when you are setting up a budget for your new home, you consider **everything** that will have to go into it. Here are a few things most people overlook when building a new, custom home:

- Landscaping
- Insurance Costs
- Impact Fees
- Site Surveys
- Service Connections

Although some expenses may seem minor when they first appear, they can very quickly and easily add up to thousands upon thousands of dollars. If you think you might be missing something in your budget plan, talk to your contractor. He can always help fill in the missing blanks and get you correctly set up for your new build!



## 2. Storage

Most first-time home builders will overlook this very simple aspect that we use in our daily lives: storage space! When building your first custom home, make sure your plans include adequate storage. You never know how much room you will need prior to moving in; along with what space you may need when you acquire new belongings in the future.

Needed space will vary from individual to individual, and family to family, but never go with "just enough" of it. You can add space in elegant design elements, such as underneath stairways or built-in custom shelving. Is there anyone who doesn't love a **custom** closet or pantry?!

Be creative, but remember, adding these features must be done at the **beginning** of the design process. Building storage space into your house plan will save you not only money, but extra room in your home as well! Let's move your **belongings** into the house, and the **car** into the garage!

## 3. Anticipating the Future




If you plan on staying in your custom home for years to come, it's important to consider what your future might look like. Will your family be growing, or will children be leaving the house? Foreseeing what your family size might be in the years to come is critical to the layout of the home.

Luckily, built-in-flexibility can be a very easy goal to achieve with the right help and good advice. Feel free to talk to your contractor about ways to make your home flexible for future needs! Things like obtaining a planning approval for an extension to be constructed at a later time can be a lifesaver when the time comes to add an addition to your home. If you know your family will be downsizing in the future, keeping an open



layout that can easily be converted from a bedroom to more living space is the perfect solution, with a simple knock down of a wall.


Building your very own, custom home is a fun and exciting process! Don't let little hiccups ruin the experience. By taking all of these elements into consideration, your new home will not only **exceed** your expectations, but allow you to enjoy the amazing masterpiece you created in serenity and contentment.

## HAPPY FATHER'S DAY!!!

From the Polo Builders' Team

Keep doing amazing things Tato.  
Love you. :)



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Pilates is a system of low-impact exercises that focuses on your body's core – the abdomen, back, thighs, glutes and pelvic floor. Pilates develops what most people want and need: core strength, flexibility, coordination, and improved posture. It emphasizes balance and creates long, lean muscle throughout the entire body.

Our main apparatus in the studio is called the Reformer. This specialized piece of equipment is designed to provide resistance training and support while you lie, kneel, stand and sit to perform various exercises.

Inspired by the classical Greek ideal of a balanced body, mind and spirit, Joseph Pilates studied various forms of fitness for his method to create the best possible group of exercises. Developed in the early 20th century to rehabilitate bedridden patients in WWI, Pilates was then introduced among the dance community and gained popularity in New York by the early 1960s due to the lengthening and strengthening quality of the exercises.

No matter your age or fitness level, whether you're a beginner or advanced athlete, Pilates will create a strong foundation for daily movement. Not only is the exercise low-impact, there are also countless modifications for each movement, ensuring that everybody can participate.

Pilates is a proven way to a healthier lifestyle and better mind-body balance.

**What Makes Club Pilates Special?**  
Club Pilates is America's premier Pilates studio. We're not an impersonal and intimidating big-box gym and you don't need a private trainer to experience the benefits of Pilates. Each of our instructors has 500+ hours of certification training, so you are always in good hands. At Club Pilates, we start with your individual goals, and have monthly Membership Plans to fit everyone's needs. Our studio staff are there to help you set your goals and track your progress. We empower our members to make positive changes to their health and to their lives. We believe the benefits of Pilates should be available to everyone and we provide a welcoming, safe and supportive space to experience it. With a maximum class size of 12, we are a "boutique fitness club", designed to provide the benefits of private instruction without the cost.

Club Pilates offers high-quality, life-changing Reformer-based training on state-of-the-art equipment. We believe that Pilates is the path to a fuller, more satisfying physical existence. We believe that being in control of your body helps you to be in control of your life. Through practicing Pilates, you can expect overall slimming, increased flexibility, and improved mobility. Focusing on your breath and on each movement through space will lower stress levels on the brain and body. Due to its low-impact nature, Pilates is for everyone across all walks of life – no matter your age or fitness level – even those recovering from injury or illness. In addition, the instructors can modify the exercises to suit your level. Because of this, it's difficult to plateau in your practice. Pilates truly is a lifelong fitness regime

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# How to Start Up Your Own Stay-at-Home Job

## Resident Tammy Staveley Explains On-Line Selling



### neighbor who cares

By Tammy Staveley

Hi, I'm your neighbor, Tammy Staveley, on Palmetto Lane. I was a stay-at-home Mom, working with my husband in real estate, when the industry crashed in the 2008 recession. I began selling items on eBay as a way to bolster our income during this period. My daughter was the main reason I turned to online buying. She had lost her favorite "can't sleep without it" blanket. You parents know what a disastrous situation that can be. I began searching for a replacement blanket online, and then decided to sell items, with a focus mainly on children's blankets and stuffed animals.

After I became an eBay seller, I received emails from mothers everywhere, thanking me for their purchases. It was a rewarding experience and was also helping me feed my own family. In time, what had been a small part-time gig turned into a real full-time job. I still am selling online and have added many different items to keep up with market demands and trends.



Working from home is a blessing, especially during the stay at home coronavirus pandemic. I can enjoy activities with my children while still making some money. I want to share what I have learned about selling online with my neighbors. This is a scary time for most of us. And some of you might want a new stay-at-home job or may need the extra income. It is amazing how much stuff we all have lying around our homes that we no longer want or use that others might buy.

**I want to reach out and help my Harbor Bluff neighbors with the knowledge I have gained over the past decade of online selling. This is just a small portion of what I know. The possibilities are endless for the world of online selling.**

If you are considering selling an item on eBay, you will need to create an eBay account. You do not need to open a store, just an account. You will have limitations, such as only being able to list 10 items or a total of \$1,000 in merchandise value. After you get started, you can ask eBay to raise these limits. You no longer need to open a PayPal account, as you can link your bank account directly to eBay for payments.

**What do you list?** Pick the items that are in high demand and will sell quickly. Look around your house for things that are in demand and are fast sellers. For example, cell phones, camera items, and video games. When you are researching the items, look online under sold items. This will be the best way to get a going rate.

**There are two ways to list an item.** The first one is Buy It Now. This will be a set price. The second way is at auction. Buy It Now may take longer when you are first starting out. But if you do research on previously sold items, you can list your item at the average sold price, or a bit lower, so that it will sell faster. Make sure you are looking at the sold items, not active, and be sure to watch for new or used condition. Then look for active listings to see what price other sellers have placed on the same item.

If running an auction, you will need to start the price low to draw in buyers' attention. I suggest you run a 7- day auction as that gives the item more time to get bids. You are taking the risk that it may sell for the starting price, so do not list at auction unless you are willing to let the item go for the starting price. Once an item sells and is paid for, you must follow through and ship the item.

If you are selling used, describe the item thoroughly, listing all flaws. Try to fit your items into a few categories.

You are a new seller, so you will have no feedback. Buyers look to feedback to determine your reputation, and if it warrants a higher price, and for assurance that you are a trusted seller. There are a few ways to get feedback. One way to get the much-needed feedback is to make a purchase. Buy some shipping supplies that you will need; and be sure to buy from a large seller with a good reputation as they will list your feedback automatically. Be sure you pay immediately as this raises your chances of getting good feedback.

Another way to receive excellent feedback is to describe your item accurately and take very good pictures. Be sure to photograph every flaw. Using a white background is best and suggested by eBay. Upload the eBay app and then use your cell phone to take the picture. This is an easy process. You can buy inexpensive white foam boards for background at Dollar Tree.

Natural sunlight is the best lighting, so outside is OK, or inside by a large window. Shipping is the last step. Keep it simple at first. Make sure that shipping is quick; using one-day shipping is best. You can put a handwritten thank you note inside the package; this will also help you get feedback. The note can simply say "thank-you for your order." This will let the buyer know you are an actual person, not a large corporation.

One helpful tip is to use USPS approved supplies. These can be ordered for free on usps.com and include priority boxes and bags. Poly bags are great for shipping non- breakables and any item under 16-ounces. Ebay suggests free shipping, so you will need to add the cost into the price of the item. When you are researching prices, be sure to check out shipping costs to get a good idea how much this fee will be. You can also use the usps.com website to get a quote on shipping fees. But, again, do not forget to add to the price of an item if offering free shipping. You want to be making money, not losing it.

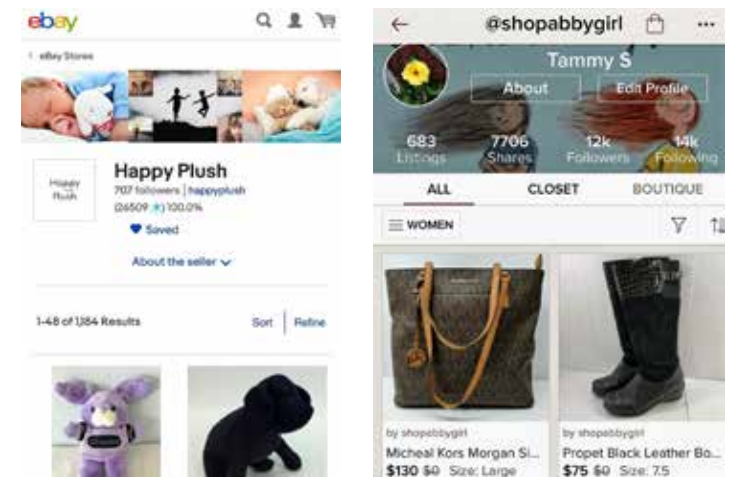
Amazon is a whole different site altogether. If you are purchasing large quantities and have invoices, you may want to go this route. You can open a seller account. They will require invoices on your purchases from products. And you will need these invoices to apply to be ungated in many different categories.

**There are two main ways to sell on Amazon.** One is FBA, or Full-filled by Amazon, which is where you list and package an item. Then you send it into an Amazon warehouse. Once there, the listing will go live for sale. Amazon will store your items and ship out when they sell. There are storage fees, and many selling fees

involved. Depending on the products you offer, storage fees are determined by size. Currently there is a hold on sending in products, allowing for only essential items due to the COVID-19 virus.

The other option is Merchant Filled. This is where you will store the item, and ship when it sells. You can open your account and click "sell an item," then find the item from the Amazon database. You can input the barcode, or scan it using a cell phone for listing. Then be sure to read the description. as you will need to have the exact item. When listing on Amazon, you do not need to add photographs. However, if an item is used, it is helpful to add a current picture.

You also can add a product not currently listed in the Amazon catalog. If doing this, you will be required to fill in many details and add photos. Amazon requires a lot of ungating in certain categories. And some are off limits to most everyone. Gating means that you must provide invoices and receipts from suppliers in order to see those items.



**There are many other sites for online selling.** A few are: Mercari , Bonanza, Real Real, Poshmark, Etsy, Grailed, Tradesy, Facebook, and Depop.

Whichever site you use will depend on the specific merchandise you have to sell.

**Etsy** is great for handmade and vintage

**Mercari** is great for everyday around- the-house items and is more like a yard sale site.

**Bonanza** is similar to eBay for items that are in high demand.

**Real Real** is perfect for luxury consignment and designer brands.

**Grailed** is a site for high end men's clothing and designer brands.

**Poshmark and Depop** are both marketplace sites for fashion.

**Facebook** is perfect for large items that would be hard to ship and items that can be sold locally.

I hope this helps any neighbor, during this time, and possibly gives you a new career. We need to stick together and I look forward to meeting you at our HBL Neighbor's Night Out.



**If you have a skill or talent, please share!**



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## THANKS TO ALL THE DADS WHO SOAR ABOVE AND BEYOND!

Happy Father's Day to all the Dads in Harbor Bluffs!

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sponsor interview

MEET

# Julie Weintraub

MOTHER, WIFE, COMMUNITY LEADER  
AND ENTREPRENEUR

*VP OF GOLD AND DIAMOND SOURCE AND FOUNDER OF HANDS ACROSS THE BAY*

**Gold and Diamond Source** has been a sponsor of HBL from the beginning. Not only is it the most trusted and family-owned jeweler in the US but Julie Weintraub's non profit organization, Hands Across the Bay, has helped and continues to help countless numbers of families in need and specializes in helping survivors of domestic violence.

Please enjoy the interview we did with Julie.



Julie Weintraub

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

**JW-** I was born in England, later moved to the United States and lived in the New England area until moving to Clearwater in 1986

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

**JW-** My mother is from England and my father is from East India. My husband, Steve, and I have five kids, a his and hers collection. Adam and Emily are biologically mine; and Steven, Troy and Chris are Steve's biological children, so we are one short of the Brady bunch!

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

**JW-** I started out as a restaurant owner and licensed Realtor; then I owned an interior design company for nine years. I joined forces with Steve at Gold & Diamond Source 14 years ago.

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

**JW-** We are serial entrepreneurs! Gold & Diamond Source was opened by Steve almost 40 years ago. He started in the business by selling gold plated seashells. Over time, the business evolved into one of the largest, most successful family-owned jewelry

companies in the United States, with an incredible amount of jewelry all in one location, in our jewelry super center.

**HBL- What is unique about your business that sets it apart from the rest?**

**JW-** Within our industry, we have developed completely different methods from our competitors, and use higher standards, to enable us to provide the utmost excellence to our clients. We offer the largest selection of fine jewelry you could imagine right here in Tampa Bay. Typically, you would have to go to large cities to find the quality and selection we have here at Gold & Diamond Source.

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

**JW-** If you can provide excellence in a world full of mediocrity in any line of work, you WILL always be successful!

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

**JW-** I spend much of my time volunteering to help others with our charity Hands Across the Bay. We help families in need or in crisis through no fault of their own. I also fight in court for longer sentences for domestic violence abusers. Hands Across the Bay is privately funded by friends and supporters who help, like the founder of Harbor Bluffs magazine, Devin Pappas, and her husband Marc; Elif and Dr. Fitzgerald from PureLife Medi Spa, and many other generous readers and advertisers here in Harbor Bluffs.

**HBL- Any future events or specials planned?**

**JW-** Yes. Denim & Diamonds for Hands Across the Bay on June 6 at the Opal Sands. This is our 4th year for this fundraiser. Please go to [HandsAcrossTheBay.org](http://HandsAcrossTheBay.org) for your tickets or tables

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

**JW-** Our culture, our integrity, our people, our inventory of fine jewelry and our excellent reputation.

Business contact information

Gold & Diamond Source 727-573-9351 [www.goldanddiamond.com](http://www.goldanddiamond.com)

**Julie Weintraub**

**Vice President**

**Gold & Diamond Source**

**[www.goldanddiamondsource.com](http://www.goldanddiamondsource.com)**

**Hands Across the Bay**

**Founder-President**

**[www.handsacrossthebay.org](http://www.handsacrossthebay.org)**

**727-573-7720**



Julie with her daughter, Emily



Julie with her son, Adam



Hands Across the Bay and Bikers Against Child Abuse (BACA) event



Steve and Julie Weintraub





## ask the expert

By **Collin Heimensen**, General Manager,  
MarineMax Clearwater

# how much do BOATS COST?

**How much do boats cost?** Depending on the boat, you can find prices from under \$10,000 to millions of dollars. According to the National Marine Marketers Association, the average cost of a new powerboat is around \$40,000. Boating is a commitment in both time and money, but you'll be hard-pressed to find another recreational activity that offers the benefits that boating does. Boat owners enjoy connecting with nature and making memories on the water through fishing, water-sports, entertaining, or simply cruising with friends and family.

**Why should we finance with your company?** As the world's largest boat retailer, we work with banks more than anyone else and are equipped to handle everything for you with the best available programs to offer. Because you are purchasing a product from us, you are a priority, and it's in our best interest to secure your approval as quickly as possible with the best rates and terms. Rather than shopping banks and giving your financials to several banks, we will complete the whole process for you. Once approved, we will provide multiple options from which to



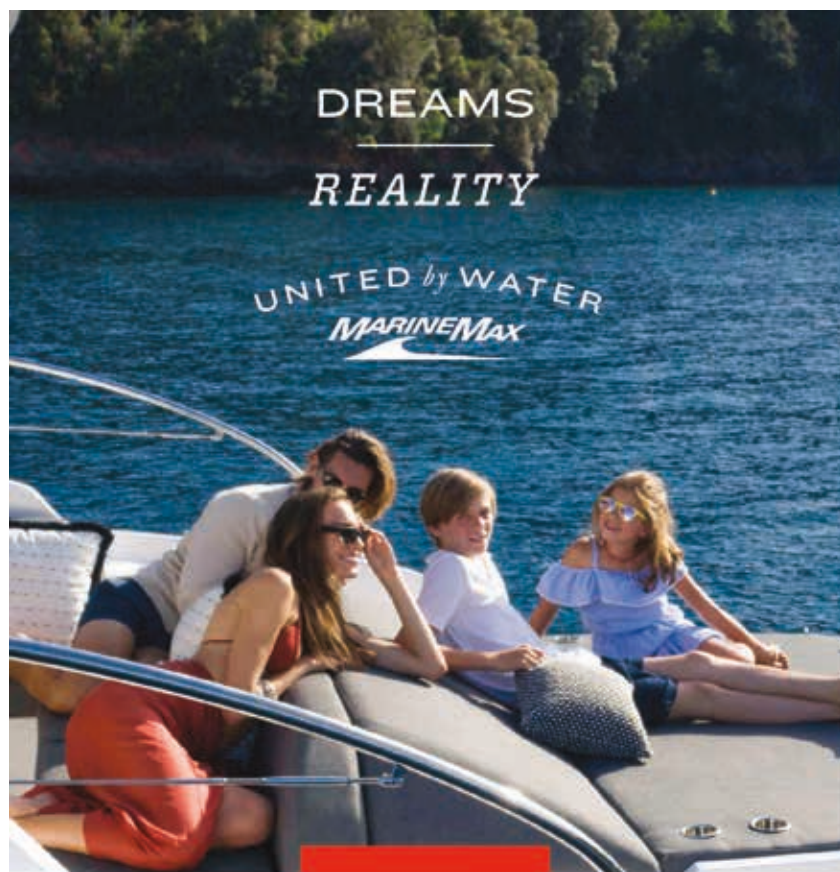
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Tony Hernandez, USDA/Warehouse Manager RCS, Chris Scott, Owner Belleair Market, Vince Eady, Sysco Driver Below; Scott Boing, Marketing Associate



community helping each other  
By Chris George, TBN

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Chris Scott, Owner of Belleair Market, unloading Sysco truck and loading RCS truck.



President and CEO, Kirk Ray Smith helping in the RCS Food Bank



Laura Busch, Owner of Suzette's on the Rocks donates food for RCS from her generous customers. Julie Champion, co-owner of Belleair Market, celebrates this beautiful community moment.



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Some people shine brightest during the darkest times. And times are pretty dark at the moment, which is why community leaders and groups are banding together to help those in need.

The ripple effects of the coronavirus pandemic have been felt by individuals, families and businesses throughout Pinellas County and around the world, so people are doing whatever they can to make a difference.

For instance, Chris Scott, owner of Belleair Market on Indian Rocks Road, could be seen outside his store March 27 unloading several pallets of fresh produce into an RCS Food Bank truck.

"Sysco Foods came to me and said, 'Hey, we've got all this extra produce, what can you take at deep discounts?'" Scott said.

He didn't need all the food for his store, but saw that Devin Pappas, publisher of Harbor Bluffs Living magazine, was seeking food donations for RCS via social media. He called her and she said they'll take whatever he can get them.

So, he bought 2½ pallets of produce, potatoes and fruit, and donated it all to the food bank.

"So, now we have some people who are going to be able to eat," he said.

The donation is welcomed, because RCS supports more than 75 community food pantries, serving more than 130,000 individuals each year.

Kirk Ray Smith, RCS president and CEO, said the nonprofit is now facing an increased demand with dwindling supplies.

"We've seen a decrease in what our retail partners are able to provide," Smith said. "One of the ways we address food insecurity is we have relationships with several grocers. They give surplus to us and give us discounts on additional (items) we purchase from them. This panic buying is having a ripple effect on us. They no longer have surplus. It's down 80 percent pre-coronavirus."

UPDATE- A week after that article was written, Sysco West Coast Florida donated almost 3,500 pounds of fresh food items to RCS. This donation alone equates to feeding about 750 individuals within our community!

**If you aren't able to get to the store, a monetary donation of \$25 can feed 10 people.**

**Please visit [RCSPinellas.org/donate](http://RCSPinellas.org/donate) or send a check, made out to RCS to 503 S MLK Jr Ave. Clearwater, FL 33756**



If you volunteer, HBL wants to hear from you!!  
[Devin.pappas@N2pub.com](mailto:Devin.pappas@N2pub.com)





# HB *Sunset Soundwaves* night

Neighbors Making Noise to Honor Those Professions on the Front Line During Covid 19

**community** coming together

One night, **Lee Curry, HOA President** called me about an idea for a social distancing event. It was to get neighbors outside, on their front lawn or docks and make some noise by blowing horns, playing instruments or simply by banging pots and pans. We decided to call it "Sunset Sound Waves" and it was held on April 19th at 7:45 p.m.

We dedicated this time to all the professionals that helped us through the stay home order.

It was so good to see people out, banging their pots and pans, smiling, waving and laughing. At one time we had a caravan of four golf carts riding through the neighborhood.

Thank you to everyone who came out! Please enjoy the pictures!!







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*“Dad was a Great Father;  
He Loved His Family With  
all his Heart”*

# JOE CENTORE

**of Palmetto Lane will be Missed**

**remembering** our neighbor  
By **Noelle McDonough**, Daughter

“Dad was a great father; he loved his family with all his heart. He loved his big family parties and get together’s. Holidays and summer barbecues were always at his house and he didn’t mind being the center of attention. Every woman I ever met told me my dad was the most charming man.”

“He taught his children it was important to get up every day and go to work that there was honor in every job. It didn’t matter to him if you were the President of a company or if you cleaned buildings he said to just be the best at what you do, that hard work paid off no matter what you did. None of us kids can remember dad ever taking days off from work.”

“He never lost his love for New England (especially Maine lobsters) but you couldn’t get him out of Florida. He loved Harbor Bluffs, Florida – he loved the ocean, the warm air and his neighbors. Dad said he would never move back home.” Those are the words spoken from his daughter, Noelle, who can’t believe her father is gone.

HBL wanted to do a tribute to Joe Centore, our neighbor from Palmetto Lane. When we asked his friends and family how they would describe Joe, here is what they told us:

- “**Joe made the credit union by hard work, caring for people and his fantastic business sense.**”
- “**Joe’s work ethic and dedication to the credit union was inspiring to all that surrounded him and his quick wit and sense of humor always followed him where ever he went.**”
- “**Joe was a generous and loving man with strong convictions and a good sense of humor.**”
- “**Joe was a great dad, always there for his wife and kids. He loved his family dearly.**”



Joe Centore of Palmetto Lane

Joseph A. Centore, age 79, passed away in Clearwater, Florida after a long battle with heart disease. He was the beloved husband of the late Mae L. (Kingsbury) Centore and together they shared 50 years of marriage.

Joe was born in Medford, Mass. son of the late Louis and Virginia (Maniscalco) Centore. He was raised in Belmont and later moved to Billerica where he and Mae resided for 37 years and raised their family before moving full time to Harbor Bluffs, Florida.

Joe started his career as a Bank Examiner for the State of Massachusetts. In 1974 he took on the duties as President/CEO of the Northern Mass Telephone Workers Credit Union where he worked until his retirement in 1998. Being retired allowed Joe to enjoy his love of antique cars. He attended car shows throughout Florida winning many awards and trophies which he proudly showed to his large network of friends.

He is survived by his son, Joseph A. Centore Jr. and his wife Michelle, his daughters; Noelle McDonough and her husband Shane, Brenda Centore, Virginia (Centore) Webb and a sister, Joyce O’Connell. He is also survived by four grandchildren and a large extended family. He was the brother of the late Virginia Lawlor, Anthony, Andrew, and Louis Centore. No account of Joe’s life would be complete without mentioning his beloved dog Sadie Rose.

Joe was a great man, husband, father, friend, mentor, and neighbor. He will be missed.



Joe and Mae-married 50 years.



L-R: Joe Jr, Joe, Noelle, Brenda



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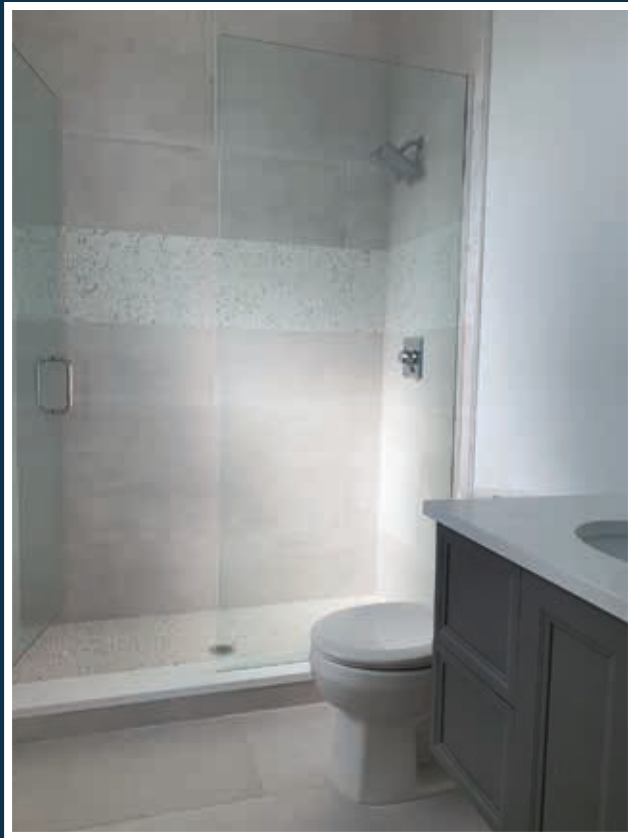
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## Real Estate RESOURCE

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	\$ / Sq Ft
800 Allamada Dr	Harbor Bluffs	\$560,000	04/06/20	165	4	3	2,392	\$234
301 Palm Drive	Harbor Bluffs	\$497,500	02/03/20	124	3	2	2,190	\$227
302 Bamboo Ln	Harbor Bluffs	\$390,000	01/27/20	113	3	3	1,925	\$202
217 Harbor View Ln	Harbor Bluffs	\$435,000	01/15/20	5	3	2	1,897	\$229
302 Cedar Ln	Harbor Bluffs	\$745,000	12/30/19	37	4	3.5	2,770	\$269
106 Poincianna Ln	Harbor Bluffs	\$1,000,000	12/30/19	22	4	4.5	5,259	\$190
125 Palmetto Ln	Harbor Bluffs	\$465,000	12/13/19	14	4	3	2,250	\$202
908 Oakwood Dr	Harbor Bluffs	\$1,750,000	12/07/19	222	6	6	3,999	\$437
113 Harbor Bluff Dr	Harbor Bluffs	\$251,055	12/02/19	64	2	2	1,178	\$223
116 Crestwood Ln	Harbor Bluffs	\$330,000	11/26/19	105	3	2.5	1,494	\$220
803 Camelia Dr	Harbor Bluffs	\$860,000	11/21/19	28	4	3.5	5,421	\$158
309 Orangewood Ln	Harbor Bluffs	\$533,000	11/06/19	3	3	3	2,675	\$199
107 Crestwood Ln	Harbor Bluffs	\$765,000	10/28/19	51	3	3	2,901	\$263
303 Buttonwood Ln	Harbor Bluffs	\$1,017,000	10/25/19	73	4	3.5	2,664	\$382
205 Crestwood Dr	Harbor Bluffs	\$365,000	10/24/19	26	3	3	1,625	\$224
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

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

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### Prosciutto, Fig Flatbread ( makes 2 )

1/4 LB. OF  
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TWO 12 OZ PIZZA BALLS  
OF DOUGH ( ROOM TEMP)  
ALL PURPOSE FLOUR  
1/4 C OLIVE OIL  
1 CLOVE GARLIC MINCED  
1 T FRESH ROSEMARY MINCED  
SALT AND PEPPER  
1/2 C FIG JAM  
3 SLICES PROSCIUTTO  
1 SCALLION THINLY SLICED

Place Pizza Stone in bottom of oven preheat to 500 degrees . Heat 45 mins. Roll out dough on lightly floured surface to a 13 inch round.

Dust a pizza peel with flour and slide dough onto it. Drizzle with 2 T olive oil and sprinkle with half garlic and rosemary. Spread 1/4 c fig jam over crust.

Do not spread closer than an inch to end of dough. Salt and pepper . Add half the cheese and prosciutto. Slide flatbread onto stone .

Bake 15 mins, until puffed and golden brown. Cool 10 minutes before serving Garnish with scallion. Repeat for second flatbread.





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HAPPY  
*Father's*  
DAY



Megan's Dad - Richard Carroll

My father was the best...

He was born and raised in Huntington, WV, went to Belmont Abbey (NC) and Marshall University (Huntington) before joining the Navy as a Medic assigned to the Marines. He was based in Guam and Okinawa, though he never once spoke about it.

While playing semi-pro baseball in Cleveland at Case Western Reserve, he decided he was moving to Florida after graduation to escape the frigid cold. That's how we ended up here!

He was a Podiatrist for almost 40 years in St. Pete, and all 3 of us girls worked in his office every summer. In fact, Julie Folden remembers going to him in the '70's when she had a foot problem. What a coincidence!

My Dad was incredibly involved in our lives, the Church, Little League and so much more. Standing at 6'3", he was tall and had a commanding presence. It seemed like he was the President of every group or association he joined.

He must have been so proud to see all 5 of his little ones sitting on the curb every night waiting for him to come home from work.

I've missed him every day since he passed away in 2006. – **Megan**



Julie's Dad-Frank Sardinha

TENACITY AND FAMILY...that describes my Dad...

Born in the USA, my father spent the majority of his youth with his 11 brothers and sisters on the island of Madeira, Portugal. He returned to this country on the eve of World War II. After serving first in the Merchant Marines and then the U.S. Navy, he left the military to enter the construction trade moving our family from Port Washington, Long Island, New York to Jupiter Florida in 1956.

My dad became a General Contractor and built commercial and residential properties in Palm Beach County for 4 decades. As my mother often said, he did not know the meaning of "not possible"... He sponsored many of our relatives from Portugal, set them up in homes, helped them get jobs and then ultimately get their American Citizenship...it was the quintessential "American Dream". As a child I thought that my dad was the most handsome man-he could be a movie star.. little did I realize how much his inner self was the true star.. – **Julie**

**We'd love to hear about our Harbor Bluffs' Fathers.**  
**Email your story and a picture of your Father to Julie or Megan**

**JULIE FOLDEN**  
 727.460.7462  
 Julie@JulieFolden.com



**MEGAN BOWER**  
 727.742.2699  
 Megan@LifestyleFL.com

**COASTAL**  
 PROPERTIES GROUP INTERNATIONAL

**CHRISTIE'S**  
 INTERNATIONAL REAL ESTATE



# Harbor Bluffs Living

## RESIDENT BUSINESS GUIDE

If you are a Harbor Bluffs Resident and own a business you would like to share with our neighbors, please contact us at **Devin.Pappas@n2pub.com**

<b>ATTORNEY</b> <b>McManus and McManus PA</b> Mary Taylor McManus (727) 584-2128 McManusEstatePlanning.com	<b>HOTEL</b> <b>Beach View Hotel</b> Crawford Ker (727) 461-7695 thebeachviewhotel.com
<b>CONTRACTOR</b> <b>AAA Services of Central Florida</b> Joe Logar (727) 447-7112 AAAServicesFlorida.com	<b>MASSAGE</b> <b>Lisa Gecelosky</b> (727) 412-1444 LisaGMassage@gmail.com
<b>EVENT PLANNER</b> <b>Parties A la Carte</b> Jessica Ralph (727) 710-2511 PartiesA'LaCarteFl.com	<b>MEDICARE INSURANCE</b> <b>Linda Bullerman CLTC</b> Linda Bullerman (727) 434-3376 LindaBullerman.com
<b>GOLF COURSE</b> <b>Cove Kay Golf Course</b> Pat McClanan Shriver (727) 480-9049 PatMcClananShriver@live.net	<b>PAINTER</b> <b>Munyun Painting</b> Asher Ballew (727) 501-3831 MunyunPainting.com
	<b>PEDIATRICIAN</b> <b>Myrtle Avenue Pediatrics</b> Kathryn Boreman (727) 442-8589 happykidsmd.com

<b>REALTOR</b> <b>Century 21 Beggins</b> Jaime Wright (904) 631-6853 www.c21beggins.com/jaimewright	<b>RESTAURANT</b> <b>CK's Eats and Drinks</b> Crawford Ker (727) 443-5377 ckseatsndrinks.com
<b>Century 21 Beggins</b> Shane & Cheryl Crawford (727) 776-1684 TheCrawfordTeam.myhomehq.biz	<b>RESTORATION SERVICES</b> <b>Total Restoration</b> Jim Bova (727) 573-1959 Totalrestorationfl.com
<b>Coastal / Christies</b> Julie Folden (727) 460-7462 JulieFolden.com	<b>VETERINARIAN</b> <b>Bluffs Animal Hospital</b> Dr. Guy Gibson (727) 585-5682 BluffsAnimal.com
<b>Coastal / Christies</b> Megan Bower (727) 742-2699 TeamBower.com	<b>WEBSITE DEVELOPMENT</b> <b>Consultel Inc</b> Yvonne Morris (702) 528-6110 consultel.net
<b>Sand Key Realty</b> Michelle Gerhart (949) 235-9691	



# Neighborhood Sponsor INDEX

This section has been created to give you easier access when searching for a trusted neighborhood vendor to use. Take a minute to familiarize yourself with the businesses sponsoring the publication. These local businesses are proud to partner with you and make this magazine possible. Please support these businesses and thank them for supporting the publication!

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<b>AIR CONDITIONING &amp; HEATING</b> <b>Jenergy Air Services</b> (727) 595-5366 JenergyAir.com	<b>BOUTIQUE/LADIES</b> <b>Suzettes</b> 400 Indian Rocks Road N. Belleair Bluffs, FL 33770 (727) 595-8700	<b>EVENT PLANNING</b> <b>Parties A'La Carte</b> (727) 710-2511 PartiesALaCarteFl.com
<b>ANIMAL HOSPITAL</b> <b>Bluffs Animal Hospital</b> (727) 585-5682 BluffsAnimal.com	<b>CARPET AND UPHOLSTERY CLEANING</b> <b>Doll Bros. Carpet Dry Cleaning</b> (727) 596-2249	<b>FAMILY LAW</b> <b>Kinnear K Smith PA</b> (727) 724-4116 KinnearKSmithPA.com
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<b>ARTIST</b> <b>Nancie Norman Artist</b> <b>Nancie Norman</b> (727) 471-5211 nancienorman.com	<b>CHARITY</b> <b>RCS</b> (727) 584-3528 x401 RCSpinellas.org	<b>Don't forget Mothers Day</b>
<b>ATTORNEY/ CRIMINAL DEFENSE</b> <b>Brunvand Wise P.A.</b> (727) 446-7505 Acquitter.com	<b>CONSTRUCTION/REMODELING</b> <b>AAA Services of Central Florida Inc</b> (727) 447-7112 AAAServicesFlorida.com	<b>FEMININE REJUVENATION</b> <b>Visionary Centre for Women</b> 2695 Ulmerton Road Clearwater, FL 33762 (727) 540-0414 Visionarycentreforwomen.com
<b>AUTOMOTIVE SERVICE</b> <b>German Imports</b> (727) 596-1374 GermanImportsCorp.com	<b>Cayman Construction Group</b> <b>Lauren Connors</b> (727) 667-2171 Caymanconstructiongroup.com	<b>FINANCIAL PLANNER</b> <b>First Financial Guarantee</b> (727) 518-8333 FFG-LLC.com
	<b>Polo Builders Inc.</b> <b>Gerald Green</b> (727) 234-0701 PolobBuilders.us	

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Belleairwealth.com

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**(847) 651-5439**

MHaghighi.com

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**(727) 385-1108**

TheBurnfit.com

**Stretch Lab**

**Soosie Lazenby**

**(727) 584-8500**

largo@stretchlab.com

**FITNESS TRAINING**

**F45 Training Largo East**

**(727) 362-6408**

F45training.com/LargoEast/trial

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**Joel Guthrie**

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palmtreesdirectinc.com

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*Clearwater, FL 33756*

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FlokByBekim.com

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**(727) 348-0619**

salonstudio400.com

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**(727) 366-1761**

Mercedes.DecoratingDen.com

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**(727) 573-9351**

GoldAndDiamondSource.com

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**We need one too,**

**please refer one to us!**

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**Restoration**

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*Palm Harbor, FL 34684*

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MunyanPainting.com

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https://fitnesstogether.com/belleairbluffs

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