

April 2019

Harbor Bluffs *Living*

A Social Publication for
the Residents of Harbor Bluffs



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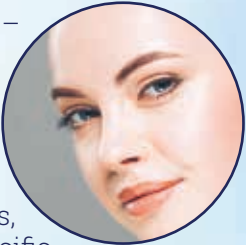


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JOSEPH M. LOGAR, SR.,
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There is a Helicopter Egg Drop and an Underwater Egg Hunt; where were these fun and unique events when I was a kid? Well, I guess there is no age limit for Easter egg hunts! Maybe I will go...

We are preparing for our Mother's Day and Father's Day magazines and we need you to be a part of this! (This is your homework.)

Please email me your favorite picture of you with your mom and you with your dad. Mom: please send me your favorite picture of you with your children and Dads, please do the same.

The moms' pictures are due by **March 15** and I will need the dads' pictures by **April 15**, or send them all at once. Please include your names and if you would like to say something special to your mom or dad, please send me your quote. What a nice surprise for your parents during this very special season for them!

We would like to welcome our newest Sponsors to the magazine. F45 Training Largo, G and G Pools, Foggiare Institute, Realtor Jessica Viola, Kinnear Smith P.A, Realtor Laura Scot, Art Lovers Place, BloomTown Florist, Parties A'La Carte, Decorating Den Interiors, K's Personal Concierge.

We hope you will please consider these and all of our incredible sponsors that make this magazine possible.

Please keep in mind that this community magazine cannot exist without your stories! I am looking to feature your Precious Pet, Athlete, Teen, Kids' Korner, Volunteer activities and for the "big kids," we would love to highlight your "toy," i.e. boat, car, plane, motorcycle, RV, etc.

If you would like to be our Focus Family, please contact me at devin.pappas@n2pub.com or text me at **727-657-9615**. It is super fun to have a professional photo shoot with **Beth Kelly Photography**.

Please like us on Facebook at *Harbor Bluffs Living* magazine and follow us on Instagram.



See you at the Social Hour on April 15 for the "Bonefish Tax Day Party" from 5pm-7pm.

Devin

Hoppy Easter and Happy Spring

Hoppy Easter! If you are looking for fun activities to do this month with the kids, you must check out the "Around Town April Calendar."

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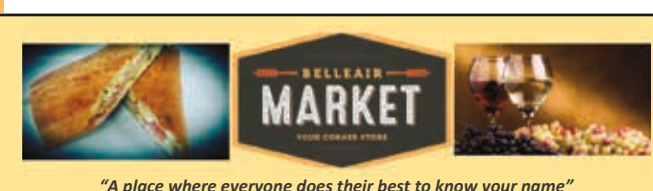
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Family Lightning Fans

MEET YOUR NEIGHBORS: JENNY, ADAM & JACKSON COMPTON

family
focus

What perfect timing to feature this Lightning-crazed family!

When we asked Jennifer if she had an idea for their family photo shoot based on what they enjoy to do, she couldn't wait to tell us about their love for The Tampa Bay Lightning Hockey Team!

Family member names: Adam, Jennifer and Jackson Compton
Street: Palmetto Lane

HBL: Do you have any pets?

JC: Bailey, our dog, is a Lab mix and **Smitty** is our crazy cat. Our sweet animals died last year so we found these sweet additions at Pet Pals and our cat at SPCA.

HBL: What are your professions?

JC: My husband, **Adam**, is a police officer for the past 12 years. My husband is on the PBA and he looks forward to the challenges helping his co-workers with retirement and other important policy issues with the city.

I am a high school guidance counselor at an alternative school. This is my third year at an alternative high school and I



love coming to work every day. I must say that the students certainly keep me on my toes and keep me young. I facilitate "angry managements groups" and mentor the Girl Friends Club of America members.

HBL: Those are both such rewarding careers. Thank you both for what you do.

HBL asked the Compton family what some of their favorites are in our area. Here was their response.

Activities/Hobbies: Watching any sports! My boys will even watch reruns of last year's games for GA or Lightning. I enjoy nutrition, cooking and the gym.

Hangout: Our favorite hangout is our home. We often run on different schedules and sometimes we barely see each other. So relaxing, with a nice meal and movie is all we need.

Restaurants:

Mike's Pizza or anywhere on the beach. We feel there is nothing better than eating on the water.

Vacation destination: We love Hawaii and try to visit every three years. We are a cruising family, too.

Sports teams: Georgia Bulldogs and Tampa Bay Lightning.



TV show/Movie: *Walking Dead*

Music: **Adam** loves Jamie Johnson, **I** love anything '80s or '90s and **Jackson** loves rap music.

HBL: Do you have any family traditions?

JC: Visiting our Disney timeshare three or four times a year.

...

1989.
The retirement plan began over two cups of black coffee. Not by coincidence, it was toasted with a 30-year-old single malt in

2019.

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Every Fourth of July we visit Lake Lanier in GA, season tickets to Lightning each year.

HBL: What college/university do you follow?

JC: The University of Georgia where **Adam** graduated from there along with his sister. Our son hopes to one day go there, too. Adam's father graduated from Georgia Tech so we enjoy the rivalry.

HBL: Where are you originally from?

JC: Adam is from Georgia and Jackson and I are Floridians.

HBL: How long have you lived in the neighborhood?

JC: 15 years.

HBL: What do you like to do to relax?

JC: We go boating as often as our schedule and weather allow or we enjoy hanging by our pool

HBL: How are you involved in the community?

JC: I have a passion for mentoring "at-risk" teenagers and I enjoy volunteering at our son's sporting events.

HBL: Is Jackson involved in any sports or activities?

JC: Yes, he is involved with cotillion, golf, basket-



ball, baseball and youth group. If you drive by, he will most likely be outside playing basketball or practicing his swing.

HBL: We can't wait to feature him as our Athlete of the Month.

HBL: What is your favorite part about living in your neighborhood?

JC: We have the most trustworthy neighbors and we love our home. Being able to raise our son, his whole life, in this neighborhood has been a wonderful blessing.

HBL: How did you and your spouse meet?

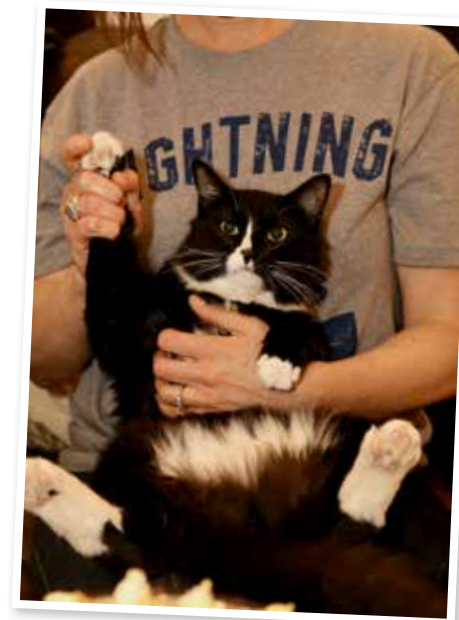
JC: I went to GA to visit some high school friends who moved to GA and they befriended my spouse

before I met him. That week-end, **Adam** came with us to Sushi Rock and we've been together ever since. I moved to GA so we could both finish our master's degrees and then I dragged him to The Sunshine State, Florida, where he fell in love with it and we got married and started a family 16 years ago.

HBL: Thank you for sharing your wonderful story with us.



If you would like to be a Focus Family and have a professional photo shoot...So fun...call me at **727-657-9615**.





Three Generations of Athletes.

athlete of the month

Ethan Logar

CATCHER

“Baseball takes Patience and Dedication”

Name: Ethan Logar

Age: 8

School: Curlew Creek Elementary

Sport: Baseball

HBL: How long have you participated in this sport?

EL: 1 year and 4 months.

HBL: What position do you play? Why do you like this position?

EL: I play catcher. I love to catch the balls from the pitcher and it's an exciting position to have. You get a lot of action during the game.

HBL: What is your favorite teacher/mentor's name?

EL: I actually have two. Coach Mike Davis and Coach Bryan

More. Coach Mike Davis is my current coach and Coach Bryan More, who I had for my two prior seasons. They have taught me so much and have instilled in me a love for this sport!

HBL: Who do you idolize in this sport?

EL: I really like Chris Archer. I also like the Tampa Bay Rays and the Clearwater Threshers.

HBL: How is your team doing this season?

EL: Our team is doing very well. We have learned a lot about fielding, batting and pitching skills this season. It's been a great season so far.

HBL: Congratulations!

HBL: What is the name of your team?

EL: The Lugnuts from Countryside Little League.



Thumbs Up — We got this.



Proud Dad with Ethan.

HBL: Have you met anyone famous in baseball?

EL: I have met Chris Archer (formerly from The Tampa Bay Rays). He was very nice and gave us some great advice on being a baseball player and being a good person all around.

HBL: Have you traveled anywhere related to this sport?

EL: We have played on several fields throughout Pinellas County.

HBL: What events have you participated in?

EL: I participated in the Countryside Little League Hit A Thon and attended the Tampa Bay Rays Baseball Clinic.

HBL: What awards or honors have you won?

EL: I have been awarded the Game Ball every season and was nominated as the Most Improved Player during my first season of baseball from my coach, Bryan More.

HBL: What an accomplishment, congrats again, Ethan.

HBL: What have you learned from participating in this sport?

EL: I have learned a lot: Being a team player, having good sportsmanship, making great friends and finally, the more you practice and work hard, the better you will play.

HBL: What do you like the most about the sport?

EL: I really love hitting the ball and watching it fly. I also really enjoy running the bases and making it to the home plate.

HBL: What is your favorite memory of this season so far?

EL: There are a few, I had a



Chris Archer from Tampa Bay Rays signs Ethan's Baseball.

double play, watching my Papa Joe and family watch me play and Coach Mike Davis showed me how to start pitching.

HBL: One tip for someone looking to get into this sport:

EL: This sport requires patience, lots of practice and a good attitude.

HBL: Do you play any other sports or participate in any other activities?

EL: I also participate in a Run Club and play Recreational Soccer. I'm also in the STEM Club (Science, Technology, Engineering and Math Club) at school.

Thank you so much, Ethan, for being our “Athlete of the Month.” We have enjoyed this interview and know that you possess great qualities as a team player and leader. Good luck with the rest of the baseball season!



What is your sport of choice? Please send me your story: Devin.pappas@n2pub.com.



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enhance **THE SPACE**

In this "Enhanced" Guest Bedroom, I created a neutral backdrop and added a layered effect on the windows that softens the room. I applied motorized Hunter Douglas Silhouette® Shadings to the sliding doors and side panels from our European fabric line Style Library, that cascade from an upholstered cornice blending with the wall color. This effect keeps the space open and contemporary while giving the bedroom a feeling of soft comfort.

For the bedding, we fabricated a custom coverlet in a natural linen fabric and layered it with a bed runner, custom pillows and a bolster. The contrast of soft neutral bedding on our luxury shag rug creates depth and makes the room appear larger. When we "Enhance the Space," we always work with our client's favorite color, and from their desires create the feeling/tone and aesthetics that pleases their eye.

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Harbor Bluffs Living

Girls Getaway

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- **Date:** Sept 16-Sept 20
- **Departing:** Port Canaveral with stops in Nassau and Cove Cay
- **Ship:** Royal Caribbean's Fabulous Mariner of the Seas
- **Prices Starting at \$334/pp**

Spend a few days with your best friends, your sisters or neighbors and relax on board the *Mariner of the Seas*. The new *Mariner of the Seas* is packed with more ways to play on the most maxed-out short getaway ever. Dare to try Flow Rider? Or the Perfect Stormwater slides? Maybe you fancy rock climbing? Or just want to relax in one of the four pools? How about a Spa Day? There is something to do for everybody.

At night we bond over family-style Tuscan Eats at Jamie's Italian by Jamie Oliver, devour delectable steaks at the Chops Grill or kick off a night of partying at the Bamboo Room, then dance the night away at Studio B. You can also try your luck at the Casino, where you find everything from slots to gaming tables.

After a relaxing day at sea, we will be spending a full day in Nassau; you can get a head start on your Christmas shopping. The next day we will spend at Coco Cay, Royal Caribbean's own private island, before another soothing day at sea brings us back to Port Canaveral.

This is a four-night, five-day trip. We have secured special group pricing for Harbor Bluffs residents and sponsors and rates start at \$334 for inside cabins.

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APRIL

happenings

Come out and Play

- April 1: John Denver Tribute** at Central Park Performing Arts Center 727-587-6793
- April 2-3: Price is Right Live!** Ruth Eckerd Hall 727-791-7400
- April 5: "1964" Beatles Tribute Band** Mahaffey Theater 727-893-7832
- Abba the concert** tribute REH
- John Waite and John Parr** Capitol Theater 727-791-7400
- Movies** in the Largo Central Park 6:30-9:00pm
- April 6: Dunedin Scottish Highland Games** \$16 1920 Pinehurst Rd, Dunedin
- April 11: Brunch with the Bunny** 10:30am-12:30pm Highland Recreation Complex
- April 12: Movies** in the Largo Central Park 6:30pm-9:00pm
- April 13: Family Fun Run** at Highland Recreation Complex from 8:00am-10:30am
- Pawfest** at Largo Central Park "Kids and Canines" Carnival from 9am-3pm
- April 15: TAX DAY AND HB LIVING BONEFISH SOCIAL** 5pm-7pm
- April 19: Underwater Egg Hunt** noon-2:00pm at Southwest Pool on Vonn Road, Largo
- Thirsty Third Friday** at Largo Central Park live music by Betty Fox Band
- April 20: Helicopter EGG DROP.** Mission City Church Seminole Blvd Largo 8:30-12:30



- April 21: Easter Sunday**
- April 26: Blast Friday with Greg Billings Band** Cleveland Street free concert 5:30-8:30
- April 27: Spring Health Fling** free event for kids and parent; Largo Central Park 11:00am-2:30pm
- April 28: Orthodox Easter Sunday**



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Julie Folden

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neighbors' night out

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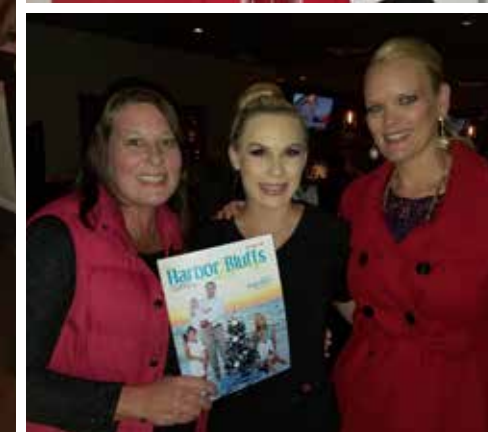


Niko Hales, the GM of Bonefish/Belleair Bluffs, and his fabulous employees really outdid themselves. Check out these appetizers that just kept coming out:

- Bang bang shrimp
- Saucy shrimp
- Seafood imperial dip
- Mussels Josephine
- Calamari
- Wagyu beef and ginger dumplings
- Tuna sashimi



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44-FOOT CONDO *on wheels*



Linda Bullerman and Jeff Magnum take us on an Inside Tour

HBL: What is your name?

Linda Bullerman and Jeff Magnum

HBL: How long have you been in Harbor Bluffs? 20 years

HBL: What is the make, model and year of your “Toy”?

LB: 44-foot 2016 Entegra Aspire four slides and 1 ½ baths

HBL: It is a gorgeous
“Condo on Wheels.”

HBL: What were the circumstances of your purchase?
Planned? Please tell your story.



LB: We have had other RVs, but Jeff lived in them while working for NASCAR in NC. We only used it maybe twice a year for Daytona 500 and to visit family in NC.

When he left **NASCAR**, we both had full-time jobs, so we didn't use the RV, so we decided to sell it. We always wanted another one but only if we found the right one for the right price. To my surprise, Jeff found one online in L.A. He called dealer several times and we flew out

there to see it the end of May 2018.
IMPULSE!

I still can't believe it! I told Jeff since I'm still working and hadn't planned on purchasing one and my busy season (September–December) was approaching that we would have to take short trips for the remainder of the year. I bought a printer and did my certification on the road for Medicare. Now I have a portable office.

HBL: Tell us your favorite memories on “your ride”?

LB: 2019 will be the year to really enjoy it and make memories. There





Linda and Jeff.

are precious memories such as Daytona 500 for six years in an RV. We had a blast for a week. Many fun memories there. We thought about going this year but since it was so late, the location we wanted, in the infield, was sold out for this year. Maybe next year.

This year we went to the Keys which was awesome for a week and then we went to Bristol night races (NASCAR) in August and stopped in Pigeon Forge to visit friends.

HBL: What are some of your plans with your traveling home?

LB: I'm so excited, we don't have all the trips planned yet, but we are going to our first rally in March with the FMCA (**Family Motor Coach Association**) to Perry, GA.

We have never been to a rally but I'm expecting it to be informative and fun. I will learn how to use the induction cooktop. Maybe I shouldn't, then Jeff will have to grill the food.

We are also excited to meet other people that have RVs.

Then we are looking forward to the **50th New Orleans Jazz Fest!** It's two weekends but they are having so many top bands such



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Second Couch for entertaining.



Linda and Jeff dining.



Master Bedroom.



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Master bathroom.

as: **The Rolling Stones, Earth Wind and Fire, Doobie Brothers, Santana, Katy Perry, Boz Scaggs, Chris Stapleton, Gladys Knight, Dave Matthews Band, Bob Seger, Pitbull and so many more** that we don't know but we will be there 12 days on the water!

I told Jeff this is amazing to see all these bands in eight days.

After that, who knows where our wheels will take us.

One day I would like to go to the balloon festival in Arizona, but it will have to be after I retire because it's in October (my season). I also want to go to Yellowstone and other National Parks. I want to see the USA! And make memories.

HBL: Thank you for sharing this exciting story. Your "Toy" is so beautiful and exciting!

Please continue to share your travels with all of us!

Linda is an expert with Medicare. If you have any questions, looking into different plans and options please reach out to her at 727-501-1444.



Please contact me to feature your "Toy"
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Patients love to dress up for PureLife gatherings.



Dr. Fitzgerald poses with guests and thanks them for their support.

A VALENTINE'S *beauty bash* FOR EVERYONE

Photos Courtesy of
Jessica McKnight
Photography

PureLife Medi-Spa hosted its annual Valentine's Beauty Bash in February with great success. Guests enjoyed a fabulous night under the stars, as well as music, delicious food, special discounts and raffle prizes. It also included a live demonstration of the popular PDO Thread Lift treatment.

"The annual Beauty Bash is one of our most popular events," said PureLife Owner Elif Fitzgerald. "We love to give our patients and friends the opportunity to celebrate with fine food and drink, and to take advantage of our best deals of the year."

The elegant affair included raffles for a variety of products and services, including the Cupid's Makeover valued at more than \$2,500. For more information about upcoming events, visit www.purelifemedispa.com or call 727-595-3400.



Meaghan Maxwell, Ewa Weinheimer, Donna Gonzalez, Jackie Williams, Kelly Woodruff, Kathleen Rossi, Elif Fitzgerald, Melinda Marree and Elizabeth Palascak.

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Angie's list

BBB

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. Any information of special interest should be obtained through independent verification.

Address	Neighborhood	Sale Price	Sold Date	DOM	Beds	Baths	SqFt	Parking	Sp/Sq Ft
111 Poinciana Lane	Harbor Bluffs	\$850,000	01/12/19	82	3	4	1,865		\$456
414 Buttonwood Ln	Harbor Bluffs	\$1,500,000	01/02/19	403	4	4.5	4,704		\$330
207 Orangewood Ln	Harbor Bluffs	\$334,500	12/17/18	111	3	2	2,000		\$167
311 Crestwood Ln	Harbor Bluffs	\$300,000	12/16/18	42	3	2	2,033		\$148
317 Orangewood Ln	Harbor Bluffs	\$465,000	12/07/18	43	3	3	2,650		\$175
314 Crestwood Ln	Harbor Bluffs	\$525,000	12/04/18	474	4	4	2,650		\$158
303 Harbor View Ln	Harbor Bluffs	\$420,000	12/03/18	7	4	3	2,650		\$175
128 Indian Rocks Rd	Harbor Bluffs	\$277,000	11/26/18	20	3	2	2,650		\$179
304 Harbor View Ln	Harbor Bluffs	\$1,830,000	11/15/18	41	4	4	2,650		\$485
109 Oakwood Dr	Harbor Bluffs	\$650,000	11/08/18	6	4	4	2,650		\$216
312 Live Oak Ln	Harbor Bluffs	\$418,500	10/31/18	16	3	3	2,650		\$168
307 Palmetto Ln	Harbor Bluffs	\$760,000	10/29/18	102	4	3	2,650		\$250
118 Crestwood Ln	Harbor Bluffs	\$500,000	10/04/18	137	3	4	2,650		\$202
124 Harbor View Ln	Harbor Bluffs	\$2,500,000	10/01/18	41	5	6	2,650		\$266
417 Buttonwood Ln	Harbor Bluffs	\$1,685,000	09/27/18	16	3	4.5	2,650		\$453
606 Palm Dr	Harbor Bluffs	\$1,165,000	09/26/18	13	3	3	2,650		\$368
110 Indian Rocks Rd	Harbor Bluffs	\$429,000	09/21/18	32	2	3	2,650		\$148



recipe of the month

THE EASTER BUNNY WANTS *no-bake* “ROCKY ROAD BARS”



Submitted by **Laura Scott** – Coldwell Banker, Belleair

Easy Rocky Road Bars is an easy fudge treat loaded with **chocolate, peanut butter, nuts, and marshmallows.**

A simple and easy no-bake treat! Yummy!

The Easter Bunny will love these!

PREP TIME: 20 minutes

TOTAL TIME: 20 minutes

SERVINGS: 16 SERVINGS

Ingredients

- 2 cups semi-sweet chocolate chips
- 3/4 cup peanut butter
- 3 cups mini marshmallows
- 1 cup walnuts coarsely chopped
- 1/2 cups peanuts chopped

Directions

1. Line a 9 x 9-inch pan with foil.
2. Melt together the chocolate chips and peanut butter over low heat until smooth.
3. Stir in nuts and remove from heat. Allow to cool 3-4 minutes.
4. Add marshmallows and stir to coat.
5. Spread in pan and refrigerate until firm.

Recipe Notes: *It is important to cool chocolate mixture a bit so that the marshmallows remain intact and do not melt.*



LAURA SCOTT

Sales and Waterfront Specialist



240 Sand Key Estates

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

Always keeping your goals in mind is my focus.

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Chef John Harris
Our Neighbor

business beat

MEET
**JOHN
HARRIS**
BUSINESS OWNER,
CHEF, NEIGHBOR
BEACH BREWZ
“The Neighborhood Coffee Shop & Cafe”

Harbor Bluffs’ Living magazine had a wonderful opportunity to meet our neighbor and entrepreneur, **Chef John Harris**.

John and his longtime friend, **Fran Bartlett**, had a vision on opening a Coffee/ Wine/ Bistro/Cafe and when the perfect location on N. Redington Shores became available, this determined team jumped at the opportunity to open a “friendly neighborhood coffee shop/ cafe.” The name of this new Cafe is **Beach Brewz** and it is located at 17814 Gulf Blvd., N. Redington Shores.

While we were touring this fabulous new “hangout” here is what we learned: since the location was originally The Lobster Pot, then a Mexican restaurant, this team felt that a total renovation was needed in order to fulfill their very unique vision.

John had walls knocked down, revamped the entire kitchen, new floors were installed, a meeting room was established, comfortable couches were installed, a sitting/”den-like” television space was added and outdoor seating is available and more.

The vision of The **Beach Brewz** is to create a place where “everyone knows your name.” This dynamic duo has thought of very creative activities for all types of groups. They provide all types of board games where some are family driven and some are for adults. I told John that I can’t wait to plan a “Harbor Bluffs’ Living **Game Night Social**.” He agreed it would be super fun.



Family or Teen Game Night.



Beautiful decor and comfortable atmosphere.



Yummy Lobster Roll.

There is a breakfast, lunch and dinner menu. (Too extensive to list everything, but the Lobster Roll was delicious). They serve specialty coffee, the best white chocolate chip cookie (of course I had one), crafted beer and wine. They have happy hour from 2pm–5pm every day. (1/2 price beer and wine.)

This is a perfect place for teens to be able to meet up with their friends and play games, listen to music, have a date night or come to study. There is free Wi-Fi and big screen TVs.

I told John that I can see a very fun Girls’ Night Out at The Beach Brewz. (Dinner, wine, music and games — what more could a girl ask for?)

For the coffee lovers, The **Beach Brewz** is the only establishment in Pinellas County allowed to serve the famous and popular, Peet’s Coffee. This crafted coffee started in California in 1960 and is still #1, outselling Starbucks in California. So come to **Beach Brewz** for a cup!

When asked what makes **The Beach Brewz** unique, **Chef John** told us about their live music Friday, Saturday (6 pm–9 pm) and Sunday (1pm–4pm), Monday nights are Trivia Night and Tuesdays are a great night for teens and families. Every Tuesday, from 5pm–8pm, they have a teen musician and it is **ALL-YOU-CAN-EAT TACO Night**.

Their food is cooked to order and everything is fresh. **Chef John** stated that “they use whole eggs, roast their own chicken for dishes like quesadillas and they braise their pork. When asked what are your most popular dishes, John told us “the **Beach Brewz** Chicken Sandwich, English Muffin sandwich, made with Andes cheese, bacon and tomatoes is a sellout, Lobster Roll, Chopped Salad and Meat Loaf are a must!”

John Harris has been a resident of Harbor Bluffs for 28 years. He and his wife, **Mary**, live on Palmetto Road. They have a son, **Connor**, who graduated from USF and is an Insurance Agent





Great place for socializing.

in Tampa. **Emily**, their daughter, is a graduate from Johnson and Wales University in Miami and is a local chef.

In **John's** college years, he attended and graduated from Colby College in Waterville, Maine. He graduated with a degree in psychology. While living in Maine, **John** became an avid skier, becoming addicted to the sport. After graduating he decided he wanted to move to Utah to take on the slopes of Aspen and Snowbird Mountain.

John was offered a position at The Snowbird Resort. This is where he first learned how to cook. Once realizing that his real passion was in the kitchen, he was offered a position at The Sheraton Hotel in Downtown Salt Lake City, a very large volume establishment.

The news spread of the talents and skills that **Chef John Harris** has, and it wasn't long before the Sheraton in Sand Key recruited him to come to Florida. He has been here since 1991. **Chef John** was recently awarded his fifth Golden Spoon (chef awards)! Now that is impressive! Congrats, Chef John!

Let's go meet our neighbor and visit **Chef John** at his new "neighborhood coffee shop/cafe":

Location:
The Beach Brewz
17814 Gulf Blvd.
N. Redington Shores
727-256-3565
Opens at 7am
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Left: Chef John Harris.

Chef John and Joey Quintana.



Meeting Room Card/ game

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business beat

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Nathan and Carrie Temple, local residents, own and operate the new **F45 Training Largo** East at 2715 E. Bay Drive.

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The Temples are passionate about bringing approachable yet challenging fitness programs to the community and ensuring all feel welcome and valued at **F45**.

Nathan quotes, **“If you consistently come to the studio, we’ll take it from there, and you WILL see results!”**

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F45’s next **8-Week Body Transformation Challenge** starts **April 29**, and new members are being accepted.

Members who complete the F45 Challenge will be in the best shape of their life and feel amazing inside and out!

So who’s in? Please call Nathan at 727-362-6408 to start your FREE one-week trial membership!



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www.BluffsAnimal.com

Family member names: Mike and Stella Alea
Pet's name: Ricky and Lucy
What breed: West Highland Terrier, "Westie"
Male or female: Ricky, male, and Lucy, female.
Pet's age: Ricky, 4 months; Lucy, 3 ½ months.

HBL: Where did you get your pet?
MA: Ricky from a local company and Lucy from a breeder in Ft. Meyers.
HBL: Is there a story behind its name?
MA and SA: We were looking for names that were well-known and always like these names from the old TV show.
HBL: Anything special or unusual about them?
MA: Westies are extremely bright, active, independent. As you can see from the picture, Ricky has a new habit of sleeping in the washer.
HBL: When I saw that picture, It made me laugh.
HBL: What do you like best about your pet?
MA: We have had two Westies before and love the look of this breed and as seen in the pictures, they can be very funny.



HBL: Any funny stories?
MA: Not yet, as we have had them for only one and a half months, but house-breaking two is a lot harder than I thought but we are getting there.



HBL: How spoiled is your pet?
MA: Not yet much yet, but if they are anything like our last ones, I am sure they will be.
HBL: What else should we know about your pet and/or how your pet has enriched your home/family?
MA: We have had dogs for years but after our last Westie "Sophie" died almost three years ago we were not sure if we would get another one. Sophie was a special dog and she we knew she would be hard to replace. However, we missed having a pet, so we took the plunge for two.

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A new tradition has been created by George and James Cole, father and son, owners of The Breakfast Station Restaurant on Oakhurst Road in Seminole. The duo host local Veterans at their



8:30 am Pledge of Allegiance.

restaurant every Tuesday morning between 7 and 9 am. At the event, the veterans enjoy a discounted breakfast, trade their personal stories and experiences and are honored for their service. At 8:30 the groups stand for the Pledge of Allegiance followed by the singing of "God Bless America."

If you're a veteran, why not stop in on a Tuesday morning and check it out. **The Breakfast Station** is located at 9342 Oakhurst Rd Seminole.

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Dr. Jennifer Hayes.

sponsor spotlight

INTRODUCING
DR. JENNIFER S. HAYES
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Office



Visionary Centre for Women | Friendly Team.

We had the pleasure of meeting with Dr. Jennifer Hayes in her contemporary office with her friendly staff. Dr. Hayes has been a part of our community for 20 years. She has a very impressive/ state-of-the-art background and we are excited for you to read her story.

HBL: Where did you grow up?

JH: I was born in Chicago but moved to Pinellas County at the age of 9 with my family. My dad was a general surgeon and he started his practice here. We lived near Indian Rocks Beach where I attended Keswick Christian for both grade school and high school. It was a great place to grow up.

HBL: How long have you lived in the area?

JH: I've lived here most of my life except for going to college in Lakeland, then on to Nova Southeastern University in Miami for medical school and finally to Detroit, MI, to complete my residency and internship.



Sanctuary on Crestwood, Harbor Bluffs

I was very excited to come back to the warm weather and start my own OB/GYN medical career. I purchased my home in Harbor Bluffs because it was close to the three hospitals where I was delivering babies and I love all the big oak trees here. I have owned my home on Crestwood Lane for over 20 years and created a sanctuary in the back yard that feeds my soul.

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

JH: I practiced traditional OB/GYN for several years before I started **Contemporary Women's Care** with two other female doctors. We were the first all-female OB/GYN group in Pinellas back then.

...

During my time there, I had a life-changing hand injury that almost cost me my career. It took four months to fully recover. While off, I traveled to Beverly Hills and heard about **vaginal rejuvenation**. It piqued my interest because there wasn't anything to offer women to help them feel more like themselves after childbirth.

I thought it was all smoke and mirrors until I did my research and ultimately trained with the pioneer in the field in 2007. At the same time, I was learning to become an expert in **Robotic GYN Surgery** and I was the first OB/GYN on the West Coast of Florida to offer robotic surgery and ultimately became a trainer for other surgeons around the country. I fell in love with these procedures and how they help women.

HBL: This is a tremendous accomplishment and very impressive credentials.

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

JH: I stopped delivering babies and opened **Visionary Centre for Women** in April 2008 to specialize in the new innovative and minimally invasive procedures of **Cosmetic Gynecology & Robotic Surgery**.

I continue to add products and services to enhance and empower women's sexual self-esteem.

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

JH: We're here to make a difference in each patient's life. We offer compassionate personal care with the most progressive and innovative therapies in my field.

HBL: I have several friends that go to you and are extremely happy with your services.

HBL: Do you have any future events or specials planned?



Office Photo | Ulmerton Ave.

JH: We have events in the office and collaborate with others for events out of the office. Follow our Visionary Centre for Women Facebook page or follow us on Instagram **@drjen-niferhayes** to be notified of special events and special discounts.

HBL: What are you most proud of about your business?

JH: We do everything we can to ensure patients have healing and empowering care here.



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We weathered the recent storms of medical practice buyouts and takeover acquisitions in 2018 and are still able to practice good medicine. By sticking to the great care we truly believe in, everything worked out and we have become a more successful business by treating patients right.

HBL: You have a great reputation and are well known for your talent, experience, forward thinking and state-of-the-art procedures. It is very obvious that you and your entire staff care about each

patient. We felt that way from the very first time we came to your office.

Everyone listens, treats each client with respect, is truly concerned about the ultimate goal of oneself and strives to make results 100% of the time. *HBL* feels very fortunate to have been connected with your office personnel, you, Dr. Hayes, and Cheryl Pachell. Thank you for holding such high standards in every aspect of your business.

Business contact information:

Visionary Centre for Women

2695 Ulmerton Rd.

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CITY OF LARGO RECREATION, PARKS AND ARTS

When it comes to getting fit and having fun, the City of Largo's Recreation, Parks and Arts Department knows everyone should be included. That's why they've been offering adaptive recreation classes since 2006.

Instructors host fitness and wellness programs for people with cognitive and physical disabilities. The City provides equipment to help their adaptive recreation athletes gain the knowledge and skills to safely participate in recreation programs. These adaptive recreation programs also increase self-esteem and greater functional independence.

"Over the last several years, we have made increased efforts to serve the special needs population in our community," said Joan M. Byrne, Largo Recreation Parks and Arts Director. "The response from patrons has been positive and staff have said over and over how fulfilling it is to work with special populations. We all win in making recreation, parks and arts open, welcoming and accessible to all."

The City of Largo offers adaptive fitness, dance and karaoke classes. Classes are low cost; only \$3 if you have a recreation membership and \$6 for all other participants. By keeping costs low, the Recreation, Parks and Arts Department makes their community programs more accessible to families and individuals with special needs.

By offering adaptive recreation programs, the City of Largo's Recreation, Parks and Arts Department is giving all people in our community a chance to get involved and stay active. That's why HUG is happy to award the department and instructors this month's Community Inclusion Award.

You can view dates and times for the City's adaptive recreation programs at playlargo.com/programs.

HELP US GATHER

Help Us Gather is a local nonprofit that advocates for inclusion and connects individuals with disabilities to social events and activities. Check out our community calendar and connect with HUG at www.HelpUsGather.org.

Wondering how your business can be more inclusive?
Know of a business going above and beyond
to include individuals with disabilities?
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fyi

Community NEWS



Front: Lee Curry, Susanti Chowdhury
Back: Tara Kivett, Myra James, Darlene Sheets

New HOA Board Members Announcement

We would like to thank the homeowners for your participation in the recent annual meeting and election of board members. We are pleased to announce our new HOA Board and their respective positions:

President: Lee-Ellen Curry
Vice President: Susanti Chowdhury
Treasurer: Brad Crouch
Secretary: Tara Kivett
Director: Mary Margaret Joswig
Director: C.J. Sprang
Director: Myra James
Director: Darlene Sheets

Building & Planning Committee: Mary Margaret Joswig and Tara Kivett

Laws & Regulations: Lee-Ellen Curry and C.J. Sprang

Communications: C.J. Sprang

Community Events: Lee-Ellen Curry and Myra James

Neighborhood Watch: Darlene Sheets

Management Company:

Nikki McConnell, LCAM, CMCA
Professional Condo Concepts, Inc.
Phone: 727-584-6695

We welcome these people to the board and we thank them for volunteering as it is often times a challenging job. The purpose of the board is to maintain a standard of appearance for the community and enforce the regulations and guidelines for the neighborhood which continues to support property values.

The Creative Design Team Welcomes new designer!

Creative Design Team introduces Kate Klein, interior designer specializing in furniture and custom window treatments. Kate was trained and worked in High Point, North Carolina.



With her extensive knowledge and innovative designs, she adds youthful fresh creative ideas to the team.

Astoria Pastry Shop has new owners!

Original owner Nick Zahos has moved on to other endeavors and sold the Pastry shop to Orson and Leia Gregory. The Gregories are experienced bakers and are continuing the tradition of creating some of the finest greek pastries, desserts and Greek Salads in the area. If you haven't been to the Astoria Pastries, you really should stop in for a coffee and one (or three) of their delicious pastries and enjoy your treats on their outdoor patio. You can find them at 560 Indian Rocks Rd. N., Belleair Bluffs.

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References available upon request

ROTARY CLUB OF INDIAN ROCKS BEACH

Hosts 5K for Local Charities

Saturday, April 6 at 8:00 am



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Saturday, April 6, 2019

5K starts at 8:00 am

1 mile starts at 8:10 am

Location

Indian Rocks Beach

17th Avenue Beach Access, 1700 Gulf Blvd.

Indian Rocks Beach, FL

REGISTRATION

www.runsignup.com

search: Rotary Runs the Beach

Online registration ends April 3

5K Pricing:

Until Feb 28 \$25

Mar. 1-Apr. 5 \$30

Day of Event \$35

One Mile Pricing:

Until Feb 28 \$20

Mar. 1-Apr. 5 \$25

Day of Event \$30

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www.indianrocksrotary.org

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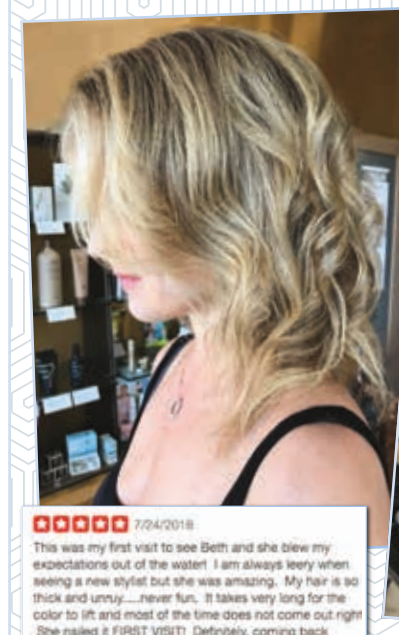
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