

September 2019

# Harbor Bluffs

*Living*

A Social Publication for  
the Residents of Harbor Bluffs



Buy/Sell/  
Trade Event  
Sept 29 12-5  
117 Live  
Oak Lane





# Sabrina and Daymion's BUY/SELL and TRADE Event is Back!

September 29 from 12-5 pm at 117 Live Oak Lane

The last "Buy/Sell and Trade" event by Sabrina and Daymion was such a huge success, they are doing it again! Ladies, this is a not-to-miss event! Do you have a closet crammed with clothes you love that don't love you back? We know we do!

Join us for our Fall Buy/Sell/Trade Party. Clothes, shoes, jewelry, and accessories are all included! Offer up your closet to others, or shop from theirs. If you don't have any clothes to sell or trade, just come by, hang out, and shop our sellers' closets! One happy seller (and buyer) **Jeza S.** had this to say:

"Thanks again for helping me make (and spend) a bunch of money...I just tried everything on and am over the moon..."

Our Fall Party will feature one of our host's closets: **Sabrina Nova.** She'll be opening the Vault and bringing out the best, so be prepared for classic boho and a mixture of other styles, perfect for your spring music festival destinations and more!



Past brands have included gently used and NWT finds from: Free People, Ann Taylor, Kate Spade, St. John, Chico's, Betsey Johnson, Miss Me, Johnny Was, Lilly Pulitzer, Stuart Weitzman, Jimmy Choo, Marc Jacobs, Bebe, Louis Vuitton, Gucci, Burberry and more! Prices range from \$5 to \$1,000 depending on the item. Sizes run from 2-20.

**Party sellers:** bring a rolling rack, if you have one, or contact us for a rental. *Price and tag your items beforehand.* Arrive 30 minutes early to set up your merchandise for sale. **Party shoppers:** stop in and browse our sellers' closets anytime between the hours of 12:00-5:00. *Sellers, RSVP for sale space and receive your seller guidelines, including tips for tagging and streamlined payments.* Email Sabrina at [sabrinanovaxo@gmail.com](mailto:sabrinanovaxo@gmail.com). **Space is limited; reserve early; please RSVP by September 1, 2019.** Light appetizers will be served.



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# September

## H A P P E N I N G S

**September 3** Dolphin/Sightseeing Cruise  
2:30–4 pm, Clearwater Beach Municipal Marina

**September 6–8** Progressive Tampa Boat Show,  
Tampa Convention Center

**September 7** Youth Flag Football in  
Clearwater 9 am, The Point Church 1430  
Belleair Road, Clearwater

**September 7** Peter Frampton 7:30 pm,  
MidFlorida Credit Union Amphitheatre, Tampa

**September 14** Adult Fishing Tournament 8 am–  
12 pm, Pier 60, Clearwater

**September 15** BoDeans 7 pm, Central Park  
Performing Arts Center Largo

**September 19** Classic Albums Live- The Beatles  
Abbey Road, Capitol Theatre, Clearwater

**September 21** PB & J/10K in Clearwater, Coachman Park

**September 21** Disturbed in Tampa 7:30 pm,  
Amalie Arena

**September 22** The Who 8 pm, Amalie Arena

**September 26–29** Clearwater Super Boat Races,  
Clearwater Beach

**September 26** Phil Collins 8 pm, Amalie Arena

**September 28** Catholic Women's Conference  
7 am–3 pm, Florida State Fairgrounds, Tampa

**September 28** Zoso 7 pm, Central Park Performing  
Arts Center

**September 29** Sabrina and Damion's BUY/SELL and  
TRADE EVENT, 117 Live Oak Lane 12–5 pm



If you would like to go as a group, please post interest  
on Harbor Bluffs Living Magazine Facebook Page

*Try to remember the kind of September  
when life was slow and oh so mellow....*



*....and follow, follow, follow*



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*publisher's note*

## *Party in the Park*

▪ Save the Date coming up in our October Magazine ▪

"By all these lovely tokens, September days are here. With summer's best of weather and autumn's best of cheer." Helen Hunt Jackson

And boy, do we have fall and holiday cheer plans for YOU! If you haven't made it to any of our *HB Living* magazine events, this is the time to put them in your social calendar.

As you can see from the Neighbors' Night Out photos, meeting new friends, catching up with old friends, meeting your Sponsors (who bring you this monthly magazine), enjoying complimentary food, winning raffles and laughing with us is just what is needed!

Starting in September, we have our first *HB Living* "Girls Get Away Cruise." Come relax or get crazy, whatever you feel like, on this five-day/four-night cruise to the Bahamas and Coco Cay, from September 16-20. There are still a few rooms available.

Ladies, you deserve this before the crazy holiday season begins. Contact our *HB Living* Cruise Planner, Susan Brown, at 727-303-9050, to book today. Inside cabins start at only \$334/pp.

Next, *HBL* and your HOA are coming together to throw you the ultimate "Party in the Park" in November. There will be complimentary food from your favorite *HBL* Sponsors: Bonefish Grill, Village Inn, Belleair Market, live music and more! Keep an eye out for details in the next magazine or follow us on FB and Instagram. This is a

NOT-TO-MISS *HBL* ANNIVERSARY PARTY. Kid-friendly, of course. BYOB.

Residents, let me ask YOU! What type of events would you like to see *HB Living* arrange? Some ideas may be: "Around the World" party where we have different houses provide food from different countries? Hands-on events such as those painting and wine parties? Ax throwing competition at the Alley? Game night? Sports-related activities? Please send ideas to [devin.pappas@n2pub.com](mailto:devin.pappas@n2pub.com)

Also, this magazine would not be able to exist without YOUR stories. Please reach out to me or recommend someone to me about their story. Everyone has a unique story! Please share.

For our Focus Family Covers, we create fantasy and fun. Not all props are owned by the families. We spend endless hours preparing the shoots, getting the props, i.e. plane, horse, car. I am even working on finding a helicopter. If you want us to create your out-of-the-ordinary photoshoot, give us a call. We have great photographers and creative minds!



Let's have some fun together,

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*Devin*



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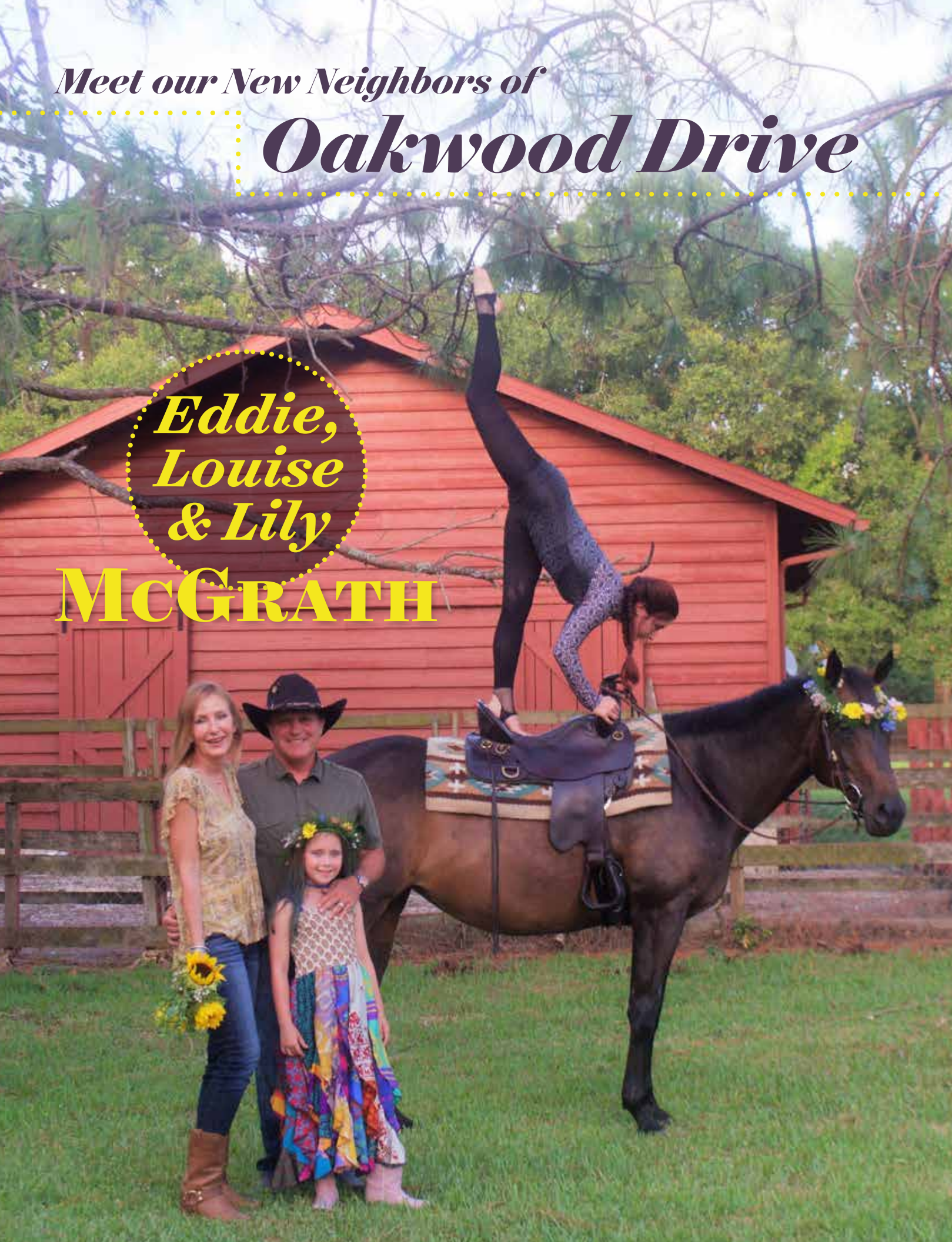


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# Meet our New Neighbors of Oakwood Drive

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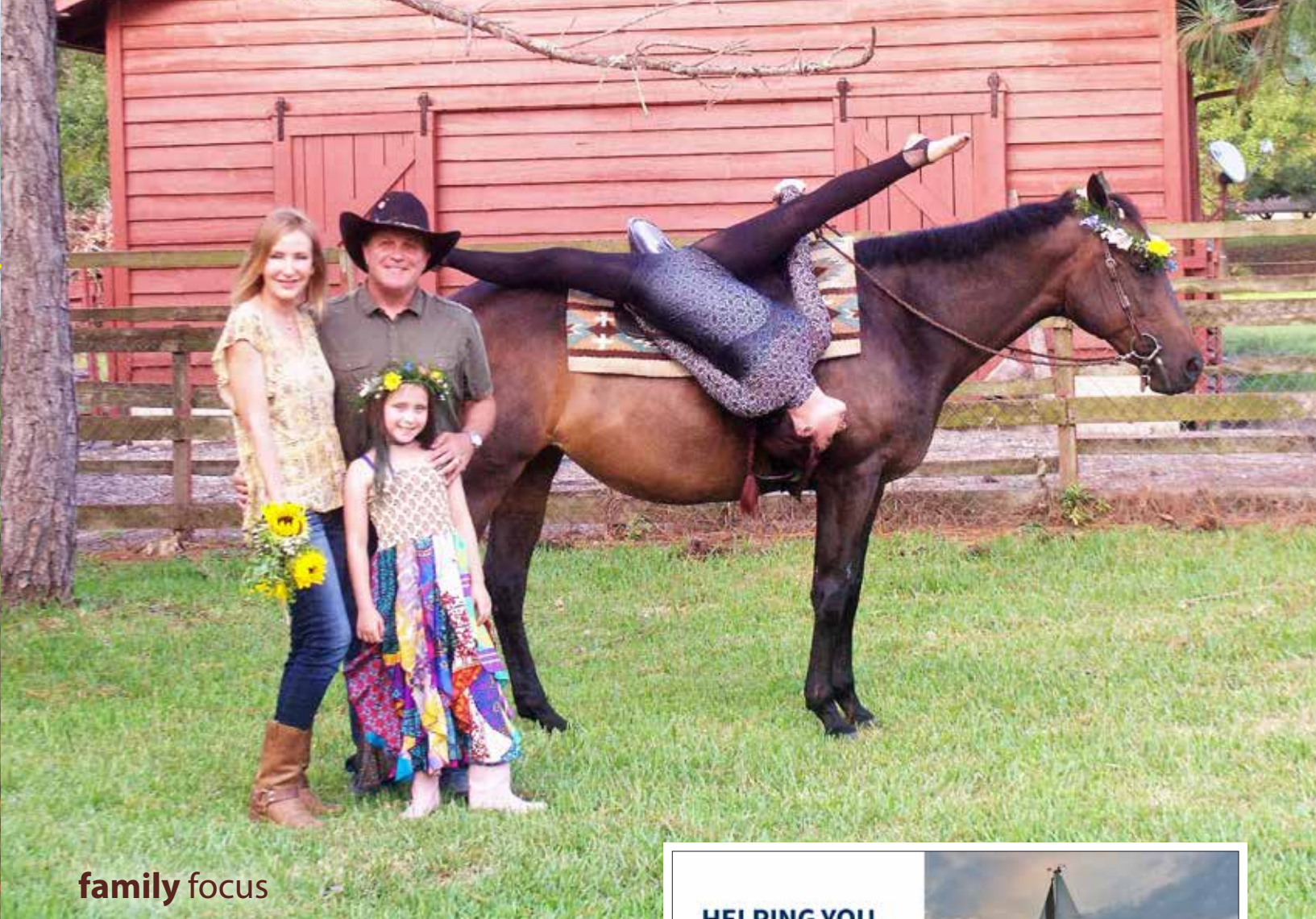


## family focus

*Ed was born in Salem, Massachusetts, and then moved to Westport, Connecticut. His dad was a VP of finance and acquisitions with Sylvania. He moved his family to Florida in 1974 and started his own company, Golf Car Systems. Ed grew up playing golf with his dad in Florida. Ed traveled with him any chance he could and remembers going to places like Sea Island, Jekyll Island and Pinehurst, North Carolina, with his father.*

Ed's dad was a member of the Belleair Golf Club and Ed has many fond memories of playing with him there. Ed was telling us that he remembers it being called the Belleview Biltmore Country Club and that it sponsored a yearly celebrity cancer tournament to raise money for Morton Plant Hospital. As a kid, Ed went around getting autographs from Evel Knievel, Augie Donatelli, Roger Maris and Johnny Bench. The list goes on as there were quite a few celebrities spanning TV, movies and sports.

Growing up in the Belleair area, Ed was able to play golf and baseball year-round, beginning at what is now the West Pinellas baseball field on Indian Rocks Beach. When he graduated from Florida State University, Ed went to work for his dad's company, Golf Car Systems.



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At that time, Louise decided she wanted to come to America and travel around the country. She had friends in Palm Springs and Los Angeles, so Louise came to California to stay with them as a base.

Not long after she arrived, Louise was hired by a company named Knitex/

Tissurama. Her responsibilities were to knit, print and produce a line of fashion fabrics for the junior market in this converter company. She worked for Knitex for several years and worked for Guess Kids for five years.

Louise loved living in Los Angeles. She stayed there throughout her 30s, attending many musicals and plays. She even bought and renovated a house in Beverly Woods.

Louise returned to the UK in time for the millennium celebrations. She wanted to spend some time



with her family after being away for so long. She met her future husband in Palm Springs, they married in Vegas, and they both went to the UK.

During this time in England, Louise missed the USA, so in 2005, she returned and settled in Indian Rocks Beach. Her marriage had been turbulent and once the couple realized they were not meant to be together, they separated and divorced.

Cupid struck Louise again shortly after, as one day Louise met Ed while working at Vista Galleries on Clearwater-Largo Road. Louise smiled and said, “Sparks happened and six months later, we married.” This loving couple has been married for 10 years and their love is growing stronger each year.

Due to complications, Louise never had children, and then with Ed, out of the blue, along came Lily Skye, their surprise miracle baby at 46! “She has been our little joy and blessing,” said Louise. The pair feel that watching Lily grow into her own little person is a gift. “Lily loves to dance, dance and dance and has adventure in her soul,” added Louise.

HBL: Here is what Ed said in response to this question, how did you and your spouse meet?

**EM:** Vista Gallery is where I first met Louise when I came in to get a concert poster framed. After that, it

became obvious that I needed to have a lot of items framed. A short time later, we went out on our first date, and a month later we went to England to visit Loo’s family. We were married six months later in Steamboat Springs, Colorado, by my late father’s best friend, Dr. George Morris.

We went to England on our honeymoon to see family (with two stops in Amsterdam and a flight to Ireland) and then drove through England and Scotland, seeing such places as York with its beautiful cathedral and walled city; then stops in Scotland in Edinburgh and St. Andrews, and





...

we drove through the Scottish Highlands to get to the Isle of Skye (which is now the middle name of our daughter, Lily Skye). We also saw Fort William and Loch Lomond, and in Wales, the Snowdonia Mountains. There are too many more places to list, as Loo is a great tour guide. Lily came shortly after and we have traveled back to England every year, so that Lily can see her English Nana, Auntie Sophie, and her sweet little friend, Mini.

HBL: I understand you are new residents of Harbor Bluffs. Welcome to the neighborhood. How did you end up here?

**LM:** My mum became very ill and lives in the UK. Ed was offered an international position with the medical company he works for so we were going to move to England to be close to



her. We sold our home locally and Ed took the position in England. After several months, Ed decided this position was not something he enjoyed so we needed to find a home quickly. I looked at 15 homes and fell in love with our home on Oakwood Drive.

HBL: We are thrilled to have you here and look forward to introducing you to new friends at our Neighbors' Night Out!

A huge thank you to **Eliza Cappello** for introducing us, sharing her horse, Piper, and being a part of our photoshoot. What talent, huh? Here is a little something about our "aerial yoga star."

**Eliza Cappello** is an SPC veterinary nursing student, Piper is 14 years old and a Paint (APHA)/Thoroughbred. **Eliza** shared this: "Piper came into my life when she was 3 years old. She has been my best friend ever since. Piper and I have competed in the hunter jumpers and later found a love for eventing. In more recent years, we have enjoyed hunter paces and trail riding. Piper loves to jump, she will jump anything in her path. Piper and I have a strong bond, we have grown so much together over the years. I'm so grateful to have her. She truly is my heart horse."



As your summer winds down and families head off to school, remember if your students are over 18, they may need legal documents of their own.

**It's a good time to locate your legal documents and see if they are up to date.**

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**WITH OUR CELEBRITIES**



Ethan Holt, HUG's Top Model, will soon be featured in an upcoming Surf Style campaign. Ethan is breaking barriers as Surf Style's first model with Down syndrome.

To meet Ethan and other inspiring HUG celebrities, please join us for HUG's annual Celebrity Event on November 2nd. Sponsorships and tickets now available at [HelpUsGather.org/CelebrityEvent](http://HelpUsGather.org/CelebrityEvent).

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## pet of the month

By Jan McGimsey of Live Oak Lane

# MEET THE NEW Canine on the Block

## FREDDIE

Rick and Jan McGimsey from Live Oak Lane are the proud parents of Freddie. Freddie is a 6-month-old, male Miniature Goldendoodle.

Here is what Jan had to tell us:

We lost our Jack Russell, Rusty, in January, and initially thought we would wait a bit before looking for another dog. After about two weeks without a dog, my husband started researching dogs that are good with children. We currently have two small grandchildren, so we wanted to make sure that whatever pet we got, he or she would be a good fit with toddlers running around.

My husband had a great dog named Freddie when he was growing up, hence the name.

We are currently going to school so that Mom and Dad can be trained. We wanted to make sure that this time around the dog is not in charge! Freddie is doing well at school, learning new tricks and how to behave. The challenge is mom and dad!

Freddie loves everyone and every dog he meets. This can be challenging, of course, when we try to walk him. He tends to plop



himself in your yard if he knows he will get attention from you or one of his canine friends.

Is he spoiled? Initially, we said no sitting on the couch until invited. Hmmm, that did not last long. Then we said, no getting in the bed unless invited. Hmmm, that didn't last long either. So yes, he is already spoiled.



Freddie has definitely helped us cope with the loss of Rusty. His energy is never-ending and he is a hit with the whole family! When we FaceTime our almost 2-year-old grandson in PA, the first words out of his mouth are, "Where's Fweddle?"

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**It's a little NUTTY this month trying to decide on summer or fall fashions. Stop in to see some of each.**

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## volunteer spotlight



## Local Teen has a HEART OF GOLD RILEY CHAMPION

### Making a Difference

**Your name:** Riley Champion

**What organization do you volunteer with?** Moffitt Cancer Center

**How long have you been volunteering with this organization?** Since September 2018.



**HBL:** What types of tasks do you perform for this group?

**RC:** I decided to make pink ornaments during Christmastime and sold them at the Belleair Market on a miniature Christmas tree that I decorated in pink. I used the money that I raised to make baskets for the patients. I was able to get a list of items that were needed (lip balms, socks, Kleenex, crossword puzzles, etc.) and put them in each basket.

**HBL:** Wow what a kind-hearted girl you are!!

**HBL:** How many hours a week on average do you spend volunteering?

**RC:** I hadn't done that much in the past until I did this project, but it has made me want to do more for people, whatever is needed.

**HBL:** How can others get involved with this organization?

**RC:** Just call Moffitt and ask if there is anything you can do to help. If nothing else, you can always drop off some of the items they have on their list.



**HBL:** Why did you choose this project or what drew you to volunteer for this organization?

**RC:** Actually, my mom had cancer about seven years ago and she had

to go through chemo and radiation. She told me how she remembered when she would go for the chemo treatments, a lady knitted hats and blankets for the patients, and she thought that was so nice. She says that it's always cold in the rooms so I thought a little basket of goodies would be a neat idea. I was just going to raise money and give it to Moffitt but I then decided to make the baskets instead. Moffitt probably gets a lot of money for research but not as much for the patients.

**HBL:** What benefits do you get from volunteering with this organization?

**RC:** Just knowing that I could help someone else who is going through a major health scare in their life, even if it's just a little something, makes me feel good. Luckily, my mom had our family to support her, but there are some people who have to do this alone and hopefully seeing one of my baskets will make them feel like there is someone out there who cares.

**HBL:** How long have you lived in the neighborhood? What made you move to the neighborhood? What is your favorite part of living in the neighborhood?

**RC:** I have lived in my neighborhood my entire life (14 years). My family moved in before I was born. I love my neighbors, and growing up with my best friend that used to live down the street was fun.

**HBL:** Do you have any brothers or sisters? Are they involved in the charity, as well?

**RC:** I have a sister, Kayla, who goes to college in NY and a brother, Austin, who is 17. We have helped out with Make-a-Wish Foundation, Gracie's Big Splash, All Children's Hospital and Walked in the Breast Cancer 5K in St. Petersburg.

**HBL:** It has been such a pleasure to feature you, Riley. You are a true inspiration to young adults in making a difference in this world. We can't wait to follow your entire story through high school!

Not only is Riley a great community person, through volunteering, she is also polite and polished as shown in the pictures of her 8th-grade cotillion with many of her friends.

Thank you, Riley, for sharing your story and keep up the great work! Our community needs people like you!



If you have a great kid or would like to suggest one, please email me: [devin.pappas@N2pub.com](mailto:devin.pappas@N2pub.com).

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# Five-Point TIPS FOR INTERNATIONAL TRAVEL

*"Common Sense Travel Tips for every Globetrotter"*

Travel is one of life's great joys and a great trip is the result of great planning. That is especially true when you're heading to a foreign country. Fortunately, we've broken it all down into a five-point plan that will help make your next international getaway a success.

## 1. LUGGAGE AND PACKING

Lay out everything you think you need, then put half of it back. Trust me on this, you still will have packed too much and you do want to leave some room for souvenirs.

Pack an extra set of clothes in your carry-on bag. Don't be one of those travelers missing out on all the fun because the airline lost your luggage and you have nothing else to wear.

To check a bag or not to check a bag? Each airline has its own set of guidelines as to what can be checked or carried on for free. Make sure to look up what your airline's rules are to avoid any surprise fee.

## 2. SECURITY AND HEALTH

Check-in with your doctor and insurance carrier. Double-check and make sure that you have all of the proper vaccinations and that you have renewed all essential prescriptions. Also, ask your medical insurance provider if your policy applies overseas for emergencies. Most insurance companies don't extend coverage in foreign countries, supplemental travel insurance that covers medical emergencies, as well as transportation home, is essential

Bring copies of your passport. If your passport gets stolen or lost you want to be sure that you can still get back into the country, or be able to prove your citizenship. If you book with a travel agent, most will encourage you to upload all your travel documents to a secure website so you have access to it in case of emergency.



Check the US Department of State website, <https://travel.state.gov/content/travel.html>, for current travel advisories and warnings.



## 3. MONEY

Look up the monetary conversion before you go. Finding out that one Danish Krone is equal to just 19 cents ... bad surprise. Do your math before you travel to get a sense of where the conversion rate is at.

Make sure your credit card will work in the country you're visiting. European banks have switched almost completely to the more secure chip-and-PIN technology, and fewer businesses abroad are accepting the outdated magnetic-strip cards. American Express is not widely accepted, especially in Europe and many store and shops will only accept Visa or Mastercard.

Go to a bank or ATM in the country you're visiting. The conversion centers in the airport or around the city tend to be huge rip-offs. You won't get charged as many fees at the ATM or the bank, and the conversion will be exact.

Always have local cash. Not every place takes credit cards. Especially important places like trains or buses.

Call your bank and credit card provider. Sometimes banks think that fraud may be occurring if transactions are suddenly happening in Bali when you're from Jersey, and they will turn off your card as a security measure. Always carry a second credit card with you.

## 4. ELECTRONICS

Bring an adapter. Countries have different size plugs and voltage. So if you want to use your iPod, make sure you can charge it. A power strip can be a way to cheat and charge multiple devices off of one adapter.

Check the voltage of your electronics. Many smaller electronic devices have dual voltage and can be used with a simple adapter, but larger electronics might need a voltage converter. I traveled with a nebulizer and almost set the hotel room on fire because it didn't convert to local voltage.

Call your phone company before you leave. WhatsApp is very popular in Europe and you might get away with just using data. Keep in mind that you will be charged for calls made and received while outside the U.S. whether you answer them or not. If you happen to be on a cruise, the charge could be as high as \$5.99 a minute, that overcharge is easily avoidable if you block all calls.

## 5. RELAX, SLOW DOWN AND GO WITH THE FLOW

Things will go wrong, but it shouldn't ruin your vacation if you are prepared. Be sure to make time to really take in your surroundings, recharge and leave all your stress and obligations behind. It is your vacation, after all!

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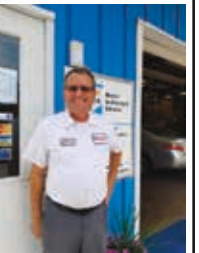
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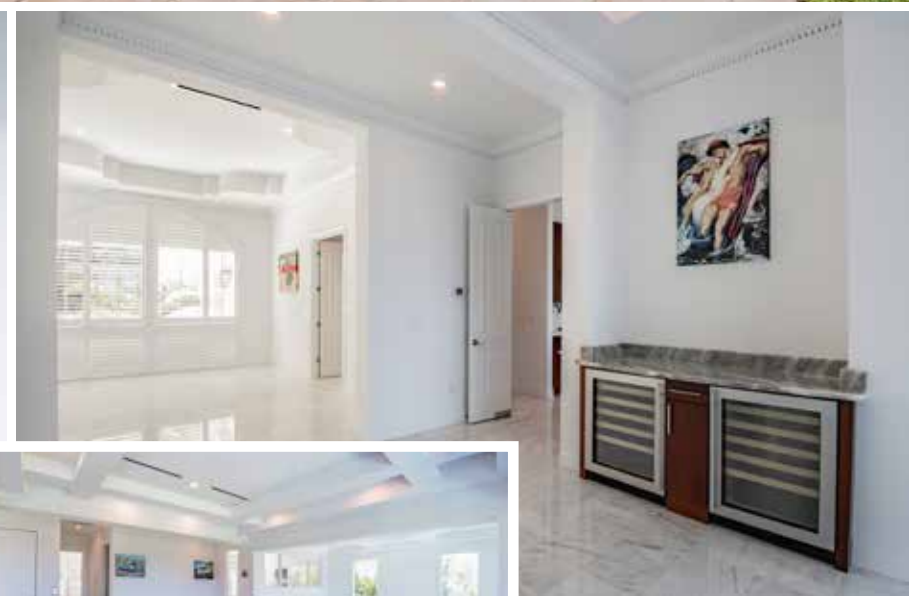
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# 110 harborview lane



We have all watched this home being built from the ground up, now let's take a look at the beautiful architectures and design in this contemporary home. The final masterpiece is 5,907 sq. ft. with 5 bedrooms, 4.5 baths and sits on .84 acres of water-front property.

This modern classical residence is well situated at an elevated position of 36.5 feet in the Belleair Bluffs area overlooking the Intracoastal waterway with partial Gulf views. Through the grand entrance of this new construction estate, you are presented with a stunning double staircase designed with a distinctive black wrought iron railing which leads into the expansive living room with floor to ceiling windows. Every glass door and large window sets the tone for picture-perfect views of the spectacular sunsets. Exquisite white pearl marble flooring throughout with hardwood floors in the bedrooms. Some of the features include professional-grade appliances (Wolf, Sub Zero, Bosch). two luxurious linear fireplaces, a recessed LED lighting system, an elevator, full laundry facilities on both floors, fully outfitted closet systems, a large three-car garage, varied ceiling heights from 11' to 23', beautiful natural stone elements, temperature-controlled wine coolers, a game room, formal living and dining rooms, outdoor marble terrace, infinity pool/spa, tiled fire bowls, The luxurious master suite features a linear fireplace and his and hers walk-in closets. There are over 100 feet of water frontage with various boat-dock options available. Simply put, this is an unforgettable estate where lot size, location, water frontage, and high elevation make it the best in waterfront living and a "must-see" for the most discriminating buyer.

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neighborhood business beat

# LISA Gecelosky of Oranewood Lane



**Your name:** Lisa Gecelosky

**Company name:** Lisa Gecelosky, LMT

**Website:** massagebook.com/biz/lisagecelosky-lmt

**Phone number:** 727-412-1444

**Business address:** 2401 W. Bay Dr. Suite 429, Largo

**Industry:** Massage Therapy/Alternative Health

**HBL:** How many people does the business employ?

**LG:** I am a solo practitioner.

**HBL:** How long has it been in business?

**LG:** I have been in my present location since 2016.

**HBL:** What prompted you to start your own business?

**LG:** I wanted to create and work in a space that was my own; offering my clients natural or alternative therapies for pain, stress, chronic conditions or injuries and to assist in improving their overall health.

**HBL:** Describe what your business does:

**LG:** I offer Massage Therapy, Reflexology, Massage Cupping, Manual Lymphatic Drainage and Reiki (a form of energy work).

**HBL:** Anything extraordinary/unique that your company does:

**LG:** I incorporated my 18 years of nursing experience into my practice. I consider my approach unique in that I take time to discuss any physical or emotional issues a client is dealing with and customize the massage/session accordingly. I prefer to utilize a variety of techniques and modalities to maximize effects versus a cookie-cutter massage.

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

**LG:** Consider massage to be a part of your health care regimen rather than an indulgence.

Don't buy into the "no pain, no gain" mentality. A relaxation massage can be just as beneficial as deep tissue; if that's what your body needs at the time. Life can be stressful, being able to tune out for 60 or 90 minutes can be so therapeutic.



You may experience some discomfort during massage, but it should never be intolerable. If the body is tensing up in anticipation of what I'm doing next, we accomplish very little. Don't be afraid to speak up if something doesn't feel right.

**HBL:** Thanks, that is great advice

**HBL:** How did you decide on this industry?

**LG:** As a nurse, I relied heavily on Western Medicine, as many do. I was introduced to massage therapy and Reiki when I hit a plateau with traditional therapies. Both helped so much, I decided to go back to school in my 40s to share both types with others.

**HBL:** What section of the neighborhood do you live in and how long have you lived in the neighborhood?

**LG:** My husband and I have lived on Oranewood Lane since 2012.

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

**LG:** We lived in Berks County, Pennsylvania, before moving here in 2012.



## Licensed Massage Therapist and Alternative Health



**HBL:** How did you end up in Harbor Bluffs?

**LG:** My husband loves the bridge over the Intracoastal. When we drove through the neighborhood, we thought it would be the perfect place for us. We were right! The location is great with it being close to the beach, dining, shopping and an easy drive to St. Pete and Tampa.

**HBL:** Tell us about your family:

**LG:** My husband, David, is a retired PA State Trooper. I have a daughter, stepson and stepdaughter. All are adults, living in Pennsylvania. We have been married since 2011.

**HBL:** What are your hobbies/interests?

**LG:** I enjoy reading, yoga, travel, photographing nature, baseball (Go Phillies!), paddle boarding and walking the beach. Last year, I began volunteering as a Domestic Violence Legal Advocate with RCS (Thank you, Devin, for helping me get started). I am also active in other causes I believe in.

**HBL:** The Haven of RCS is very lucky to have you as a volunteer. Thank you!



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## recipe of the month

By Celeste Kucinski, Head Trainer of F45 Largo East.

# Pumpkin Chocolate Chip PROTEIN MUFFINS

Guilt-Free Muffins:  
Less than 120 Calories!

*These muffins are full of protein and low in carbs! They make for a perfect autumn breakfast with your cup of coffee or a scrumptious snack for you or the kids! With less than 120 calories, you can enjoy these muffins guilt-free! Plus they are perfect for your ride home after the gym, having 8 grams of protein each! Enjoy!*



### INGREDIENTS:

- 1 cup old fashioned rolled oats
- 1 cup pumpkin purée
- 1 cup plain Greek yogurt
- 2 large eggs
- 1 1/2 scoops chocolate protein powder
- 1 1/2 teaspoons pumpkin pie spice
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 cup mini chocolate chips

### INSTRUCTIONS:

1. Preheat oven to 350° and grease muffin tins (or use muffin liners).
2. Put oats into a blender or food processor and create a fine flour, about 15 seconds.
3. Add the pumpkin, Greek yogurt, eggs, protein powder, pumpkin pie spice, cinnamon, baking powder, and baking soda. Blend again until completely mixed.
4. Stir in the chocolate chips.
5. Pour evenly into muffin tin, and sprinkle the top of each one with extra mini chocolate chips.
6. Bake for 25 min or until a toothpick comes out clean.



Ingredients

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**Marie Chouinard**  
Manager Compassionate  
Entrepreneur  
TRADES OF HOPE





neighbors'  
night out



# CK's

## Eats and Drinks

# SOCIAL

### was Superb



Another home run made by Crawford Ker, Owner of **CK's Eats and Drinks on Clearwater Beach**, the management team and friendly staff on our "Neighbors' Night Out."

The complimentary appetizers, pizzas and nachos were non-stop. They offered unbelievable drink specials and *HBL* Sponsors had great raffle prizes to win!

If you have never joined one of our "Neighbor's Night Out," please make it a point! Bring friends or come alone, no matter what we know you will enjoy!

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

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Love, Mom & Dad

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new business owner

Meet  
**Natasha Madelaine,**  
of Sandy's Restaurant IRB

Keeping Traditional Flavors While  
Adding Modernist Cuisine



We are so excited to tell you about the conversation we had with Natasha Madelaine, the new owner of Sandy's Restaurant on Indian Rocks Beach.

This establishment has been a favorite local restaurant for 45 years in our community. Sandy's Restaurant has always been a very special place to Natasha, so when the opportunity arose to become the owner, she felt it was a dream come true. Her passion is to make everyone happy through the art of delicious food.

Natasha told us, "I love making everyone happy. I revamped the menu to keep the traditions, but also to add new creative dishes. I love making everyone smile, from the millennials to my grandparents' age."

Natasha also explained that all her selections are homemade from scratch and she shops the local markets to get the freshest and best fruits and vegetables for all her dishes.

Just to tease you, here are a few of the new favorites on Sandy's Restaurant's new menu:

**Mermaid Bowl** – Hand-cut home fries, black beans, corn, grilled fresh tomato, fresh avocado, fresh steamed spinach, goat cheese, onions with two poached eggs floating on top. YUMMY.

**House Avocado Toast** – Whole wheat toast, prosciutto, layered with fresh avocado and served with goat cheese and two baked eggs. WOW!

**Mermazing French Toast** – Stuffed Brioche served with homemade blueberry and lemon zest cream cheese, breaded in pecans. (OH MY! MY FAVE!)

The next time you fancy eating out for breakfast or lunch, please stop by Sandy's Restaurant at 2300 Gulf Blvd, #7, near 23rd street on Indian Rocks Beach. Come meet Natasha and fill your tummy with delicious homemade food!

"Fantastic breakfasts. Warm and friendly staff ensure you enjoy the experience of dining here. Homemade sausage gravy to die for." –Terry and Deb

"My wife and I love this place! By far the best on the whole island...great food and the customer service is awesome. We eat here at least two times a week. If you haven't tried it, you're missing out." –Mark Wagner



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Interview with **Marya** from  
 Creative Design Team



Belleair Beach home that gained  
 recognition and awards with the  
 Tampa Bay Builder Association.  
 Interiors by Marya and Team.



Bellow Sand Key Residence bedroom makeover.

MAKING DREAMS COME TRUE

If you’ve attended one of the Bluffs Wine Walks, you are sure to have met Marya Flurnoy or another member of the Creative Design Team staff. Their studio is always a lively stop on the walk! As a contemporary artist, fabric designer, and interior designer, Marya’s work is a response to her surroundings, capturing the feelings of joy and enthusiasm in any space. With over two decades of co-owning Creative Design Team, her career in the design industry has earned recognition and awards in both res-

idential and commercial spaces. Marya strives to design unique interiors that will have a positive impact on her clients’ lives. She possesses an innate desire to create and design interiors that exceed clients’ expectations. Her passions in the industry include designing furniture, creating printed fabrics, mentoring new designers, and teaching business growth workshops to the trade. This month we are showcasing the Creative Design Team as our Sponsor of the Month.



International Window Treatment Award winning room Belleair Home designed by Marya.



and throughout the Eastern United States. We carry over 800 lines of furniture and accessories, hundreds of fabric samples, and a plethora of resources to bring to our clients. Whether you need help with minor updating, large-scale renovations, or new construction, we’ll help our clients achieve the look they want on time and within budget. Whether it’s making a single

**HBL:** What kind of services does Creative Design Team provide?

**MF:** We are a full-service, award-winning interior design firm with a distinguished reputation. Creative Design Team has furnished thousands of homes in the Tampa Bay Area



Designers April Balough, Kate Klein and Debra Hibbs at Suncoast Performing Arts Gala posed by the bedroom makeover live auction item donated by CDT.



Co-founders and owners Ron and Marya Flurnoy.

room more livable, creating an outstanding window treatment, renovating a dated interior or managing the creation of a totally new home, we’ll guide our clients through the steps necessary to create rooms that greet them with a smile and warm you with an engaging sense of delight. In addition to our residential projects, the team has been acknowledged for our extraordinary and exquisite designs in commercial properties such as the Bausch & Lomb Headquarters, Honeywell Café, Sumter Place at the Villages, Wright’s Assisted Living and Oak Manor Facility, along with several boutique hotels and apartment communities.

**HBL:** Let’s meet your team.

**MF:** Ron Flurnoy. Every design team needs a project manager, but not every design team has a renaissance man. Ron’s magic and guidance is the glue that keeps the team together. Ron applies his experience and techniques in training staff, installations, and accounting allowing the team to do what they do best, design. Kate Klein Kate’s background in furniture design and custom cabinetry, adding the finishing touches to home projects. She is an expert in window treatment technology and design. Debra Hibbs Debra’s expertise is in Custom Window





“Marya strives to **design unique interiors** that will have a **positive impact** on her **clients’ lives**.”

...

Fashions Designs. Her experience as a realtor supports her in being an expert in “Home Enhancing” and staging. April Skye April’s expertise is in organizing our client projects, creating presentations. And brings a youthful energy and creativity to each job. She is certified in Home Enhancing and Hunter Douglas Window Fashions.

**HBL:** *And what about you, Marya?*

**MF:** Along with my design education, I have studied Energy and Quantum Physics. I feel that they go hand and hand with understanding how to communicate and create for others. My certifications and degrees are in interior design, art and feng shui. I see things in a light and fun tonality so everything seems like play. I appreciate movement in art, dance and life. Without the arts, where would we be? That’s why supporting the local arts community is so important to me. Also, I am active in writing design blogs and articles, teaching and am featured as a public speaker to support the empowerment of woman, children and families throughout Tampa Bay.

**HBL:** *Creative Design Team is very active in the community. What are some of the organizations and events you support?*

**MF:** We take a high stand in supporting our community. We believe in supporting the betterment of humanity, young adults, business, and the arts. Community starts with acknowledging we are all here for each other. One person at a time, it trickles out to our community, our country, and our planet. When we give our talent, resources, wisdom and support, though our part may be small, we know a steady drop fills the bucket. We support the foundations, events and causes below by participating, volunteering and giving.



Photos of Naples Penthouse Design by Creative Design Team.

- Suncoast Performing Arts Foundation
- The Haven of RCS
- Shepherd Village
- Hands Across the Bay (Denim and Diamonds)
- Belleair Bluffs Business Association Wine Walk

**HBL:** Thank you for all you do for the community.

**HBL:** *And what new projects is the team working on now?*

**MF:** Besides staying active designing several homes in the Tampa Bay area, and a few commercial projects, we are ready for the launch of our “Home Enhancing” certification program. We are thrilled to be presenting a one-year certification for existing designers and decorators and new students who



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want to create a successful business in design. The program offers the highest education in design, business systems, staging and my favorite subject, the energy of design and Feng Shui. Modular one will start in January 2020.

**HBL:** *How do we contact Creative Design Team for design projects and to take the classes?*

**MF:** We are located at  
**321 Indian Rocks Rd.,**  
**Belleair Bluffs, FL 33770**  
**www.CreativeDesignTeam.com**  
**info@creativedesignteam.com**  
**727-510-8699**

*Initial consultation is at no charge.*

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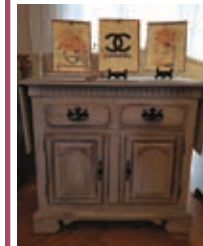
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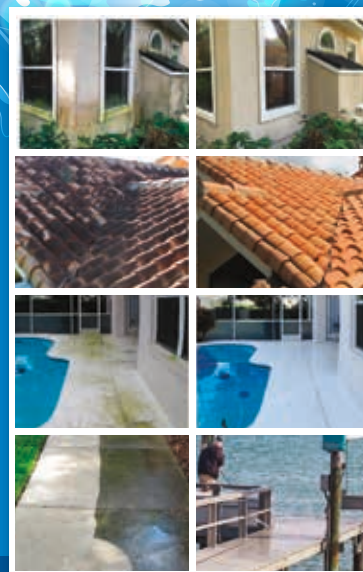
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# Real Estate RESOURCE

The information contained herein has been obtained through sources deemed reliable  
by Neighborhood Networks Publishing, Inc., but cannot be guaranteed for its accuracy.



Address	Neighborhood	Sale Price	Sold Date	DOM	Beds	Baths	SqFt	Sp/Sq Ft
301 Buttonwood	Harbor Bluffs	\$1,250,000	06/17/19	514	3	2	2,310	\$541
400 Harborview Ln	Harbor Bluffs	\$1,050,000	06/14/19	250	4	3	2,734	\$384
208 Driftwood Ln	Harbor Bluffs	\$1,300,000	06/19/19	183	4	3	3,443	\$377
418 Buttonwood Ln	Harbor Bluffs	\$1,710,000	06/17/19	75	4	5	4,201	\$407
116 Palmetto Ln	Harbor Bluffs	\$801,000	05/30/19	8	4	5.5	3,476	\$230
815 Alamanda Dr	Harbor Bluffs	\$460,000	05/30/19	14	3	2	2,314	\$198
207 Crestwood Ln	Harbor Bluffs	\$550,000	05/24/19	157	3	3	3,455	\$159
205 Live Oak Lane	Harbor Bluffs	\$684,000	05/22/19	79	3	3	3,002	\$227
101 Poinciana Ln	Harbor Bluffs	\$875,000	04/29/19	15	2	2.5	2,194	\$398
121 Palmetto Ln	Harbor Bluffs	\$660,000	04/17/19	219	5	4	3,552	\$185
106 HarborView Ln	Harbor Bluffs	\$1,520,000	03/29/19	189	5	5	6,798	\$223
129 Live Oak Ln	Harbor Bluffs	\$379,000	03/19/19	5	2	3	1,910	\$199
107 Live Oak Ln	Harbor Bluffs	\$600,000	03/06/19	44	3	2	2,631	\$228
413 Buttonwood Ln	Harbor Bluffs	\$511,200	03/05/19	45	0	3	2,240	\$228
125 Oakwood Dr	Harbor Bluffs	\$425,000	03/04/19	176	4	3	2,470	\$174
133 Oakwood Dr	Harbor Bluffs	\$350,000	03/02/19	29	3	2	1,439	\$143
437 Buttonwood Ln	Harbor Bluffs	\$1,125,000	02/20/19	181	4	3.5	3,579	\$314
204 Poinciana Ln	Harbor Bluffs	\$805,000	02/14/19	483	4	3	3,257	\$247
111 Poinciana Ln	Harbor Bluffs	\$850,000	01/12/19	82	3	4	1,865	\$465
414 Buttonwood Ln	Harbor Bluffs	\$1,500,000	01/02/19	1064	4	4.5	5,025	\$330

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By **Marya Flurnoy** is a local interior designer and owner of Creative Design Team and lectures on "Enhance the Space"



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The energy behind orange:

1. Originating in ancient Indian thought, orange is the color of the second, Sacral Chakra, which enhances emotions of joy, connection, and creativity.
2. Orange represents optimism and new adventure.
3. Orange is reminiscent of being at home, freshly baked pumpkin pie, and birds of paradise.

Remember, just a hint of your feature color is all that is needed to bring great joy and balance to your home.

("Colors That Sell" excerpt taken from "Enhance the Space" Home Enhancing Course by Marya Flurnoy, starting January 2020. Preregister now.)

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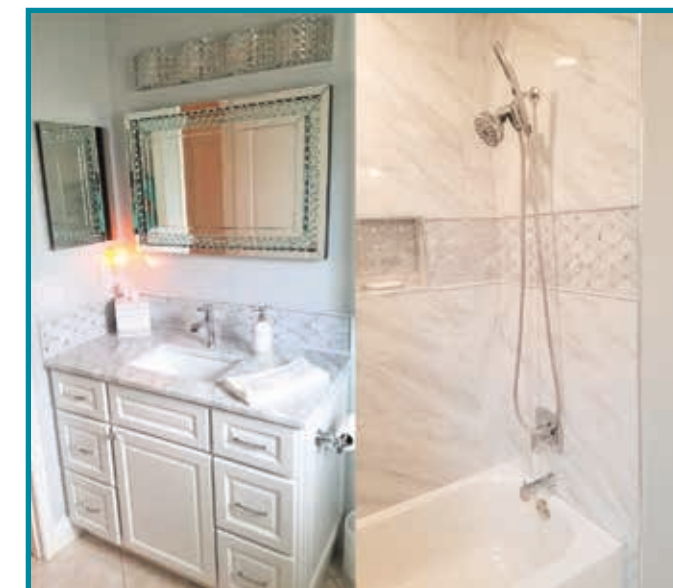
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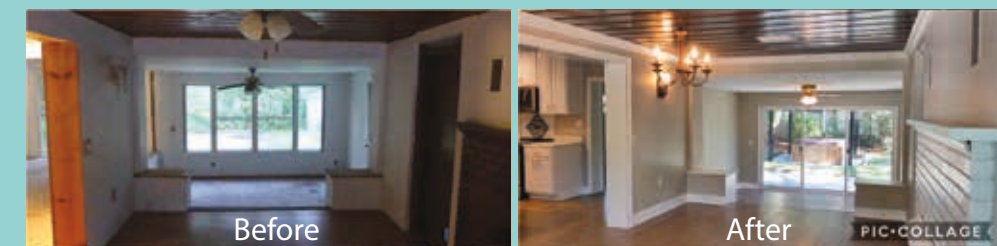
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If you are a Harbor Bluffs Resident and own a business you would like to share with our neighbors, please contact us at Devin.Pappas@n2pub.com

Table with 3 columns: Business Category, Business Name, and Contact Information. Categories include Attorney, Medicare Insurance, Contractor, Golf Course, Hotel, Massage, Painter, Pediatrician, Pet Sitter, Realtor, Restaurant, Restuarant, Specialty Foods, Veterinarian, and Website Development.



Neighborhood Sponsor INDEX

Not all companies make the cut! We screen every sponsor before recommending them to you. Remember, we live in the neighborhood too, and would never recommend a company to our friends and neighbors that we wouldn't use ourselves. Devin and Marc

Table with 3 columns: Business Category, Business Name, and Contact Information. Categories include Aesthetician Services/Facials, Air Conditioning & Heating, Animal Hospital, Appliance Repair, Art Gallery, Artisan Pastries and Cakery, Attorney/Criminal Defense, Automotive Service, Beauty, Blinds/Shades/Custom Window Treatments, Boat Dealership & Service, Boutique/Ladies, Breakfast, Brunch, Lunch, Building Contractors, Custom T-Shirts, Custom Window Treatments, Estate Planning, Event Planning, Family Law, Fashion & Gifts, Concierge Services, and Cosmetic, Implant and Family Dentistry.







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