BELLEAIR AREA
NEIGHBORHOOD Newsletter
Griffin Productions, Inc. / 727.517.1997
DECEMBER / 2013 ISSUE 34

BELLEAIR BEACH'S HAZEL GEISSLER - WRITER & PUBLISHER

Hazel, husband Emil with sons Freddie and Gordon

This Belleair Area Neighborhood Newsletter started six years ago, but it isn't the first Belleair newsletter. For a while in the late 1950s, Belleair and the beaches had another newsletter called *Smoke Signals*. It was entirely written and published by Hazel Geissler, one of Belleair Beach's first residents.

Hazel Blackburn Geissler, originally from Toronto, Canada was a housewife, in New York where she lived with her husband, Emil, a plumber. After World War II, Florida relatives convinced them to move to a new community called Belleair Beach. In 1945, they bought two lots at 115 6th Street becoming one of the area's first families to build a home. "I think my parents paid $400 for the two side-by-side lots," recalls their oldest son Gordon Geissler.

"In those early days, Belleair Beach was an open space with little more than a band of sand, covered with raccoons, rattlesnakes and Australian Pines," says Gordon. "1962's big freeze killed most to those pines."

By the time she was 30, Hazel no longer want to just be a stay-at-home mom. She decided to get involved in the community. Hazel was PTA President for Anona Elementary, then for both Largo Junior and Senior High Schools. She was a Charter Member and President of the Indian Rocks Beach American Legion Auxiliary, and an organizer of the Belleair Beach Garden Club and Southwest Pinellas Little League. She led Boy Scout and Girl Scout troops. She was an active member of the United Methodist Church in Largo. She was also on the Indian Rocks Fire Control District for many years.

But all this was not enough for Hazel. She had a desire to start a newspaper. Just for the beaches, she called her publication ***Smoke Signals***.

Hazel wrote about things happening on the beach. Because she was so involved, she was really plugged in. "Mother wrote the articles, conducted the interviews and even sold the ads," said Gordon. "Dad, a plumber by day, did the art work by night. He could draw really well and designed the front page masthead. The paper was printed by the Largo Press. After it was printed, it came back to our house and neighborhood kids helped us fold it, do inserts and put a rubber band around it, all in our garage," says Gordon. "As a plumber, my dad had a truck. We would load the papers in his truck, ride around and throw them in yards. There were not as many houses, but it took all day."

After noticing press releases Hazel created about her local clubs, an editor of the ***Clearwater Sun*** offered her a part-time job. Then, the ***Evening Independent***, an afternoon paper, also wanted her. She eventually closed ***Smoke Signals***, and worked for the ***St Petersburg Times*** for 20 years, writing for the ***Times*** and the ***Independent*** three times a week. She wrote a column on antiques, one on travel and another called "***My House***" about fun things in her own life.

Her kids and pets often were subjects for her "***My House***" columns, but she never used their real names. "The Dog was meant to be all dogs," she said. "The Girl was all daughters. I used to get letters from readers saying they had a dog like that, or The Girl reminded them so much of their own daughter," Hazel once said.

"Mom was paid by the inch," says her youngest son Freddie. "She would type her story, paste it onto a special sheet of paper, and then we would drive it over to the newspaper's remote office." They paid her by the number of actual inches of paper her column used.

Hazel Geissler was the founder and first President of the Florida Free Press for Women. She also was a director of the National Federation of Press Women, who awarded her first-place prizes for her work in 1974, 1976 and 1979. She was a member of the National Press Club in Washington, the Florida Press Club, Theta Sigma Phi (Women in Communications) and the World Association of Women Journalists and Writers.

Hazel retired from the ***St Petersburg Times*** in 1985, but she continued to write guest articles until 1999. She died June 4, 2005 at the age of 85.

Story by Bob Griffin, Publisher

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BeachNewsletters.com

Published Feb • Apr • June
Aug • Oct • Dec

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Call for the next issue. For more information, or to read our other issues online, visit BeachNewsletters.com

Bob & Becky Griffin
www.beachnewsletters.com

SEE YOU AGAIN IN FEBRUARY!

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CALENDAR OF LOCAL EVENTS

DECEMBER

Christmas at The Plaza	5
Death by Chocolate	6
Miracle On Cleveland Street	6
Holiday Concerts Belleair City Hall	6-7
Holiday Stroll Central Park	7
Post Office Toys for Tots	7
Christmas Festival COTI Church	7
Pearl Harbor Remembrance Day	7
Holiday Home Tour Heritage Village	7
Belleair Holiday Parade	8
Belleair Holiday Party/Tree Lighting	8
Resident Gift Delivery Belleair	11-13
Bluff's Business Assn Mixer	12
Winter Wonderland at McGough Park	13
Belleair Bluffs Holiday Event	13
Island Estates Lighted Boat Parade	14
Santa's Holiday Review Largo	14
Lighted Boat Parade Indian Shores	15
Gift & Plant Sale Botanical Gardens	15
Capitol Theater Reopens	18
Captain's Meeting IRB Lighted Parade	19
IRB Holiday Lighted Boat Parade	21
Art Center Unwrapped Show Closes	20
Winter Begins	21
Public School Close for Holidays	23
Beef-O-Brady Bowl	23
Holiday Camp Belleair Rec Ctr	23-30
Kwanza Begins	26
Outback Bowl Clearwater Beach	30
Dog Parade Botanical Gardens	29

JANUARY

New Years Day	1
Little League Sign Up Begins	4
Public School Starts	6
Bluff's Business Assn Mixer	10
Belleair Community Garage Sale	11-12
Special Congressional Primary Election	14
Boat Club to The Pub	18
Martin Luther King Day	20
Gasparilla Invasion Tampa	25
Chinese New Year	31

SMOKE SIGNALS

Some of Hazel's writings published in local publications:

Smoke Signals, January 4, 1959:
Smoke Signals is published the first and third Sundays of each month by Hazel and Emil Geissler. For information and adv. rates phone 91-5464.

CLASSIFIED: Wanted…alligators…6 foot or longer…See Buck Brown, Safariland

FOUND: Pair of Eyeglasses at Warren Hammocks Packing Plant, Indian Rocks Road.

TOWN TOPICS: Not much news from the three municipalities in Indian Rocks this issue.

LUNCHEON CLUB: Will meet Tuesday at the Starlight Room of the Belleview Biltmore Hotel.

ART EXHIBIT: The Indian Rocks Adult Education Art Class will hold an exhibit today in the Legion Hall from 2-4 pm.

AD: Dale's Package Store: Sterling Premium Beer - 6 Pack, 99¢; Bourbon, Jim Beam, $4.49 a 5th or 3 for $11, Rum - Mr Boston, $2.99 a 5th or 3 for $8.75.

GOODBYE'S THE SAME…Only Time Changes

Evening Independent, April 28, 1967:
Twenty-five years ago I said goodbye to a soldier in a bus depot. Like all women, I'd hoped I'd never have to do it again. This morning I did. The soldier was younger and it is a different war but nothing else has changed…

As always, the women smiled and waved cheerily as each soldier appeared at a different window. They kept right on smiling and waving, until the bus pulled slowly away. And then the smiles were gone. I did real well all the way home…until I parked my car on the driveway…next to my son's 1951 Ford.

BOMB ON THE BEACH Is A Stormy Tale,

St. Petersburg Times, 1965
I love Wednesdays. Nobody meets on Wednesday. And no one ever wants their picture taken on a Wednesday. But this Wednesday, a terrific storm broke at 6:30pm, accompanied by lightning and thunder. Then the phone rang. A young man told me there was a bomb on the beach. It took 10 minutes to get on my old shoes, old shorts, and an old shirt, and cover my old camera with a plastic bag…The bomb was found on the Gulf Beach near 27th Avenue. A crew from the MacDill Air Force Base explosive ordinance disposal unit was sent to Belleair Beach to dispose of the barnacle encrusted bomb.

WALL TO WALL…It's Home Sweet Home

St. Petersburg Times, 1967
A recent article in the Family section describing how to make Flemish flower arrangements made me take stock of our home and our family's gracious way of living. In keeping with Suncoast Living and its informality, we try to have several little informal dinners weekly, like hot dogs on Mondays, and hamburgers on Wednesdays, on TV tables in the living room. The living room is furnished in the very latest fashion: Contemporary Teen-Ager. We strive for the 'lived in look' and the dog and the two cats are a great help….The desk where I rattle off copy every day for the St Petersburg Times, and the battered typewriter table next to it match the décor. The house is light and airy because the doors are always open to allow the girls and the boys easy access and egress between the gulf and the show. It is air conditioned, too, because the refrigerator door is always open.

Someday, I will have everything clean and in its place, painted and redecorated, and everything in working order. There will even be Flemish flower arrangements instead of periwinkle bouquets in mayonnaise jars. But I probably won't like it.

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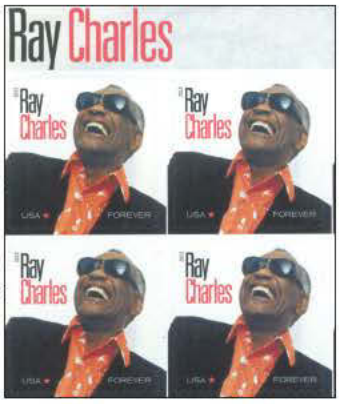


RAY CHARLES In January, the cost of postage is going up again from 46¢ to 49¢ for a first class stamp. You can avoid the cost increase by buying their Forever stamps, the latest of which is the Ray Charles stamp. The Post Office is selling the stamps, plus they have a CD of his music for $9.99. Since it is a Forever stamp, it means even after the cost of postage goes up 3¢, you can still use them.

Ray Charles Robinson, born on September 23, 1930, was blinded as a child, and over came his handicap to become a well-known pianist, lyricist and singer. Some of his best-known songs are: Georgia On My Mind, I Got A Woman, What'd I Say, Shake Your Tail Feathers, You Are My Sunshine, Unchain My Heart, I Can't Stop Loving You, You Don't Know Me and Hit The Road Jack.

SANTA IS COMING TO A HOME NEAR YOU Both Belleair and Belleair Bluffs have made arrangements with the North Pole to have Santa make special deliveries to houses in the area. The Town of Belleair's special delivery times are December 11, 12 and 13, between 6 - 9pm. Reservations are accepted through December 6. Email PPS@TownofBelleair.net or call the Rec Center, 518-3728. There are a limited number of visits still available. Belleair Bluffs, is also offering this special Santa Service. Deliveries will be made on Christmas Eve. Reservations are being accepted through December 17th. Call 584-2151. This program is for children under the age of 12.

TOYS FOR TOTS Saturday, December 7th, local Post Office carriers, will collect toys for the Marine Corp's toy drive. Leave a new, unwrapped toy by your mailbox and your postal carrier will transport it to the Marine Corp. Don't forget the older kids. If you are not going to be home, drop them off the day before at any Post Office.

SECOND TIME AROUNDERS MARCHING BAND

They will perform LIVE on television, during the National Cherry Blossom Parade in Washington DC - April, 2014. Now is a Great time to join the Rounders if you've ever marched in a high school, college, or military marching band! The Rounders perform locally, nationally, and internationally. Their most recent performance was in the Conch Republic parade in Key West and most notable was the Macy's Thanksgiving Day Parade in 2008. Ages 18-85, with 450 members, the Second Time Arounders Marching Band is the first all-ages band in the country! The Band supports arts and music programs in local schools. For information about the Band, visit www.secondtimearounders.org.

and More...

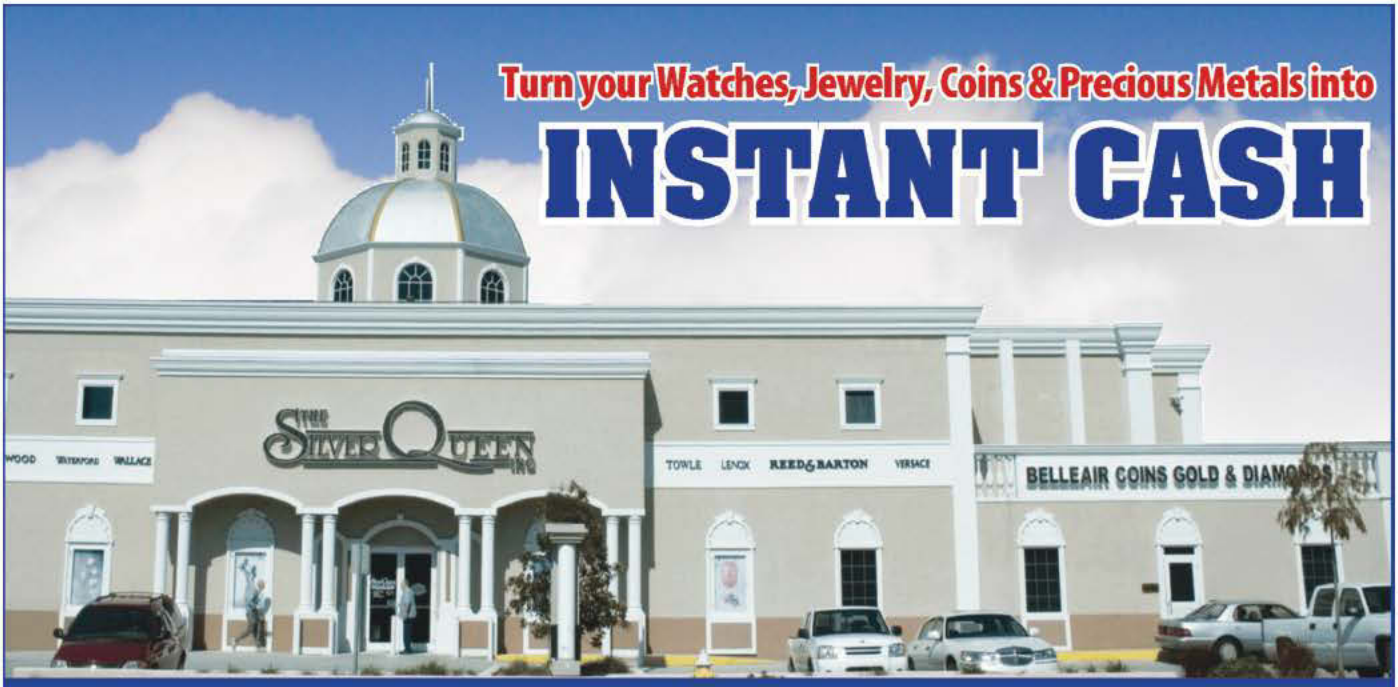
65 YEARS St. Cecelia Catholic School, in Clearwater, opened its doors under the direction of the Sisters of the Holy Name in 1948. The school, at 1350 Court Street, celebrated its 65th anniversary with an Italian themed dinner. Alumni of the school were treated to a slide show of the last 65 years, as well as tours of the school. Students celebrated by playing special games in physical education class and with a special treat at lunchtime. Over time, St. Cecelia School has seen many changes to its campus as buildings were added and renovations completed. The school has remained steadfast in its commitment to excellence in education receiving the National Blue Ribbon Award in 2010 and becoming an International Baccalaureate program candidate

FIRST FLIGHT REENACTMENT Tony Jannus piloted America's first commercial flight on January 1st 1914. It originated in downtown St Pete and flew to Tampa. January 1st 2014 at 10am, to celebrate the 100th Anniversary of The World's First Airline, there will be a reenactment. Three organizations - the Florida Aviation Historical Society, the St Petersburg Museum of History and the Tony Jannus Distinguished Aviation Society are involved. Kermit Weeks, founder and CEO of Fantasy of Flight, plans to fly his full-scale replica of the original Benoist Airboat Bi-Plane across Tampa Bay. See its construction progress at www.Benoist2014.com.

CAPITOL THEATER SET TO REOPEN

The first performance is scheduled for Dec 18, 2013 and they are working six & seven days a week to be ready. Many changes were required to make the 1921 facility meet current code and staff requirements. They are now installing the outside New Orleans balcony and custom Artistic handrail - a first for Clearwater. Soon the exterior gingerbread trim will go up as the period decor and trim come together. Construction time is beyond tight but what a gem this new performing arts center will be for all! All of it is being coordinated by Indian Rocks resident Larry Gerwig, with Creative Contractors.

OUR NEXT ISSUE IS IN FEBRUARY Read this issue, as well as others, online at BeachNewsletters.com.



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THE ART OF SEASONAL COLOR

by Randy Lee, Landscapes by Randy Lee

Winter has finally arrived in central Florida and with it brings the holidays, cooler temperatures and a great time to plant winter flowers. Now is the time to get those flowers in the ground- the temperatures are mild, flowers require less maintenance during this time of year and there are many varieties to choose from. When cared for properly you can enjoy your new flowers well into May.

When designing a landscape, I like to create several flowerbeds within the design that can have seasonal color throughout the year. Several factors such as shade vs. sun, wet vs. dry location, the size of the area and how much time you have to care for these flowers are questions that should be addressed. The right varieties require little care if chosen correctly.

To start, you must have the area available or you can add these "color areas" in the landscape by removing areas of sod adjacent to your existing landscape. Add some topsoil and milorganite to the area before planting and you are ready to begin. When using small 6 or 8 packs or 4 1/2-inch plants, I prefer to mulch first and the layer of mulch only needs to be about 1 inch thick- it is too difficult to mulch between small flowers. A design tip that I like to use is to layer the flowers in larger beds. Flowers are low, medium or tall in size and you can layer them like you would plants in the landscape. Color is also a factor in the overall design. I have clients that like strong colors (red, orange, purple), pastel colors (white, pink, blue) or one favorite color. Within each bed I try to use one color and maybe a contrasting border. Certain varieties, however, look great with a mix of colors as well.

We have just planted thousands of flowers since this fall and the most popular are geraniums. They love the weather this time of year, they are easy to care for- just pinch off the spent flowers, they require more sun than shade and they are drought and salt tolerant. Geraniums also come in many different colors. Other popular varieties of flowers include begonia, snapdragon, alyssum, pansy, salvia, petunia and dusty miller. Shade loving impatiens are out of production due to a state wide disease- hopefully a solution can be found and will be available soon. The New Guinea impatiens is a popular replacement, is widely available and can be grown in sun or shade. Impatiens do love water so plant accordingly. I hope these tips will make your landscapes more beautiful in the coming months and Happy Holidays to all!

December/January Checklist:

- Watch for freezing temperatures
- Great time to plant large trees
- Plant winter herbs, flowers and vegetables
- Lawn maintenance is at a minimum now
- Check your irrigation system monthly

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NECKTIES IN BELLEAIR

"Come in for a haircut and leave with a necktie," Irena Strecha from Stefanec's South Barber Shop says. Because now, in addition to getting a haircut or shave at Stefanec's, you can also shop for neckties. They are not just any tie though, the special ties are designed and made in Croatia where the tie originated.

Irena Strecha is from Zagreb, Croatia. She moved to the Cleveland, Ohio 8 years ago and has lived in Belleair for the last 3 years. She helped open Stefanec's South two years ago.

"In Croatia, ties are called Cravat and their history dates back to the 1600s," says Irena. During the Thirty Year War (1618-1648), the legendary Croatian Calvary marched all the way to Paris. As part of their traditional national uniforms, Croats used to tie lively colored scarves around their necks in a certain manner. During the reign of Louis XIV, this attractive style of tie became popular among the Parisians. Europe and the entire civilized world were conquered, so to speak, by the cravat.

Stefanec's is one of the first outlets in the U.S. to import the Croatia brand of neckties. Irena has 20 in stock in their Belleair Bluffs shop. However, through her Web site, www.Croata.hr, you can see hundreds of styles that can be shipped in about 5 days.

But be warned, they are not cheap ties. Made from 100% silk, they are very high quality with prices ranging from $113 to about $225. The price varies based on certain graphics in the silk and design.

"I thought this would be a good place to sell the cravats (ties). We are in Belleair and this barbershop caters to men, and men buy ties," she says. "They also make wonderful gifts for women that may want to buy one for that special guy in your life."

Stefanec's South Barber Shop is located at 772 Indian Rocks Road North, in Belleair Bluffs.

CHRISTMAS IN THE VILLAGE 2

Shepherd's Village invites you to Christmas In The Village 2, a Fundraiser Gala & Silent Auction on December 6th at the Sheraton Sand Key. Doors open at 6:30pm.

They are honored to have as their Key Note Speaker, David Yates, CEO of Clearwater Marine Aquarium and Co-Producer of Dolphin Tale & Dolphin Tale 2. Also speaking will be guest "Celebrity Champion" and Former Tampa Bay Buccaneer Shelton Quarles. Rachael Smith from the Military Wife's Choir featured on America's Got Talent will also be a Special Guest.

The cost is $60 per guest. Tables of 10 are available.

Reservations are required. Please contact Susan Shirely about details or to RSVP: info@shepherdsvillage.com or 727-216-1402 ext 508.

Shepherd's Village is 501-C-3 not for profit organization

'TIS THE SEASON FOR SAFE SHOPPING

by Commission Chair Karen Williams Seel

It's that time of the year again. The malls are packed, online sales beckon and the carefully crafted holiday shopping budget strains against the demands placed on it.

Yes, it's holiday season again. Whether you love the hustle and bustle of the holiday shopping season or you cringe at the thought, Pinellas County Consumer Protection wants to help by offering five simple tips to ensure a safer – and saner – holiday season.

First, set a budget and stick to it. Without a list of who has been naughty or nice, it may be very easy to blow your budget. Layaway can be a great option at some stores, so check their policies carefully. Some people manage better when they use cash – once it's gone, it's gone. Credit and debit cards, however, allow you to dispute suspicious charges and many companies offer extended warranties and other perks simply for using their card.

For every list, there are several ways to save. Check sales circulars and online sales. Some apps for your smart phone can help you do quick comparison shopping on the sales floor, and can find competitors' pricing, should the store you are shopping at offer price matching. Keep in mind is that the later you shop, the more it may cost to ship your package if it's going to a far away friend or family member.

While gift giving is a holiday tradition, for others, exchanging or returning gifts may also be part of their plans. Before you shop, double check all store refund policies. Stores with no-refund/exchange policies should prominently display signs by their register or online. Some stores charge a restocking or return fee, so be sure to ask before you purchase. Just in case you missed on the size, color or style of a gift, ask for a gift receipt, to make the exchange process an easier one.

Online shopping has been one of the most popular ways to avoid parking hassles and crowds at malls and it also comes with its own set of concerns. For instance, be sure to deal only with reputable sellers. If you aren't familiar with a company, read online reviews of their service and policies. Save all records, including the online transaction receipt, product description and expected delivery dates. Each online store will have its own return policies/fees, so be sure to note those. Safeguard your online shopping information. Avoid doing business with companies demanding you share detailed personal information, such as Social Security numbers, mother's maiden name or passwords.

Finally, while everyone may seem to be in the festive holiday mood, there are some who can't resist the opportunity to play the Scrooge. The holiday season is high time for charitable donations and for charity fraud. Beware the email, phone call or text message demanding on-the-spot donations. Be sure to do your research – many charities use names similar to reputable organizations.

Protect your information while out shopping. With so much activity, it would be easy for a pickpocket to do his or her worst. Always protect your PIN from prying eyes at the cash register or ATM. For extra protection, be sure to stash those holiday bundles in your car's trunk or other hidden area.

Those seeming innocent electronic thank you notes or funny holiday greeting cards can contain spyware or viruses that download when opened or when you download the card.

For more tips on how to shop safely this holiday season, visit pinellascounty.org/consumer or call (727) 464-6200. With some of these simple tips in mind, your holiday season should be a memorable one – for all the right reasons.

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SURVIVE COLD & FLU SEASON

by Dr. Stacey Robinson

The **first step** in surviving the cold/flu season is to build a strong immune system so that you don't get sick in the first place. The key element of building a strong immune system is good nutrition.

- **Adequate protein intake** – Make sure to eat protein with every meal whether from high-protein plants (seeds/nuts, beans, spinach), dairy (yogurt, cottage cheese, almond milk), or lean proteins.
- Eat at least **5 servings of fruits and veggies per day,** especially those that are orange, red and yellow, which are high in beta carotene and vitamin C.
- Eat **foods rich in selenium and zinc** such as nuts, seeds and seafood
- Eat **fermented foods** such as yogurt (without added sugar), kefir, tempeh, etc… which contain the good bacteria that protect you from infection. You can also supplement with a Probiotic (10-15 CFU).

Many other lifestyle factors are important for a strong immune system.

- **Moderate exercise** strengthens the immune system (while extreme exercise weakens it).
- Get 15 minutes of **sunshine** each day and/or take a Vitamin D3 supplement to maintain a Vitamin D level between 50-70 because Vitamin D is a key factor for your immune system.
- Get at least 7 hours of **sleep** because sleep deprivation decreases the body's production of certain types of immune cells and also increases the inflammatory response, which can make the response to infection more severe and prolonged.
- Practice at least 30 minutes of **relaxing activities** every day such as prayer, meditation, reading, music, or yoga/Tai Chi because chronic stress weakens the immune system.

The **second step** is to decrease your exposure to infection. Hand washing with soap and water is the most effective action you can take to prevent cold/flu. Carry hand sanitizer for times when a sink is not available. Avoid close contact with people who are sick and don't touch your face if you are around those who are sick. Keep surfaces clean, especially phone handsets, doorknobs, and computer keyboards.

The **third step** is to increase the following nutrients within 24 hours of onset of cold/flu symptoms. Studies have shown that this can shorten the duration of illness. Also make sure to drink plenty of fluids and rest.

- **Probiotics** – increase your probiotic to 50-100 billion CFU
- **Vitamin C** - take 500 mg 2-3 times/day
- **Zinc** - Use zinc lozenges every 2 hours. I do not recommend Zinc nasal spray, it can cause loss of your sense of smell.

The **fourth step** is to resist the temptation to ask your doctor for an antibiotic because antibiotics are not effective against viruses. Antibiotics do have risks including allergic reactions, gastrointestinal problems and increase in bacterial resistance (contributing to the problem of "superbugs" that we are unable to treat.) Repeated use of antibiotics can also alter the bacteria in your GI tract and increase your risk of infection, inflammation and autoimmune disease. Cold/flu usually improves after 5-7 days. If you aren't improving, see your doctor to discuss whether further treatment is needed.

Dr. Stacey Robinson is a private physician practicing in downtown St. Petersburg. She can be reached at (727) 329-8859. Visit RobinsonMed.com or connect with her on facebook at Robinson Concierge Medicine and twitter @staceyrmd.

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READY FOR YOUNGER LOOKING SKIN?

By Stephanie Schlageter, Radiance Medspa

The holidays are back again! It's time to overindulge, under sleep and visit people you might not have seen since last year's festivities. What if this year, you could come through this busy time looking so well rested – as in "younger" – that you have people guessing what your secret is?

Instead of frown lines, dry skin and a tired appearance, you could have smooth, soft skin that gives you a reason to smile. It won't take major surgery to accomplish all of this by the Christmas get-together. Younger looking skin and reduced lines on any part of the face can be had with a short office visit to a reputable medspa where treatments like BOTOX, Juvéderm and microdermabrasion offer natural looking results and will have you looking and feeling plucky in time for turkey.

Each of these treatments is a no-stress, non-invasive and safe procedure requiring little or no downtime. And they can all offer big results in just one visit. Even better, none of these treatments will break the bank. You might already be familiar with at least one or two of them.

First, there is BOTOX, which happens to be the world's most popular non-surgical cosmetic medical treatment. Fine lines around the eyes, between the eyebrows and on the forehead can all be ghosts of holidays past when BOTOX is given by an experienced injector. (Safety first - did you know that in Florida, only medical doctors, nurse practitioners and physicians assistants are legally permitted to perform injections?) BOTOX causes the muscles to relax in the places where it is injected. This means, holiday stress will not be able to show up on your face as a worried, wrinkled brow.

Next, you can turn that frown upside down with the amazing injectable filler Juvéderm, which plumps up wrinkles and fills in lines. Products like Juvéderm are typically used for lines around the mouth as well as the hollow areas under eyes.

To handle the rough, dry skin that can accompany this time of year – possibly as the result of a few extra cocktails – microdermabrasion, safely performed by a trained medical aesthetician, utilizes a highly controlled flow of fine, medical grade crystals to remove the outermost layer of skin. It is a deep exfoliation that sloughs off old damaged cells and encourages the development of healthy cells, collagen and elastin. While the best microdermabrasion results come with repeated treatments, even one pre-holiday visit will make a visible difference.

'Tis the season to treat yourself right. With these moderately priced treatments, you might even consider helping friends and family look and feel great too. Medpsa gift certificates make ideal holiday presents!

For information, contact Radiance Medspa at 727-518-7100 or visit radiancemedspa.com. Radiance Medspa is in its 8th year at 2894 West Bay Drive in Belleair Bluffs.

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WHERE'S JOHNNY?

For as long as most can remember, Johnny the Barber ran the old fashioned three-chair barber shop at the south end of Belleair Bluffs' Plaza 100 Shopping Center. Known to hundreds of area people as Johnny, few knew his last name was Ferriolo. So when he passed away in October, most people were unaware.

"He had a grumpy attitude but it was always in a humorous way," says Brian Franzese, owner of Bella Vino Wines. "I used to go to him early in the morning, on my way to work. He would always say, 'What are you doing here' or 'You again?' It was all in fun, of course."

"Johnny has been here almost as long as I have," says Erwin Scheuringer, owner of E&E Stakeout. "I think maybe 20 years. He had a lot of friends and customers. Many were Snowbirds, and they are all coming in now asking 'Where's Johnny?' I just returned from Europe last month and learned of his death."

"After he died, customers and friends wrote their feelings on pieces of paper and pasted them to his front window," says Ellen Lazenbry, owner of 432 West Side. "I read them all. They made me cry."

"Johnny was from New York - and he was all about New York," says Jim Dundee, owner of Belleair Optical. "He had one of those strong New York accents and loved talking about his home town - his Yankees, his Giants, Frank Sinatra, actually anything New York."

"I feel bad for his former customers," says John Gluff, the new owner of Johnny's Barbershop. "They show up at my door asking, 'Where's Johnny?' They are surprised and very sad when I tell them he died. There really were dozens of notes on the glass door saying things like Rest in Peace," Gluff continues. "I collected them all and gave them to Joan, his wife."

"Johnny was my life," says Joan Ferriolo, his wife of nine years. "We were together for 20 years and married for nine. He was such a gentleman. We miss him."

BELLEAIR SUNSET 5K & FUN RUN

Join the Belleair Parks and Recreation Department and Title Sponsor, Dex Imaging, on February 15 for the 12th Annual Belleair Sunset 5K & Fun Run! The 5K starts at 5:30 pm and the Fun Run at 5:45 pm. After running along the water at sunset, and through the heart of beautiful Belleair, get ready for the best post race party around! Enjoy live music and more complimentary food, drinks, and fun than one race can handle. Register before January 31, to get the discounted registration! For more information visit www.belleairrec.com or call 518-3728.

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OUR EVENINGS AS A TURTLE NEST SITTER

by Jo Nocera, Indian Rocks Beach resident

Summer is over and so is the turtle nesting season on the Gulf Coast, which runs from May to October.

My husband, Bert and I have spent the last four summers watching turtle nests from Sand Key down to Indian Shores. We volunteer through the Clearwater Marine Aquarium. It all began when Bert and my son were on Indian Rocks Beach one evening and came across a caged nest that had hatched. As there were no nest sitters around, they called the phone number shown on the nest, and soon a "captain" from the aquarium came to release the turtles. It is quite a sight to see those tiny turtles swimming frantically into the surf. This sparked our interest and we signed up to volunteer the following year.

The reason nests have restraining cages placed on them is because turtles hatching at night are normally drawn to the surf, but because of bright lights in buildings along the beach, they become disoriented and head toward the buildings. It is the goal of Clearwater Marine Aquarium to educate the public and not cage any nests. They have successfully decreased the number of caged nests each year. Bright lights also affect nesting sea turtles, as they lay after dark and are extremely sensitive to light. In our area, which is from Clearwater to St. Pete Beach, we see mostly Loggerhead turtles.

Now, you need to know the odds of seeing a nest actually hatch are slim. We have spent many a night enjoying the quiet breezes and the shooting stars, but not seeing any turtles hatch. We often equate nest sitting to watching paint dry. Not very exciting for hours on end, checking the nest every thirty minutes for signs of turtles trying to dig their way out. Then suddenly there will be a depression or a small hole and soon anywhere from 50 to 130 hatchlings will be swarming the cage, climbing on top of each other looking for a way out. At the first sign of hatching we call our captain. There are a handful of dedicated people who are allowed to handle the turtles. The turtles must be removed from the cage, counted, collected in a bucket and taken to the waters edge. There we dig a trench and release the turtles into the trench, watching for any that are disoriented and head back to the beach. All those boring hours are forgotten in the excitement of giving nature a helping hand.

Loggerheads are currently listed as threatened and it is estimated that only one in one thousand hatchlings will survive to adulthood.

If you would like to volunteer or would like to know more about how you can make your lighting turtle friendly, contact the Clearwater Marine Aquarium. Go to www.seewinter.com and follow the quick link to volunteer.

DR. LARA SAYS

by Cesar A. Lara, M.D.,

Men also suffer a type of midlife physical change called "Andropause". Their bodies reduce the production of testosterone, which affects their bones, organs, brain and libido, just as in women.

In men, symptoms of low testosterone are typically a decrease in muscle mass, an increase in belly fat (may be referred to as a "beer belly") along with fatigue and a disinterest in life. Instead of the vibrant and motivated person you once were, you may now become tired or withdrawn with little energy, no desire to exercise, or other activities you used to enjoy.

Adding to the disinterest in life, your libido and performance also declines; so emotionally you don't feel like the strong, virile man you once were. Your sense of well being is lost.

Testosterone is truly a life source to the male body. As in the female, it is important for heart health. A recent study of 2500 men showed that those with the lowest testosterone level had the greatest arterial blockage. That study also showed that men with higher baseline levels of testosterone had less cardiovascular disease and that supplementing with testosterone prevented worsening of cardiovascular disease.

Decreasing diabetes, reducing obesity, raising lean body mass, and protecting against heart attacks and progression of heart disease are some of the effects that testosterone therapy can have in the male body. A study from the Annals of Internal Medicine actually demonstrated men with higher levels of testosterone lived the longest.

To read the entire article please visit our website: bestmedicineforweightloss.com

DOLPHIN MOVIE SEQUEL

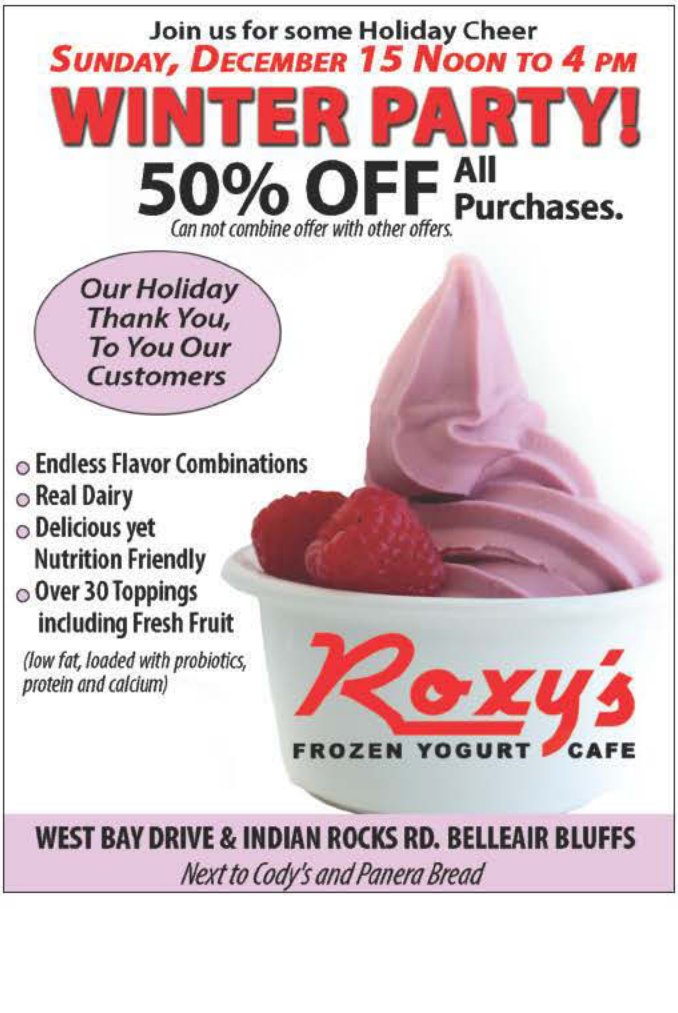
Yes it is true. Another dolphin movie is being filmed in Clearwater Beach at the Clearwater Marine Aquarium on Island Estates. This one, called "Dolphin Tale 2" will feature their other dolphin, Hope, was just a baby dolphin, when she was saved and rehabilitated by the Clearwater Marine Aquarium in 2010.

Filming of the new movie began this month with a planned release of September 19, 2014. Winter, who still resides at the Aquarium, played herself in the original film and returns in "Dolphin Tale 2" and Hope will play herself in the sequel.

The entire Dolphin Tale cast will reunite for the sequel, including Harry Connick Jr., Morgan Freeman, Ashley Judd, Kris Kristofferson and Nathan Gamble, among others. Professional surfer Bethany Hamilton was added and will portray herself. Charles Martin Smith (Dolphin Tale, Air Bud) has written the screenplay and will again direct.

Governor Rick Scott recently announced approval of up to $5 million in support money to make this movie happen. Scott said in a press conference that 750,000 people have visited the Aquarium last year, and 400,000 of those were from out of state. He stated that Winter was one of the state's major tourist attractions. Senator Jack Latvala and Representative Ed Hooper helped push the bill through State Legislature.

During the filming of this movie, there will be a live feed of the production, during the filming, that you can access on a web site. Watch the actors and their progress as they produce the new movie. Details will be revealed soon.



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HONORING FALLEN HEROES

by Senator Jack Latvala

For the 2014 Florida Legislative Session, I have once again filed Senate Bill 132/Specialty License Plates which will create a license plate that will commemorate law enforcement officers who have died while on duty.

In early 2011, Pinellas County was stunned by the deaths of three St. Petersburg police officers. Students from the Criminal Justice Academy at Pinellas Park High School were assigned a task to memorialize the fallen officers. They decided to create a specialty license plate to commemorate these heroes and organized a group called Operation 10-24 to pursue their goal. The numbers 10-24 are the radio call numbers used by police meaning "Officer in distress, Officer down". These same students brought the idea to me to turn into legislation.

The annual fee of $25 for each tag would benefit the Police and Kids Foundation, Inc. which is a 501(c) 3 non-profit charity. Seventy percent of the funds from the tag fee would go toward training and equipment for law enforcement officer safety and 30 percent to education. This could include high school programs that have a law enforcement education focus or a scholarship for a student in the police academy. It also allows the non-profit agency to use 10 percent of the proceeds for promoting and marketing the plate.

The Florida Department of Highway Safety rules require that approved specialty license plates must presell a minimum of 1,000 vouchers for the purchase of the plate within 24 months before the department can begin manufacturing the specialty license plate. Students at the Criminal Justice Academy have assured me that they will easily meet this requirement, and have nearly that many commitments already.

Senate Bill 132 passed the Senate Committee on Transportation on Wednesday, October 9. It must still be heard by the Senate Rules Committee, and two Appropriations Committees before it is considered by the entire Senate during the 2014 Regular Session in March and April. Rep. Ed Hooper (R-Clearwater) has filed the companion bill, House Bill 65 in the Florida House of Representatives. If the bill passes the Legislature, it will become law on October 1, 2014. To follow the progress of these bills, visit the Senate website at www.flsenategov.

This license plate is a small symbol of appreciation that the motoring public can use to convey their support for law enforcement officers. The efforts of these students are to be admired. The funds will help our current and future law enforcement officers and the license plate will memorialize fallen officers. For more information on this legislation or other state issues, Please contact my district office in Clearwater at (727) 793-2797.

FIRE COMMISSIONER RETIRES

Pinellas Suncoast Fire & Rescue District Commissioner Thomas H. Hafner has retired from his position on the Board of Fire Commissioners. Hafner representing Belleair Beach and Belleair Shore served in Seat 3 for 11 years. After retiring from the Air Force after 22 years, he served as the Public Safety Administrator in Collier County and went on to hold a number of State level positions and employment with Hartford Insurance as a Senior Safety Engineer Consultant.

CHRISTMAS TREES - WHERE DID THE TRADITION COME FROM?

Some may think it is a religious symbol, but Christmas trees date back thousands of years before the beginning of Christianity. In fact, early Christian leaders protested trees and all decorations during the religious season.

Long before Christianity, plants remaining green in the winter were prized. During the dead of winter, they were a reminder, plants would grow again. Just as we decorate our homes today, prehistoric people hung evergreen boughs over doorways and windows. They believed it would keep away witches, ghosts, evil spirits and illness.

In the Northern hemisphere, the Winter Solstice which is the shortest day of the year, is near Christmas. Primitive people celebrated that day because the Sun God, who they believe had become sick and weak, would soon get well. Egyptians celebrated by filling their homes with green palms. Early Romans used evergreen boughs. Druids, priests of the ancient Celts, and Scandinavian Vikings also decorated their temples with evergreens, their symbol of everlasting life.

Germany is credited with starting the Christmas tree tradition in the 16th century. Devout Christians had decorated trees in their homes. Some built wood pyramids, decorated with evergreens resembling trees. It is believed, the 16th Century Protestant Martin Luther, was the first to add candles.

In the New World, pilgrims tried to stop "pagan mockery" preaching against "heathen traditions of Christmas carols, decorated trees and joyful expressions of the sacred event." In 1659, Massachusetts passed a law making observance of December 25th, and hanging decorations, a penal offense.

In 1848, Queen Victoria and Prince Albert appeared in the popular ***Illustrated London News*** standing with their children around a Christmas tree. Victoria was very popular, causing the Christmas tree to be widely acceptable in Britain and also among the U.S.'s elite when it appeared in the Philadelphia's *Godey's Magazine and Lady's Book*. Still, most 19th Century Americans found Christmas trees an oddity.

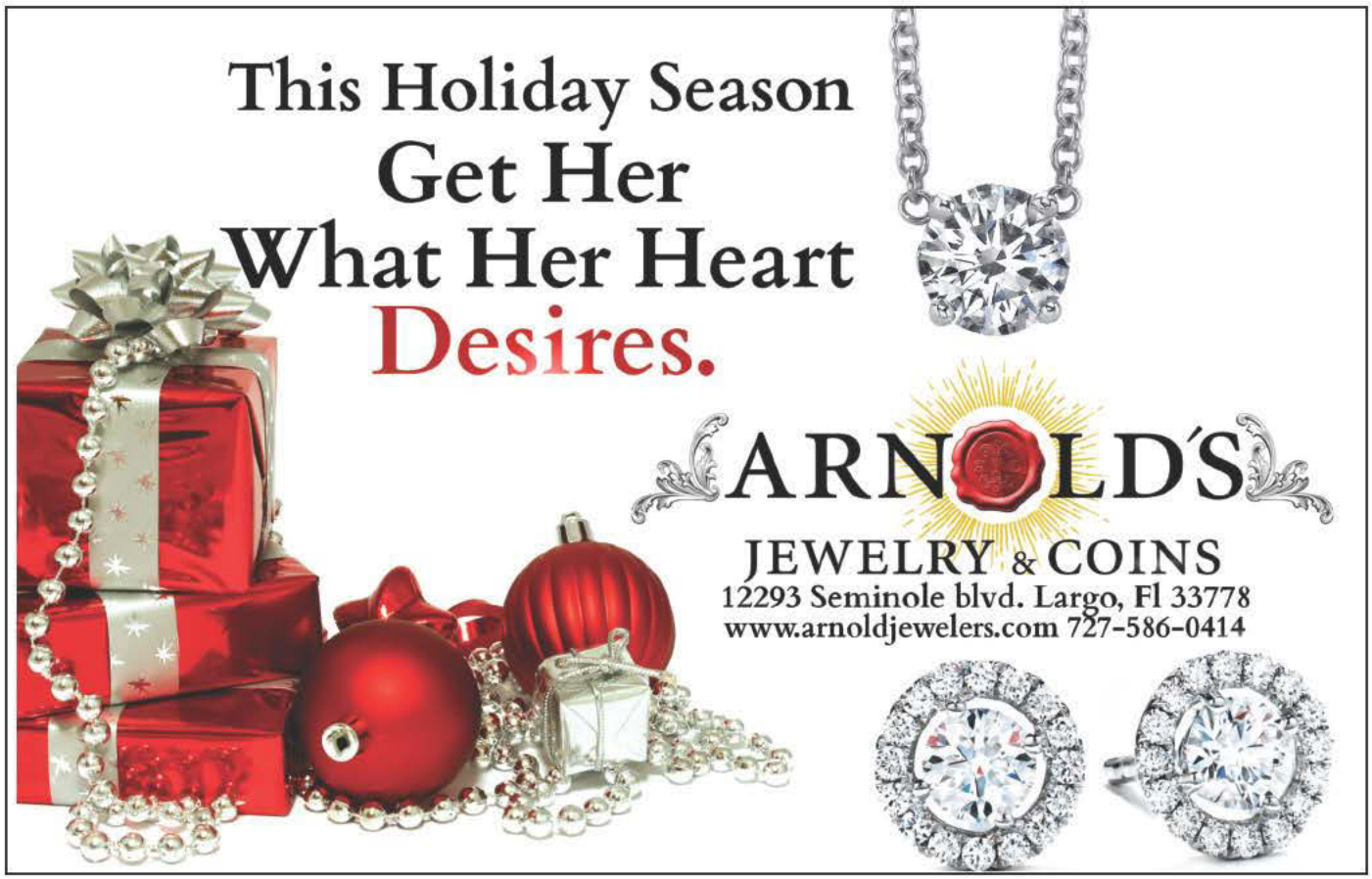
With an influx immigrants, Pennsylvania's German settlers had the first recorded displayed Christmas tree in 1830s. But, it was still considered a pagan symbol and not accepted by many Christians. By 1847, Pennsylvania had community trees and by the 1890s, residents began using tree ornaments shipped from Germany. This caused the popularity of Christmas tree to rise all over the United States.

Europeans liked small, four feet trees, but Americans preferred trees that reached to the ceiling. The German and Irish decorated their trees with apples, nuts, cookies and brightly colored popcorn interlaced with berries and nuts. Americans decorated their trees with homemade ornaments.

In the early 20th Century, electricity brought Christmas lights, making it possible for the trees to glow all season. Trees began to appear in town squares and having a Christmas tree in every home became a new American tradition.

President Franklin Pierce arraigned for the first White House Christmas tree in the 1850s. President Calvin Coolidge held the first National Christmas Tree Lighting ceremony on the White House lawn in 1923.

The tree in New York City's Rockefeller Center dates back to 1931 and is probably the best-known U.S. tree. The first tree, small and unadorned, was placed there by construction workers. Two years later, another tree was brought in, this time covered with electric lights. The tallest one, a Norway spruce, was displayed in 1948 and measured over 100 feet. Today's Rockefeller tree has over 25,000 lights.



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Business Briefs...

HALE'S A/C SERVICE GIVES BACK They were proud and honored to partner with the Building Homes for Heros organization to provide a home to war-injured Army Sgt. Charles "Clay" Claybaker. The organization's mission is to build or modify existing homes to meet the needs of the brave men and women who selflessly served our country. In 2012, they worked on 25 homes for severely wounded veterans; and hope to be able to gift as many as 30 homes in 2013. Hale's installed a York air conditioner in the home that will be presented to the owners sometime in November. Hales hopes to continue to contribute to this organization in the future. To learn more or make a donation, visit buildinghomesforheroes.org.

NEW NETWORKING GROUP AchieveHers is a new networking group of women created by the Clearwater Regional Chamber of Commerce and Stephanie Schlageter of Radiance Med-Spa. Call Stephanie, at 518-7100 to join.

A DIFFERENT JOHNNY Johnny "The Barber" Ferriolo, who passed away in October, owned Johnnys Barber Shop. Now, the shop has been leased to another John. New owner John Gluff, who is married with two sons, lives in Safety Harbor, but is originally from Indiana. He went to barber college after working for UPS for 16 years and has been cutting men's hair now for 17 years.

DOCKSIDE FUEL IS BACK After a short summer break, Dockside Fuel has returned to the area for their second season. Their specially fitted boat will come to your dock and fill your boat's gas tank, from the water. They offer 90 Octane recreational fuel and 93 Octane; both are non-ethanol. They also pump out your waste tank at no extra charge during a fill up. You cannot beat the convenience and their prices are competitive. Visit DocksideFuel.net or call 855-427-2628.

NORTHSTAR NOW OPEN Northstar Bank, founded in 2007, is Belleair Bluffs' newest bank. "We had some delays in opening, but we are up and running now," says Monty Weigel, President. "and we are offering some pretty good deals on CDs and mortgages, too." With over $200 million in assets and headquartered in downtown Tampa's Sykes Tower, they are located in the former Old Harbor Bank at 715 Indian Rocks Road N.

Business Briefs...

CASSI'S NEW OWNER Cassi's & Co. in the Plaza 100, in Belleair Bluffs, is 25 years old, but now has a new owner. You may recognize her because Marsha Uhler, who recently purchased Cassi's from Darby Whitkamp, has worked at Cassi's for 10 years. Now she owns it! She spent the first two weeks of September remodeling it just in time for your holiday shopping. Drop by The Plaza and say hello.

INNOVATIVE SOLUTIONS FOR THIN HAIR Midori Salon and Spa is honored as one of 65 salons in the United States to launch new innovative solutions for thin hair! Create volume, length, better hair quality or fix a bad hair cut! This product is life changing! Visit Midori Largo on Facebook for before and after pictures. Call 727-581-8791 to schedule your free consultation.

SUZETTE'S MOVES NORTH After seven years in Largo, Suzette's On the Rocks, moved to Belleair Bluffs into the 400 Plaza Shopping Center in early October. Open 6 days a week from 10-5, Suzette's sells women's clothing and accessories. Call them at 595-8700.

RADIANCE MEDSPA HOSTS FUNDRAISER The Black Diamond Award-winning Radiance Medspa in Belleair Bluffs hosted the "Little Black Dress" fundraiser for the Homeless Emergency Project (HEP) in November and raised not only awareness of what HEP provides in the community, but also raised over $3,000 to further their services that provide housing and support to the homeless. More than 100 guests were in attendance, and each made a financial and dress donation. The donated dresses are featured in the HEP thrift store in Clearwater that offers name brands at incredible prices. All proceeds benefit HEP's operating funds. Radiance specializes in the latest non-surgical technologies to address the signs of aging and offers an individualized approach to medical skincare. With locations in Belleair Bluffs and inside the Hyatt Regency Resort and Spa, Radiance Medspa was named Medium Business of the Year 2013 from the Clearwater Regional Chamber of Commerce. Information is available at www.radiancemedspa.com

PUBLIX CLOSING The Publix grocery store on Indian Rocks Road is scheduled to close. The existing store will be torn down and rebuilt as a much larger store. Other merchants in the center, Bealls, Dollar Tree and Bank of America, are expected to stay. The parking lot will be re-configured and the center will get a major makeover. Plans are for a two story store that includes a pharmacy. Work is expected to begin after the holidays.

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Organizational News...

BELLEAIR BEACH ISLAND GARDEN CLUB

They meet the third Wednesday of each month (October through April) at the Community Center, Belleair Beach. Now in its 65th year, membership is $20 per year and guests are welcome. Their next meetings are December 18 and January 15. The December meeting will be a special Christmas celebration held at the Belleair Country Club at 11am. Marva Perry will present a program on Christmas flowers and plants. Reservations are required. Call Lois O'Donnel, President 595-1349, for information.

BELLEAIR GARDEN CLUB

Formed in 1947, they will celebrate their 67th anniversary in February. They meet on the first and second Wednesday of each month at the Belleair Garden Club at 903 Ponce de Leon Blvd., in the Town of Belleair (October to May.) Membership is $50 per year. Guests are welcome. Upcoming meetings include:

Dec 7: General Meeting and Tea at 11am at Randolph Farms for a Holiday House and Garden Tour - $15. Members should bring a side dish. They will be collecting canned and dry goods for the RCS Food Bank.

January 8 at 1pm: General Meeting and Tea. The program is *What Deciduous Trees Do For Us*, by Greg Brown, Largo Parks Superintendent.

January 15 at 9:30am Coffee and *Native Plants* Program presented by Bruce Turley of Wilcox Nursery.

To RSVP, call Barbara Chapman, 581-8929 or E-mail BChapman1234@Gmail.com.

BELLEAIR SOCIAL CLUB

Open to all seniors living in the Belleair area, they meet Tuesday mornings at 9am at Panera Bread. They have dinner at different restaurants on the first and third Sundays, and lunch on the second and fourth Wednesdays.

They plan monthly social meetings, pot luck get togethers, dinners, movie nights and visits to area attractions. They also meet at the Belleair Rec Center for monthly trips and adventures. Call Marilyn Daminato at 585-9633 for more information.

GREATER BELLEAIR YOUNG WOMEN'S SOCIETY

The Young Woman's Society was delighted to present this year's charity recipient, The Haven of RCS of Pinellas County with a truckload of donated items. Their members collected enough items to fill an entire van with needed essentials. The Haven of RCS provides food, shelter, safety and clothing for battered women.

The Young Woman's Society (normally) meets on the first Thursday of every month (not including June, July and August). Next meetings are December 5 and January 2. Visit their Web site, www.gbyws.org for details and locations. Always RSVP in advance by calling 446-6463.

Other activities include Critics, Dancing Divas, Duplicate Bridge, Girl's Night Out, Lit Ladies, Lunch Bunch, movies, kayaking, scrabble, Theatre Group, and Stitch Niche

BLUFFS BUSINESS ASSOCIATION

They work to promote and improve businesses, stimulate a vibrant local economy and enhance the overall quality of life for area residents. They normally meet on the second Thursday of every month. December 12 will be at Marlin Darlin's and January 9 at the Suncoast Performing Arts Foundation in the Largo Cultural Center, hosted by Marya Flurnoy and The Creative Design Team. For more information, call President Bonnie Trembulak, 686-8797.

Organizational News...

BELLEAIR CIVIC ASSOCIATION

The Belleair Civic Association wants you to join them. If you are already a member, re-join for 2014. They are proud to help support and organize many of the major events that occur at the Belleair Rec Center.

The Belleair Civic Association is open to all residents of the Town of Belleair. If you want to help or get involved, call Petey Henning at 735-5421or e-mail Phenning4@TampaBay.RR.com to get involved.

BELLEAIR BEACH LADIES LUNCHEON CLUB

They meet monthly on the second Tuesday. Membership is open to area residents at $15 a year. To join, please call Barbara Chapman at 581-8929.

December 10 at 11:30am they will be at the Belleair Country Club - $25. The speaker is Mercedes Lavilla, owner of Decorating Den of Seminole who will speak on decorating for the upcoming holidays.

January 14 at 11:30am they will be at Marlin Darlin's in Belleair Bluffs - $25. The speaker will be Beauty and Style Expert, Wendi Braswell.

Please RSVP for these meetings to Barbara Chapman at 581-8929 or email BChapman1234@Gmail.com

BELLEAIR ROTARY CLUB

The Rotary meets every Thursday at 12:15pm at the Belleair Country Club. Call Chuck Holloway, President, at 709-7613 to get involved.

Their upcoming fundraiser Death By Chocolate is December 6 at the Largo Cultural Center at 7pm. It costs $25. The evening features area restaurants, bakeries and local businesses with 100% of the proceeds going directly to fund important local youth initiatives in the immediate area sponsored by the Rotary. So far, Death by Chocolate has raised over $300,000 since the event started in 1995.

THE CLEARWATER YACHT CLUB

Plan to watch the Island Estates Lighted Boat Parade at the Clearwater Yacht Club in Clearwater Beach, Saturday, December 14th. It should go by their doors about 8pm.

Even if you don't have a boat, you still join the Clearwater Yacht Club. Half of the members don't have a boat and most social activities are parties and events held in their own restaurant or Tiki Bar out back. Learn more at www.Clwyc.org or call 447-6000.

BELLEAIR WOMEN'S REPUBLICAN CLUB

They meet for lunch at the Belleair Country Club at 11:30 am the first Friday of the month with guest speakers.

Friday, December 6 - meeting is their holiday celebration.

Friday, Janurary 3 - Florida Senator Jack Latvala speaking.

Their 50th Anniversary celebration will be April 4 2014. Plan to attend this big event.

Lunch is $21 and to make reservations, please call Pat at 727-595-1791 or e-mail to bwrclunch@mail.com

BEACH ART CENTER

Unwrapper/Uncorked is an art show with fine art by award winning artists including paintings, jewelry, pottery, photos and more. There are many small works of art under $100. The show continues through December 20th. They are located at 1515 Bay Palm Blvd, in Indian Rocks Beach. Call them at 596-4331 or visit www.BeachArtCenter.org

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- **Dr. Tiffany Jessee** is a Board-Certified Bariatric Surgeon, who is our Lap-band Specialist.
- **Drs. Bob and Shay Roop** are relationship counselors as well as certified sex therapists. Dr Shay is published in this arena.
- **Donna Wagoner-Stumpe** CNM-ARNP is a Women's Health Practitioner, Midwife, and Certified Menopause Practitioner, one of only 4 in the entire Tampa Bay area. She has worked with teenagers and adults up to 101 years old!
- **Coley Westerberg** PA, with a Degree in Exercise Physiology and Medical Science, developed each of our weight loss plans, and implemented our PRP (Platelet Rich Plasma) services.
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- **Kim Davis** ARNP is an Injection Specialist, Laser Specialist and Weight loss Professional with over 5 years in aesthetic medicine. Kim works alongside Dr. Tetylbaum on Bio-Identical Hormone treatment plans.

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BELLEAIR CHRISTMAS CONCERTS BY THE ARISTOS

It is starting to feel a lot like Christmas, and that means it is time for some Holiday Music.

Belleair residents, Giorgio and Melody Aristo are once again performing at a free holiday concert to kick off the season, Friday, December 6th and Saturday, December 7th. The Friday event features both children and adult students. Saturday's concert, with different music, is made up of the adult singers. Both concerts are free.

New York native, Giorgio met Melody, who was from Wisconsin, in Passau, Germany while each were in their first residency as opera soloists with the small Mozart Theater. "It was love at first sight," says Melody. "Within a few months, we were planning our wedding."

The Aristos have since sung professionally in many major Opera Houses and Concert Halls throughout Europe, Canada and the U.S. including Lincoln Center and Carnegie Hall.

"We love to sing," Melody professes. "It was both of our dreams and passion to be professional Opera singers."

The Aristos used to vacation in the Clearwater area. They found a house in Belleair, on the golf course, that was supposed to be just an investment, but they soon moved in and turned it into a small studio. They began teaching area children and adults the art of singing, including private voice lessons and the art of moving and acting on stage.

In 2009, Giorgio and Melody sang a Christmas Concert in Belleair's Town Hall. "Mayor Gary Katica came up with the idea of a larger Christmas concert," says Giorgio. "He asked us to sing a Christmas concert for the entire community and we agreed. The concerts are free as our gift to the Belleair Community."

The idea has become a tradition. The concerts are organized by the Belleair Recreation Center and sponsored by the Belleair Civic Association. The stage is decorated by Helen Stewart, who previously worked with Giorgio and Melody.

In 2011, the Aristo Vocal Studio performed a Christmas Concert called The Rising Stars of Belleair. The singers varied in age, from 12 to adult. Some were novices and others semi-professional singers. This year they will perform Broadway and Christmas songs.

Get more information about the concerts by calling the Rec Center, 518-3728 or at www.Aristo-Ovations.com.

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SHEPHERD'S VILLAGE – A STORY BEHIND EVERY DOOR

A local ministry is helping single mothers and their children find hope for tomorrow as they face the challenges of raising children alone. Shepherd's Village is a caring Christian two-year residential ministry serving one-parent families in the heart of Belleair Bluffs since 2002.

Shepherd's Village brings hope to single mothers and their children by providing affordable housing, life skill training, encouragement, and a myriad of life-strengthening resources. With 22 years of successful service in Pinellas County, the Village has supported over 227 single parents and over 452 children through training in homemaking, job and career development, budgeting and financial management, time management, and personal health and life choices. The vision is to provide sufficient time and resources to develop new goals and achieve a fresh sense of security and stability. A well-managed home directly impacts the children and contributes to breaking the cycle of brokenness and economic stress. Moms are able to reinvest in the local community as consumers, tax payers, and for some, even as first-time home owners. At Shepherd's Village – life is not just about a roof over their heads – it is about healthy moms intentionally creating healthy balanced homes..

The Village is a recognized not-for-profit ministry supported through individual donors, businesses, small private grants, and volunteers. In September of 2012 an unexpected gift of model home furnishings resulted in a unique thrifty boutique, Shabby2Chic, located in Antique Alley at 596 Indian Rocks Road. The owners of Petal & Vine, Maxi and Pat Quinn, a beautiful garden and home décor shop at the entrance of the Alley, helped Shabby2Chic began a new retail adventure with an all-volunteer staff. A relationship with a local moving company, Two Men And A Truck, developed into the company donating one day a month to pick up and deliver large donated furnishings. Shabby2Chic recommends the reliable services of Two Men and a Truck to any of our community. The shop receives donations of new and gently used finer furnishings for resale, and sales provides educational scholarships for the mothers. The shop is open Tuesday through Saturday 10am – 5pm, and the third Thursday of each month remains open until 8pm for evening shoppers and strollers. Stop by and get acquainted with all of the Antique Alley shops and see if there is a treasure to be found for your home.

BELLEAIR'S HOLIDAY PARADE

You may not see giant helium balloons, magnificent marching bands, or fabulous floats, but Belleair's Third Annual Holiday Parade and Party is great fun! Deck out your bike, car, or golf cart and join the parade! Or be a part of the audience and cheer on the Grand Marshall and the Holiday Prince & Princess. You won't want to miss the most anticipated appearance of the season... the arrival of Santa Claus! Immediately following the parade, join the Parks & Rec. staff at Hunter Park for burgers and dogs, desserts and soft drinks with holiday crafts, Santa visits, music, and more! The parade goes up and down "The Mall" and starts at 5pm on Sunday, December 8. For information or to be in the parade visit belleairrec.com or call 518-3728!

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Restaurant News...

AQUA PRIME OPENS The restaurant in the former home of On the Rocks has reopened as Aqua Prime. Owned by Shirley and Emmett O'Barr, they have inside dining, an inside sports bar and patio dining with live music. Every room has undergone a major makeover, and there is a totally new menu. Their fishing related themed outside bar has been renamed "The Reel Bar." Operating partner, Tony Ewonaitis was formerly with Bonefish Grill. Their chef is Corey Ryan. Their booth at The Taste of IRB was a big hit and sold out!

DOGGIE DINING The City Commission recently voted to allow dogs in Belleair Bluffs restaurants, but on outside patios only. Businesses must apply for a Doggie Dining permit and the city mailed packets to all the restaurants, however none of them have asked for a Permit.

CHRISTMAS AT JD'S December 7th from 10am until 4pm, J.D's will have a silent auction of fully decorated Christmas trees donated by local businesses and residents. Each will be valued at more than $300. The proceeds will be divided between the Indian Rocks Beach Homeowners Association and the VFW's toy drives.

BEER THIRTY To appeal to the thirty something Craft Beer crowd, Bella Vino Wine and Cheese Market is trying something new, a monthly "beer tasting" event. Everyone is invited to socialize and network while tasting different styles of craft beers and cheeses. They may even have a little wine, too. The mingle costs $20 per person and includes appetizers from E&E Stakeout. The next mingle is January 22nd. Please RSVP by calling 584-5552.

SWANKY SWINE The Swanky Swine Chefs, a transitional training program at Woodlawn Community Academy, recently catered a lunch at Cody's Original Roadhouse in Belleair Bluffs for the Board of Directors of AchieveHers. Cody's owner Suzy Sofer felt it was a great opportunity for the students to perfect their skills. The training program provides vocational training and opportunities for young adults with special needs and exists to educate, empower and employ young adults with developmental disabilities. The program is headed by Jennifer Tollefson, director of transitional services at Woodlawn Community Academy in Clearwater. There are currently 10 students in the program. Find more information on the program at www.SwankySwine.com.

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WITH GRATITUDE, WE REMEMBER CONGRESSMAN BILL YOUNG

From the Tampa Bay Estuary Program

It is with great sadness that the Tampa Bay region marked the passing of Congressman Bill Young last month. While many people are aware of his tremendous support for public health, transportation, sustainable water supplies, and active and retired military personnel, they may not be aware of his pivotal role in the creation of the Tampa Bay Estuary Program.

In 1990, Congressman Young reached across the political aisle to work with Congressman Sam Gibbons, a Democrat, to sponsor the legislation that established Tampa Bay as one of only 28 "estuaries of national significance." Hillsborough County Commissioner Jan Platt was also instrumental in this effort. The result of this truly bipartisan initiative was an infusion of federal funds to jump-start efforts to restore Tampa Bay through the community partnership that is the Tampa Bay Estuary Program.

In the ensuing 23 years, Tampa Bay has become an international success story. Overall water quality in the bay is now as good as it was in the 1950s, and we are regaining life-sustaining underwater seagrasses at an all-time high average of 730 acres per year, putting us within reach of our goal of 38,000 acres baywide.

In 2011, Congressman Young entered a Proclamation into the Congressional Record, recognizing the 20th Anniversary of the Tampa Bay Estuary Program and stating that it was "an honor to be a partner in this incredible successful partnership that has made an invaluable contribution to restoring this unique Florida ecosystem."

Indeed, it has been our great honor to have had Congressman Young's support and engagement throughout the years. Tampa Bay's recovery is a testimony to his dedication.

ANONA ASSISTANT PRINCIPAL

After 40 years of teaching and working in the Pinellas County School System, Anona's Donna Littell is retiring. Some her first students are now over 45 and some even have grandchildren.

Donna, who began teaching as a first grade teacher at Lakewood Elementary in 1973, is the Assistant Principal at Anona Elementary, where she has been for seven years. Through her career, she taught at 11 Pinellas County Schools, all elementary, except one.

"Working at Anona has been pure pleasure," Donna says of her seven years there. She has worked under Principals Marsha Jordan and Gaye Lively. "Anona has a wonderful tradition, an outstanding staff, involved families, and a great crop of kids."

"Once a previous first grade student, who is now a local artist, called me tell me how she remembered my first grade art class," says Ms Littell. "That first grader now has a Masters in Fine Art, and is a practicing artist. I taught her during my first five years. It was a wonderful phone call."

After her retirement, Donna, an Eckerd College graduate, plans to return to Eckerd College and work in their Program for Experienced Learners (PEL). She also plans to travel with husband David, and to spend time with her two year old grandson, in Omaha.

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FIRST NIGHT - FIRST FLIGHT NEW YEAR'S EVE CELEBRATION

Florida's largest and most popular First Night event, returns for its 21st year on New Year's Eve from 4pm to midnight. First Night St. Petersburg 2014 presented by The Edwards Group, will feature its usual fabulous line-up of more than 20 venues. This year's event will honor the 100th Anniversary of the Tony Jannus flight which started the commercial airline industry.

FirstKids venue begins the downtown activities at 4pm, with hat and mask making, the Second Time Arounders Musical Petting Zoo, Art in Flight Projects from the Morean Center and the St. Petersburg Library's Puppet Show. FirstKids will finish with the Procession of Flight soaring down to the waterfront at 7pm lead by the Mount Zion Drumline and Color Guard for the Bubble Stomp and the First Fireworks.

In Williams Park, The Warehouse Arts District Artists (WADA) will Light Up the New Year with Luminous Flight sculptural lanterns. First Night goers will be able to participate in hands-on demos by WADA artists including glass etching, flight based clay creations, and decorating a Chinese style Dragon. Plan to join the Dragon Procession to the Waterfront at 10 pm. While you are making art you can listen to a mix of music by Halibut, Altus Noumena, Mark Castle and DC9V on stage.

They are presenting outstanding Jazz at the First United Methodist Church with local favorites La Lucha Jazz Trio with Jun Bustamante, O Som do Jazz and the Whitney James Quintet. The Plaza Courtyard is featuring Bluegrass with the Florida Mountain Boys and tasty BBQ presented by the Witch and the Ale, St. Petersburg Opera presents favorite arias and fabulous chamber music, featuring current and past St. Pete Opera Idol winners in the Cathedral of St. Peter.

New this year is TASCO's Young Talent Showcase and Music from the MIRA program at SPC, in Straub park. The Finale Stage will feature the incredible alternative folk favorites Have Gun Will Travel and they will finish the night with the sacred steel sounds of the Lee Boys.

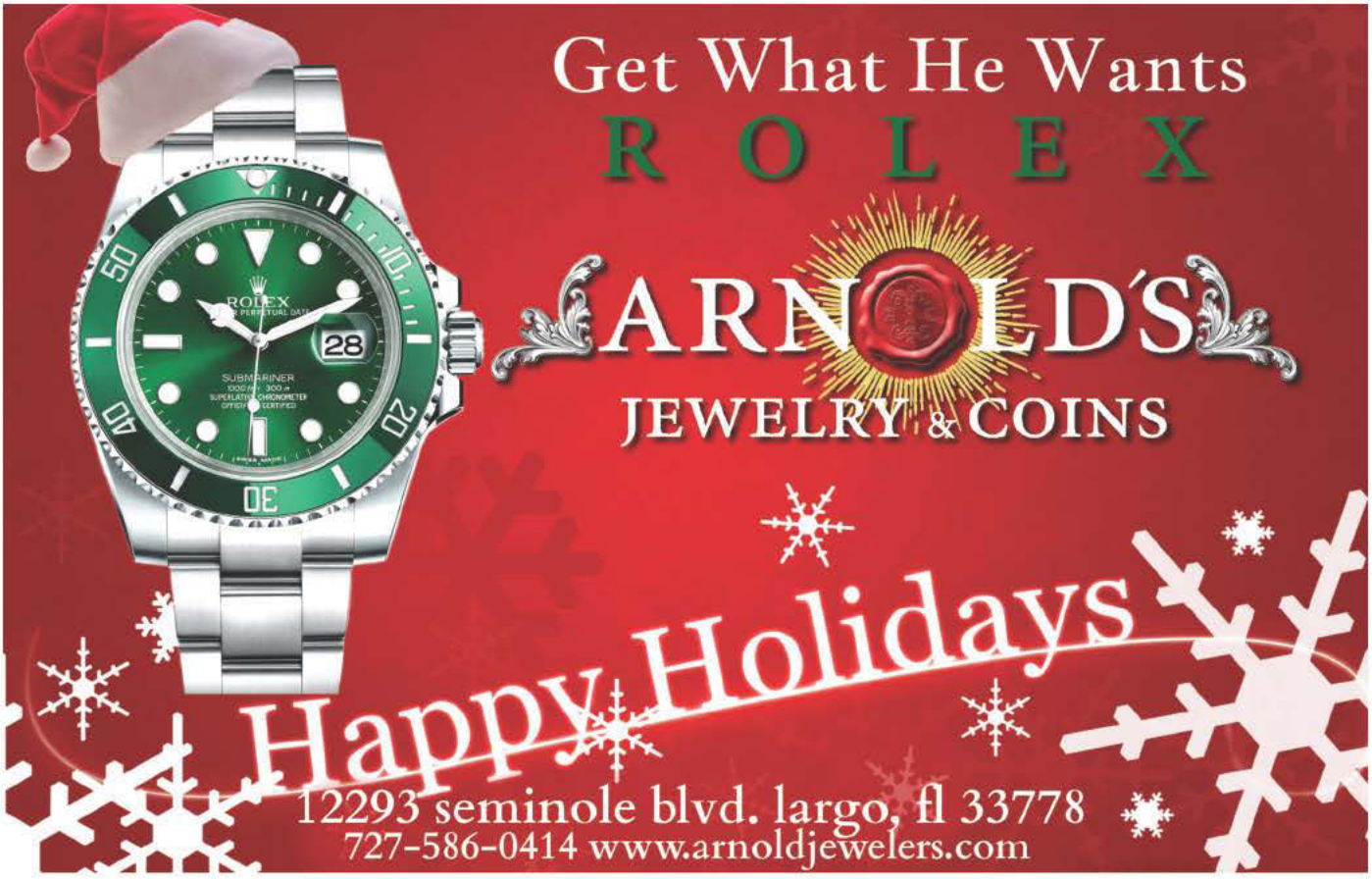
On the Dance Stage will be First Night Favorites Dundu Dole and the Florida West Ballet.

The Pathfinder Tree Climbing that was such a hit last year is back. Sign up early as it sold out quickly last year! New Year's Resolutions can be made at the Bonfire and at the Resolution Fire Phoenix.

Participants can walk from venue to venue along St. Petersburg's sidewalks and shops. Throw some paint at the paintball mural and look for street performers as you stroll.

Admission buttons, designed by artist Carrie Jadus will feature flashing lights, to light the way into the new year. The buttons support First Night and will go on sale Thanksgiving around the area including Starbucks, The Morean Arts Center, Articles Gallery, the St. Petersburg Chamber of Commerce and the Museum of Fine Arts and online at www.firstnightstpete.com. Advance Price: $10 adults, $5 children 6-12, Children 5 and under are free. Dec. 31st Price: $15 adults, $10 children 6-12, Children 5 and under are free

For more information or to volunteer for a shift at First Night, call 727-823-8906 or send an email to info@firstnightstpete.com



En Garde

EN GARDE HOLIDAY DATES ARE FILLING FAST!!!

With the holidays upon us, En Garde catering and gourmet services is gearing up for a busy month.

"We are finding that more and more clients just don't have the time to plan and prepare for holiday parties", explains owner Robb Schoomnmaker, "so we are trying to simplify the process by offering a variety of easy to prepare holiday selections."

Though they are still in the process of relocating their retail store, En Garde's catering operation is still in full swing and they can easily drop-off both hot and cold holiday appetizers. "We can deliver selections already heated and plattered or you can order items to be delivered with easy reheat and serving instructions", says Schoonmaker, "and of course we are also readily available to provide full food and beverage service with a catering staff to actually work your event."

Some of En Garde's popular party selections include Mini Beef Wellingtons with Horseradish Cream, Butternut Squash Crostinis, Portabella Mushroom Puffs, Antipasto Tortellini Skewers, Mediterranean Chicken & Fig Skewers, Andouille Sausage and Shrimp Skewers, Mini Bries En Croute and Blueberry Cheese Cake Purses just to name a few.

Catering inquiries may be made by phone 727-489-9297 or email info@engardecatering.com.

BELLEAIR COMMUNITY GARAGE SALE

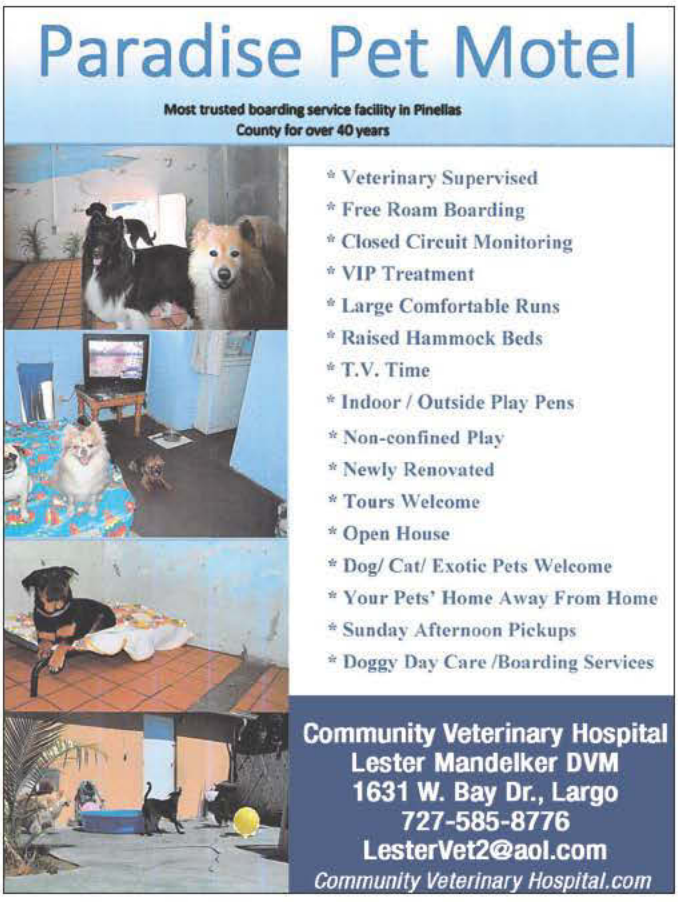
January 11 & 12 from 8 am-3 pm, search for treasures at Belleair's multi-family, community event. You can find a list of garage sale addresses as well as the registration form at www.belleairrec.com. Belleair residents can be a part of the community sale by filling out the garage sale registration form and turning it into the Parks & Rec Department. Non-residents can rent space for $25 in Belleair Town Hall's parking lot. For information or to get your address listed as part of the community garage sale, call 727-518-3728.

PINELLAS PAWS HOLIDAY CELEBRATION

Pinellas County Animal Services is celebrating the holidays for the third year with the Pinellas Paws Cause Holiday Celebration on Saturday, Dec. 7, from 10 am to 2 pm. There will be photos with Santa Paws, a Pet Parade through Florida Botanical Gardens, adoption specials, discounts on rabies shots, rescue groups, vendors and children's activities. Pinellas County Animal Services is located at 12450 Ulmerton Rd., in Largo. Call 582-2600.

ART AT THE PLAZA

Art In The Plaza is making this year's Christmas At The Plaza evening, Thursday, December 5th, 6 – 9pm, extra special by having Internationally Acclaimed Fashion Designer & Artist, Michael Vollbracht, presenting "A Few of My Favorite Things". Among his favorite things? His new collection of paintings, fashion dolls and collages by premier artists, Will Dexter, Rocky Bridges, Duncan McClellan, Glen Tarnowski and pieces from Interiors by Sharman. The event will be held at 100 Indian Rocks Road N.



FROM THE DESK OF SHERIFF BOB GUALTIERI

The wreaths are hung, the trees are trimmed and holiday spirit fills the air. Family gatherings are in full swing, filled with days of shopping for gifts and nights sipping hot cocoa near the fire. While the holidays are meant to be spent with loved ones, one should be mindful that this is the time of year where crime lurks right around the corner. Many crimes, including thefts, can be easily prevented with a few simple tips to follow.

If shopping is a big part of your holiday time, protecting your valuables should be a high priority on your list. When going from store to store, be sure to keep your bags and packages close by. You should never set down any items or leave bags out of your line of sight. When you place your goodies in the car make sure they are out of view. Keeping packages locked in the trunk or tucked away is a great idea. Make sure to place items in the trunk prior to arriving at your next stop to prevent someone from seeing what items you are trying to hide. Leaving bags on seats or in plain view will attract the attention of thieves, making your car an easy target for burglary or theft. Cell phones, GPS devices, money, purses and wallets should also be tucked away or kept on you, if possible.

Store hours are usually extended to allow shoppers plenty of time to get a great deal or the perfect present. With that in mind, if you're shopping at night, you should park in a well-lit area. If you can, shop with a friend or group of people and always stay together. When you are walking back and forth to your car keep your keys and cell phone in your hand. Having quick access to each of these in an emergency is always good practice. For those shopping with a purse, the smaller the pocketbook, the easier it is for you to keep close and harder for someone to grab.

One of the most easy and simple things that you can do to prevent crime is to lock your doors. Whether you are in the store parking lot or parked in your driveway at home, lock your doors. The majority of burglaries and thefts from vehicles are from citizens leaving their doors unlocked. Many thieves will walk parking lots, grabbing door handles to find their next theft opportunity. Locking your doors is as simple as clicking the remote or turning the key. Those two extra seconds can prevent you from having valuable items stolen.

Home doors and windows should also be secured when you are not at home. It only takes a thief a few minutes to enter your home through an open door or window and take items that do not belong to them. If you plan on leaving home to travel this holiday season, ask a friend or neighbor to keep an eye on your home regularly and report anything suspicious to local law enforcement.

We here at the Pinellas County Sheriff's Office want everyone to have a joyful and safe holiday season. Remember, many crimes are easily prevented. By following these tips and simple suggestions you can help us to achieve our goal of "Leading the Way for a Safer Pinellas."

Holiday Packages

Package 1 $75

Choose 1 Service from Each Category

Category 1:
Spa Manicure
Conditioning Treatment

Category 2:
Elemental Nature Facial
Spa Pedicure

Category 3:
Shampoo Blow Dry
Make-Up Application

Package 2 $75

3 Spray Tan Sessions

Facial Packages

6 30 Minute Ilike Yogurt Power Peels
Cool & right to the point $200

6 60 Minute Elemental Facials w/ Aveda Plant Peels
Warm, custom & comfortable $360

6 90 Minute Deep Pore Cleanse Facials w/ Extractions & Glycolic 20
The Ultimate treatment $560

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Santa's Wish List

- ☐ Package 1 (Spa Day)
- ☐ Package 2 (Spray Tan)
- ☐ Facial Package _____
- ☐ Skin Care Products _____
- ☐ Hair Products _____
- ☐ Hair Extensions
- ☐ Eyelash Extensions
- ☐ Ultimate Spa Pedicure
- ☐ Other Services _____

Send us your wish list and we will make sure your "Santa" gets you everything you want

Address to send wish list to:

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CELEBRATE TREES & TRADITIONS AT HERITAGE VILLAGE

Heritage Village will present Trees and Traditions, a Pinellas holiday celebration from 1850 through 1950, on Saturday, Dec. 7 from 10 a.m. to 4 p.m. This special day of holiday-related activities include children's activities and crafts, holiday music, tours, a special visit from Santa Claus and a Holiday Marketplace.

Guests may visit the Heritage Village's historical houses, many of which will be decorated true to their time period, locality and lifestyle, from an elaborately decorated Victorian home, to a simply adorned 1852 log cabin. Visitors can also find one-of-a-kind holiday gifts at the Beach Cottage Gift Shop.

Even Santa will join in the fun, reading letters aloud that children wrote to the St. Petersburg Times in the early 1900s. Children of all ages can enjoy "G" Scale Model Train layout as well as displays from the Tampa Bay Miniature Enthusiasts.

Admission is free to children younger than 12; suggested minimum donation of $2 per adult. The event is sponsored by the Pinellas County Historical Society.

Free parking will be available at the Pinellas County Extension, 12520 Ulmerton Road and the Heritage Village/Florida Botanical Gardens parking lot at 12211 Walsingham Road. Heritage Village is located at 11909 125th St. N. in Largo. Visit pinellascounty.org/heritage or call (727) 582-2123, for information.

Heritage Village is located at 11909 125th St. N. in Largo. This living history museum brings more than 150 years of local history to life. Tour 28 authentic buildings and structures, and experience historical Pinellas County through hands-on exploration. Paths wind through 21 acres and connect with the Florida Botanical Gardens and the Florida Gulf Coast Center for Fishing and Interactive Museum.

Heritage Village is open Wednesday through Saturday from 10 am to 4 pm and Sunday from 1 to 4 pm It is closed Mondays, Tuesdays and Pinellas County holidays.

For information on Pinellas County services and programs, visit www.pinellascounty.org,or www.pinellascounty.org/mobile on any smartphone. Pinellas County government is on Facebook, Twitter and YouTube. Pinellas County complies with the Americans with Disabilities Act.

KEEPING YOUR WAISTLINE STABLE
DURING THE HOLIDAYS AND BEYOND!

by Coley Westerberg, PA-C

As we age maintaining weight is harder to accomplish, and losing weight becomes even more difficult. Our bodies tend to naturally slow down, burning fewer calories at rest and in return allowing for less calorie consumption then we were used to in the past. Because of the natural digression, it is important to realize dieting isn't for a limited time frame, it's a lifestyle change. It is also important to realize losing weight with just diet or exercise alone only allows for limited results. It is important to build lean muscle mass by including light weight exercise to your daily routine. Muscle has the ability to burn more than 4 times as many calories than fat. Follow these helpful tips and become a success story.

- Limit starch and sugar intake: Excessive insulin secretion stimulated by starch and sugar intake encourages the body to store calories as fat
- Plan your meals and do not skip any: Planning meals will assist with making healthy choices and reduce likelihood of skipping a meal which can lead to over indulging
- Calorie count and portion control: Hold yourself accountable for everything you are consuming, the little things can add up, ultimately leading to ongoing slow weight gain
- Eat high in protein: Protein helps keep you fuller for longer and promotes lean muscle mass
- Eat fresh and organic: Unfortunately many foods available are filled with growth factors and additional hormones, eating fresh and organic will help limit the exposure
- Limit eating out: Frequently eating out can lead to unhealthy choices and larger portion consumption than you would if preparing your own meal
- Eat meals at the dinner table: Eating on the couch, while watching TV, or in the car, can create habitual eating habits based on activity rather than truly feeling hungry
- Stay hydrated: Don't confuse thirst with hunger
- Ensure 7-8 hrs of sleep a night: Sleep deprivation alters levels of hormones in the body that regulate hunger, causing an increase in appetite
- Skip soda: Simply eliminating empty calories can help shed pounds
- Diet with a friend: Accountability is key
- Exercise daily and use the stairs: Promote energy expenditure and increase resting metabolic rate

If you still need the extra boost, no worries. There are plenty of medically supervised weight loss programs available. Many programs vary offering plans with all natural ingredients, to controlled substances including appetite suppressants and hCG.

"The rest of the world lives to eat, while I eat to live."
Socrates

For more information about weightloss and weight management, contact PureLife Medispa and Wellness at 727-595-3400 or visit purelifemedispa.com. PureLife Medispa is located at 12442 Indian Rocks Road, across from Anona Elementary.

AN INDIAN ROCKS BEACH
HOMEOWNERS ASSOCIATION COMMUNITY EVENT

Holiday Toy Drive & Happy Hour

Wednesday
December 11
6 - 9 pm

Hosted by
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www.C21Beggins.com
1511 Gulf Blvd
Indian Rocks Beach

Food, drinks, live entertainment,
Santa (photo op!) & lots of holiday cheer!

PLEASE BRING AN UNWRAPPED TOY TO PUT A SMILE ON THE FACE OF A NEEDY CHILD THIS HOLIDAY SEASON!

Toy drop-off locations for those unable to join us at the event:
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1511 Gulf Blvd. 311 Gulf Blvd. 1507 Bay Palm Blvd.
www.IRBhome.com for more info

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