

# NEIGHBORHOOD NEWS

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Magazine

## INVASION OF CLEAR WATER HARBOR

By Charlie Harbor Harper,  
Largo Historical Society

Great naval battles have taken place that changed the fate of nations, won and lost wars, and have been immortalized in stories passed down through the generations. Trafalgar Jutland, and Leyte Gulf bring immediate visions of great navies, the roar of cannons and of admirals like Nelson, Jellicoe, and Nimitz. But have you ever heard of the naval engagements that took place in Clear Water Harbor and at Lowe's Landing? The incident that took place in February of 1862 certainly did not have famous ships or admirals, but it did have intrigue, dangerous weather and adventure.



The area we now call Pinellas County was not quite like it is today; no hotels, no fancy beach and almost no people lived here. A *New York Times* correspondent on board a U.S. Navy ship blockading the Tampa Bay area wrote in 1862: "What a miserable, God-forsaken hole, this portion of Florida is. The land of cadaverous inhabitants, land of mosquitoes and swamps." - **Continued on page 7**

### Also in this Issue:



#### Recycling in Pinellas

Did you know those large plastic containers that salad and eggs come in are not recyclable? Only plastic bottles are accepted. Find out what is and is not accepted and what happens if you include the wrong things - **page 9**

#### Healthcare Options in a Pandemic

If you have a minor illness or injury, Peggy Cordle will come to you keeping you safe from ER or urgent care waiting rooms. With social distancing and quarantines, it's even more important people have access to individual, safe, at-home urgent care. - **page 21**



#### Painting Sunsets

If you enjoy the beach and painting, artist John Comer can teach you techniques to paint a sunset - **page 16**

#### Indian Rocks Tackle

The oldest operating business in Indian Rocks celebrates 40 year. - **page 28**



This newsletter is published by GRIFFIN PRODUCTIONS, Inc. and is mailed to occupied residence and business in Belleair Beach, Belleair Bluffs, Harbor Bluffs, and part of Largo. We are not officially associated with any city government.

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**BELLEAIR AREA**

**NEIGHBORHOOD NEWS**

Inside, you will find articles and local information about the nearby area inside. We call it a Neighborhood Newsletter because it is about your neighborhood. It is mailed to the entire Belleair Area - a total of about 8,000 households - six times a year.

Do you need another copy of this newsletter. You may pick up additional copies of this newsletter at all City Halls, Panara Bread, UPS Store and the Belleair Market. Call 430-8300 if you need more than a few.

We hope you enjoyed our newsletter. We want your input. Did you like this issue? What suggestions do you have for future articles? Call or email us with your comments, or take our online survey at beachnewsletters.com.

Thank you for reading, Bob & Becky Griffin, 727-430-8300 bob@griffindirectories.com

**SEE YOU AGAIN  
IN JUNE**

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**CALENDAR OF UPCOMING FOOD HOLIDAYS**

*With all the uncertainties and cancellations, we are unable to have a true event calendar. Instead, we thought we would give you something fun - a list of National Food Days.*

<b>APRIL</b>		Have A Coke Day	8
Burrito Day	4	Moscato Wine Day	9
Deep Dish Pizza Day	5	Shrimp Day	10
New Beer's Day	6	Mother's Day	10
Beer Day	7	Hummus Day	13
Empanada Day	8	Apple Pie Day	13
<b>Good Friday</b>	10	Fruit Cocktail Day	13
<b>Easter</b>	12	Buttermilk Biscuit Day	14
Grilled Cheese Sandwich Day	12	Chocolate Chip Day	15
Cheese Ball Day	17	Mimosa Day	16
Jellybean Day	22	<b>Armed Forces Day</b>	16
Picnic Day	23	Pizza Party Day	17
<b>Ramadan Begins</b>	23	Walnut Day May	17
Pretzel Day	26	Devi's Food Cake Day	19
Prime Rib Day	27	Taffy Day	23
Shrimp Scampi Day	29	Wine Day	25
Raisin Day	30	<b>Memorial Day</b>	25
<b>MAY</b>		Brisket Day	28
May Day	1	Hamburger Day	28
Cinco De Mayo	5	Mint Julep Day	31
Hoagie Day	5	Macaroon Day	31



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**CONTINUING OUR MAGAZINE IN THE TIME OF CORONA** As we go to press the last week of March, news of the pandemic's closures is constantly changing. We intend to continue printing our magazine as long as we can. However, if all nonessential businesses close, that will include our printer, mail-house and most of our advertisers. If we do have interruptions, rest assured we will be back in your home as soon as we can. In the meantime, stay safe and be healthy.

**RECLAIMED WATER RESTRICTIONS** Pinellas County seasonal reclaimed water restrictions go into effect on Wednesday, April 1, and run through Tuesday, June 30.

North County reclaimed water customers may only irrigate two days per week based on property address, according to the schedule below:

- Addresses ending in an even number (0, 2, 4, 6, or 8) may water on Tuesday and/or Saturday.
- Addresses ending in an odd number (1, 3, 5, 7, or 9) may water on Wednesday and/or Sunday.
- Parcels with mixed or no address, such as common areas associated with a residential subdivision, may water on Wednesday and/or Sunday.
- Watering is prohibited between 8 am and 4 pm on all authorized days.

**ST. PETE PIER OPENS MAY 30** Assuming it isn't changed due to government closures, the long-awaited opening of the new St. Pete Pier will be on May 30. Dubbed the southeast's largest playground, the 26-acre Pier District promises to be just that.

Designers planned this Pier with an eye to greenspace and ecology. While some trees had to be removed due to their condition or construction needs, the new Pier will net an additional 500 trees and 5 acres of greenspace

**TRANSFORM A LIFE** Sponsor a Southeastern Guide Dog puppy for just \$19 a month and join their joyful journey. You will receive regular Pupdates filled with news of your puppy's journey so you can follow along



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## Teeing Off a Financial Plan... Or Already on the Back Nine?

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# and More...

## CONTEST WINNER

Belleair Bluffs resident Carrie Temple won our Valentine Trivia Contest February 14th. Many people entered and her name drawn at random from those entries with all ten correct answers.

She won a prize package worth \$500 from five Belleair businesses including William Dean Chocolates, Bella Vino Wines, Carlson Wildwood Florists, Radiance Med Spa, and Seaweed Restaurant.



"I was so excited to win such a generous prize," Carrie said. "My husband and I enjoyed checking out each of these businesses, first hand."

Look for other contests in future issues.

**ONLY RAIN DOWN THE DRAIN** Stormdrains flow directly into our creeks, lakes, Tampa Bay, the Intracoastal, and the Gulf of Mexico without any treatment. Don't blow debris into the street or gutter. Instead recycle those grass clippings and leaves into your yard and landscape beds. Don't pour chemicals down the stormdrains. Dispose of swimming pool water properly. Turn off chlorinator and allow levels to drop to zero be discharging into the landscape.

**BELLEAIR REC** As of now, Summer Camp will run June 1 - August 7 for kids entering Kindergarten through 7th grade. Registration began in March. For information, call (727) 518-3728, email [recdesk@townofbelleair.net](mailto:recdesk@townofbelleair.net) or visit [townofbelleair.com/475/Summer-Camp](http://townofbelleair.com/475/Summer-Camp).

**POSTAL WORKER FOOD COLLECTION** In light of the Corona Virus pandemic, the need for food at Food Banks is higher than ever.



Assuming it is not canceled, or rescheduled, May 9th is the day your local mail carrier will pick up donated food at your mailbox and deliver it to one of two nearby food banks. The food collected on Belleair Beach will be delivered to the Beaches Food Pantry in Indian Rocks Beach.

The food collected in Belleair Bluffs and the Town of Belleair will primarily go to RCS in Clearwater.

All of the food goes to those who need it. During normal times, this event produces only 30-45 days worth of supplies. They also need dog and cat food.

**NO CITY PICNIC** The City of Belleair Beach canceled their first ever City Picnic at Bayside Park.

**OUR NEXT ISSUE IS IN JUNE** Read this issue, and others, Online at [BeachNewsletters.com](http://BeachNewsletters.com).

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# CIVIL WAR INVASION continued

There may have been 100 families scattered over the entire peninsula, we now call Pinellas, when the Civil War started in 1861. The only stores and gathering spots in the central part of the area were on the bluff overlooking Clear Water Harbor, and an even smaller community about four miles south down the bay called Lowe's Landing in today's southwest Largo. Both locations had docks or wharfs for coastal schooners to load and off-load cargo.

By 1862, the federal government had implemented a naval blockade of the South from Virginia on the north to Texas on the southwest Gulf Coast. The Tampa Bay area was included in the Gulf Blockading Squadron which used Egmont Key (and Ft De Soto) as a local staging point. The headquarters of this squadron was located in Key West. With its vast and mostly vacant coastline, Florida was used by the blockade runners throughout the war. Clear Water Harbor and Lowe's Landing were no exception. Fort Brooke, a Confederate stronghold, (in present day Tampa) was raided numerous times including two federal bombardments by gunships of the U.S. Navy. The small outposts along the Florida Gulf Coast were raided by the Federals for food and provisions as well as to stop the flow of military goods coming in and trade goods going out.

Most of the residents of this area of Florida remained loyal to the State of Florida and the Confederacy. There were, however, some in the area who chose to stay loyal to the Union. For the most part these "loyalists" found living in the area very difficult during the war; most moved to Key West, though some stayed on Egmont Key under protection of the Union Navy. Some who stayed were Union spies or informers. When ships came into Clear Water Harbor or Lowe's Landing these Union spies would on occasion make contact with Federal ships, giving locations and what stores were being loaded and unloaded.

On the cold and windy morning of February 17, 1862, the Federal gunboat U.S.S. *Ethan Allen* anchored north of Clear Water Harbor; the mission was to pick up a local Union Spy, Mr. Girard, who would pilot the *Ethan Allen* down the coast and into the narrow passage (Little Pass) of Clear Water Harbor. On the same day, the *Allen* would be supplied with provisions by another local agent of the Federals, a Mr. Griner. Due to the strong winds and heavy surf, the *Allen* was delayed in picking up the spies, but by late in the day they were ready to head south toward Clear Water Harbor and a date with local history.

Leading the coastline around what is now Hudson, and heading south along the coast, the gunboat the *Ethan Allen*, under the command of Acting Volunteer Lt. William B. Eaton, made the entrance to the Clear Water Harbor just after sundown on the evening of February 18, 1862. Now was the moment of decision for the young lieutenant. As full darkness fell, Mr. Girard, acting as a pilot, started to enter the narrow passage. First, however, to avoid suspicion from the local residents, the U.S.S. *Allen* raised the Confederate flag and proceeded into the harbor. The gunboat carried a hand-picked crew. In addition to Lt. Eaton, Mr. George Faxon the Surgeon's Steward and Union refugee Mr. J.E. Whitehurst, there were ten well armed sailors. Under cover of darkness and flying the Confederate flag, the *Allen* sailed toward the dock at Clear Water. The crew, fully prepared to fight, was surprised indeed when it found no crews aboard the sloops *Atlanta* and *Caroline* anchored in the bay, or the schooner *Spitfire* that was tied to the dock. Working with full speed, the Yankee sailors took possession of the ships making them ready for sea. Leaving just two on board the captured ships, the *Allen* made its way south toward Lowe's Landing where Union spies had said yet another ship was preparing for sea. Arriving at Lowe's Landing early the next morning, the *Allen* found the sloop *Cayto* tied to the dock. Within moments *Ethan Allen* sailors boarded the sloop, took the supplies and burned the *Cayto*. A history of the Lowe family notes that J.T. Lowe's three-year-old son, Wesley, was hiding in a nearby mangrove and witnessed the Union forces board and commandeer his father's ship, the *Cayto*. He allegedly ran to his mother and said, "Cayto gone." With the *Cayto* burned, Lt. Eaton and his crew, had completed a very successful raid. They took the captured prize ships and headed back into the safety of the Gulf of Mexico. Not a shot was fired; the crew of the *Ethan Allen* captured or sank four Confederate ships. This brave action prevented the blockade runners from heading back toward Havana fully loaded with local goods to trade for arms and war supplies for the Confederate Army.

During the remainder of the war, the sleepy little town of Clear Water Harbor would be raided numerous times by Union ships looking for provisions and blockade runners. So far as we have been able to determine, Lowe's Landing was not attacked again. J.T. Lowe was off fighting for the Confederacy when his ship was taken. At the end of the war, Lowe was with Lee in Virginia. He and his brother, Alfred, had fought the good fight and now they walked home, all the way from Virginia. According to Lowe family history, when young Wesley Lowe saw a man with a long beard and as approach his home, the young child fearfully hid and his mother fainted. That bearded "stranger" was none other than Capt. J.T. Lowe returning to his homestead.

After war's end, Capt. Lowe returned to the sea, once again sailing in and out of Lowe's Landing, which would soon take a new name – Anona. The area so long lost to history is now known to be located in southwest Largo. Clear Water Harbor would be Clearwater, a major vacation and tourist location and the county seat of what in 1912 would become Pinellas County. And the land that the newspaper correspondent in 1862 called a "... God-forsaken hole..." well we all know what happened to that place, it is the most beautiful of all locations, Clearwater and Largo.

Grateful acknowledgment for his tremendous assistance goes to James A. Schnur, author, historian, and friend of local history buffs. The book, "*Heritage Villagers*," written by Schnur was quoted in this article. I also wish to acknowledge the assistance and friendship of local historian, Robert Delack of Clearwater/Largo. Material used in this article was also obtained from the National Archives and Records Administration, Washington D.C. and from the book, "*War of the Rebellion*," by Charles W. Stewart, July, 1984.



**Captain Lowe after the Civil War**

*Photo Credit: Pinellas County History Society*



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**MARITAL BLISS...DISRUPTED (PART I)**

by Ray Ferrara, ProVise Management Group



This three-part series will deal with death, dementia and divorce and the devastating impact these three "Ds" can have on a marriage.

While death often is mostly associated with older folks, it can strike at any age. Our experience shows that most spouses are not prepared for the financial and personal issues.

Did you do any preplanning with a funeral home? Did you write an obituary and choose a picture? How will the long-distance friends be notified? Did you express a desire for charitable donations? What Social Security benefits will be available to the surviving spouse? Did you leave the passwords for all of your digital life, especially those involving money? There is much more to consider.

At the most basic level, it is important to have the current documents in place like a will, living trust, power-of-attorney for financial and health care, and a living will. Some may do it, but fail to update the documents on a regular basis. Go see your attorney NOW!

The first step following a death is to visit with the attorney, the accountant and the financial advisor. Do both spouses know who they are? Have both met with them? When is the last time you checked all of the beneficiary designations on your life insurance, annuities, retirement plans, etc.? Get copies of each beneficiary form.

A bank, savings or investment account with only one name is frozen and the surviving spouse will not have immediate access. If it isn't necessary to have the property in only one person's name, consider making the registration joint with rights of survivorship or tenants by the entirety.

Do you have enough life insurance to pay off the debts (mortgage, cars, student loans, credit cards, estate taxes, etc.?), provide for replacement of income, and perhaps to cover the cost of education for the children?

We advise surviving spouses to avoid making any major financial decisions for at least six months, perhaps as long a year. This is an emotionally stressful time. Take it one day at a time.

One of the best ways to prepare for death from a financial standpoint is with a written financial plan. In one place you will have net worth statement, cash flow analysis, budget, tax information, retirement plans, life insurance, education planning, investments, estate plan and much more. Take advantage of our complimentary one-hour consultation.

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The information herein is general and educational in nature and should not be considered legal or tax advice. Tax laws and regulations are complex and are subject to change.

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## THE IMPORTANCE OF RECYCLING RIGHT IN PINELLAS COUNTY

By: Allie DeVore

Last year when Indian Rocks's recycling program came into question, local organization, GreenTown Kids took a proactive approach and called on all residents to learn about the issue and what needed to be done to recycle right. Realizing that the city's recycling program remains questionable and understanding education is key to maximizing its benefits and prolonging its viability, GreenTown Kids held the event again this year to help residents recycle right.

This year, Recycle Right 2020 was held at the end of January, as a free event for all adults in the community. Dean Scharmen, Indian Rocks Beach's Public Services Director, gave an update on the city's current recycling program, noting an impressive 67% of IRB residents recycle, totaling 2,685.92 tons of recyclables in 2019. These numbers are high, but the concern is that a portion of what people recycle, is not actually recyclable in Pinellas County. That's where Jan Tracy, Pinellas County Department of Solid Waste Recycling Program Coordinator, discussed what's happening to our recyclables, and exactly how to recycle right. The main takeaway of the night was, don't be a "wish-cycler." Something we may all be guilty of, now and then. This means, don't throw something in your recycling bin, wishing it could be recycled. Don't throw something in you're unsure about, hoping it will get sorted out if it cannot be recycled. Instead, only put items in your bin that are actually recyclable. Because the reality is, items that cannot be recycled don't always get thrown out at the recycling facility. Many of them, like plastic bags, end up clogging the sorting machines. Many other items end up in our pallets of "recyclables", effectively contaminating what we are trying to sell to other countries. Buyers are looking for high quality recyclables that have extremely low percentages of contamination, which can in turn, be made into new quality products. While buyers like China, have stopped buying from us, Pinellas County is working on getting new buyers from around the world, and will continue to do so.

So, how do we do our part and recycle right? Education. Follow the charts by Pinellas County Department of Solid waste at: [pinellascounty.org/recycle](http://pinellascounty.org/recycle). Only recycle the items on the "In the Bin." Don't go by the numbers in triangles on plastic items. Don't be a wish-cycler. And, don't bend the rules. Throw out what should not be recycled. Replace the guilt of throwing more items in the trash with the knowledge that the more you recycle right, the more items will get bought and made into something usable again, which is the ultimate goal of recycling.

If you're surprised how restrictive the lists are, you're not alone. When recycling plastic, ONLY bottles and jugs are acceptable. This means plastic egg crates, plastic produce containers, plastic takeout containers, plastic toys, and basically all other plastics are off limits. When recycling metal, ONLY food and drink cans are allowed. When recycling glass, ONLY bottles and jars are accepted. Also on the NO list: all caps and lids – including – bottle caps, jar lids, and metal can lids, shredded paper, greasy jars, greasy pizza boxes, straws, single-use plates, cups, and anything smaller than an index card.

Share the information with your neighbors and friends. Help our city feel good about the money they're spending on our recycling program. And, help our county produce more sellable pallets. Educating ourselves and following the guidelines is crucial to city recycling programs succeeding and future generations living in a more sustainable planet.

To get involved or learn more, visit [www.GreenTownKids.org](http://www.GreenTownKids.org).

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### PAINTING SUNSETS WITH A TWIST

*"Some painters transform the sun into a yellow spot. Others transform a yellow spot into the sun..."*  
**Pablo Picasso**

By Bob Griffin

Did you ever witness a breathtaking sunset and say, "I wish I could paint that?" If so, local artist and self-declared beach bum John Comer can help you do just that with his "Sunsets With A Twist" art classes.

Comer, an artist for over 30 years, has been in Indian Rocks Beach 17 years. He has been teaching art for nearly two decades and offers Art Therapy in over three dozen retirement communities. He does 20 of these per week; that averages about 60 classes per month—in addition to his "Twist" classes on the beach.



Comer has also done mural work throughout the United States as well as internationally. He offers private painting classes inside 18 On The Rocks and samples of his work are hanging inside. Many have nothing to do with sunsets, and most are for sale. More samples can be found on his website, 99ShadesofCrazy.com.

Comer has taught hundreds of would-be-artists how to paint, right here on the beach with their toes in the sand.

"I had some trouble getting started," Comer says. "What started with only two or three people quickly grew to a dozen under two or three tents. One day, two sheriff officers walked up and asking to see my permit."

Comer not only did not have a permit, he did not know he needed one. So, temporarily, he moved the easels onto a participant's patio and continued painting the sunset.

"I have worked out my permitting problems with the City, State and Federal Government and now can again offer my Painting With A Twist classes on the beach," he explains.



Classes are very popular and are limited to about a dozen people. Each cost \$45 and includes three hours of personal instruction, a paint board, brushes, paint and a great experience. You bring your own refreshments.

His beach classes are not regularly scheduled, but he targets one or two Saturdays or Sunday a month. If you would like to join the fun, register online at [www.IRBEvents.com](http://www.IRBEvents.com) or on FaceBook - Sunsets with a Twist.

Comer is also available for private events and parties.




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## NEW WELLNESS & METAPHYSICAL SHOP

Organic Reverence – Health, Wellness and Metaphysical Boutique – recently opened on Clearwater-Largo Road, just outside of Belleair. Cosmetologist/ Aromatherapist/Reiki Healer/Owner Jillian Kinsman-Barrett, originally established the Organic Reverence brand in 2013. She originally began by selling her organic aromatherapy formulations at local markets and expos, before expanding into wholesale and an online store. Needing more space, Jillian and her husband Dave found the perfect home on Clearwater-Largo Road that allows for both growth and a perfect sized boutique, where they also offer other wellness services and workshops. The gift shop is stocked with high quality CBD products, locally-made organic herbal remedies and soaps, organic soy candles, crystals, incense and smudge sticks, and diffusers. They also carry local artists' beautiful handmade, eco-chic, jewelry, tie dyed clothing, wall decor and other gift items. They plan to offer Metaphysical workshops, Reiki sessions, psychic and tarot readings soon.



If you need immune boosting remedies and essential oils, call them at 727-399-7038 or stop by: 1795 Clearwater-Largo Rd, Clearwater, for a FREE sample. Their storefront is between Rosary and Ponce De Leon on the east side of Clearwater-Largo Rd, north of an old two story gray building that was formerly an antique store. Call ahead for any last minute closures due to the quarantine. They are offering curbside pick up if you don't want to come in! To order, call or shop online at: [www.OrganicReverence.com](http://www.OrganicReverence.com) - FREE Shipping over \$50 or FREE Pick up - no minimums. Check them out on Facebook & Instagram @OrganicReverence. Lots of products reviews can also be found on their Etsy shop: [Etsy.com/shop/OrganicReverence](https://www.etsy.com/shop/OrganicReverence)

## RONALD MCDONALD HOUSE CELEBRATES 40TH ANNIVERSARY

2020 is a special year for Ronald McDonald House Charities Tampa Bay (RMHC) as the organization celebrates 40 years of providing a "home-away-from-home" for families of children receiving medical treatment. Since opening the doors of its first St. Petersburg home to families in 1980, more than 50,000 families have found comfort and care in what has become a four-house organization, spanning both sides of the bay.

It took many hearts and hands to create the first Ronald McDonald House; it was the first house in the state of Florida, and just 17th in the world to open its doors. Since then, those initial families and sick children have grown and had families of their own. Some have become staff or volunteers, while others help to fundraise for Ronald McDonald House in their own community.

According to Executive Director Lisa Suprenand, "Our organization has grown so far beyond what our founders could have imagined. Providing four houses to families with sick children is only part of our story. We continue to look for innovative ways to extend our reach, through programs such as Meals on the Go, which distributes bag lunches to parents who are unable to leave their child's hospital bedside, and the F.R.O.G. cart to distribute meals and supplies to pediatric families inside the hospital."

RMHC Tampa Bay will focus its 2020 messaging on this important anniversary through a mixture of social media messaging, family narratives, video highlights and testimonials. For more information, visit [rmhctampabay.org](http://rmhctampabay.org).

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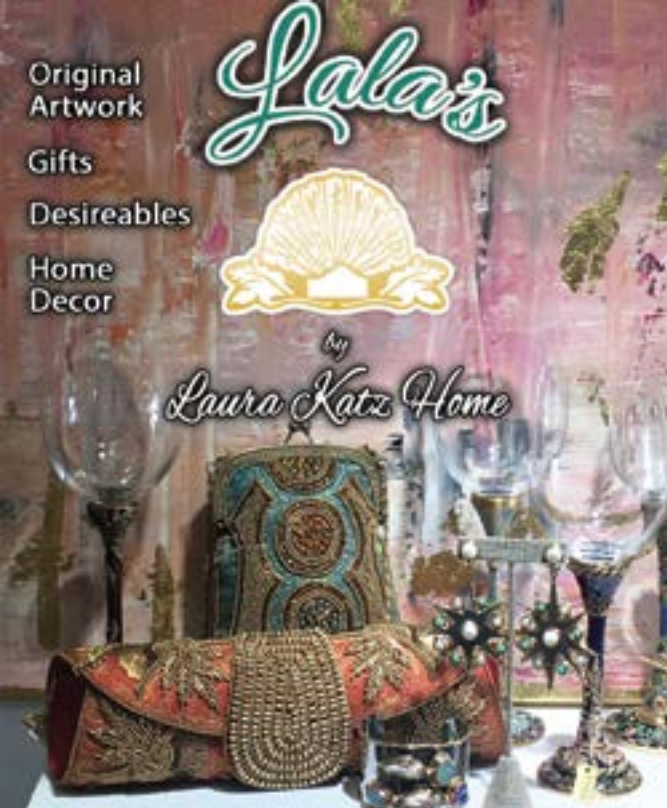
**TAKE 5 OIL CHANGE OPENS** This new place to get an oil change opened on Indian Rocks Road, where Checkers was, in late February. They have special offers during their Grand Opening, plus special deals:



- \$10 OFF coupon Online at Take5OilChange.com
  - 25% OFF for all Veterans
  - 25% OFF for Ride Share drivers (print coupon Online).
- In 1984, Take 5 opened their first store in Louisiana. They currently operate in 18 Southeastern states.

**RADIANCE CELEBRATES 14 YEARS** Owner Stephanie Schlageter started her Belleair Bluffs Med Spa business in 2006. Today Radiance Medspa, ranked among the top 1% of Med Spas in the United States, has performed more than 40,000 wrinkle erasing treatments (think BOTOX and Juvederm) and more than 10,000 body contouring treatments (think Coolsculpting, CoolTone, and Laser Lipo). Radiance Med Spa's medical team of 14, led by Dr Erika Francis, has been busy safely keeping our community beautiful! If you have not visited Radiance, schedule a complimentary consultation anytime to learn all about their state-of-the-art aesthetic products and services so you can look and feel your best!

Find Radiance at 2894 West Bay Drive in the Bluffs Shopping Center. Go to [www.RadianceMedSpa.com](http://www.RadianceMedSpa.com) for more information.



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**BELLEVUE PLACE**

Construction continues at Bellevue Place on the last two (of four) mid-rise condominium buildings. More than 100 residences have been sold (Carriage Homes and mid-rise condominiums) and residents have moved into the Allamanda and Brightwater buildings that sit in a semi-circle around the Inn. Construction is expected to be completed by summer 2021.



Buyers are enjoying access to amenities including the Inn, the resort-style pool with cabanas, and the Belleair Country Club (with two championship golf courses). The fact that Bellevue Place is atop a 35-foot bluff means no flood insurance.

Bellevue Place is located at 275 Bellevue Boulevard, Belleair. Visit [www.BellevuePlace.com](http://www.BellevuePlace.com) for information.

**BUSINESS NEWS WANTED** If you have news for this column, we want to know. E-mail [Bob@GriffinDirectories.com](mailto:Bob@GriffinDirectories.com), or call 430-8300.



# Business Briefs

**GET FIT'S NEW OWNER TAKES FIRST PLACE** Meet Cyndy Dube, local resident and native Floridian. She and her husband Mike are the new owners of Get Fitness in Largo.



Recently, Cyndy took First place as the Overall Champion in the masters bikini division at the NPC Ultimate Muscle Extravaganza. It is a notable accomplishment given that the overall winners are almost always selected from the younger divisions. She also took First place in the over 45 Bikini Division, and Third at IFBB Tampa Pro Bikini Over 40 Division.

She and her team at Get Fitness have a passion for health & fitness. Helping others achieve their health and wellness goals is important to the club. She is pictured here with her trainer, Hope Boullianne. No goal is too big or too small for her and her team. *Get Fit, Never Quit!*

**FIRE STATION REMODEL** The new owner of the old Indian Rocks Road fire station submitted their construction plans to the Belleair Bluffs City Commission. The more modern looking building will keep a retro-look and the fire station façade. There will be a lot of glass and solar panels on the roof. The front will still show the large fire station style doors painted bright red.

"It will be kind of hip," adds Debra Sullivan, City Administrator.

The owner plans to have an office on site and rent a portion of the building to a personal physical training business.

**EM & MAC CHILDREN'S BOUTIQUE**

This new children's clothing shop opened in the Bluffs at 596 Indian Rocks Road next to Petal and Vine. They are sharing space with a women's clothing store as well.



They plan to be open most days beginning at 10am (Closed Mondays) but that may change due to the Corana Virus. Call them before you drop by to say hello to new owner Kayla - 637-7757. Their web site is [www.EMandMAC.com](http://www.EMandMAC.com).

**WINE WALK CANCELED** Due to the pandemic, the BBA Board of Directors canceled the Spring Bluff's Wine Walk scheduled for March 28. They will schedule another one this Fall. They appreciate your understanding and will continue to work and promote on the behalf of all their membership and make the Fall event an even bigger success.



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# Business Briefs

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### THE SPOT CELEBRATES THE FIRST YEAR

The Spot is excited to celebrate the end of their first year. Since they opened, they have added a hot new product - their Bear Butter that now ships country wide. It is a fortified almond butter made with their homemade almond butter, vegan vanilla protein, cacao, goji berries, coconut flakes, hemp seeds, and flax seeds. It's high in protein, has only 3 net carbs and 1.5

grams of sugar. Plus, it tastes amazing. It is Keto friendly and Vegan. Their website is [bearbutterco.com](http://bearbutterco.com). Stop in and say hello to Belleair Bluffs resident and owner Jonathan Vella at 100 Indian Rocks Road N., in The Plaza.

### SURF WHEELS & DRONES

Do you want an E-Bike, E-Scooter, or a Drone? Surf-Wheels n Dones has over 20 models of AddMotor E-Bikes, as well as One Wheel E-Boards, EMove Electric Scooters, plus DJI Drones and GoPro Cameras to catch all the action. Owners Leo and Lea moved their Orlando store to Clearwater Beach last fall. See their different models at [surfwheelshndrones.com](http://surfwheelshndrones.com) or stop by for a test ride at 474 Poinsettia Avenue, Clearwater Beach, next to Irish 31, on the back side of Pelican Plaza. Mention this story and receive a free helmet when you purchase an e-bike or e-scooter. Call 953-3521.

### SHERATON TURNS 45

When The Sheraton Sand Key opened February 19, 1975, Clearwater was just a small beach town. The bridge to the north over Clearwater Pass was still made of wood and there were few condominiums nearby. Russ Kimball was there on day one, but not as the manager. That happened six months later, and he is still the manager today - 45 years later.



### MAV REALTY OPENING

Located on the corner of Indian Rocks Road and Sunset Blvd (north of The Plaza) Mav Realty hopes to finish their construction next month.

"We are in the final month of construction with

glass offices, moss walls, and lots of real estate expertise," says Michael Hendzel, owner/broker. "We hope to be open in late April and look forward to serving the entire Belleair community."

Pictured here are Lindsey, Michael Jr (age 2 months), Michael, and dad Stanley Hendzel. Stanley is supervising the buildout.

Get more information at [www.MavRealty.com](http://www.MavRealty.com) or call Michael at 698-9446. Find them at 232 Indian Rocks Road North.



## FLORIDA REALTORS FLY TO DUBAI

By Elle Arsove, Sand Key Realty

The Florida Realtors, including some from Clearwater, embarked on an historic trade mission to Dubai recently. It was the first of its kind to Dubai by a US Realtor Association.



Realtors on the bus, local residents Elle Arsove to the left and Marisol Davila right,

The group of approximately 300 Florida Agents were hosted by Century21 and UAE. Several local resident Realtors® were selected for the mission including me and Marisol Davila (MD Global Realty, LLC). Certified International Specialists, we were given the opportunity to take a course provided through the Dubai Land Department. Passing this class, I became a Certified Dubai International Property Consultant! Additionally, all participants were given formal recognition, as Real Estate Partners with Muscat Bay, The Sultanate of Oman.

Getting there was fun - all 14 hours. Emirates Air was great, with gifts and options for private sleeping cubbies! Joup, Kiev, Umm Lajj, Bengazi, Riyad, Tabuk, Shraz, Ha'il, Jedda were some of the cities not far from our flight path - quite exotic!

Why Dubai? The Dubai Land Department's vision is for Dubai to become the world's premier real estate destination, with goals of innovation, trust, and happiness. This is largely a result of efforts of the visionary King, Sheikh Mohammed bin Rashid al-Maktoum. Dubai is an economic hub for the Middle East, with the world's busiest airport receiving approximately 78 million passengers last year. The corporate giants all have bases in Dubai: Citibank, Bank of America, Johnson and Johnson, Google, Amazon, McDonalds, KFC, Ace Hardware, etc. Most residents come from abroad and all religions are welcome. Additionally, despite its wealth of oil, Dubai is working to become a model green energy hub for the world. It is a city of creativity, tolerance and very low crime rate. With excellent infrastructure, clean technologies, and an eye on the future, Dubai real estate outperforms major cities such as London, Paris, and New York. There is no income tax, no capital gains tax, strong capital appreciation and high rental yields. Offerings by major developers include units with a guaranteed net return on investment of 8% for up to 12 years and other perks. In comparison, local rates of return here are approximately 3-4%.

How about a condo to match your perfume? Or, why not a unit by the world famous Architect Zaha Hadid? The Jetsons cartoon reality is coming true as structures by the Developer Omniyat will feature taxi drone landing pads, similar to those seen in the popular 1960s TV show. And surprise! Dubai is not just for millionaires. Prices range from under \$200,000 to over \$30 million USD.

If you have questions about investing in Dubai, contact me, elle@sandkey.com, floridacoastalhomes.us, or 813-606-0863.



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## CORONA VIRUS BUSINESSES RESPONSE

Due to the Corona Virus pandemic, some business have closed, however many are providing services with abbreviated hours.

We called many area business to find out what changes they are making. As of press time, this is what we know:

### **MORTON PLANT HOSPITAL** (462-7000)

"Morton Plant Hospital and BayCare Health System are determined to continue their mission to improve the health of all they serve," said Lou Galdieri, President, Morton Plant Hospital and SVP/BayCare Market Leader for North Pinellas/West Pasco. "For a while now, they have been adapting hospital operations to respond to meet their community's needs. While they recognize the uncertainty of the situation can be disconcerting, they want their community members to know their health and well-being remains their top priority."

For the latest information, please visit [BayCare.org/coronavirus](http://BayCare.org/coronavirus).

### **OAKS OF CLEARWATER** (445-4069)

They are screening all staff, banned all non-medical visitors, and residents are asked to remain on the property.

They are offering short-term stays to 55+ members of the community looking for a safe place to live during the pandemic and are waiving the community fee. Admission is subject to a thorough screening and would be on a month to month basis. Furnished units are available. Please call and ask for Michael for more information.

### **URGENT CARE HOUSE CALLS** (403-5380)

If you can't get in to see your doctor, they will come to you. Call them if you think you might have the flu, or other medical problem.

### **BELLEAIR BLUFFS CLEANERS** (585-1101)

Hours may change as needed, but for now are 7am - 5pm Mon-Fri and Saturdays 8am-3pm. They are cleaning surfaces more regularly.

### **BELLEAIR DENTAL** (518-2333)

They closed for two weeks with plans to reopen March 30, but they are not accepting new appointments. They recommend customers over 70 cancel their appointments until the pandemic passes. They are closely monitoring their employees' health. Call with any dental emergency.

### **BELLA VINO WINE MARKET** (584-5552)

They suspended the sale of all food for consumption inside and sidewalk dining. They are still open for package wine sales—bottles only.

### **BELLEAIR MARKET** (584-3697)

They plan to be open 7am to 9pm, seven days a week and offer curb side pickup just pull up and blow your horn they also deliver, and for the next month, are waiving delivery fees. All self-serve foods are being issued by staff. Please give them a 24-hour notice for large or specific orders.

### **BELLEAIR OPTICIANS** (584-0730)

They are only providing services by appointment only. The doors are locked otherwise until further notice.

### **BLUFFS ANIMAL HOSPITAL** (585-8505)

They plan to stay open as long as possible and are doing everything possible to protect their health, the health of their employees and your pets. They ask all clients to stay home if they are ill and to call before entering the hospital. If you are sick, and your pet needs attention, they will send a team member to your house. If you are filling food or medicine orders, please stay in your car, call them and they will provide curbside service. Please cancel all routine, non-emergency visits including wellness visits, annual vaccinations, nail trims and more.

### **CARLSON WILDWOOD FLORIST** (446-4610)

They continue to deliver their orders—to your home or hospital or will provide curbside pickup if you request.

### **CASSI AND COMPANY** (585-2011)

They understand buying clothes may not be a priority for some, but want you to know they are sanitizing constantly.

### **DR. KATHY ANDERSON, DO** (462-5242)

Hours are reduced to Tuesday through Thursday and only 3 people will be in the waiting room at any given time - no walk-ins at this time.

They will have telehealth appointments for assessment. Please call the office and instructions for a telehealth appointment will be given along with the phone number for that appointment.

### **FLUFFY PUPPIES** (446-7999)

They offer a curb side service, but please call ahead. There is no one allowed in the store. However, they are open for grooming and daycare.

### **GET FITNESS** (595-4505)

The State of Florida shut down all gyms until March 30th. When they reopen their facility and equipment will be as clean and sanitized as possible. They wipe down all equipment three times a day with OdoBan, the same product used in hospitals.

Please contact them directly with questions [Mike@GetFitnessClubs.com](mailto:Mike@GetFitnessClubs.com).

### **JANNA'S FINE CONSIGNER** (584-9222)

If requested, they will meet customers at their car to review their consignment clothes. They are practicing social distancing and appreciate your continued business.

### **LALA'S IN THE PLAZA** (240-1200)

They may reduce hours or open by appointment only, so call to verify they are open.

### **LEMON TREE** (813-494-4295)

They are unsure of their hours going forward. Check their Facebook for updates or call.

### **NEW APPROACH SALON & SPA** (584-8664)

They are wiping down all workstations constantly and adequately separated them for social distancing. They are limiting the number of clients in their salon at any given time. Please do not arrive early for your appointment.

### **ORGANIC REVERENCE** (399-7038)

They are stocking up with herbal remedies and immune boosting essential oils. They accepting online orders at [OranicReverence.com](http://OranicReverence.com) and offer curbside service.

### **PUBLIX SUPERMARKETS** (586-0213)

They shortened hours to 8am to 8pm to allow employees time to clean all surfaces and to restock. Tuesdays and Wednesdays, they will open from 7-8am for senior citizens only. They are limiting the purchase of toilet paper and hand sanitizer to one per person.

### **RADIANCE MED SPA** (518-7100)

Already operating under strict sanitation and health screening protocols, they screen every patient and all team members daily. They sanitize every patient and every point of contact. They are offering discounted services and retail products for future use for those who want services but are feeling financial stress. For retail products, they offer curbside pick-up, free shipping and online shopping. To help area restaurants, they are reimbursing employees' lunches purchased locally. [www.RadianceMedSpa.com](http://www.RadianceMedSpa.com).

### **RICHARD'S FOOD EMPORIUM** (584-9199)

Many of their vitamin suppliers are experiencing shortages, so they are limiting orders to one bottle each per customer. They receive shipments daily to replenish their shelves.

### **ROBERT YOUNG JEWELER** (584-1110)

As a specialty store, they have less people in their store. They are open for jewelry cleaning, repairs and custom orders.

### **SUZETTE'S ON THE ROCKS** (595-8700)

They run an Ozonator each night to purify their store and have reduced their staff to just the owner. Hours are reduced to 11-3pm or by appointment. They are offering "Pick Boxes"—tell them what you want, and they will ship it to your house to try on, keep what you want, return what you don't, and pay for it later. Call for an appointment or a Pick Box.

### **THE SILVER QUEEN** (585-4502)

They sanitize everything and ask you to not come if you question your health. Each store area is limited to 10 people.





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**BEACH TREASURE HUNTER**

"Today is the day." That is what Al Howry says every day when he heads out the door to a beach somewhere with his MineLab 800 Equinox Metal Detector.



Howry, an admitted snowbird, temporarily lives on Indian Shores. He likes to get to the beach early and search for buried treasure. Sometimes it is a small coin; sometimes it is something much bigger and more valuable.

"I don't do it for the money," says Al. "I am retired. It gives me something to do that is pretty interesting."

He and his wife are known to go to any beach — from Honeymoon Island to Pass-A-Grille — where he pulls out his metal detector. "It pays to go where the people are or have been recently," adds Al. Al is from Pickerington, Ohio. He has been snowbirding in Pinellas County for four or five years. He has owned a metal detector for almost as long. "There are a lot of differences in detectors," Al says. "Some only give you little beeps. Some show a digital readout. Some do both. The one I have was \$800."

"I wear headphones so the beeping does not disturb surrounding sunbathers and the headphones help me hear the beep clearer. Different types of metals make different types of sounds."

Metal detectors put out a magnetic field. It only responds to metals: iron, aluminum, stainless steel, silver, gold and titanium.

In January, Howry made a major find. While sweeping the beach on New Year's Eve, his Minelab 800 found something big buried in the sand. It turned out to be a very large USF college ring. You could still read the name inscribed on the band - Iancarlo Collado. Howry tracked down Collado through FaceBook who drove to Indian Shores to retrieve his ring. "He tried to pay me, but I refuse," Al says. "I was just happy to see them reunited."

Howry has also found money (small change). Sometimes the coins are very old and worth something. Because of this, he has become educated in the value of old coins.

So, if one day you see Howry on the beach, or someone like him, remember they just might find one of your lost keepsakes one day. Until the next big find, they will be satisfied with the mystery of the hunt, and a little spare change.

**BEST KING CAKE**

Recently the Tampa Bay Times held a contest to decide who offers the best King Cake in Tampa Bay. Out of the four Tampa Bay bakeries, our own Café de Paris - was number one!. Ten out of ten judges picked Xavier and Valerie's King Cake as best.



A King Cake, sometimes referred to as a three kings' cake, is a French tradition associated with Epiphany and pre-Lenten celebrations culminating in Fat Tuesday.

What started roughly 300 years ago as a dry French bread-type dough with sugar on top and a bean inside, comes in many varieties. Today they have a small figurine, called a fève, hidden inside. The person who gets the fève in their serving receives good fortune and must provide next years cake.



## TIM SHEARS 1959-2020

By Cathleen Sheers

My dear husband, Timothy Charles Shears, age 60, died on February 17, 2020, at home in Harbor Bluffs. Tim bravely battled (and it was a battle) ALS, Amyotrophic Lateral Sclerosis.

Tim was born on June 11, 1959, in Rochester, Kent, England, to Di and Charles Shears. To quote his lovely Aunt Angela Glendenning "He was such a pretty little boy and such a fine upstanding man."

Tim was my loving husband for 35 years, and we enjoyed building a life together. He was my boyfriend, wardrobe advisor (especially shoes), travel partner, and best friend.

Tim and I met in London, England. I traveled to London in 1981 a week before the Royal Wedding of Charles and Diana. I watched the wedding on the television at the youth hostel I was staying in, which was in Chelsea off Kings Road. Unbeknown to me, my future husband was at the wedding and his father, retired Royal Navy Commander Charles Shears, was the wedding organizer, as he was the Registrar and Receiver at St. Paul's Cathedral. I never could have imagined that three years into the future, July 14, 1984, Tim and I would be married at St. Paul's.

Tim and I moved to my hometown of Tampa in 1985, and he began his career in real estate. Tim was a well-known and respected Realtor and broker with more than 30 years of experience in local and international property sales. His customers' testimonials speak of his high integrity, hard work, great customer service, and great sense of humor. Whether managing fellow Realtors or making a sale, he got the job done and he did it well.

Tim and I spent 13 happy beach-bum years living and being a part of the Indian Rocks Beach community. We enjoyed the beach, sunsets and long walks. Tim enjoyed an active role and made many friends as a member of the Action 2000 and Octoberfest committees.

Tim loved the Chelsea football team (not "soccer," please), David Bowie, theatre and the arts, travel, Indian food, dancing and making people laugh. He had a great British wit. He also liked me as much as he loved me.

Those that will miss him include his "mum" Di, sister Sarah, brother-in law Nen, niece Zara, Aunt Angela, and cousins all of whom reside in England.

There was no service at Tim's request. To honor Tim, hug someone that needs a hug, be kind, enjoy a pint of beer, get your news from more than one TV channel, and tell a good joke.



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## A MOBILE NURSE PRACTITIONER DURING A PANDEMIC

By Peggy Cordle

When I first thought of opening a mobile, urgent care house calls practice I knew it was a great idea. I wanted to treat people with minor illnesses and injuries, treat anything a walk-in urgent care could, but in the comfort and safety of the patient's own home or vacation rental. I knew this would fill an unmet need in my community. Having a visit at home ensures that the patient gets one-on-one time with the provider, they're not risking getting sicker or infected in a waiting room, and they can get complete care from diagnosis to treatment without ever leaving their home or vacation rental.



As I had hoped, several months into my practice, with the close-knit community embracing and championing my skills and care, I've been able to establish myself and have been able to become the mobile urgent care provider many have come to use and trust. What I didn't expect was that I would find myself a Nurse Practitioner with full practice authority and her own mobile urgent care practice making housecalls during a global pandemic. Now, as most people are being asked to stay in their own homes to stop the spread of an illness the danger and severity of which none of us has ever seen in our lifetimes, the idea seems even more prescient. With social distancing, self-imposed isolation, and quarantines, it's even more important that people have access to individual, safe, at-home urgent care.

Unfortunately coronavirus has put a spotlight on the current inadequacies our healthcare delivery system experiences while being overwhelmed in crises such as the COVID-19 pandemic. Having a house call to alleviate some of that burden helps keep primary care providers, walk in urgent care clinics, and emergency rooms from being completely overwhelmed with non-essential visits, saving them workforce and other resources for those most in need. As a seasoned Nurse Practitioner with extensive emergency room and outpatient clinic experience, I cannot only give better individual, patient-centered care but practices such as mine can save our society unnecessary costs by not forcing patients to go to expensive urgent cares or emergency departments for illnesses or injuries that can easily be handled in their own home by a licensed, qualified professional.

In these uncertain times, I continue to be grateful that my practice grows and that I have become a trusted healthcare provider for my neighbors and our community. None of us can be sure what even the near future will hold, but what is certain is that I will be continuing to go on housecalls, taking care of my neighbors and our community like they are my family. We must be able to lean on each other, now more than ever. My biggest hope when starting Urgent Care Housecalls was patients could get trusted, convenient, and affordable care from someone who knew them, someone who cared. This is the time to reach out to our friends and neighbors, to be a calming force in a fearful time. With a quick phone call or easily scheduled appointment on the website, Urgent care Housecalls will care for you.

If you have medical concerns, call 727-403-5380 or schedule a visit at [www.urgentcarehousecalls.net](http://www.urgentcarehousecalls.net).



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## Bar & Restaurant News

### BEST CHILI WINNERS

January 26th, two dozen people competed in the annual Backwaters on Sand Key Chili Cookoff. The winners are:

- 1st Place - Carrie Anne Hillard
- 2nd Place - Rob Walsh (last year's winner)
- 3rd Place - Mary Lonnemann



This is the fifth time in five years Hillard, a resident of Seminole, has been a winner - three times she has been in first place. What is her secret?

"I am using a recipe I have developed over the past 8 years," says Hillard. "I cook the meat and chili for an hour, and then I remove the juices and put them in a second pot, add spices and make a roux. Then I add that back into the main chili and simmer for about 3-4 hours."

Carrie Anne says that she may not enter next year to allow someone else a chance take the Championship.

One family, the O'Briens, had entrees from three generations. Butch (the 2013 winner), his son Kevin, and granddaughter Caitlin submitted their best chili. Caitlin came in fifth.

Congratulations to all who participated and sampled.

**TJ'S NEW DECK COMPLETED** TJ's Italian Café remodeled their outside deck and its roof. The result makes eating outside cooler and rain-free. The redesign and construction were done by Eric Meyers, of Dynamic Property Services, who is based in Indian Rocks - keeping it local. Find T.J.'s at 1515 Gulf Blvd. in Indian Rocks Beach. Call them at 596-1515.

**SPEGGTACULAR** Speggtagular a new breakfast place, opened in January in the location of now closed The Globe at 12125 Indian Rocks Road. Specializing in breakfast and lunch, their breakfast menu includes benedicts, crepes, waffles, omelets and lots of fresh fruit. They have 10 years of experience and operate two other locations, one in South Clearwater Beach and one at 7924 Ulmerton Road in Largo. [www.speggtacular.com](http://www.speggtacular.com)

**ANECDOTE BREWING COMPANY** Craft Beer brewery Anecdote Brewing Company opened in late February. Unfortunately, they are closed due to the pandemic, but will be ready to serve you as soon as the restrictions are lifted.

"Anecdote Brewing, like a good anecdote, is unique and memorable with beers that might just surprise you," says owner Philip Anderson. "The newest and closest brewery to the Gulf Beaches is proud to call Indian Rocks Beach its home and looks forward to putting this town on the map with the best brews in Florida." It is located next to the CVS store at 321 Gulf Blvd, Indian Rock Beach.

**DRINKING ON SUNDAYS** In March, the Belleair Bluffs City Commission voted to allow Sunday alcohol service in restaurants to begin at 8am. The prior ordinance began at 11am. This change brings the City in line with the County's regulation.

**UNLIMITED COFFEE** Now you can get unlimited coffee at Panera Bread for only \$8.99 a month - the cost of three cups. Sign up with the free Panera card and they automatically charge your credit card once a month. Register at the store or visit [MyPanera.com/MyPaneraCoffee](http://MyPanera.com/MyPaneraCoffee) for more information.



## LOCAL RESTAURANT RESPONSE TO THE CORONA VIRUS

Due to the Corona Virus pandemic, Governor Ron DeSantis issued an Executive Order mandating all restaurants and bars suspend on premises food and alcohol consumption through April 6th. Some closed, however many are providing delivery and/or take-out services. Many restaurants are using outside companies such as UberEats, ChowNow and BiteSquad.

In light of the business restrictions, we called area restaurants to find out what changes they are making. As of press time, this is what we know:

### BELLEAIR BLUFFS

**BONEFISH GRILL (518-1230)** - Carry out specials and a 20% off coupon online ([www.BonefishGrill.com](http://www.BonefishGrill.com))

**CHEZ COLETTE BISTRO (585-9777)**- Offering pickup and delivery from 4-7pm, closed Sundays. Delivery is limited to a 10-mile radius. 15% discount on all orders and no delivery fee.

**CODY'S ROADHOUSE GRILL (584-8473)**- Curb side pickup starting at 3:30pm.

**E&E STAKEOUT (585-6399)**-

Curb side pickup and delivery through outside companies.

**KAHWA COFFE (330-6446)**- Coffee is for take-out only. Open until 4pm, daily.

**JEWEL CAFÉ (518-7901)**- Take out orders and limited delivery.

**MAGGIE MAE'S (724-4243)**- Take-out and delivery with outside companies 7am to 2:30pm. See menu at [Maggie-Maes.com](http://Maggie-Maes.com).

**PANERA BREAD (518-8900)**- Pick-up & delivery with their App or [PaneraBread.com](http://PaneraBread.com) until 8pm.

**SEAWEEED GRILL (584-1700)**- Pickup only.

**THE SPOT in The Plaza** - Take-out and retail available.

**VENUS RESTAURANT (581-3849)**- Call to verify if they are open for take-out. No delivery.

**WESTSHORE PIZZA (585-6974)**- Take-out and delivery only. See menu at [WestShorePizza.com](http://WestShorePizza.com).

**HUNGRY HOWIES PIZZA (596-1400)** - Delivers lunch, dinner and late night. Drivers sanitize when they leave and when they return to the store.

### SAND KEY AREA

**BACKWATER'S (517-7383)**- Take-out and delivery (Uber Eats) until at 8pm, nightly.

**MAGGIE MAE'S SAND KEY (595-1096)**- Closed for maintenance.

### INDIAN ROCKS

**CASA ITALIA (223-8913)**- Pick-up and delivery after 4pm.

**CRABBY BILL'S SEAFOOD (595-4825)**- Take-out and delivery through outside companies. The menu is at [CrabbyBills.com](http://CrabbyBills.com).

**GUPPY'S (593-2032)**- Offering curbside pickup.

**JIMMY GUANA'S (595-8356)**- Offering take-out.

**TJ'S GOURMET ITALIAN (596-1515)**- Open seven days a week, at 3pm for pick-up and deliver.

### LARGO

**ALFANO'S RISORANTE (584-2125)**- For now, take-out is available, but they may close. Call for information.



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## SLEEP APNEA INCREASES HIGH BLOOD PRESSURE & DIABETES RISKS

It is estimated that 30 million Americans suffer from obstructive sleep apnea according to the American Academy of Sleep Medicine. Sleep apnea is a chronic disease characterized by recurring episodes of partial and complete airway collapse during sleep, usually accompanied by snoring. When a sleeping person's breathing is disrupted, their body responds by increasing the heart rate, raising the blood pressure, arousing the brain, and often resorts to mouth breathing. The central issue is a compromised airway, caused by the underdevelopment or misalignment of the upper and lower jaws.

There is no question in the scientific community that sleep deprivation ushers in significant health issues. The National Center for Biotechnology Information reports that stroke, high blood pressure and coronary artery disease are associated with sleep apnea. According to the Centers for Disease Control and Prevention, 48% of people in the US reported snoring problems while 1 in 3 adults said they didn't get enough sleep.

Previous research established that severe sleep apnea increases the risk of high blood pressure and diabetes, while the risk to those with mild or moderate sleep apnea was uncertain. Studies conducted in 2017 by medical doctors from Pennsylvania State University College of Medicine, found a strong association between hypertension (also known as high blood pressure) and diabetes for those with mild or moderate sleep apnea.\*

Professor Alexandros N. Vgontzas, MD, first author and primary investigator stated, "We found that even mild sleep apnea was strongly associated with increased risk of developing hypertension by 4 times, compared to individuals without sleep apnea. Similarly, moderate sleep apnea was associated with increased risk of developing diabetes by almost 3 times compared to individuals without sleep apnea."

Lead author Yun Li, MD said their findings suggest that early detection and treatment of mild-to-moderate sleep apnea is warranted to prevent future diseases including stroke, diabetes and heart disease.

How to tell if you or your loved ones have sleep apnea? Loud snoring, gasping and snorting sounds, grinding teeth at night, mouth breathing, crowded misaligned teeth, frequent waking, ADHD, anxiety, and fatigue are some of the typical symptoms. If you or a loved one are "always tired" even after 7 or 8 hours of sleep, there is a good chance the quality of your sleep is inadequate for your continued good health.

Until now, sleep apnea solutions focused on coping with the symptoms. For many, it meant a pharmaceutical option. Today, there is a non-invasive, healthy solution that gets to the root of the problem and solves it using the Vivos oral appliance. After years of work and testing, the Vivos oral appliance was developed. It is custom-designed for each patient and due to it's unique structure, encourages actual bone growth, even in adults. Finally, a real solution that handles the root cause!

Dr. Paul Rodeghero has been practicing dentistry in Clearwater for nine years and is excited to help his patients with the Vivos oral appliance. For information or to attend a free information seminar on the Vivos solution, please call Breathe Well Sleep Well at (727) 314-4045.

*\*Both Pennsylvania State University College of Medicine studies involved the Penn State Adult Cohort, which is a random general population sample of 1,741 adults each of whom completed a detailed medical interview and were evaluated in a sleep center during an overnight sleep study. Those without high blood pressure or diabetes at the beginning of the study were followed up after 10 years.*



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## HORIZON OIL SPILL TEN YEARS LATER

It is hard to believe it has been ten years since the Deepwater Horizon Oil Spill happened. How the explosion of the oil rig and subsequent oil spill affected you depends on who you are and how you earn a living.

On April 20th 2010 when the oil rig, owned by Transocean and leased by the oil company BP, exploded 11 people died. The rig sank and for 87 days spilled an unknown number of barrels into the Gulf. It fouled the coasts of Texas, Louisiana, Mississippi, Alabama and Florida. The well was partially capped on July 15th and officially sealed September 19th.

### So what has happened since the spill ten years ago?

The disaster was even worse than previously believed and may have released as many as 200 million barrels. Scientists have discovered the spill area was 30 percent larger than previously known and reached the Tampa Bay coastline. The discrepancy between previous official estimates and what is known today is the discovery that small concentrations of oil are invisible to satellite imagery. Satellites were used to track the oil.

BP subsequently committed tens of billions of dollars to clean up the mess and \$5.5 billion to compensate victims. It ultimately sold off its U.S. arm. Transocean reached a \$211 million settlement with those claiming damages, while Halliburton, who provided the cement intended to seal the well in the event of a disaster, reached a \$1 billion settlement.

All three companies were found to be negligent and four lower ranking BP employees were charged. BP was charged with gross negligence and paid \$4 billion in fines and penalties.

The spill had a strong economic impact to the Gulf Coast's economy effecting fishing, real estate and tourism. 86,000 square miles of commercial fishing areas were closed resulting in a \$2.6 billion loss. The US Travel Association estimated the economic impact on tourism exceeded \$23 billion.

A portion of the compensation was distributed in Pinellas County. Area businesses received differing amounts, but how much they received and what they did with it is private. However, we do know what local governments of beach cities did with their settlements. Belleair Bluffs, Belleair Beach and the Town of Belleair did not receive any money.

### PINELLAS COUNTY RECEIVED \$7.1 MILLION.

"Pinellas County government received \$7.1 million in a settlement from the BP Trust Fund," says Bill Berger, Director of Office of Management and Budget. "We then invested that money in a variety of projects across the county. Additional funds are being invested via the Gulf Coast Restoration Trust Fund."

Over 30 projects including library expansions, affordable housing, foster care, PSTA, parks, landscaping, sewer upgrades, ferry systems, and wounded warriors were funded. Some have been completed, others are ongoing. Get more information at [www.PinellasCounty.org/BPUupdates](http://www.PinellasCounty.org/BPUupdates).

### CITY OF CLEARWATER RECEIVED \$6,400,000

"We received \$8,139,039 in the settlement with BP," says City Manager Bill Horne. "\$1,650,000 went for legal expenses to acquire the money. The balance, over \$6,480,000 was used by the City of Clearwater in a variety of projects after 2015."

### INDIAN ROCKS BEACH RECEIVED \$982,000

"In 2015, the City Commission of Indian Rocks Beach, approved a settlement of \$982,000," says City Manager Gregg Mims. "This was worked into the 2016 operating and capital budget and used in a variety of ways."

\$471,110 was spent on street resurfacing and curbing, \$280,000 purchased a street sweeper truck, \$100,000 helped relocate the Solid Waste building and park renovations. The remainder bought a beach rake, tractor, and pick-up truck.

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## Organizational News...

In these challenging times, most if not all organizations have canceled their meetings and events. If your organization is not listed here, you can assume that is the case. While things are constantly changing, this is what we know as of press time:

### CLEARWATER YACHT CLUB

Though closed like all other restaurants, they are offering members curbside service for take-out meals. They are publishing the menu on their website and Chef John and his team will be available from 11am until 7pm, with the last dinner order in by 6:30pm. Call 727-447-6000. (Members only). For club information E-mail Office@ClearwaterYachtClub.org, or visit ClearwaterYachtClub.org.

### ALLEY SHOPS

The April Easter Egg hunt will not be held. For all the Alley Shops and Eateries please check "The Alley At Belleair Bluffs" Facebook Page for updates or call the establishment for hours of operation.

### COMMUNITY OUTREACH PROGRAM

The Town of Belleair will assist residents most affected and at risk of COVID-19 with this program designed for our older adults who are isolated and/or practicing social distancing. Through Belleair's Community Outreach Program, residents can place orders at local retailers and a Town employee will pick those orders up and deliver them to the resident at no additional charge. Visit [www.townofbelleair.com/covidhelp](http://www.townofbelleair.com/covidhelp) for more information.

### BELLEAIR BEACH LADIES LUNCHEON CLUB

The April and May meeting, the last of the season, have been cancel. Please call Lois O'Donnell at 727-595-1348 for Club information.

### GFWC CLEARWATER COMMUNITY WOMAN'S CLUB

The Club's 49th Annual Daisy Grants Fashion Show and Luncheon was canceled.

### BEACH ART CENTER

All classes, open studio, workshops and Art on the Rocks are canceled through Sunday, April 6. It will be reevaluated at that time. For those who have booked classes, contact the office via email (preferred) [beachartcenter@gmail.com](mailto:beachartcenter@gmail.com) or by phone 727-596-4331 to advise if you would like us to: Reschedule your class or refund your fee. The Administrative Office will remain open, hours to be determined.

### CLEARWATER FREE CLINIC

The Clearwater Free Clinic, a local nonprofit that provides uninsured, low-income residents of our community with comprehensive medical and mental health care, has moved their annual John H. Meek, Jr. Memorial Golf Tournament fundraiser held at Innisbrook's famed Copperhead Course to June 29th.

In addition to a full day of golf, patrons will enjoy food and refreshments from favorite local vendors, a helicopter golf ball drop, raffles, games and prizes followed by a delectable dinner banquet including a live auction! The Clearwater Free Clinic's programs are funded entirely through community support, including fundraising events, foundation grants and donations from individuals and businesses. What's more, the Clinic fulfills its mission through dedicated volunteer service and valuable partnerships. They invite you to support the Clinic's upcoming golf tournament. Text MEEK to 71777 to sponsor or call Meredith at 727-443-3504 to make your reservation.

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## NEW CONSTRUCTION "FLIPPERS"... CAN YOU DO THAT?\*

By Tom Smith Owner of GHD Construction Services

With the higher price points and inflationary increases of a new Florida home on the Intracoastal, some of our customers are purchasing a new home from GHD Construction Services, only to "Flip" the home at a nice profit by the time the home is complete in 10-12 months. This is especially profitable to existing homeowners that own an outdated waterfront home, and have the opportunity to not only get the highest profit possible for their existing lot, but also make additional profit by selling a "Package" with the new home and lot included on their existing site. This has proven to be very profitable for these clients. There simply are almost no newly constructed homes for sale, raised to FEMA standards, on the market for buyers today. Almost all buyers today want newly constructed homes, with exciting Florida designs, energy efficient, built to FEMA standards. This housing product is almost non-existent today along the Pinellas beaches.

While doing my homework studying proposed home sales prices in MLS, I've noticed a quite large disparity in home pricing, from what a lot will sell for in a neighborhood, and what GHD charges for a beautiful new home. GHD has a furnished model of 5400sf under roof (3042la) that sells for only \$661,000, and by the time you place a value of the waterfront property at \$525,000 - \$700,000, add a pool, dock, new seawall, etc., the entire new package would cost about \$1,300,000. However, I'm seeing listings for new homes of this size at about \$1,675,000 asking price. Will they get that? I don't know, but I do know that there is a nice potential profit for an investor to "Flip" a new home package at possibly a very nice profit. Also, some homeowners on interior lots opt to construct a much smaller home priced from the mid to high \$200s to increase their overall property value. That is

a definite opportunity for homeowners that own older homes on interior lots.

So many of our customers are searching for a way to invest funds from their lifetime savings, in what has historically been a very safe and profitable venture, Florida real estate. One of our customers remarked that even if the replacement home that they purchased on their lot doesn't sell for his anticipated \$250,000 increased value, at least they have a beautiful new home to enjoy until Florida's inflationary spiral continues to increase in future years.

As another alternative to purchasing a new home for a potential nice profit, some homeowners allow us to advertise their lot in MLS, with a picture and price of a newly constructed home on that lot. They list their lot as a "Coming Soon" package, complete with site sign and color rendering. GHD places the sign and markets the package with customers that come through our model daily, looking at various neighborhoods along the Pinellas beaches. We place the MLS listing which also gets published in Zillow and other social media, along with every real estate office looking for new housing product for their clients. It actually works quite well, and doesn't involve the cash investment of purchasing the new home yourself. Of course, that homeowner does not have the opportunity for the "Up-Side Potential" of selling both the lot and home, but that is an alternative option available today for existing homeowners.

GHD Construction Services, Inc. has constructed 7,000 homes since 1971. If you have any questions pertaining to new home construction, feel free to call Todd at (813) 956-8633, or email to: [tnegoshian@ghdcsi.com](mailto:tnegoshian@ghdcsi.com). NOW, OFFERING VIRTUAL HOME TOURS: Visit our web site at [www.GHDcoastalHomes.com](http://www.GHDcoastalHomes.com) and see "The Key West" & "Bahama Winds" homes.



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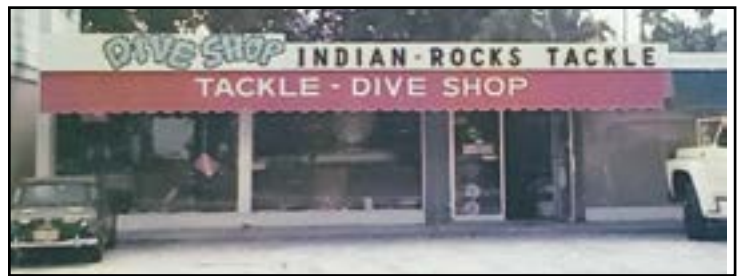


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**INDIAN ROCKS TACKLE**  
**The Oldest Business In IRB**

By Bob Griffin, Publisher

Indian Rocks Tackle, the oldest continuously operated business in Indian Rocks Beach, is even older than the City itself, by a few months. April will be the shop's 65th anniversary.

In the early 1950s, local businessman Jimmy Frank bought half the block between 13th and 14th Avenues fronting on Gulf Blvd. - a two-lane poorly paved road. With only a few hundred residents, there was not much around Indian Rocks then - the old IRB Fishing Pier was across the street.

In the middle of the property was the two-story, white building where Pajanos Pizza is located. Jimmy lived upstairs and leased the store downstairs. It was a variety of retail concepts; none stayed long.

To the south was a basic flat-topped concrete building. He leased it to a lady who opened a women's clothing store before eventually selling it to Ken McMichael. Together, Jimmy and Ken opened Indian Rocks Tackle and Paint in 1955, the same year the City of Indian Rocks incorporated.

Being across the street from the IRB pier, they sold bait and fishing supplies, but business was slow. To increase sales, they included paint and hardware products.

"My parents and I would come to IRB in the '50s and stay in our RV in the trailer park at 7th Avenue where they built The Cove. It was behind the Haven Beach Hotel," Donna Greenway, owner of Indian Rocks Tackle, recalls.

"My parents bought a house in Seminole. I met Bill in Clearwater and we got married - young. One day Bill was talking to Ken McMichael who asked Bill if he wanted to buy the place," Donna explains. "Bill jumped at the deal. He loved to fish. I thought he was crazy. We bought it in April of 1971. We were barely 21."

Initially, the Greenways leased the south end of the building to a small restaurant - The Islander. They expanded the store to include a scuba diving operation.

The Islander did not last long and was replaced by a real estate office. Years later, Bill and Donna expanded the shop to the south encompassing the realty office. They did a full remodel in 2005 to what you see today.

It has been a family run business since the beginning. Even their son, Bill Jr. worked there on weekends. "Basically, Billy grew up in the store," says Donna. Bill Sr died of cancer in 2011 and Donna runs the shop mostly by herself now. Although, her grandson Ollie loves to hang out in the shop and has a section he calls his own.

Indian Rocks Tackle is located at 1301 N. Gulf Blvd.



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## THE NEW NORMAL

By Randy Lee

We have been blindsided by a new virus COVID-19 that will change the way we live worldwide. There are new developments daily. It is important that all of us do our part and be socially responsible. We must follow national and international guidelines now and in the future. Let's remain optimistic as we pull together and reestablish a commitment to family and friends. My 30 year old landscape company is committed to community outreach and social responsibility. Some of the better ways to enjoy these challenges may be to stay at home and enjoy your "safe" surroundings.



I see a resurgence of home projects- both inside and outside. They can be of any size and cost. It looks like we will be spending more time very close to home - travel will be altered in the near future. Why not enjoy your surroundings with family and friends? Maybe we can rekindle small scale interaction again and reestablish some interpersonal skills- remember those? Home improvement and DIY here we come. Get to know your home again, inside and out. Let's enjoy watering, painting, cleaning, trimming and any upgrading we can afford to do. Home is where the heart is.

I have always enjoyed my work as a landscape designer. I get to interact with great clients, contractors and my great crew. These people remain my greatest focus along with my family on safety, health and personal growth. Our business remains low risk with a small footprint - we are outside in the sun, breathing fresh air, planting trees and shrubs and enjoying the beautiful Florida weather. Let's follow guidelines and weather the storm together. We can all work together and get through this current challenge and succeed. We are a great nation and we all want to work in our respective fields safely. Let's be proactive not reactive - that way we all win. Thank you and stay healthy and safe.

### April / May Checklist:

- Fertilize grass, trees and shrubs
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Belleair Bluffs' Mayor Chris Arbutine was married in March at the Belleview Inn. Arbutine has served Belleair Bluffs for 20 years -19 as Mayor. Congratulations to the happy couple.

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## WHAT IT'S LIKE TO BE A KAHWA COFFEE BARISTA

By Sydney Barnes

So, it has been a little over a year working as a barista at Kahwa Coffee, and what has the ride been like? Not coming from any sort of background in the food industry let alone slinging coffee, I've somehow managed to become a self-proclaimed "pro barista." I started my journey at Kahwa in January of 2019 and have since outlasted all my former coworkers that I started with and that trained me.

Because I've been at Kahwa for what seems like forever now, I have been able to form a lot of nice relationships with the customers that come into the store. Kahwa's coffee is so addictive that people come in day after day, sometimes even twice in one day, so there are bound to be regular customers. Of course, people being creatures of habit, most of the time get the same thing every time they come in. So although I might have known people by their drink orders when I was first starting out, I have now built friendly relationships with my regular customers and know them by name.

A longtime customer of mine Russell, who seems like he has been there since day one always gets a French vanilla latte every morning. There is James, who sticks to a cafe au lait and savory scone most nights, and Lynne, who gets her large extra hot non-fat latte, after afternoons of tutoring students. As a barista, it is nice to catch up with people on what they're doing in their everyday lives, even if it's just while making their coffee.

By now I have the routine of making coffee down to a science and could probably do it with my eyes closed. Not to say I won't fall behind a little in a long line of people (especially in the early mornings), but I try to stay on top of my game. If I see one of my regulars walking up from the parking lot, I'll try to start their drink or even have it finished before they walk through the door. Most of the time this pays off, unless when someone is feeling a little adventurous that day and gets something different, leading to a thrown away cup.

Although I am not a huge coffee lover myself, which I know is sacrilegious in this job, I do love working at Kahwa and with coffee. There is something interesting about making coffee and learning about the process of how to actually put the drink together. It seems like an easy enough job, but I bet you couldn't put the average person on the espresso machine and have them make a decent drink.



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