

NEIGHBORHOOD NEWS

including Sand Key and Island Estates

Magazine

QUALITY BOATS - 48 YEARS ON ISLAND ESTATES A Family Run Business Then and Now



By Bob Griffin, Publisher

Ted Bair was a traveling paperboard salesman for the Chicago based Weyerhaeuser and regularly visited Clearwater to see his family. In 1973, he saw a Chicago Tribune ad listing a marina for sale on Island Estates.

Bair had a young family with three small children—Diana 10, David 3 and newborn Dan. Being a traveling salesman, he was away from home much of the year and felt he was missing out on watching his kids grow up. He only had \$40,000 and no experience with boats or running a marina.

He told his wife, Linda "let's give it a try!" He put down \$20,000 on the marine business; the other \$20,000 was a deposit on a Clearwater house. The rest as they say is boating history.

- Continued on page 9



Island Estates location
1974

The Blair family left to right - daughter Diana, Ted holding son Dan, Grandfather Larry Kugelman, wife Linda, Grandmother Lilly Kugelman, and in the center, David.

Also in this Issue:

Children's Garden

The Florida Botanical Gardens Foundation is adding a new children's garden area designed to entice, engage, and educate children through discovery and play.

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Childrens Books

After Swarna Mohan retired on Sand Key in 2018, she began writing children's books based on videos of her morning walks she filmed and sent to her grandson.

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What New with local Businesses?

Keep track of your neighborhood businesses comings and goings. Even during these trying times, new businesses are opening

- page 6

Experience Local Beach History

Enjoy an outdoor self-guided history tour of Indian Rocks Beach using their free app. It is a great way to entertain visitors, while keeping safe and socially distance.

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CREDITS



This newsletter is published by GRIFFIN PRODUCTIONS, Inc. and is mailed to every occupied residence in Clearwater Beach's zip code 33767 - about 5,000 households.

We are not associated with the City of Clearwater.

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Did You Know



FOOD PANTRY NEEDS YOUR HELP The need for food and other supplies has only increased with the pandemic. Hope Villages of America's Food Bank (previous RCS) needs

food and money to continue their services. Even before the COVID-19 pandemic, there was a big need. Now, nationwide one in seven families do not have enough food to eat.

Their Food Distribution Services provide nutritious groceries to tens of thousands of individuals and families living throughout Pinellas County. The largest demographic receiving food from Hope Villages are children age 5-13 years-old. These developing bodies and minds need good nutrition for a successful healthy life. Children and seniors make up over 50% of their Food Bank Recipients

Food donations may be dropped off at 700 Druid Road, Clearwater anytime during business hours: Mon-Fri, 8am - 4pm and Thurs 8am - 7pm. Call 727-443-4031 for information.

SAFE BOATING CLASSES The Clearwater Coast Guard Auxiliary is offering "Boat America" courses on Zoom. With the same instructors that would be in the classroom, they allow for lots of questions and answers. In addition, because the classes are on the Internet, there's no commuting to a classroom - students can be anywhere in Florida!

There are two scheduled:

- Four consecutive evenings from 7pm to about 9:30pm. February 23 - 26 from 7 to 9:30pm.
- Four weekend mornings, from 9 to 11:30am each day: Saturday, Sunday and the following Saturday, Sunday. March 13, 14 and 20, 21 from 9 to 11:30am.

Classes are \$40 per student and include the books, supplemental materials and course completion certificates. Visit www.clwboatingsafety.com, or call 727-469-8895.

NEW EVENT DATES The Florida State Fair has been moved from February to April 22-May 2. The Tampa Gasparilla Invasion has been rescheduled to April 17.

GIRL SCOUT COOKIES RETURN

Yes, the Girl Scouts will be selling their famous Girl Scout Cookies this year—even with Covid-19. If you work in an office, chances are a Scout's parent will have them for sale.



Neighborhood Girl Scouts may come knocking on your door—they call that "Cookies On The Spot" - as long as they feel comfortable doing so. Starting Mid-February, you may see some scouts and their parents at your neighborhood Publix. The Girl Scout Council is asking girls and parents to sell via e-mail when possible, and to wear masks, social distance, and wash their hands when working with the public. Support the Girl Scouts - buy a lot.

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and More...

E-WASTE DISPOSAL

The City of Clearwater allows residents to drop off electronic waste (e-waste) on the last Wednesday of the month at the Clearwater Solid Waste/Recycling Center, 1701 N. Hercules Avenue. Accepted electronics include televisions, cell phones, computers, hard drives, laptops, monitors, and tablets. The city will not accept electronics that have been scavenged.



Upcoming dates are: February 24, March 31 and April 28th. Call 562-4920 for more information.

FLORIDA WAS NAMED FOR A HOLIDAY In 1513 Ponce de Leon arrived in the St. Augustine area shortly after Easter. He chose to name the land he claimed after both that holiday and the area's colorful plants – "Pascua Florida." The Spanish phrase is used for the Easter season and translates to "feast of flowers." Our state's name is the United States oldest name with European origins. That is probably because it was the first area to be visited by Europeans.

75 YEARS OF SPRING BALL IN CLEARWATER

The Philadelphia Phillies have been playing Spring Ball in Clearwater for 75 years—dating back to 1946 after the end of World War II. This year also marks 45 years that the Phillies Minor League team The Threshers have played in Clearwater.

Barring any Covid-19 postponements, Spring Training begins February 27, when the Phillies are scheduled to play the Blue Jays. The Threshers will start playing in May, after Spring Training, at Spectrum Field at 601 Old Coachman Road.



ONLY RECYCLE EMPTY CONTAINERS What is one of the most common recycling mistakes? Throwing plastic bottles into the recycling bin without emptying them first. If there is liquid inside, it can spill and contaminate other commingled materials such as paper causing it to be discarded instead of recycled. Additionally, containers carrying liquid are heavier than empty containers, and can cause to incorrect sorting.

OUR NEXT ISSUE IS IN APRIL Read this issue, and others, online at BeachNewsletters.com and follow us on Facebook at Neighborhood News Magazine - for ongoing local news. You can pick up additional copies of this magazine at the Beach Chamber Office, The Beach Rec Center, Shorty's Gourmet Deli, Sand Key Realty or the Island Estates UPS.

Do you have suggestions for future articles? Call or email us with your comments, or take our online survey at beachnewsletters.com. bob@griffindirectories.com or 727.430.8300

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Business Briefs



NEW SUNSET CRUISES

2 Shea Charters is now offering sunset cruises on their newest Coast Guard certified vessel - "2 Shea's Stadium."

The Clearwater fishing and SCUBA diving charter company, in business in since 2006, recently acquired the 46-foot, 2 deck boat from a company in Islamorada.

2 Shea Charters will be offering two-hour, Gulfside sunset cruises Thursday through Sunday (weather permitting) departing from Wet Lines Bait Shop at 200 Seminole Street. Each cruise includes a complimentary champagne toast for all guests 21 and over. Beer, wine, hard seltzer, and soft drinks are available for purchase on board. For more info visit clearwatersunsetboat.com or call (727) 798-1269.

FRAME FACTORY'S NEW SERVICES Frame Factory in Largo now offers:

- Media Transfers: Transfer your home-made super-8, 16mm, slides, or photos to a DVD. They also can copy records and tapes to DVD or CDs or files to CD.
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Visit FrameFactoryLargo.com for more information or call Mary at 581-0322. Find Frame Factory at 600 East Bay Drive just east of Belleair Bluffs.

SALT ESSENTIALS WELLNESS OPENS

While searching for alternative holistic approaches to alleviate her symptoms of severe allergy and asthma, longtime Belleair resident Karen Koch discovered halo (salt) therapy. After seeing significant improvement in just a few sessions, she was



convinced of its effectiveness. When she discovered there was no dry salt therapy facility in our immediate area, she decided to open one. Finally, after two-years of planning, Salt Essentials Wellness opened in Largo last October.

Salt Essentials Wellness provides all-natural services to promote health and wellness. In addition to improving respiratory health - critical in today's environment - salt therapy provides positive results in skin, beauty and anti-aging, as well as easing inflammation and boosting the immune system.

They offer halo (salt) therapy for children and adults, massage, an infra-red sauna, and magnetic resonance therapy. They offer halo yoga classes and massage in their salt room. Salt Essentials Wellness is located at 1600 Missouri Ave N.



ATTENTION TO DETAILS

Some people think you can use ordinary cleaning supplies or auto products to clean a boat. This is not true. Boats have special needs due to the damage caused by natural elements - salt, sun, water. To properly maintain your boat yourself, you need cleaners for: gel coat, isinglass, mold and mildew, canvas, oxidation, bilge, and teak. You also need a shop vac, a steam cleaner and a pressure washer. After reading that list, you can see this is a lot of work. Wouldn't you rather enjoy

your boat and let someone else handle clean it?

With boat sales exploding during the pandemic, people are looking for help maintaining their boats. With high demand, people find a quick way to make a buck providing substandard work. When Mat Vasilenko could not find anyone with the level of service his family needed, he opened his own boat detailing business: MJ Detailing & Cleaning.

Mat only uses top-of-the-line marine products and not only provides topside detailing and teak restoration, he will also clean and paint your engines. While he admits his high-quality workmanship is a bit more expensive, his efforts and superior products show. Though he specializes in boats, he also does cars and campers. You can reach Mat at 941-241-7687 or e-mail mjcllc8@gmail.com.



10% OFF CELEBRATION Bella Vino Wine Market is celebrating their 15th Year in business in Belleair Bluffs and you get the gift. During February, they are offering 10% off everything in the store with a copy of their ad in this News Magazine. Remember: Valentine's Day is this month. It is a good excuse for some fine wine and cheese.

SHINY TEETH Shiny Teeth Pediatric Dentistry is opening next month at 1180 Ponce De Leon Blvd. Owner Dr. Gyles, DDS is board-certified and has been practicing dentistry for over 15 years. He lives in Sand Key. Get more information at ShinyTeethPediatricDentistry.com or call 310-0410.

EAST SHORE DRIVE HOTEL PROJECTS A new hotel project was approved at the end of last year for the 400-411 block of East Shore Drive. This is the area just north of the bridge and south of Frenchy's office.

Already under construction at 443 East Shore Drive, just east of The Beachcomber Restaurant is a Courtyard Marriott. It will have 139 units facing Mandalay Channel. A public boardwalk opening this summer will be built along the water.

CLOSED YOLAND LOREN the woman's clothing store that opened in Belleair Bluffs', just before the holidays has closed.

BUSINESS NEWS WANTED If you have news for this newsletter, please contact us. E-mail news to Bob@GriffinDirectories.com or call 727-430-8300.

Don't let fear stop you from getting the care you need.

Don't delay getting essential medical care. We've put enhanced safety measures in place to help keep you safe.

COVID-19 has stopped people from doing many things. But we can't let it stop us from getting the medical care we need, when we need it. BayCare's Morton Plant Hospital is helping to keep our patients safe by following guidelines from the Centers for Disease Control and Prevention (CDC) for enhanced safety processes and cleaning procedures. This makes sure that everyone can feel secure getting the care they need. Don't let fear of this pandemic make other health conditions worse. Learn more: [MortonPlant.org](https://www.MortonPlant.org)



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Another Year, and more Challenges in the Building Industry...

Hard to believe that 2021 is now here, and Santa is back at the North Pole resting up for next year. Spring is just around the corner, and many families that come through our model center each year have now decided that it's time to build their dream home here along the Pinellas beach communities. Again, new home costs have increased due to inflation, supply & demand, and unfortunately in 2021 it is predicted that another round of increases will take place, now due to constant FEMA changes and a new building code revision that is just now being put into place (2020 7th Edition, effective 12/31/2020).

After the devastating pictures that we all saw with recent storms over the last couple years, it only stands to reason that the building industry cannot be allowed to construct homes using yesterday's codes. When the big one hits Pinellas, we will see the same devastation from the existing homes built decades ago. It's been 100 years since a direct hit hurricane came ashore in Pinellas County, but the odds are very probable of course. I hope to have 25 to 30 years left to chase my grandchildren around, and I hope that I do not witness a Pinellas direct hit, but the odds are probably going to catch up to us.

Specifically, the talk in the industry is that FEMA will enact even stronger standards for homes, for new construction and major remodeling. Some beach jurisdictions themselves are enacting even more stringent codes than FEMA requires. The so called "50% Rule" may become history, so remodeling homes using this loophole may go the way of the dinosaurs. I can't say I'm against that, seeing that if/when the storm comes, those family dollars now being spent for remodeling will be wasted as they will then be required to start over with an elevated home, at tomorrow's costs.

It's also predicted that this tourist season, a record number of snowbirds will become homeowners along the beach communities. The trends are high with people moving to Florida due to the Covid pandemic and ultra high tax laws in many other populous States. I personally enjoy seeing the new homes being constructed here by various builders in the many Pinellas communities. And thankfully, these newly constructed homes will weather the storm, being constructed under newer stricter codes to protect the homeowners investment and offering extremely lower flood insurance rates being that they meet the current code heights. Then too, these families that are now constructing new homes will appreciate many years of family enjoyment living in a new more modern home, as well as the peace of mind knowing the security of a new home, raised above the flood plain and constructed with today's more stringent standards.

... With new stringent codes, will the so called "50% Rule" become history?

GHD Coastal Homes, a division of GHD Construction Services, Inc., is now offering very attractive homes from under \$550,000. Of course, each are constructed with today's stringent Florida Building Codes as well as elevated to FEMA required elevations. Please visit our website for details.

GHD Construction Services, Inc. has constructed 6,000 homes since 1971, and has a new Showroom at 14995 Gulf Blvd., Suite C, Madeira Beach. If you have any questions pertaining to new home construction, feel free to email me directly at: Tnegoshian@ghdcsi.com, or call and request a walk-thru meeting at one of our homes in-progress (727)954-8345.

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QUALITY BOATS, continued.

Ted's boys, David and Dan, got an early start working at Quality. "We were always around finding odd jobs to do," says Dan. "We had to clean boats and scrape barnacles."

"In the early years, the boats were much smaller," remembers David. "The typical boats were 17-18 feet long. We had them on trailers all around the building." That changed about 20 years ago. Today, most of Quality's sales are boats that are 30 to over 40 feet in length – and most are over \$250,000.

"As we grew, the need for a yacht line became more important," said David Bair. "Many customers were searching for the next step-up in their boating experience. We are happy to offer some of the leading boat lines to new and old customers."



Quality Boats' Sales Staff



David & Dan



They have expanded their footprint to 4 locations - Clearwater Beach, Clearwater (on US 19), Sarasota, and Englewood. They have approximately 50 employees at their 4 locations—15 work in Island Estates. Their inventory is usually about 80 new boats, valued at \$15-20 million, and represents the fine lines of Regal, Tiara, Grady-White, and Pursuit.

The location on US 19 is primarily for sales of new and pre-owned boats. The location on Island Estates, at 235 Windward Passage, housed in the island's second oldest building, is used for service, deliveries, and parts.

Many publications serve the boating business; Boating Industry is a dominant ones. Since 2007, Boating Industry has recognized Quality Boats as one of the Top 100 Dealers of the Year. In 2019, they selected Quality #1 overall in North America.

When Ted and Linda bought Quality Boats, there were about a dozen gulf side boat dealers in Clearwater Beach. Today Quality is the only one remaining. Ted, a past president of the Island Estates Civic Association and the Island Estates Yacht Club, was one of the founders of the Island Estates Boat Parade before he passed away in 2004. Linda passed way a year earlier.

Today, sons David and Dan are co-partners running Quality Boats. David and his wife Aileen live on the north end of Clearwater Beach with their two children. He is primarily in charge of boat sales at their four locations. Dan lives on Island Estates with his three children. He is primarily in charge of operations and the financial side of the business.

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NO BLACK AND WHITE IN A GRAY DIVORCE

by Ray Ferrara, ProVise Management Group

Gray divorce is an increasing phenomenon among those over the age of 50. According to the National Center for Health Statistics, the rate of divorce over the age of 50 is 10 out of 1000, double the rate in 1990 and over 65 it has tripled. Any divorce is complicated but divorcing a long-term partner is fraught with issues, both financial and emotional.



When we work with clients or prospective clients going through divorce, it is without judgment. There are almost always two sides. We encourage them to seek attorneys and other professionals who believe in the collaborative divorce process.

Still there are significant financial issues that must be decided in an equal and equitable manner. What is the difference? Assets can be split 50/50 and that is equal, but if some assets have a higher tax burden than others, it might not be equitable. Alimony is one of many issues which come with divorce, especially if one spouse is financially dependent on the other. How long will it last?

Front and center is the issue of health care, especially before Medicare kicks in at age 65. If the marriage has lasted more than ten years, each spouse can choose a Social Security benefit on his or her own record, or that of the former partner, whichever is greater. How will each fund their respective retirements? It could take a Qualified Domestic Relations Order (QDRO) to separate these assets without tax consequences.

What about all those other assets they have accumulated? The primary home? Maybe a second home, boat, or RV? Jewelry? Long-term investments? Life insurance? Annuities? Then, there is the other side of the balance sheet -debt. Who will be responsible for the payments?

The estate plan will need to change. New legal documents need updating. Do not forget the beneficiary on the life insurance, retirement plans, annuities, etc.

The emotional toll on a couple who have been together for decades is a whole other issue. Being and living alone is not healthy. While the divorce ends the marriage, it does not end the emotional aspects. They should not hesitate to put a psychologist on the team. Then there are family and friends. Will they make a choice and choose sides? Can they possibly understand?

If you are contemplating divorce, take advantage of our complimentary one-hour consultation.

V. Raymond Ferrara, CFP®, Chair and CEO
ProVise Management Group, LLC
611 Druid Rd E, Suite 105, Clearwater, FL 33756
727-441-9022, info@provisemgmt.com

Financial planning for your life and your lifestyle



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.

Investment Advisory Services may be offered through ProVise Management Group, LLC.

SAND KEY INSPIRES SERIES OF KIDS' STORIES



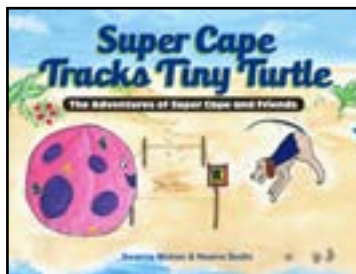
When Swarna Mohan and her husband were looking for a retirement home in Florida, they took one look at Sand Key and decided that this was where they wanted to be. They wrapped up their affairs in Kentucky and moved to Florida in early 2018.

Swarna's retirement plans included walking on the

beach, playing duplicate bridge, volunteering, and traveling. She managed to do all those things in 2018 and 2019. She took several trips, and everywhere she went, she made short videos for her pre-K grandson Rohan, who lives abroad and loves homemade videos. But then came 2020 and the pandemic, and all travel stopped. What didn't stop were Swarna's morning walks, which she combines with beach cleanup. She is amazed at the number of toys that are left behind at the beach. She washes the toys and donates them.

One day, she helped a fellow walker get some fish that were stranded in a tide pool back to the sea. "What a great story that would make for Rohan," she thought. Among the toys she had found were a toy dog with a cape, a pink ball, and a green rubber fish with stripes. These became the inspirations for Super Cape, Pinky Pink, and Stripey Fish. Swarna created additional props and made a video for Rohan, narrating how Super Cape and Pinky Pink rescue Stripey Fish. He loved the video, as did Swarna's grandnephews and grandniece. They wanted more stories, and Swarna turned to the beach at Sand Key for inspiration, where – from sponges, to wet rocks, to sand holes – there was no dearth of material. She created more storytelling videos. Then her friend Neena Sodhi, a retired allergist, suggested that she turn the stories into picture books, and offered to illustrate them. And thus were born The Adventures of Super Cape and Friends.

Each adventure is a rescue story on the beach. One 4-year old test reader wanted to know if Super Cape has super powers, and was thrilled to learn that what Super Cape has are super ideas. A second grade teacher gave her class the topic "How you can be a Super Hero" as a writing assignment, and used a Super Cape book as an example. The books focus on the power of creative thinking, learning from failure, and cooperating to achieve success.



Thus far, three titles in the series are available: Super Cape Saves Stripey Fish, Super Cape Finds Brother Blue, and Super Cape Tracks Tiny Turtle. Spanish translations of the Super Cape adventures are in the works.

The self-published books are available on Amazon.com. You can also find the books, information on the Super Cape team, and free fun activities for kids in the target age group of 3-8, at SuperCapeAdventures.com.

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VISIT DUNEDIN

When you are ready to take a break from the beach, Dunedin is just 10-minutes north of Clearwater. One of the oldest cities on Florida’s West Coast, the small, quaint town offers dozens of restaurants, bars, and specialty shops neatly scattered in a walkable downtown area and is home to at least a dozen micro-breweries.

If you choose to drive, there is plenty of public parking, but you can just as easily leave your car behind and get there by trolley (clearwaterjolleytrolley.com) or the Clearwater Ferry (clearwaterferry.com).

Starting at the Dunedin Marina located on the Intracoastal Waterway, Main Street features a wide variety of culinary options and plenty of cozy spots to get a drink and listen to live music. Normally, from November to June, every Friday and Saturday Pioneer Park (directly on Main St.) hosts the Dunedin Downtown Market, where you’ll find food and craft vendors. During annual events like Cinco de Mayo, St. Patrick’s Day, and Oktoberfest, Main St is usually closed for several blocks and filled with local vendors as well. Unfortunately, many of these things have been paused due to COVID-19.



Dunedin has numerous parks and the Pinellas Trail runs through the city. Several area businesses rent bikes if you want to get some outdoor exercise. Northwest of downtown is Honeymoon Island, a 2400-acre state park with four miles of beach and a three-mile nature trail. Visitors can see osprey, eagles, gopher tortoises, and armadillos in their natural environment, or rent a kayak and paddle around the island. TD Ballpark (originally the Dunedin Stadium at Grant Field) is the spring training home of the Toronto Blue Jays and the home field of the minor league Dunedin Blue Jays. A major stadium renovation that began in early 2019 was completed in time for 2020 Spring Training.

Each Spring, Dunedin pays homage to its Scottish heritage with the Dunedin Highland Games and Festival. The annual weekend festival features a parade, live Celtic music, and Highland dance competitions throughout downtown. The celebration culminates with the Highland Games, where burly contenders compete in events like the hammer toss, sheaf put, and caber toss.

With great food, bars, and family events, Dunedin truly does offer something for everyone.

A BETTER YEAR AHEAD

By Karen Williams Seel, Pinellas County Commissioner

Who would have thought that 2020 was going to turn out to be such a horrible year for everyone around the world and right here in Pinellas County? And, although the coronavirus is still with us—and will be for a while—we are moving in the right direction. One bright spot is the development and distribution of the vaccine. Another bright spot is how the toughest of times brought out the best in all of us.



When I look back, I am amazed by all the hard work many in the county have been doing, and are still doing, to keep people safe, keep businesses going, keep our children educated and keep our sanity amidst this devastating crisis. Part of that work was accomplished by Pinellas County employees and our partner agencies.

As the news about the pandemic spread across the country in late February, teams across Pinellas County were already shoring up their plans and engaging our partners. Risk assessments, coordination of medical protocols, coordination of safety messaging for the public, call center operations to receive your many questions and more were already taking place and being implemented within the first week.

As the crisis wore on, Pinellas County worked with local health and social agencies, businesses and others through frequent conference calls to tackle the many challenges the pandemic presented. Many cross-functional teams from the county worked tirelessly with hospitals and nursing homes assessing their needs, local businesses helping get designs and manufacturing up and running to produce personal protective equipment and disinfectants for first responders, local food banks assessing where food supplies were needed and getting those supplies routed correctly, and others arranging sites where donations of supplies and personal protective equipment could be dropped off and dispatched to those in greatest need.

When I look back at all the work that was done and all the partnerships that were made for this common cause, I know that 2021 is going to be a better year. How could it not be with all that we have accomplished together. We are stronger because we met the challenge of the pandemic head on. We dug in deep and made the improbable happen. We lost many loved ones along the way, but in the end, we will carry on as a stronger county because of the pandemic and a stronger nation because of it, as well.

As we move further away from the darkness of 2020, may you and your family embrace and enjoy the coming light of 2021. Stay safe and know a better year is already here.

As always, I welcome your comments and concerns. Please email me at kseel@pinellascounty.org.

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Experience Vincent van Gogh's works in an immersive art installation that opens a new window into the celebrated painter's artistic genius. From his famous "Starry Night" to his radiant "Sunflowers," Van Gogh's vibrant work invites viewers to revel in color, light and sound. Visitors will feel the sensation of walking right into Van Gogh's paintings – an experience that is both educational and inspiring. The exhibition features more than 3,000 Van Gogh images at enormous scale, viewed through high-definition projectors and synchronized to a powerful classical score.

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WOMAN APPROVED MAKES THE DIFFERENCE

By Brooke Anderson

My husband Josh and I started Big Man's Moving Company 4 years ago following a terrible moving experience with a well-known company, using their wedding gifts to partially fund their first truck. With a lot of sweat equity (literally), we've grown to six new trucks and nineteen employees, and were voted the #1 Mover by readers of the Tampa Bay Times in 2020.

Adding a woman owner to a traditionally male-dominated industry brings a unique perspective. One of my responsibilities is screening and hiring the movers. I look for people who are upbeat with positive attitudes. Moving is a skill and can be taught. However, having an innate demeanor that fits our company's culture cannot (be taught). Our movers are the faces of Big Man's Moving Company and represent us. If I wouldn't send someone to my 93-year-old grandmother's home, I wouldn't send them to your home. Josh jokingly says the team is "woman-approved." It's disappointing when we're fully booked and have to turn jobs away due to a lack of man-power. However, we are only as good as our weakest link and refuse to dilute the quality of our product.

Another benefit of having a woman owner is the cleanliness of the moving trucks and blankets. In my 20s, my roommate and I used the cheapest mover we could find. The movers, smelling like stale cigarettes, arrived with a disgusting, filthy truck that had probably never been swept. Did you know your furniture can get cockroaches from a moving truck? Believe me, it's true! At that time, I never thought I would own a moving company with my husband, but it was a great learning lesson. Cleanliness is our standard: for our trucks, our moving blankets, and our movers!

In fact, for the first 3 years we reinvested all of our profits back into the business and have four brand new trucks. Personally, we have never purchased a new car off the lot, but for our business, reliability is just as important as cleanliness. Many movers have trucks older than I am (ok, slight exaggeration), but take it from someone whose first truck was old-they break down-frequently. We have never canceled a move due to truck maintenance issues and don't plan to start.

Another unique feature of our business is we email our clients an agreement to e-sign upon booking. Thus guaranteeing we will "show up" and giving the client plenty of time to read the agreement.

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12th ANNUAL BEACHWALK WEEK!
March 20 – 27

This year it's going virtual! All participants receive a T-shirt and BeachWalk coupon booklet from local businesses. During the week of the event, everyone will set a two-mile goal of walking, running, jogging, biking, etc. (whatever your speed may be). Also during the week there will be an online auction happening. Bidders can watch their items, get notifications if they've been outbid, alerts when they've won, and instructions on how to receive their winnings. All proceeds are going towards The Homeless Prevention Project at Hope Villages of America (formerly RCS) to help families in the community that need a roof over their heads. Every year, this is one of the biggest events put on by Chapel by the Sea, driven by Island Estates resident Rick Owens. Due to the past success of this fundraiser, Chapel by the Sea is able to make a substantial contribution to the non-profit. It's been reimagined this year (as with everything) but the nuts and bolts are still there. The amazing benefit of a virtual event is that you can be a part of it no matter where you are! So, walk run, swim, or scuba dive. Take pictures and show them online! Come out the week of March 20th through 27th and make some waves in your community for the ones who need it.

To register for the event visit chapelbythesea.net and sign up! If you'd like to be a sponsor and get your businesses name out there, you can do that online too or contact the church.

TRIATHLON RESCHEDULED

The 38th annual St. Anthony's Triathlon weekend of events has been rescheduled to the fall, Oct. 1-3, 2021.

"This was a difficult decision to make but the safety of our athletes, volunteers, sponsors and fans is of the utmost importance to St. Anthony's Hospital and to our Triathlon team," said St. Anthony's President Scott Smith. "We will continue to monitor the pandemic and are hopeful that by fall we will present a safe and healthy race."

The Triathlon has been an annual tradition since 1984. The 2020 event was canceled due to the pandemic and the April 2021 dates scheduled pending pandemic status.

While refunds will not be offered for registrations made for either the 2020 or April 2021 dates, deferrals can be made to the 2022 event. Everyone who registered for this year's race or claimed their 2020 deferral is set for October.

Registration continues for the 2021 Triathlon at runsignup.com/Race/FL/SaintPetersburg/StAnthonys. Events will include the Olympic, Sprint and Meek & Mighty triathlons. Registration is available at the lowest price. All dates for price increases are updated on SATriathlon.com.

For more information about the events, visit SATriathlon.com. Athletes and fans can be a part of the conversation on the St. Anthony's Triathlon Facebook page at Facebook.com/StAnthonysTriathlon by using the hashtag, #StAnthonysTri

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COMMUNITY DENTAL CLINIC RELIEVES PAIN - RESTORES HOPE

Throughout this pandemic year, Community Dental Clinic provided 7,264 procedures, and more than \$1,125,000 in free dental care for those who need it most. They are truly a community clinic, provided by our community for our community. With the help of generous individuals, community partners, thoughtful foundations, local businesses and ever-determined volunteers, the Community Dental Clinic provides urgent dental care - free of charge - for the unemployed, underemployed, disabled, veterans and seniors in our area.



One patient, Herbert, a US Navy Veteran, is in the process of rebuilding his dental health after years of decline so that he can eat, sleep and work without pain. "I feel like a Six Million Dollar Man" he joked.

Another patient, Andrea, is temporarily homeless and lives with her family in a motel. To make ends meet, she works two jobs as a medical technician and a CNA caring for elderly patients. Her dental problems made it hard to do her job well until she came to the clinic. "I'm so glad they [CDC] were there for me. Their help makes me more confident and to speak better, pronounce my words better, and communicate. I am so thankful."

The clinic is grateful for the help from the community in supporting their efforts, and sharing their information with those who find themselves in dental distress with no resources or insurance to seek care.

As a nonprofit, they can't do this on their own. It is with the support of the local businesses, ambassadors, sponsorships, donations, sheer determination of their volunteers and rock star staff, that keep this organization a well-oiled machine.

There are loads of ways you can join in this mission:

Passing their information onto the industries that are most likely not to have insurance, such as lawn care services, painters, hair/nail businesses, tree trimmers, cleaning services, dock hands, and restaurant staff, to name just a few. Informing your employees, neighbors, co-workers and extended family of our free services, sharing our details on your social media channels to reach a broader audience, and participating in our upcoming sponsored events, they are open to the public, fun and engaging, will expand your network, as well as bring in the much needed support to continue their work.

Their Red Wine and Bites, Phenomenal Wine Auction, is March 5, 2021, beginning at 6:30 via zoom. Fine Wine donations have come from some of the most well renowned wine cellars across Florida. The online lottery showcases, Feature and Classic wines, Gourmet wine dinners and more! Want to join an event, sponsor or volunteer, please email kimm@communitydentalclinic.net and follow their Facebook page to find other upcoming events like their Paddle Board competition. Watch the "Minute thru the Clinic" to learn more about how the operation works behind the scenes.

<https://www.facebook.com/communitydentalcenterclearwater>
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People in Our Community

Featuring Kyle the Bait Guy

By Pete Magnani

If you like to fish but have spent too much of your day on the water searching for live bait to cast-net or pulling empty bait traps, Kyle the Bait Guy might be your new best friend. Finding bait is a time-consuming process, and in the fishing industry time is money.



Recreational anglers who often find themselves with limited time would rather not waste "fishing" time finding bait. After following his future bride Amara to Florida from Northport, NY in 2016 and talking to local fisherman, Kyle realized Clearwater was a great market for live bait.

Kyle leaves the dock every day at 4 am on his custom 20-foot Wellcraft center console to pull bait traps full of grunts and pinfish, the bait of choice for both inshore and offshore fisherman. The boat has two live bait pens he designed and built himself, using fiberglass over a foam core. Pumps and aerators constantly cycle fresh saltwater through the tanks keeping his catch healthy until it is delivered to area bait shops and fishing boats.

June 1st is the opening day for both American Red Snapper and Gag Grouper in the Gulf of Mexico, and that is when Kyle's operation goes into overdrive. During the busy summer season, he pulls and rebaits about 25 traps every day, carefully set a few miles off Clearwater Beach. He lands about 3500 bait fish each day, which he supplies to five bait shops and dozens of charter boats. Inshore, live bait is used for snook and redfish, while offshore pinfish and grunts catch anything from grouper and snapper to 50-pound amberjack.

Kyle himself enjoys fishing during his off time. "I grew up deep-water fishing up north, and love to fish offshore here [in the Gulf of Mexico], but now I also enjoy inshore fishing. Sight-casting redfish on the flats is so much different than what I'm used to." He also looks forward to being able to teach Violet, his 9-month-old daughter, to fish when she gets a little older.

While his primary customers are bait shops and charter fishing boats, Kyle is permitted to sell to individuals. His phone number is (631) 838-0762, but if your bait shop is sold out on the busiest holidays and weekends, you will probably find Kyle on his boat heading under the Sand Key Bridge in Clearwater Pass.

11th ANNUAL BLUE JEAN BALL

February 23-28

Hope Villages of America's Blue Jean Ball raises significant funds that will benefit their Homeless Prevention Project and Housing Stability Services, supporting our Pinellas County neighbors in need. This year for their 11th Annual event, they are unable to hold an in-person gathering due to Covid-19 restrictions.

Instead, please join them for a week-long silent auction! You will have the opportunity to bid on incredible products and services while helping your neighbors in need!

Visit www.hopevillagesofamerica.org/

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SAND KEY REALTY **MRP**

Community News...

SAND KEY CIVIC ASSOCIATION

The Sand Key Civic Association is a non-partisan, not-for-profit organization dedicated to improving the quality of life on Sand Key. Founded in 1991, current membership includes eighteen condo associations and nine businesses researching issues, distributing information and representing the views of residents at city, county and state levels. Our association participates in The Barrier Island Government Council and The Florida Shore and Beach Preservation Association and also holds a corporate membership with the Clearwater Community Sailing Center.

Due to COVID-19 restrictions, the board continues to meet via "Zoom" video conferencing; however, interested members may now also attend as observers. Look for a registration link in the e-mail announcing each month's agenda, or obtain the link at sandkeycivicassociation.org. Contact the secretary at skcainc@aol.com, with questions.

BELLEAIR WOMEN'S REPUBLICAN CLUB

On Friday, March 5, Belleair Women's Republican Club will have as speaker Nick Adams, three-time best-selling author, commentator, and Founder and Executive Director of The Foundation for Liberty and American Greatness (FLAG), an organization that visits elementary, middle and high schools to provide "training to increase patriotic pride and bridge the major civics deficiency that currently exists." His latest book, *Green Card Warrior*, details his journey to America from his native Australia. The meeting will be held from 11:30 am-2 pm at Belleair Country Club, One Country Club Lane, Belleair, FL 33756.

No walk-ins will be permitted. A check for \$26, payable to BWRC, confirms a reservation and should be sent to arrive by February 27. Checks should be mailed to: Linda Wade, 729 Creekside Lane, Palm Harbor, FL 34683.

Luncheon guests must practice social distancing and observe all CDC-recommended practices, including wearing masks when not seated, to keep everyone attending safe and healthy.

AMPLIFY CLEARWATER CHAMBER

They are offering the new Leadership AMPLIFIED – a 10-month interactive virtual training program designed to transform its participants into elite leaders. Registration, open to the general public, closes Friday, March 5th.

The program consists of a once-a-month three-hour interactive session, held virtually on the third Wednesday of each month. Registration is open to the general public and the cost is \$995 for members of AMPLIFY Clearwater and \$1,295 for non-chamber members.

This training includes topics such as fostering diversity, inclusion and equality, conflict competency, success mindsets, mastering the art of listening, and many more while offering the opportunity to interact with a variety of local and national experts on this topic. Those that complete the course will be eligible to join the alumni association and develop curriculum for future years.

AMPLIFY Clearwater has partnered with coCelerate – a premier in person and virtual training and coaching company specializing in the design and delivery of sophisticated leadership development programs – for the inaugural Leadership AMPLIFIED Program.

For more information, visit amplifyclearwater.com/lead.

100 WOMEN WHO CARE OF PINELLAS COUNTY

They presented The Pineapple Projects with a donation of \$10,000 on December 28. The Pineapple Projects extends a hand to people in need by turning their houses into homes by providing essential furnishings. With gently used donations and thoughtful interior design, they transform empty homes into spaces to be proud of. Visit thepineappleprojects.org to learn more or to nominate a family.

100 Women Who Care of Pinellas County is a philanthropic group that provides an avenue for women to join together to bring financial support to local, charitable organizations that have a 501(c)(3) status. Members commit to attending four meetings per year (one per quarter) and pledge to donate \$100 to an elected charity at each meeting. The members have the opportunity to nominate any organization, three of the nominated organizations are then randomly selected to give a 5-minute presentation, a vote is taken, and then checks are written directly to the winning charity. Since February of 2013, the group has given \$296,150 to local charities. The next meeting (with options of both Zoom and live) will be 7-8pm on Tuesday, February 16, at Cove Cay Golf Club, located at 2612 Cove Cay Drive in Clearwater. There is a social time from 6-7 pm at the Cove Cay restaurant, where drinks and snacks may be purchased. Contact Brenda George at 727-515-1868 for more information.

CLEARWATER BEACH LIBRARY & RECREATION

Pool is closed for the season and will re-open in March.

Pickleball - Mon., Wed., Fri., 8 am to noon. Free

Pickleball Lessons with Dan, \$15 per half hour or \$25 per hour. Call Dan at 462-6138 to schedule.

Cardio BEST - Mon., 9:15 a.m.

Private Tennis Lessons - \$50/hour private lesson. \$25/hour semi-private lesson, call 462-6138 to schedule.

Group Tennis Lessons - Monday evenings- call 462-6138

Yoga - Tue. & Thu., 9:15 a.m.

Personal Training with Kim, 45 minutes sessions
462-6138

GFWC CLEARWATER COMMUNITY WOMAN'S CLUB

They will award Daisy Grants of up to \$2000 each on May 20, 2021 at the Daisy Grants and 50th Anniversary Celebration Luncheon at Sheraton Sand Key. The event will feature award winning author, Ashley Rhodes-Courter, a DJ, and more.

The \$2000 grants are awarded annually to local worthy charities who have a presence in Pinellas County and prove a specific need for the funds. The application period is now closed.

The GFWC Clearwater Community Woman's Club is a non-profit organization, whose members live the volunteer spirit. It is a member club of the General Federation of Women's Clubs (GFWC), one of the world's largest and oldest volunteer service organizations. For information, visit GFWCClearwatercommunitywomansclub.org, or on Facebook: GFWC Clearwater Community Woman's Club, or E-mail MoreCCWCinfo@gmail.com.

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Bar & Restaurant News

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NEW DECK AT BACKWATERS What is better than an outside deck? Two decks. Backwaters Restaurant in Sand Key added a deck on its west side to accommodate more diners who want to sit outside.

“During the Covid-19 Pandemic, an increased number of our customers wanted to sit outside,” says Backwaters owner Larry Edger. “The new deck, with 30 seats, will allow people to eat in a safely distanced environment.” Planning began in July with permitting and engineering and construction in December and January. “There will be a promoted Grand Opening very soon,” Edger says.

Find Backwaters in the Shoppes at Sand Key, 1261 Gulf Blvd.

SUSHI COMING TO THE BELLEAIR BLUFFS A sushi restaurant will replace AAA Travel that moved out of The Plaza in December.

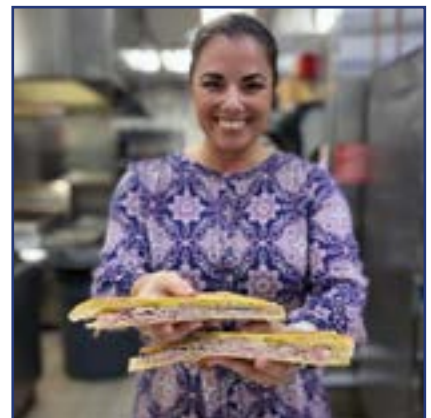
Erwin Scheuringer, owner of The Plaza, announced Sekushi Sushi Bar is taking AAA’s vacated space at the north end. The new restaurant is owned by Frank Manella, who also owns Sekushi On The Beach at 524 Mandalay Avenue on Clearwater Beach and a Sekushi on the Las Vegas Strip. The restaurant is only in the planning stages. Look for it to open later this year.

CLEVELAND STREET DINING Due to its popularity, the City Council extended the closure of downtown Clearwater’s Cleveland Street to car traffic through at least April 16. This allows restaurants to have dining tables in the street and gives customers room to social distancing.

The closure only applies to the 400 and 500 blocks of Cleveland. Local businesses urged the City to continue the closer due to the pandemic. The City encourages the plan and is supporting downtown business while adhering to the state, county and CDC guidelines. For more information on the Cleveland Street closure, email RoseMary.Damour@MyClearwater.com.

BEST SANDWICH IN FLORIDA

Food & Wine Magazine recently named the Columbia’s “Original Cuban Sandwich” the Best Sandwich in Florida. “This is the same recipe my Great-Grandfather and Grandfather used dating back to 1915,” says owner Richard Gonzmart. Try one today at their Sand Key location, which has been open for 32 years! “History never tasted so good.”



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Bar & Restaurant News

GONDOLIER SERVING PIZZA FOR 31 YEARS

Gondolier Pizza on the south end of the beach has been an "All In The Family" business for 31 years. Bill Sioutis whose real first name is Vasilios, immigrated to the U.S. in 1969, from Keramitsi, Greece.

Bill opened Gondolier Pizza January 10, 1990, and although it is an Italian restaurant, it is also known for its authentic Greek food and highly rated breakfasts. And yes, they serve delicious pizzas, too.



Now, sons Dimitri and Alex are adding three more Clearwater Beach restaurants to the family. All three are beneath the Hyatt Regency on the BeachWalk.

Their Beverly's Ice Cream store opened about 6 months ago. Then, We The Pizza opened in December. Good Stuff Eatery, featuring burgers, fries, shakes and beach food, is still under construction and with plans to open in April.

Pictured above (left-right) are Alexandros, Bill and Dimitri Sioutis. Gondolier Pizza is located at 674 South Gulfview Blvd. See their menu at GondolierPizza.com. Call 441-3353 to order.

TACOS, TEQUILA & RUM This new Mexican restaurant on the north end of the beach shares the small Mandalay Avenue shopping center with ClearSky. The restaurant has all the typical Mexican food including nachos, tortas (Mexican style sandwiches), tacos, enchiladas, chimichangas, quesadillas, burritos and tostadas—and more. They are also open for breakfast at 8am. Of course they have Taco Tuesdays - half price tacos. Find them at 490 Mandalay Avenue.

RESTAURANT EXPANDING The Mandalay Avenue Sushi Bar, Sekushi on the Beach is expanding—upward. They are adding a rooftop bar with 50 additional seats and an awning.

"We are only in the planning and design stage, but it has been approved by the City," says owner Frank Manella. "We hope to start construction in October and be open by January."

Find Sekushi Sushi Bar at 524 Mandalay Avenue.

FRESH SEAFOOD DIRECT Owner Mark Rose wants his customers to know, his expanded home delivery of quality seafood products is a hit. Seabass and salmon are the most ordered, but the shrimp and scallops are very popular as well. While the home delivery division is growing rapidly, usually he is still able to deliver the next day. Delivery is free on orders over \$50.

His website publishes weekly specials on different seafood items, check in for the latest deals, seafooddirectflorida.com. The SeafoodDirectFlorida Facebook page also has great recipe ideas.

NOW SERVING BBQ Clearwater's best kept secret, Eatin' Fresh, celebrated its 7th year by adding BBQ to its menu. Enjoy competition "Texas Style" brisket, ribs, pork, chicken and more. Look for the new sign at 721 Lakeview Road, Clearwater or call 727-238-0869.

Owner Rick Brumfield recently opened a second location in Indian Rocks at 215 Gulf Blvd. The 36-seat restaurant offers take-out and dine in, and also has a large outdoor deck nearby. Visit www.eatinfresh.com for more information.

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COVID – 19 FATIGUE

By Jevon A. Graham – Division Chief of Emergency Management Clearwater

When the pandemic began and lockdowns were ordered, many people were energized to do their part and help reduce the spread of COVID. However, months of isolation and anxiety have drained people of their motivation, causing many to become less strict about the guidelines from the Centers for Disease Control and Prevention (CDC), such as masking and physical distancing.

Northwestern Medicine Psychologist Jacqueline K. Gollan, PhD, calls this “caution fatigue” or in other circles this is called COVID fatigue. “Caution fatigue” is a mental and emotional state. It is different than physical fatigue as a symptom of depression or COVID-19. The following are some recommendations from Dr. Gollan on how to fight Caution or COVID fatigue.

- Getting enough sleep, eating healthy and exercising regularly can positively affect your mood.
- Consume less alcohol
- Find ways to reduce stress, such as yoga, meditation and breathing exercises
- If your routine is off, build a new one

Dr. Gollan also suggests focusing on the immediate future so that uncertainty about the longer-term outlook does not make you feel hopeless.

Work on Your Emotional Fitness

Keep a journal to list things you are grateful for or to track your mood. Stay connected with loved ones via a regularly scheduled video chat. Strengthen your integrity and seek humor. If you are feeling depressed or anxious, seek help from a professional. A lot of people with strong minds are suffering during this time and talking with a professional can be helpful.

Put Risks into Perspective

“It’s hard to stay committed to goals like improving public health by staying home, because they’re so abstract and can often seem to have no effect on you personally,” says Dr. Gollan. “Reframe this thought to acknowledge how your behavior could increase the chance of you or your loved ones getting sick.”

Avoid the temptation to do something that brings you pleasure in the moment without acknowledging the risk it may bring in the future. In the case of the pandemic, this could mean going to a large group gathering without thinking about how this may affect the spread of COVID-19 down the road. You must find a balance, which may mean less pleasure in the current moment, but more risk mitigation in the future.

Avoid Desensitizing Media

When you are constantly inundated with news stories about coronavirus, you get desensitized to the warnings, that is the brain adjusting to stimulation. Take breaks from your steady stream of news articles, and make sure you are following credible sources. Avoid overly dramatic news stories that can take a toll on your mental health. Minimize watching, reading, or listening to news about COVID-19 that causes distress. Get the facts, not rumors and misinformation. Facts can help minimize fears.

COVID living has become a way of life and we most likely have many more months of dealing with this pandemic. It is vital that we continue to follow masking, physical distancing, and personal hygiene to prevent us from losing the progress we have made so far. Think of the wellbeing of you neighbors and coworkers. By thinking of them, you help to protect yourselves and your families.

PROVING THE UNPROVABLE - SUBSTANTIATING A NEGATIVE

How do you determine the influence the Coast Guard Auxiliary has in terms of preventing boating accidents and saving lives? Is it even provable? Probably not in "normal times." How can you figure how many lives were saved because a boater has the CG Auxiliary inspect their boat with a free vessel safety check and sharing of the educational exchange between the boater and the Auxiliarist? How can you calculate how many lives were saved because a boater attended a Safe Boating Class offered by the CG Auxiliary?

We all know that proving a negative is difficult and usually impossible. Attempting to determine how one's actions influence something that didn't happen, such as a boating accident, because of Safe Boating Classes or Vessel Safety Checks is not unlike trying to validate a negative.

However, COVID-19 and the subsequent CG Auxiliary stand-down have actually provided the opportunity to do just that. The virus had one "positive" outcome: it let us see what happens when the CG Auxiliary can't offer classes or inspect recreational boats. We saw what happens when the positive influence of the boating safety education is no longer available – it proves the negative.

Unfortunately, 2020 has yielded more boating accidents and a higher number of boaters not wearing life jackets. Yes, there are probably numerous factors that could explain these results. However, the obvious conclusion is boating safety suffers when the CG Auxiliary is prohibited from performing their missions. The accidents and low life jacket wear show that CG Auxiliary boating safety efforts are significant and have a measurable effect on boating safety.

There is a light at the end of this proverbial tunnel: the Coast Guard, the National Association of State Boating Law

Administrators (NASBLA) and the individual states all have a stake in keeping the local waters safer. They recognize that classes and vessel examinations are significant factors as preventive Search and Rescue. As a result, these entities have now modified the Coast Guard Auxiliary stand-down order and encourage the Auxiliary to teach virtual, online classes and conduct vessel safety checks in a one-on-one environment with proper PPE.

The upcoming virtual 2021 classes via Zoom are scheduled on either four consecutive evenings: from 7 to about 9:30pm or on two consecutive weekend days from 9am to about 11:30 am. All instruction, materials and final examinations are included for \$40 per participant. Students should contact their insurance agent for any applicable discounts.

The NASBLA and Florida Fish and Wildlife Commission (FWC) approve this course for content. Successful completion of the "Boat America" course satisfies the requirement in Florida for anyone born after January 1, 1988 to complete a boating safety course if they want to operate a motor vessel. Certificates are awarded to all graduates.

For additional information or to register for the program, please contact: the Coast Guard Auxiliary, Clearwater Flotilla, at: www.clwboatingsafety.com or by email at clwtr.auxboating@gmail.com or call 727-469-8895. Also, visit Facebook at #clearwatercgau.

The U.S. Coast Guard Auxiliary is a uniformed civilian volunteer component of the United States Coast Guard created by an Act of Congress in 1939. The Auxiliary, America's Volunteer Guardians, supports the Coast Guard in nearly all of the service's missions.



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IS YOUR ESTATE PLAN READY?

By Edward Castagna Jr. Esquire

This is a wonderful time of year; spring will soon be here and with it comes opening the house and some spring cleaning. While you are refreshing your home, it might be a good time to refresh your legal documents too.



2020 brought many challenges. Did you experience any life changes recently? Maybe you have been blessed with the birth of a child or new grandchild. Did you recently marry or regrettably divorce? Maybe you have retired, or your financial situation changed due to a new job or the loss of an old one. Do you have a blended family with children from both previous and current marriages? All these are reasons to reexamine your Estate Planning Documents

With the recent Pandemic, thoughts of helping those closest to us are more prevalent than ever. If you were to get sick, do you worry about caring for a family member with special needs or easing the financial burden of higher education for your children or grandchildren? If so, then now is the time to update your estate plan or to create one if you do not already have one.

Do you have a designated health care surrogate? Now more than ever, this is vital. Part of your estate planning, this legal document gives a person the legal right to talk to your doctors and manage your medical care. They can make medical decisions for you if you cannot do so. According to AARP, "less than 40 percent of Americans have a health care surrogate. That means 60 percent of us are rolling the dice on what would happen if the unexpected occurred."

Whether you are looking forward to enjoying retirement or welcoming a new member into the family, there is nothing more important than making sure your wishes are clear. If your will is over ten years old or was written in another state, your estate documents may be outdated and need changes. Marriages, divorces, and even grandchildren impact your estate planning.

Don't leave room for uncertainty or division in your estate. Our firm has seen cases where outdated or inaccurate Wills drew out the probate process, causing additional stress and significant additional expenses for your estate and family. You need to make sure your assets go exactly where you want them.

Call Castagna Law Firm to arrange a complimentary half hour estate plan review, where an attorney will look at your documents with you. We offer both in-person and virtual meetings - our client's health and safety are always our priority. Whether you are updating an old Will or drafting one for the first time, our legal team will guide you through the process every step of the way. Edward Castagna Jr. Esquire is a former estate and gift tax attorney with the IRS with 20 years of experience as assistant general counsel for Shriners Hospital. There are many estate planning tools available to you such as a Living Trust or Special Needs Trust. Let us explain how these tools may be used to carry out your intentions.

Find Castagna Law Firm, P.A., at 611 Druid Road E, Suite 717 Clearwater, FL 33756 | 727-446-6699 or online at castagnalegalteam.com.

CHILDREN'S DISCOVERY GARDEN

The Florida Botanical Gardens Foundation (FBGF) is undertaking the creation of a new garden within the Botanical Gardens footprint. The Children's Discovery Garden (CDG) will be designed specifically to entice, engage, and educate children through discovery and play.

The Florida Botanical Gardens is a part of Pinellas County's park system, and with no cost for admission, thousands of annual visitors from the Tampa Bay community and beyond are able to enjoy the Botanical Gardens. It is accessible to all those who live, work, and play in Pinellas County, and it provides an oasis for many looking to relax and escape.

The area proposed for the CDG is approximately 2.5 acres. Of which, 1.5 acres will be used for the site improvements and 1-acre will receive plantings and natural enhancements. A concrete walk running north/south divides the site into a 1/2 acre to the west and 2 acres to the east, and features the main entry, which includes ADA-compliant paths, a rain feature, benches and plantings. The west side of the CDG has hard surfaces of concrete and pavers, while the east is more natural with surfaces of turf, stabilized soil, wood fiber, pour-in-place play surfaces and mulch. Both sides provide for unstructured play, engaging nature activities, and seating and amenities for parents/supervisors.

The Music Forest contains a plaza of pavers among trees providing a shady space for play with oversized, stationary, musical instruments. A fun and engaging access to this section will be by rope bridge through a stand of bamboo. Pollinator Landing is a multi-purpose area for climbing, group presentations, puppet shows and theatre skits with seating. The east side of CDG features primary educational elements, as well as Florida-Friendly Landscaping™ exhibits.

Roots n Shoots is an environment where children can get their hands dirty, and includes a hand water pump, as a source for play and watering plants. A screened classroom building will



facilitate nature observation and create a location for structured programming. It will provide for both educational presentations and a space for children's events and parties. Other places for play are provided by a large Beetle Climber and Trunk Jump. A loop path through the southern end of the site will provide for wildlife observation, as well as a location for children to display their artwork on an Artline.

You can become part of the CDG legacy by donating through a commemorative tribute. Each portion of the garden offers the possibility for tribute, with an engraved plaque to honor yourself, family or friends. A personal acknowledgment is sent to you or the family/individual being honored, with reference to the gift, and will be listed in the Foundation's Annual Report. In addition to honoring a special person or occasion, commemorative items also support the Garden and build a tradition of joyful memories. Levels range from \$10 to \$1,000. Higher-level donor recognition begins with the Roots n Shoots potting area, and includes all proposed site locations. Visit: www.flbgfoundation.org/cdgsponsorship

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CO2 COOLPEEL® HOW DO THEY DO THAT?

Radiance Medspa has been accentuating beauty in Belleair Bluffs for nearly 15 years! Owner Stephanie Schlageter uses her background as a former Research & Development Engineer for a medical device company with a master's degree in Biomedical Engineering to ensure the treatments at Radiance stay on the cutting edge of innovation. The newest tool in Schlageter's arsenal, is the CO2 CoolPeel®.

If you have ever wondered how your 60-year-old friend looks like they are in their 40s - the result might be achieved with the CO2 CoolPeel® Laser from Radiance Medspa.

CO2 lasers have long been the gold standard in treating wrinkles, age spots, acne scars and other blemishes on the face, neck, and chest. Traditional CO2 lasers are synonymous with considerable downtime, but not the CO2 CoolPeel® Laser. Schlageter chose the CoolPeel because of the innovation, control, and precision it uses to deliver a fractional ablative treatment without causing thermal damage to the skin. This allows for beautiful results without the ugly downtime, and without the risk of traditional CO2 treatments.

The CoolPeel® is the first high peak power CO2 Laser to offer all the most modern advances in lasers in one simple, safe, and predictable procedure. The CoolPeel® CO2 laser treatment can only be done using the SmartXide Tetra CO2 laser, which is precisely why Radiance Medspa acquired it. The Tetra is the latest, most advanced CO2 laser from DEKA, a global leader in aesthetic technology. Only Tetra can deliver an impressive superficial, skin resurfacing result without the lingering heat that would traditionally damage the surrounding skin.



How is the treatment done? It first starts with a complementary, and sometimes virtual, consultation with one of our highly trained specialists to determine if your skin will benefit from this advanced form of laser resurfacing.

Who is a good candidate for the treatment? Anyone looking to reduce the appearance of fine lines, sun damage, and enlarged pores while improving skin texture!

On the day of the procedure a expertly trained, and laser certified, Advanced Registered Nurse Practitioner, also known as ARNP, will perform the treatment. The procedure begins with one hour of numbing to ensure comfort throughout the entire treatment time. Once numbed, the ARNP will use the precision handpiece to deliver short pulses that create a controlled injury without damaging the skin, while the unique "spray" pattern of the CoolPeel® Laser shortens the overall treatment time. The delivery method allows the laser to

vaporize the aged skin, while leaving healthy tissue in the surrounding area.

About 30 minutes before the treatment is over, a Medical Assistant will enter the room and draw blood from the patient. The blood is then spun in a centrifuge to separate the PRP, or platelet rich plasma. PRP is then applied at the end of the procedure, topically to the treated area. Radiance Medspa uses PRP to accelerate healing and maximize results by using the patient's own growth factors, or as we like to call it "Liquid Gold" to nourish the skin and boost collagen production. The PRP also helps cool and calm, giving a relaxing conclusion to the treatment.

The client is then given a post care kit and is good to go home! In the days following the treatment the client may experience a similar sensation to that of a sunburn. We recommend that everyone who has a CoolPeel® treatment sleep with a clean pillowcase and avoid direct sun exposure for two weeks.

Typically, we recommend each client undergo a series of three treatments to ensure optimal results.

One of the main benefits of the CoolPeel® CO2 laser is the minimal downtime! After the treatment, clients report mild redness as if they have a sunburn for a day or two, but nothing that prevents them from returning to normal daily activities. Clients start noticing improvements after one week, with dramatic improvements as the skin heals. The treatment is so innovated that clients can experience the benefits monthly if they so choose!

CoolPeel® is the first high peak power CO2 Laser to offer the most modern advances in lasers in one simple, safe, and predictable procedure. The CoolPeel® CO2 laser treatment can only be done using the SmartXide Tetra CO2 laser, which is why Radiance Medspa acquired it. The Tetra is the latest, most advanced CO2 laser from DEKA, a global leader in aesthetic technology. Only Tetra can deliver an impressive superficial, skin resurfacing result without the lingering heat that would traditionally damage the surrounding skin.

Interested in learning more? Call 727-518-7100 to schedule a complimentary consultation at Radiance Medspa.



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FROM THE DESK OF SHERIFF BOB GUALTIERI

The Dangers of Cyber Romance



Online dating has become one of the most popular ways for singles to find partners. According to Statista, as of 2020, more than 32 million Americans are using online dating services, and the online dating service E-Harmony reports that there has been a 6% increase between 2013 and 2016 in 55 to 64-year-olds who use online dating.

Online romance is common today due to the prevalence of smartphone usage, and individuals are not always honest about their identities on the Internet. E-Harmony reported that 53% of people who use dating websites lie on their profiles. Although some of those lies may seem small, like their height or how much money they make, talking to or meeting strangers online can be dangerous.

One of the most common scams we see at the Pinellas County Sheriff's Office, especially among the elderly, is the romance scam. Predators can create fake identities to lure in victims to gain access to their finances or instigate sexually or physically abusive relationships. Once a relationship has been established online, the out-of-town suspect convinces the victim to wire money so the person can travel to visit them or help them with a dire personal emergency.

Fraud is a preventable crime if you know what to look for. Here's how you can keep yourself from becoming a victim:

1. Never send money.
2. Carefully examine people's profiles.
3. Use reverse image search on their pictures.
4. End the relationship if they refuse to meet face to face.
5. If you do meet the person, pick a public place and let a friend or family member know where you are.

If it sounds too good to be true, it probably is. A loving relationship would never ask you to step beyond your personal boundaries financially or otherwise. If you are the victim of the romance scam, or any type of fraudulent scam, contact the Pinellas County Sheriff's Office at (727) 582-6200.

DONATE TO CLOTHES TO KIDS

CTK welcomes the New Year and looks forward to helping our local families in need. They had a busy year providing Clothes To Go Bags to school-aged children, in need, in Hillsborough and Pinellas counties. Their success means that their inventory is low and they need clothing and shoes. How can you help? Are your children or grandchildren's clothes and shoes taking over the closets? Please donate any gently used clothing, shoes and jackets to Clothes To Kids.

They especially need elementary, middle and high school children's pants, shorts, shirts, jackets, and shoes in all sizes. What do children who receive a Clothes To Go bag receive? Each bag includes 5 pairs of new underwear, 5 pairs of new socks, 5 tops, 4 bottoms, 1 dress (optional) and a pair of shoes, totally free! If your child attends a uniform school they may receive 3 uniform tops and 2 bottoms.

Tax deductible cash donations can be sent to Clothes To Kids, 1059 N. Hercules Avenue, Clearwater, FL 33765. and will be used to purchase clothing in short supply. They accept drop off donations there from 9 am to 4 pm Monday - Friday. For more information or Tampa and St. Petersburg location addresses, visit www.clothestokids.org or call 727-441-5050..

Community News...

SUNSETS AT PIER 60

Did you know Sunsets at Pier 60 has been providing free family-friendly entertainment for over 25 years? And it is still continuing every night at Pier 60 with social distancing even with the Pandemic



Sunsets at Pier 60 on Clearwater Beach is a 501(c)(3) not-for-profit arts-organization that operates year-round from two hours before until two hours after sunset, weather permitting. The nightly sunset celebration features local artisans, street performers and world-famous Pier 60 sunsets. Looking to sell your handmade treasures? Apply at www.sunsetsatpier60.com/p/artisans/artisan-application.

ISLAND ESTATES CIVIC ASSOCIATION

The Town Hall Virtual Meeting Series resume - Join them for the restart of virtual town hall meetings to learn more about the community. They will talk about initiatives under way to help the island community. Kicking off is City Manager Bill Horne who has led the City of Clearwater for over 20 years.

Tune in on Zoom or Facebook to watch live. Tuesday February 16th at 6pm. Link will be shared on the website and FB.

Community Yard Sale - February 20th, 8am to noon. This is a community wide event and everyone is welcome to join in the fun. IECA will put up signs in the community and at the entrance plus run a newspaper advertisement prior to the yard sale.

Condo residents join together and get some table out by the street. This will be a good way to catch up with neighbors and make a few bucks.

Causeway Cleanup - March 27th 8-10am Every quarter Island Estates take pride in organizing a Causeway Cleanup. Your IECA sets the date, has tongs, gloves and water. Be sure to add this to your 2021 planner.

2021 Membership Drive - It's time to renew your annual membership or join the Civic Association. Help IECA build a strong community on Island Estates. Membership is voluntary. They need your ideas, your time and your money to continue to provide a reason for neighbors to come together as a community, help each other when needed, and keep the island the place to live, work and play.

Dues are \$50 per household (2 adults) for the calendar year. Additional donations and business sponsorships are welcome. Join or renew at myislandestates.org. Questions? E-mail membership@myislandestates.org

FRANCIS WILSON PLAYHOUSE

Backstage On Broadway Musicals Series - Join the fun with their series of ZOOM online classes. No Tests! No homework!

The informative and entertaining 90-minute online sessions feature videos, lecture and interactive discussions. Join Jason (and friends) as he tells the behind the scenes True Stories behind fascinating entertainment topics.

Zoom is free to download and the classes are \$10 per session. Upcoming classes include February 13 GUYS & DOLLS, February 20 FIDDLER ON THE ROOF, February 27 ANNIE. All classes begin at 10am.

Visit <https://franciswilsonplayhouse.org/ZOOM-WITH-FWP>.

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MORTON PLANT OFFERS NEW TECHNOLOGY TO TREAT NEUROLOGICAL DISORDERS

Morton Plant Hospital was the first hospital in the state and continues to be the only hospital in Tampa Bay to offer patients with debilitating neurological disorders such as Parkinson's and essential tremors a new technology that has the potential to significantly improve their quality of life.

The new Percept™ PC Deep Brain Stimulation (DBS) system with BrainSense™ technology from Medtronic promises to give physicians the opportunity to learn what is happening in the brain when the patient experiences symptoms.

While surgeons at Morton Plant have been performing DBS surgery for years, the new technology goes a step further in personalizing the treatment.

"We have seen multiple patients' lives changed using the previous DBS systems, but with the added layer of BrainSense™, we have the potential to access brain information that we have not seen before," said Neurologist Kamilia S. Nozile-Firth. "We are expecting to be able to tailor the treatment to optimize each patient's outcome."

During DBS surgery, a neurosurgeon implants electrodes that are connected to a stimulator device into an area of the brain that controls movement. Similar to a heart pacemaker, a neurostimulator uses electric pulses to regulate brain activity and interrupt the disease signal. To ensure precise placement, the procedure requires a dedicated intraoperative team that includes a neurosurgeon with specialized training in stereotactic technique, a movement-disorders neurologist and an anesthesiologist.

A few weeks after surgery during an office visit, the neurologist begins to program the device to send small

electrical impulses through the electrodes to ease symptoms of movement disorders.

Previously, the only opportunity to see how the brain reacted to specific symptoms was at the time the neurosurgeon implanted the device. With the Percept™ system, physicians can continually track patient brain signals and correlate these with patient-recorded actions or experiences, such as symptoms, side effects or medication intake. This allows for a more precise adjustment of DBS settings for better symptom control and fewer side effects.

When asked about the difference in BrainSense™ vs. standard DBS, neurosurgeon Dean Gobo, MD, said, "This is the difference between the telegraph and the telephone. It is one-way communication versus listening and responding to what is being said."

Percept gives physicians information within a patient's brain that up until now has not been accessible. This is information that can be used to better target therapies and treatments and thus improve patients' lives.

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FUN THINGS TO DO NEARBY

Enjoy a free self-guided, audio and visual historical walking tour of Indian Rocks Beach

Creating a self-guided history tour of Indian Rocks has been talked about for a few years, but it wasn't until two local organizations came together that the project moved forward.

As a joint effort with members of Indian Rocks Action 2000 and Indian Rocks Historical Museum, a committee was formed. The committee's first meeting was January 8, 2019

The idea was to expand on the existing three mile long Historical Marker Bike Tour that includes twelve historical markers. It also was a joint project of the Indian Rocks History Museum and Action 2000, Inc.

The group looked at online applications available and found several good options, including the Florida Humanities Council "Florida Stories" Walking Tours. Unfortunately, the Council had no grant funding when this project was ready to move forward.

Through some complicated negotiations, the committee convinced the Council to support the Indian Rocks Beach tour with their resources and the group would reimburse the Council's expenses. The Museum and Action 2000 each paid \$6,000 (\$12,000 total) for the app.'s development. Of course, before they could proceed, both organizations had to get the funding approved through their own boards.

The team used the Florida Humanities Council tools to prepare the tour. At the time, the Council had 35 Florida walking tours (now they have 37).

To begin, they identified 65 significant Indian Rocks structures. Then, they had the difficult task of narrowing that down to a 14 stops. Each stop would include photos and a narrative.

Members of the team divided up the stops to prepare the narratives. The team then looked through hundreds of photos to prepare the accompanying visual components. A volunteer at the Museum was instrumental in compiling many of the old photos.

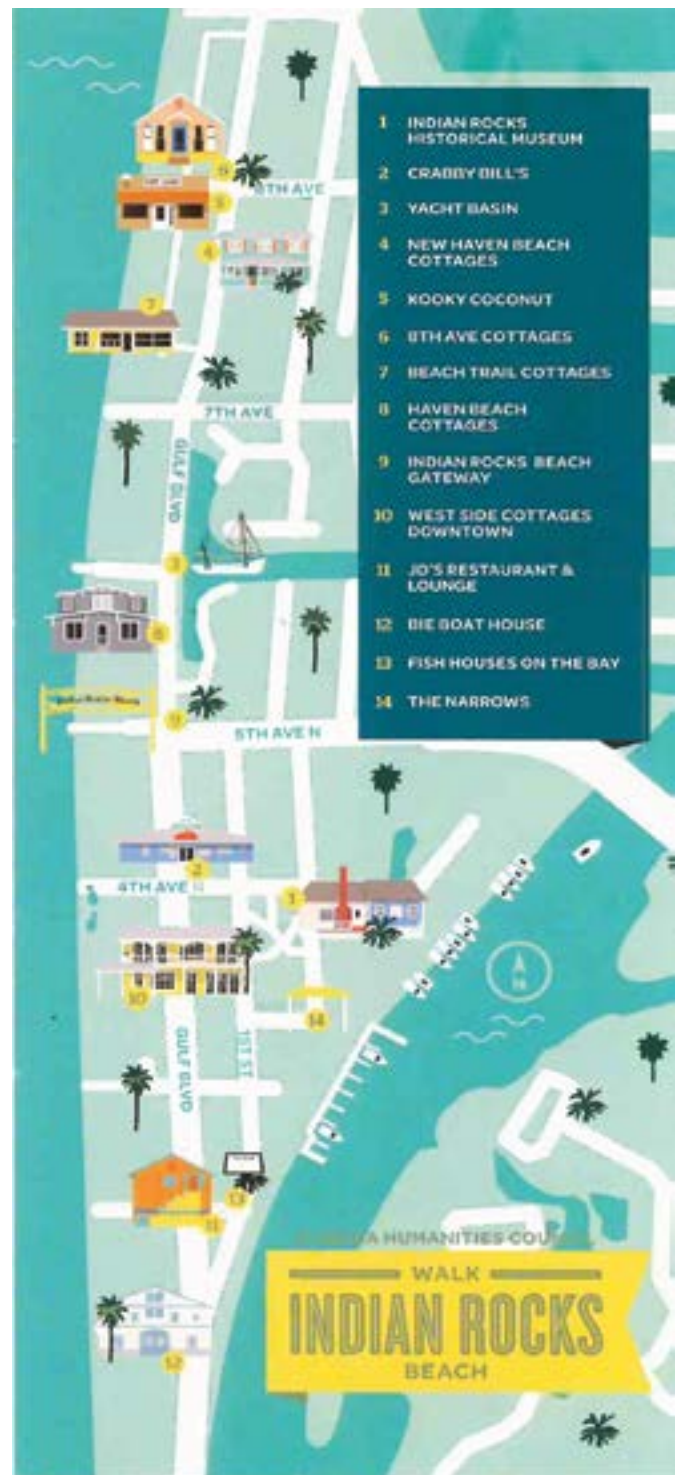
The Council had each script reviewed by a historian, then had the script recorded by a professional narrator. With the recording in hand, each team member had to insert their selected photos to match the script - to the second - in a massive spreadsheet.

The Council used their graphic artist, located in New York City, to prepare the rack card with the selected images. The artist converted those photos into icons on the card.

The plan was to launch the tour in May at a mixer as a joint effort with the two organizations. The theme was to be: "Historical IRB – Discover the Charm." But Covid-19 changed those plans.

Instead, they created the Walk Indian Rocks Beach website, launched the app., and the racks cards were distributed in various Indian Rocks Beach locations.

Now "Walk Indian Rocks Beach" is available as a free self-guided audio app designed to be downloaded to your smart phone or tablet. The app will take you on a narrated, self-guided tour of 14 stops with historical images and music. Whether you're a local or a visitor, you can experience, on your own time and pace, the charming cottages and rich heritage that makes our small town truly special. Visit walkindianrocksbeach.com for more information.



Download the free Florida Stories app today! As you stroll through the streets, listen to the lively and colorful stories about these unique communities. Florida Stories, connecting communities across Florida.



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