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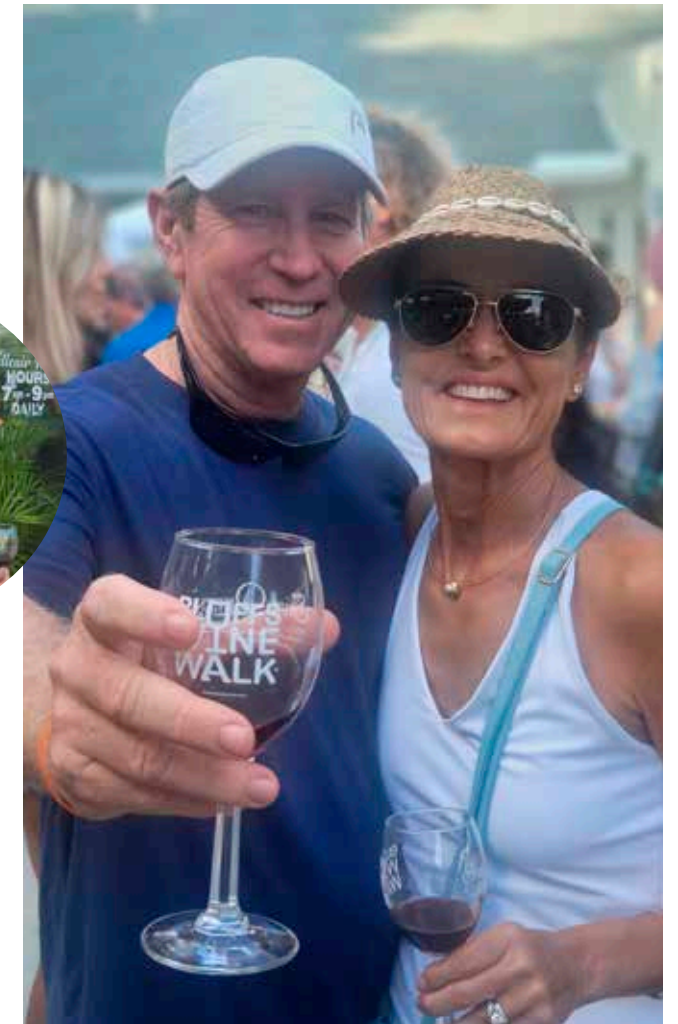
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OCTOBER

A Month for Pink, Purple & Plenty of Community Spirit

Celebrating the season, supporting our neighbors, and making a difference together

OCTOBER HAS ARRIVED, bringing cooler days, festive fun, and plenty of reasons to celebrate our wonderful community! As we welcome the fall season, we're also taking a moment to recognize two important causes that touch so many lives: **Breast Cancer Awareness Month**

and **Domestic Violence Awareness Month**.

Think pink! October is a time to honor those affected by breast cancer, celebrate survivors, remember those we've lost, and encourage the women in our lives to

prioritize their health and screenings. A little awareness can make a big difference.

We're also turning our attention to domestic violence awareness, represented by the color purple. October is Domestic Violence Awareness Month. Nearly 1

in 4 women and 1 in 9 men experience severe intimate partner physical violence, sexual violence, and/or stalking domestic violence in their lifetime.

Abuse isn't always physical. It can be emotional, verbal, financial, sexual, psychological, or controlling behavior. If you feel unsafe, trapped, controlled, or afraid in your relationship, you are not alone and help is available.

I have been a domestic violence advocate for 15 years, helping survivors and their children find safety, resources, and a path forward. Please reach out to Raising Relief Foundation at

RaisingReliefFoundation.org or text us at **727-657-9615**. All inquiries are confidential.

Of course, October wouldn't be complete without a little festive fun! From pumpkins and fall decorations to neighborhood gatherings, football games, Halloween celebrations, and everything in between, there's something special about this time of year. It's a chance to get outside, connect with our neighbors, and enjoy the community we're lucky to call home.

So grab your favorite fall drink, throw on something pink or purple, and get out there!

Celebrate the season, support your neighbors, and remember that small acts of kindness can have a big impact.

Here's to a colorful October filled with community, compassion, celebration—and maybe just a few too many pumpkin-spiced treats!

Happy October, neighbors!

Devin

Publisher, *Stroll Harbor Bluffs*



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Devin Pappas
Publisher
Devin.Pappas
@N2pub.com
(727)-657-9615



Marc Pappas
Whatever Devin
Needs
RepMarcPappas
@gmail.com
(727)-437-8681



Krista Pettengill
Editor &
Content
Manager
HarborBluffs
@N2co.com



Renee Nelson
Ad Strategist
Renee.nelson
@N2Pub.com



Jewels Chandler
Content Contributor,
Marketing & Events
Coordinator
jewelsc200
4@yahoo.com
(727) 743-1708



Rebecca
Kaercher
Resident
Contributor



Jennifer and
Brian Nicaastro
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Jeanne Holmquist
Resident
Contributor
Harbor Bluffs
Historian



Karla V. Demas
Event
Photographer
karlademas
@hotmail.com



Brandy Winters
Photographer
Captured in Time
Photography
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A LITTLE MYSTERY,
A LOT OF FLAVOR,
AND ONE UNFORGETTABLE
NEIGHBORHOOD HIDEAWAY

PHOTOGRAPHY BY BRANDY WINTERS OF CAPTURED IN TIME PHOTOGRAPHY

Somewhere just off the beaten path, behind a red carpet and a password, a neighborhood secret is waiting to be discovered.

Welcome to **Belleair Hideaway**, a speakeasy-style wine bar and tapas room at 560 Indian Rocks Rd N., Belleair Bluffs, where stepping through the door feels like leaving the ordinary evening behind. Tucked away in an intimate, eclectic space, the Hideaway pairs cozy ambiance with wine, handcrafted drinks, small plates, and plenty of good conversation.

But the experience doesn't stop at the door. Head outside and you'll find the Hideaway's charming patio beneath a live oak tree, where live music regularly sets the mood for an evening with friends, a date night, or simply a chance to unwind

TUCKED AWAY IN AN INTIMATE, ECLECTIC SPACE, THE HIDEAWAY
PAIRS COZY AMBIANCE WITH WINE, HANDCRAFTED DRINKS,
SMALL PLATES, AND PLENTY OF GOOD CONVERSATION.



with a glass of wine and a few shareable bites. Live music is featured Thursday through Saturday evenings, with occasional Wednesday and Sunday performances.

There's plenty happening beyond dinner, too. Belleair Hideaway offers wine tastings, wine dinners, a wine club, special events, and other ways for guests to turn an ordinary night into something a little more memorable. Their wine dinners feature multi-course menus paired with selected wines, while educational events offer a chance to learn more about the world of wine in a relaxed setting.

And perhaps that's what makes the Hideaway so fun: it feels like you've stumbled upon something you weren't supposed to know about—but once you're in, you'll want to bring your friends along.

Finding the entrance may take a little detective work, but that's part of the adventure. Once you've discovered it, you're officially in on the secret.

We asked local residents to share their Belleair Hideaway experiences—and, of course, grabbed a few photos along the way.

Because around here, the best-kept secrets are meant to be shared... eventually.



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julie & chris

LOVES BIG IDEAS,
GOOD WINE &
CHRISTMAS
CRACKERS



JULIE IS NO STRANGER TO turning big ideas into reality. Julie and Chris are co-owners of **Belleair Hideaway**, Belleair Market, Belleair Café, and Belleair Market on John's Pass, bringing creative and entrepreneurial spirit to one of the area's most unique destinations. Behind her get-things-done personality, Julie loves the simple pleasures of life—good food, good wine, great music, and time spent with the people she loves.

A single mother of three and a cancer survivor of more than 15 years, Julie brings plenty of resilience and heart to everything she does. She also has a lifelong passion for music and loves playing the piano.

When it comes to the holidays, Julie's favorite memories center around Christmas with her family. Everyone would gather at her parents' home for a traditional dinner prepared by her British mother. Each place setting came with a

Christmas cracker, which family members would pull together before enjoying the silly jokes and trivia tucked inside.

After dinner came another beloved tradition: her mom's Christmas pudding, dramatically lit on fire before being served. Then came presents and an evening spent simply enjoying one another's company. For Julie, it's a tradition filled with laughter, family, and memories she hopes will continue for generations to come.

carolina

FROM PHILOSOPHY TO A PLACE CALLED HOME

AFTER 18 YEARS IN Harbor Bluffs, Carolina has found plenty to love—including neighbors, new adventures and a Thanksgiving tradition that brings everyone together.

Originally from Mar del Plata, Argentina, Carolina has proudly called Harbor Bluffs home for the past 18 years. And while her life has taken her far from where she grew up, one thing has remained constant: her love of learning, family and community.

Here's a fun fact many neighbors might not know about Carolina: she once seriously considered switching her college major from teaching to philosophy. Apparently, she has always enjoyed asking the big questions!

When fall rolls around, however, Carolina's favorite tradition is much simpler—and much more delicious. Thanksgiving holds a special place in her heart, and her goal every year is to make sure the whole family is together around the table. For Carolina, the holiday is less about the perfect celebration and more about making time for the people who matter most.

That same appreciation for connection made her recent experience with *Stroll Harbor Bluffs* especially meaningful. Carolina says being part of the photo shoot and article was “a blast,” and she enjoyed every part of the process.

“Devin and Krista were very supportive, cheerful and communicative during the whole process,” she says. “It was also amazing to get to know new neighbors. Cannot wait to see them again!”

After nearly two decades in Harbor Bluffs, Carolina clearly knows that home is about more than a place—it's about the people who make it special. And if Thanksgiving is any indication, she'll always have a seat at her table—and room in her heart—for the neighbors and loved ones who make life a little more meaningful.

julie

METAL DETECTING, FOOTBALL & FALL FEVER

AFTER FIVE YEARS IN Harbor Bluffs, Julie and her family are still loving everything about Florida—and she's digging up some pretty incredible reasons to explore it!

Julie has called Harbor Bluffs home for the past five years, and she and her family have embraced everything they love about Florida and their neighborhood. But there's one hobby that might surprise even her closest neighbors: Julie is an avid metal detector!

A member of a local metal detecting club, Julie typically searches along the beaches, but recently her club has received permission to explore private inland properties. And her most impressive find? No question—a 9-pounder solid-shot cannonball discovered on a farm in Hudson.

After doing some serious research, Julie learned that the cannonball dates back to the Second Seminole War, which lasted from 1835 to 1842. The discovery makes perfect historical sense, too, as the U.S. Army used inland trails to move troops and light artillery between Fort Brooke—modern-day Tampa—and northern outposts. Talk about finding a piece of Florida history!

When it comes to fall, Julie admits there's one thing she genuinely misses about the Midwest: those spectacular changing leaves. But she's not letting Florida's palm trees stop her from creating her own autumn magic.

In fact, Julie starts decorating as soon as August arrives. Orange lights,



leaf garlands across the fireplace mantel and pumpkins galore transform her home into a full-blown fall wonderland. Add college football playing in the background, with Julie cheering for both the 'Noles and Michigan, and she says the atmosphere is pure fall.

And while Julie admits she isn't exactly comfortable in front of a camera, she says her *Stroll Harbor Bluffs* photo shoot turned out to be a wonderful experience.

“I was definitely nervous about this shoot!” she says. “But Devin and Beth were amazing. They listened to everyone's ideas and made sure we loved and approved of the shots as we went. They made the whole experience so easy and collaborative.”

From uncovering century-old treasures to creating her own little slice of autumn in Florida, Julie proves that you never know what you might discover when you take the time to dig a little deeper.



marilyn

FROM THE AFRICAN
BUSH TO HARBOR BLUFFS



A LIFE SHAPED BY ADVENTURE, family and second chances brought Marilyn from Africa to Colorado—and eventually to a sunny new chapter in Harbor Bluffs.

Marilyn life story spans continents, cultures and countless adventures. Today, she and her husband, Bill, are happily settled on Orangewood Lane in Harbor Bluffs, where they enjoy life along the park with their two beloved dogs—a Bernese Mountain Dog and a Golden Retriever.

Three years ago, Marilyn and Bill traded Colorado for Florida, embracing the sunshine, coastal lifestyle and relaxed pace of Harbor Bluffs. But for Marilyn, a life filled with adventure is nothing new.

One of the things that may surprise her neighbors most? Marilyn actually grew up in Africa.

Her mother was a nurse and her father was a teacher, and Marilyn spent her childhood living in the bush near the Zambia border. It's a far cry from her current Florida surroundings—and certainly makes for some fascinating stories!

Today, family is at the heart of Marilyn's Harbor Bluffs life. With relatives scattered across the country, the Warner home has become a favorite gathering place, especially during the holidays.

"Everyone likes to come to us to spend time at the beach," Marilyn says. "It's usually such nice weather."

Christmas is especially meaningful, bringing family together for sunshine, beach time and plenty

of memories. For Marilyn, having loved ones gather in Florida is one of the joys of this new chapter.

She also enjoyed getting to know her community even better through her *Stroll Harbor Bluffs* experience.

"My experience working with Stroll has been very fun," she says. "Devin is always very helpful and organized and really has a tight connection to the community."

From growing up in Africa to putting down roots in Florida, Marilyn's journey is a wonderful reminder that life can take us places we never expected—and sometimes the best chapters are the ones we discover along the way.



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Rick and Chris: Brotherhood meets business—right here in our hometown.



BIG TEXAS ROOTS & BRIGHT HOLIDAY LIGHTS

FROM GROWING UP WITH four siblings in Texas to lighting up the Harbor Bluffs neighborhood, Rick Scott knows how to bring plenty of energy to every season.

Rick Scott may now call Harbor Bluffs home, but his roots run deep in the Lone Star State. He grew up in Texas, splitting his childhood between San Antonio and Arlington alongside three brothers and a sister. With a big family and plenty of Texas spirit, Rick learned early that life is always better with a little fun mixed in.

These days, Rick has found another way to make a statement—especially when the holidays roll around.

Halloween and Christmas are two of his favorite times of year, and Rick loves decorating for both. But it's his Christmas display that really gets the neighborhood's attention. His bright white Christmas lights shine so brilliantly that you can see them all the way down the street!

Rick also recently got the chance to experience *Stroll Harbor Bluffs* from in front of the camera. Devin offered to do a photo shoot at his business and at

Belleair Hideaway, giving Rick the perfect opportunity to combine work, fun and a little dressing up. As seen in the August edition of *Stroll Harbor Bluffs*, Rick and Diana also own The Body Bar Pilates in Belleair Bluffs.

"It was a lot of fun to get a workout in and then get dressed up for the Hideaway," Rick says.

He also appreciates the work that goes into making *Stroll Harbor Bluffs* a true reflection of the community.

"I love the *Stroll Harbor Bluffs* and the way that Devin and her team work really hard to include all the local businesses," he says. "The hard work is greatly appreciated."

From Texas beginnings to holiday lights that can be spotted from down the street, Rick Scott brings plenty of personality to Harbor Bluffs—and clearly knows how to make an entrance, whether he's arriving in workout clothes or dressed up for a night at the Hideaway!





michelle

A LITTLE MORE
LIVING, LAUGHING
& EXPLORING FOR
MICHELLE

FOR MICHELLE, THIS CHAPTER of life is all about wellness, new experiences, and meaningful connections. A true Florida native who grew up in the Seminole area, Michelle has called Belleair home since 2019 and loves the community's welcoming spirit and unique charm.

Born and raised in Florida, Michelle still enjoys playing tourist in her own backyard. From exploring new places to discovering experiences she's never tried before, she believes there's always something new to uncover—even in a state she's called home her entire life!

When it comes to the holidays, family traditions take center stage. Each year, Michelle's family gathers to recreate the beloved recipes their grandmothers made when they were growing up. The day is filled with favorite foods, plenty of laughter, and some friendly—but definitely competitive—games of cribbage. It's a simple tradition that keeps cherished memories alive while creating new ones together.

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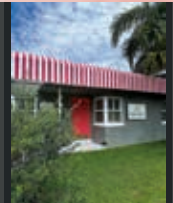
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beth

FROM HARBOR BLUFFS TO THE VINEYARD, BETH PROVES THAT LIFE IS SWEETER WHEN YOU GROW IT TOGETHER.



BETH AND HER HUSBAND, Joe, have called Harbor Bluffs home for 12 years. Florida natives, the couple stays busy with family, travel, community involvement, and a 140-acre family vineyard near Savannah, Georgia. During harvest season, Beth can often be found behind the wheel of a John Deere tractor, helping hand-pick grapes for **A Good Grape Company**, a fresh-market business named by her granddaughter, Rosie. With their children, son-in-law, and nephew all pitching in, it's truly a family affair. The grapes travel nationwide, while the family also supplies juice to an Atlanta winery and is working toward producing their own wine next year.

Fall is Beth's favorite time of year, and some of her favorite family memories are made around a bonfire on the family's 1,400-acre Georgia farm. Halloween is another family favorite. Back when the Ronnzos lived in Citrus County, they created legendary haunted forest trails for local kids. These days, they enjoy taking their grandchildren trick-or-treating right here in Harbor Bluffs. And if you've ever been startled by a suspiciously realistic fake roach strategically placed around the neighborhood, well... there's a good chance you can thank the Ronzo family!



cheryl

FROM HARBOR
BLUFFS TO THE
BIG STAGE

FOR CHERYL, LIFE IS all about family, friendship, community, and enjoying every moment along the way. A proud Harbor Bluffs resident for seven years, Cheryl loves the sunshine and laid-back coastal lifestyle of Florida, while especially appreciating the welcoming, close-knit community she now calls home. Originally from Massachusetts, she's embraced her Florida life—and has collected some pretty unforgettable memories along the way!

One of those memories came when Cheryl had the opportunity to dance onstage during a 90s tour with her good friend Freedom Williams of C+C Music Factory. Performing in front of thousands of people was an experience she describes as beyond exciting and incredibly fun. She also had the chance to dance alongside Salt-N-Pepa, Tone Loc, and Vanilla Ice, making those some of the most memorable nights of her life.

When fall arrives, Cheryl's favorite traditions revolve around football and family. She loves gathering with her three daughters, their husbands, and her granddaughter to celebrate the holidays and enjoy time together.

The family also loves spending time at their cabin in Homosassa, where many holiday weekends are enjoyed. One day, Cheryl and her husband hope to make Homosassa their permanent home, settling into retirement with their three Shih Tzus and plenty of family time ahead.



YVONNE HAS CALLED Harbor Bluffs home since 2016, but her life story stretches far beyond the neighborhood. Born in Taos and raised in Santa Fe, Yvonne has also lived and worked overseas in Paris, Florence, and Marbella. Adventure clearly runs in the family—her paternal great-grandfather was a Rough Rider with the 1st U.S. Volunteer Cavalry and rode alongside Theodore Roosevelt during the Spanish-American War.

In her late 20s, Yvonne's adventurous spirit took her even higher—literally. As a sponsored representative with the USO of San Diego, she landed by tailhook on several U.S. Navy aircraft carriers, including the *USS Kitty Hawk*, *USS Enterprise*, and *USS Nimitz*.

Halloween has always been another favorite adventure. For years, Yvonne celebrated her husband's October 28 birthday with legendary costume parties, transforming their home over nearly two weeks with dance floors, crystal balls, blacklights, spooky décor, food, drinks, and music. While those elaborate parties have given way to quieter celebrations with close friends and family, Yvonne still brings that same warmth and enthusiasm to everything she does.

She's also been part of the *Stroll Harbor Bluffs* story from the beginning, helping with early sponsor breakfasts, neighborhood socials, and social media. After years of watching the magazine grow, Yvonne says being part of it is always an honor—even if she may “begrudgingly say yes” at first. And, of course, she always ends up having a great time!

yvonne

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devin

FROM
RHODE
ISLAND TO
HARBOR
BLUFFS

EUROPEAN CHRISTMAS MARKETS, pre-dawn Turkey Trots and a passion for neighbors make Devin Pappas' Harbor Bluffs story one worth celebrating.

Originally from Rhode Island, Devin has called Florida home since 2010. Today, she lives on Live Oak Lane with her husband, Marc, and their three dogs—Fendi, Macy and Wally—and says she fell in love with Harbor Bluffs from the very beginning.

For Devin, it's the pride of homeownership, the welcoming community and the genuine connections between neighbors that make the neighborhood so special. Of course, many residents know Devin through *Stroll Harbor Bluffs*, but there are a few things they may not know about the woman behind the magazine.

For starters, she was born and raised in Rhode Island before making the move south. She's also recently added an impressive accomplishment to her résumé: graduating from the FBI Citizens Academy.

"It was one of the most fascinating experiences I've ever had," Devin says, adding that the experience gave her an even greater appreciation for the work being done to keep communities safe. She'll be sharing more about that adventure in a future article, so stay tuned!

When the holidays arrive, Devin and Marc have a tradition that takes them far beyond Florida's palm trees. About eight years ago, they began traveling to European Christmas markets, and the annual adventure has become one of their favorite traditions.

They love exploring different cities, taking in the festive decorations, experiencing local traditions and soaking up the holiday spirit. But Devin doesn't have to leave Pinellas County to get into the Thanksgiving spirit.

Every Thanksgiving morning, she and a few neighbors wake up before sunrise, put on their festive attire and participate in the annual Turkey Trot in Clearwater. It's a tradition that combines friendship, laughter and a little exercise before the big feast.

And perhaps the thing Devin loves most about her role with *Stroll Harbor Bluffs* isn't the magazine itself—it's the people.



"Everyone has a story," she says. "I truly enjoy meeting neighbors, learning about their journeys, celebrating their accomplishments, and sharing those stories with the community."

That passion for connection extends beyond *Stroll Harbor Bluffs*. Devin also helps bring residents and local businesses together through its sister publication, *Be Local Beaches & Greater Clearwater*, a beautiful coffee-table magazine and new-mover resource designed to help newcomers connect with the area.

Whether she's discovering a neighbor's incredible story, celebrating a community accomplishment, running a Turkey Trot or exploring a Christmas market across the Atlantic, Devin has found plenty to love about Harbor Bluffs—and she's excited to keep telling the stories that make this community feel like home.

Want to be featured in *Stroll Harbor Bluffs* or know a neighbor with a great story? Devin would love to hear from you! Text 727-657-9615 or email harborbluffs@n2co.com.



CAPTURED IN TIME PHOTOGRAPHY

Where Moments Become Memories

I'M BRANDY THE HEART BEHIND Captured in Time Photography, a portrait and event photographer serving the Tampa Bay area and surrounding communities. I am a fourth generation Florida native born right here in Pinellas County. For nearly four decades, I've lived under Florida's wide-open skies drawn to its light, its warmth, and the way it turns ordinary moments into something unforgettable. That love for natural light and meaningful connection shapes everything I create.

For me, photography has never simply been about taking pictures. It's about preserving the quiet, fleeting moments that make life beautiful, the laughter between family members, the glow of a Florida sunset, the way a couple looks at each other when no one else is watching.

My journey began in 2008 after my first child was born. I realized how quickly time moves, how tiny hands grow, how seasons shift, how life transforms in the blink of an eye, how powerful a photograph can be when it freezes a moment that would otherwise slip away.

What started as a desire to preserve my own memories grew into something far greater, it became a calling. Today, I document milestones, quiet in-between moments, bold new beginnings, and everything in between. I serve families, couples, professionals, and brands, the dreamers building lives and businesses that deserve to be remembered. At its core, my work is about connection. Real stories. Honest emotion. Images that don't just look beautiful but carry meaning long after the moment has passed.

My own story began in the summer of 2004, shortly after graduating high school, when I met my husband. On April 3, 2010, we said, "I do" and began building our life together. Today, that life is full, three incredible kids, a home filled with movement



and laughter, and a family that grounds me in everything I create. They are my greatest accomplishment and my constant reminder of why preserving memories matters.

Photography is more than taking pictures. It's storytelling. It's connection. It's creating something tangible that outlives the moment itself. I am excited to join the *Stroll Harbor Bluffs* team as their featured photographer. I'm honored to help showcase the incredible people, families, and local businesses that make this community so special. Through my lens, I look forward to bringing your stories and visions to life while capturing the heart and spirit of Harbor Bluffs.



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ALL ABOUT THE FUR BABIES

Where Grooming Meets Heart

At Woof Gang Bakery & Grooming Belleair Bluffs, it's not just about looking good—it's about feeling safe, comfortable and loved from the moment every pet walks through the door.

For Lucas and Rosi Rocha, making a career change meant stepping outside their comfort zone. After years in the restaurant industry, the couple decided to try something completely different and joined the Woof Gang family, bringing their passion for business into the world of pet grooming and care.

Today, they own **Woof Gang Bakery & Grooming Belleair Bluffs**, with Manager Pia Judd helping lead the day-to-day experience—and making sure every four-legged customer gets the attention they deserve.

Lucas and Rosi grew up in São Paulo, Brazil, while Pia is originally from Lima, Peru. Pia moved to Clearwater from South Florida in 2017 to pursue a career opportunity in finance. Eventually, her love of animals, business background and life as a devoted pet parent led her to Woof Gang.

"It feels as if this opportunity was waiting for me," Pia says.

WHERE EVERY PET IS THE VIP

What makes Woof Gang Belleair Bluffs stand out is its approach to grooming. The goal isn't simply a great haircut—it's creating a positive experience for both pets and their parents.

The salon is designed to be bright, welcoming and joyful, with a strong focus on reducing stress during grooming. The team uses adaptive handling and takes the time to build trust with each dog and cat who comes through the door.

"For me, once the baby comes in for their appointment, it is all about them and what they need to get through the process," Pia says.

That philosophy is especially important for anxious pets. Pia says about 90 percent of the pets who arrive are nervous or scared, but the goal is for them to leave feeling better, happier and ready to reunite with their parents.



And yes, there may be plenty of happy tail wags involved.

A FAMILY AFFAIR

Pia's own family is a big part of her life—and apparently, the Woof Gang spirit runs in the family.

Her husband, Ryan, is her "rock," while their 14-year-old son, Benny Joe, serves as an assistant manager at the store and professional greeter, charmer and napper. Their family also includes Artie, a 6-year-old pointer mix rescue from the SPCA, and Pepper, their 14-year-old "dumpster kitten" who specializes in what Pia calls "old lady, crunchy purrs."

At home, Pia enjoys morning yoga, sunset walks with her dogs, reading, organizing and decorating her home to make it as cozy as possible.

At work, however, her attention is firmly focused on her furry clientele.

BRUSH THOSE BABIES!

If Pia could give Harbor Bluffs pet parents one piece of advice, it would be simple: **Brush your babies!**

She also encourages pet parents to choose caregivers they can genuinely trust, whether that's a veterinarian, pet sitter, dog walker or groomer. Communication is key.

Sharing health updates, photos, feedback from previous groomers and anything else that might help the grooming team understand a pet can make a big difference.

"Thoughtful communication starts at check-in," Pia says.

The team wants every pet parent to feel confident that their beloved companion is being cared for while in the salon.

PINK, POSITIVE & ALL ABOUT THE PETS

Walk into Woof Gang Belleair Bluffs and one thing becomes immediately clear: this is a team that genuinely loves what they do.

The close-knit staff has created a culture where positivity and care come first. The bright, welcoming, unmistakably **pink** space is designed around the pets—and the team celebrates the little victories, from helping an anxious dog relax to watching a nervous pup walk out the door with a happy, wagging tail.

For Lucas, Rosi, Pia and the entire Woof Gang team, those moments are what make the business so rewarding.

Because at the end of the day, it's not just grooming.

It's helping pets feel their best, giving their people peace of mind and creating a place where every furry family member is treated like one of their own.

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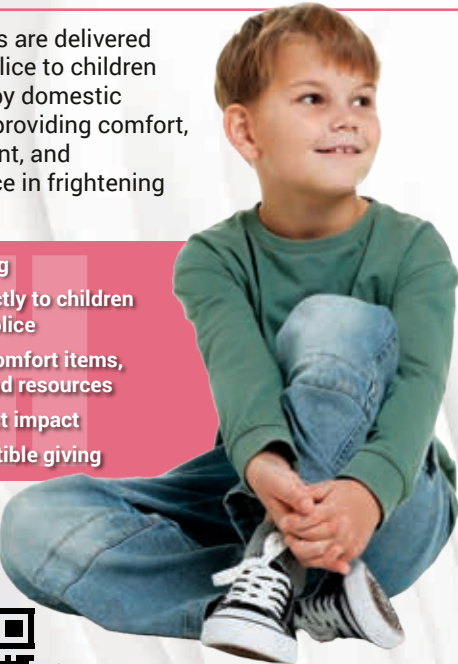

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MEET GEO

A Little Maltese
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At just 1½ years old, Geo is already making quite a name for himself around Harbor Bluffs! This happy, energetic Maltese has a playful personality, a mischievous streak, and plenty of love to share.

Geo's favorite thing may be spending time with his Harbor Bluffs besties, Macey, Wally, and Fendi. Whether they're playing or simply enjoying the neighborhood together, Geo is always ready for fun.

CONTINUED ►



ARE YOUR AFFAIRS IN ORDER?

BY JEWELS CHANDLER

On certain Saturdays, McManus & McManus, located at 79 Overbrook Blvd in Largo, holds FREE estate planning seminars. I had every intention of attending one for a while. I finally signed up and attended one on Saturday, the 18th. They start promptly at 10 am and end promptly at 11:30. Coffee, tea, and refreshments are provided, along with an informational booklet for taking notes. It was all very organized. Danielle McManus Noble was the presenter and was fabulous, explaining Estate Planning, including the basic documents, how to set goals and a plan, and helpful ideas to have before speaking with an attorney for drawing up those documents.

Danielle is an excellent instructor who listens well and knows her job completely. The seminar was extremely informative and produced thoughtful conversations among those present. One problem that too often occurs is that some people never have their documents reviewed and updated. If living in Florida, you cannot use an out-of-state document. It is no longer legally valid. Danielle also stressed how important conversations are about who is the “right” person in charge of said documents. Most people who are in charge have no idea what that entails. At the end of the seminar, we were all given a few “wishes” lists, which are

great for those thoughtful conversations, and we were all thankful for those “wishes” lists, which are great for those conversations and knowing what you truly want and who to make sure will carry on your wishes. I found it extremely helpful and only wish I had done it sooner, rather than later. What are you waiting for? Contact Danielle for your Estate Planning documents, either to be drafted or updated. You want to be assured everything is in order BEFORE it is needed. (727) 584-2128 www.McManusEstatePlanning.com

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Vincent and Kathie Rumore
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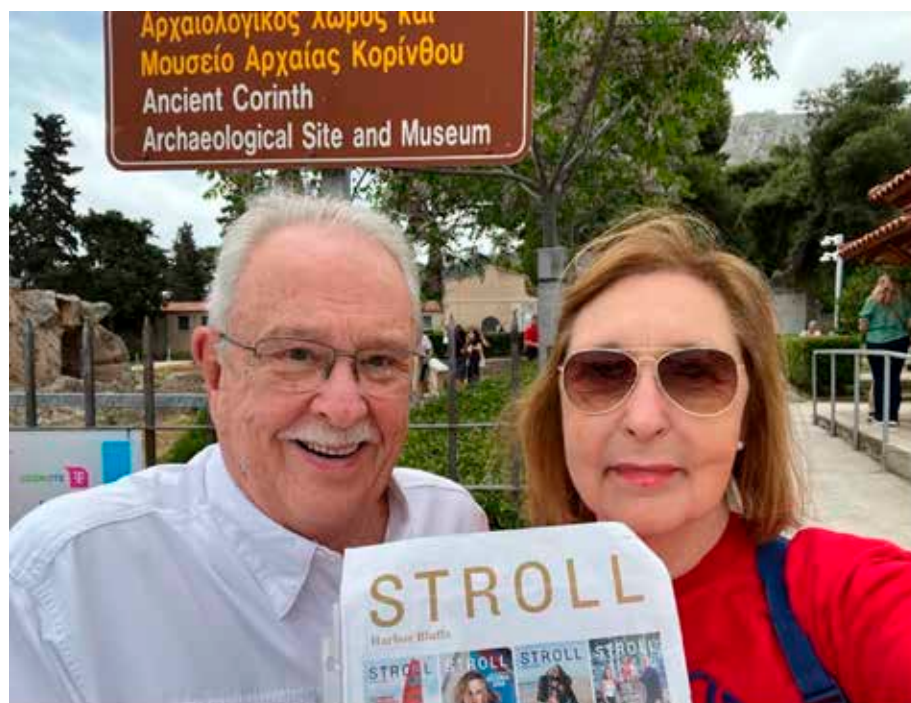
I found my first crush in eighth grade. Not some goofy boy, but Aristotle—or at least his magnificent thoughts in *Nicomachean Ethics*.

Ever since, I've wanted to visit Greece, where Aristotle taught and shared his ideas. Instead of laughing at my lifelong fascination, my husband, Vincent, started researching flights to Athens.

When we finally arrived, it was breathtaking to stand before the Parthenon and see other genuine treasures of antiquity. To experience these remarkable places in person was a dream come true.

We may never know whether Aristotle's examination of the nature of happiness provided a satisfying answer, but I certainly found my own version of happiness: seeing the wonders of Greece alongside the wonder of my world—my husband, Vincent.

—Kathie Erwin Rumore



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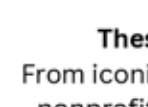
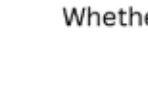




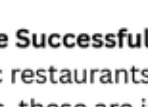




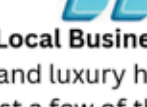
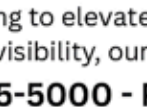


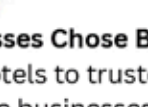




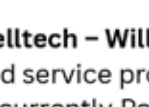










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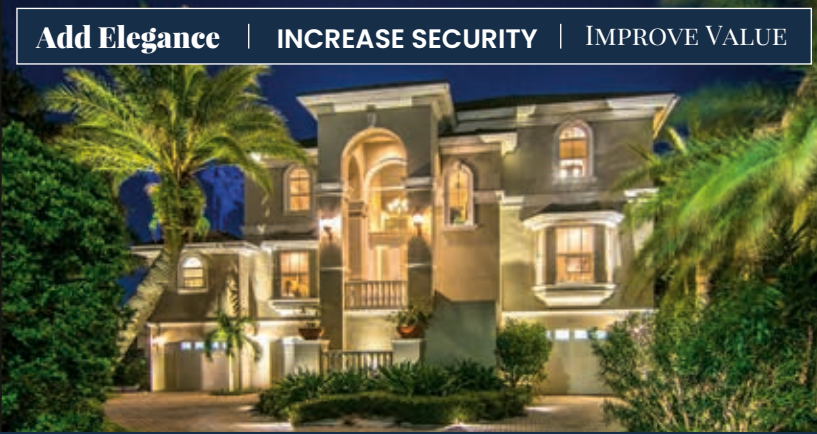
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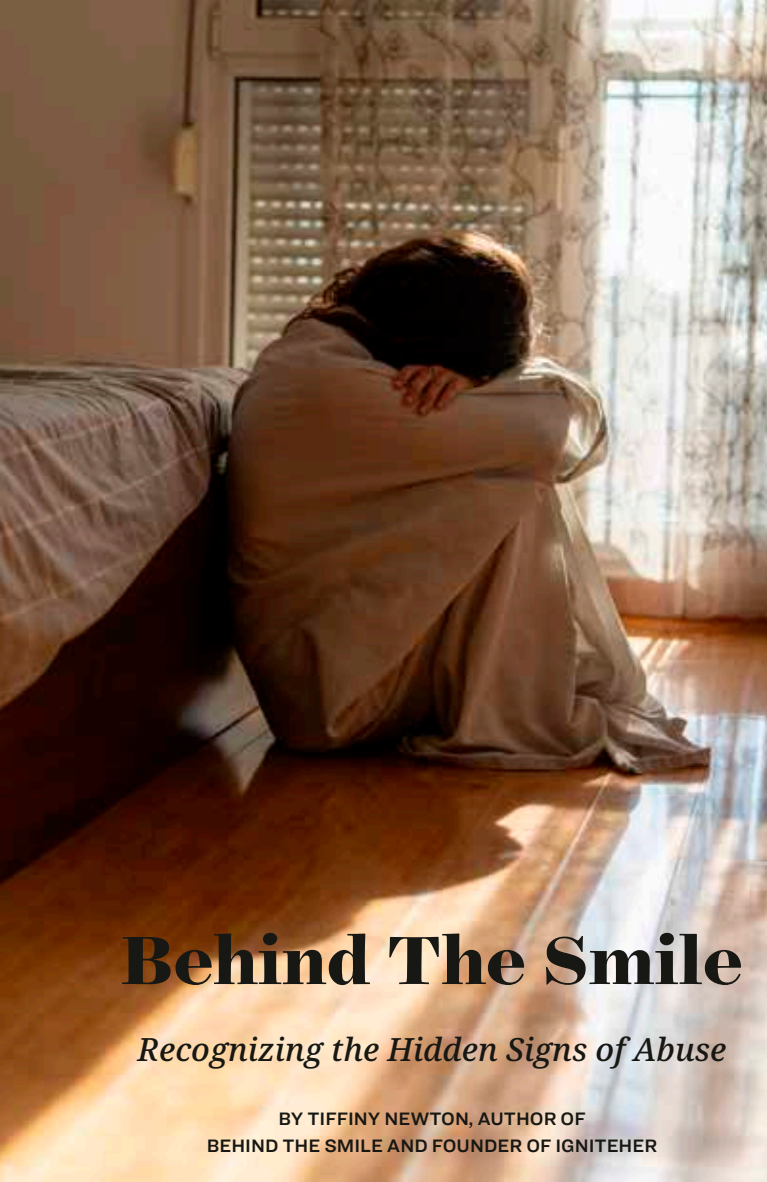
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Behind The Smile

Recognizing the Hidden Signs of Abuse

BY TIFFINY NEWTON, AUTHOR OF
BEHIND THE SMILE AND FOUNDER OF IGNITEHER

WHAT IF SOMEONE YOU cared about was living in an abusive relationship and you couldn't see it?

What if she went to work every day.
Showed up for family gatherings.
Shared carefully chosen moments online.
Smiled when people asked how she was doing.
Would you recognize the signs?
Most of us think we would.
I didn't.
Because that woman was me.
Behind the smile, I was living in a relationship built on manipulation, fear, and control.
There were no obvious bruises. The abuse happened quietly. I didn't lose myself all at once. I lost myself one compromise at a time. My confidence disappeared one criticism at a time until I no longer trusted my own judgment. I questioned decisions I used to make without hesitation. I apologized for things that weren't my fault. My online life reflected the story my abuser wanted people to believe. Financial control slowly became financial devastation. By the time I understood what had happened, I was living a life I no longer recognized.

That experience became my turning point.
In 2023, I founded IgniteHer because I knew too many women were trying to figure it out alone. As I began speaking

with survivors, I realized there was another conversation we weren't having. Abuse doesn't always leave visible scars.
As I spoke with survivors, their families, and the friends who desperately wanted to help but didn't know how, I realized they were all asking the same questions. How did this happen? Why didn't anyone see it? What could I have done differently?

Those conversations led me to write *Behind the Smile* in 2024. I wanted to help survivors put words to experiences they struggled to explain, while giving the people who love them the understanding they needed to recognize abuse sooner and respond with compassion instead of judgment.

October is Domestic Violence Awareness Month, but awareness should never be confined to one month on the calendar.

The biggest misconception about domestic violence is that it starts with violence.
It doesn't.
It starts with control.
Control disguised as love.
Control disguised as protection.
Control disguised as concern.
It happens so gradually that many survivors can't identify the exact moment everything changed.
One freedom disappears.
Then another.
Then another.
Until someone else is deciding who you spend time with, how you spend money, what you post online, where you go, and eventually how you see yourself.
That is why survivors often struggle to answer the question, "When did the abuse begin?"
There usually isn't one moment.
There are hundreds.

SIGNS SOMEONE MAY BE EXPERIENCING ABUSE

Every relationship has disagreements. Abuse is different because it follows a pattern of power and control.

Some common warning signs include:

- Constant criticism that slowly erodes confidence.
- Isolation from family, friends, or coworkers.
- Extreme jealousy disguised as love.
- Control over money or financial decisions.
- Monitoring where someone goes or who they spend time with.
- Fear of making a partner angry.
- Feeling the need to ask permission before making everyday decisions.
- Frequently making excuses for a partner's behavior.
- A noticeable loss of confidence, independence, or joy.

One sign alone doesn't tell the story.
Patterns do.

ABUSE HAS GONE DIGITAL

Technology has made life more convenient.
Unfortunately, it has also given abusers new ways to maintain power and control.
I've spoken with survivors who discovered hidden AirTags in their vehicles or belongings. Others learned their phones

were sharing their location without realizing it. Some found their emails, cloud accounts, or social media had been accessed without permission. Home security cameras, smart devices, GPS tracking, and shared family accounts have become tools of surveillance instead of safety.
Technology should help us feel connected.
It should never be used to control another person.

Warning Signs of Technology-Facilitated Abuse

- Demanding passwords to phones, email, or social media accounts.
- Insisting location sharing remain on at all times.
- Tracking someone through AirTags, GPS devices, or vehicle apps.
- Monitoring home security cameras or smart devices.
- Reading text messages or call logs without permission.
- Installing monitoring software on phones or computers.
- Using children or shared accounts to gather information.
- Threatening to share private photos or personal information online.

If someone always knows where you are...
If they demand access to every account...
If you're afraid to turn off location sharing...
Those aren't signs of love.
They're signs of control and abuse.

IF SOMEONE TRUSTS YOU ENOUGH TO TELL YOU

One of the first questions survivors are often asked is, "Why didn't you just leave?"
It's the wrong question.
Leaving is often the most dangerous time in an abusive relationship. Survivors are weighing housing, finances, children, pets, employment, and their own safety. What looks simple from the outside rarely feels simple from the inside.

A better question is:
"What does this person need from me right now?"
Often, the answer is simpler than we think.
• Believe them.
• Listen without judgment.
• Ask how you can support them.
• Respect their decisions, even if you don't fully understand them.
• Stay connected.

You don't have to rescue someone to make a difference.
Sometimes the first person who believes a survivor becomes the reason they begin believing in themselves again.
Someone reading this article may recognize their own relationship for the first time.
Someone else may recognize a friend, a daughter, a coworker, or a neighbor.
That's why awareness matters.
Not because October tells us it should.
Because recognizing the signs before violence escalates can change the course of someone's life.
Sometimes the most important thing we can do is help someone realize they no longer have to keep living behind the smile.

BRING THE CONVERSATION TO YOUR COMMUNITY

If your business, workplace, church, school, or civic organization would like to host **Behind the Smile: Recognizing the Hidden Signs of Abuse**, email support@igniteher.org to start the conversation.



Tiffany Newton is the founder of IgniteHer and author of *Behind the Smile*. Through speaking and community education, she helps businesses, organizations, and families recognize coercive control, emotional abuse, and the hidden signs of domestic abuse.

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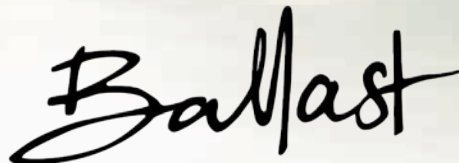
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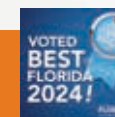


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