

Feather Sound News

& BEYOND




April 23 **Amalie Arena**
 8a.m. Check In
 9a.m. Walk

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It Takes One Walk to Fight T1D

The JDRF One Walk is your chance to show the world that together, we can conquer type 1 diabetes (T1D). If you're living with T1D or you love someone living with T1D, you'll likely do just about anything to make life easier.

When you participate in JDRF One Walk, the money you raise will power more research, enable more advocacy and fund more support for the 1.6 million Americans living with T1D. And, you'll have a great time doing it! That's because you'll walk with a committed community that is passionate about doing whatever it takes to live in a world without T1D. walk.jdrf.org

For sponsorship opportunities contact Carole Brennan cbrennan@jdrf.org

About JDRF

JDRF is the leading global organization funding type 1 diabetes (T1D) research. Our strength lies in our exclusive focus and singular influence on the worldwide effort to end T1D.

Type 1 diabetes is an autoimmune disease that strikes both children and adults suddenly. It has nothing to do with diet or lifestyle. There is nothing you can do to prevent it. And, at present, there is no cure. In T1D, your pancreas stops producing insulin—a hormone the body needs to get energy from food. This means a process your body does naturally and automatically becomes something that now requires your daily attention and manual intervention. If you have T1D, you must constantly monitor your blood-sugar level, inject or infuse insulin through a pump, and carefully balance these insulin doses with your eating and activity throughout the day and night.

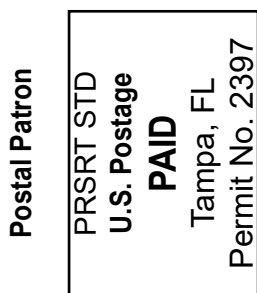
JDRF works every day to change the reality of this disease for millions of people—and to prevent anyone else from ever knowing it—by funding research, advocating for government support of research and new therapies, ensuring new therapies come to market and connecting and engaging the T1D community. Founded by parents determined to find a cure for their children with T1D, JDRF expanded through grassroots fundraising and advocacy efforts to become a powerhouse in the scientific community with dozens of U.S. locations and five international affiliates. We've funded more than \$2 billion in research to date and made significant progress in understanding and fighting the disease. We must keep up the pace of funding so progress doesn't slow or stop entirely.

You're the reason for our success and by supporting the JDRF One Walk, you enable us to advance even more research.

There are many ways to join the JDRF family, but since our founding in 1970 there has been only one reason—because we are the organization that will turn Type One into Type None.

See Our Ad on Page 4

All Events included in this publication are subject to change. Please reference their Websites for any and all updates, which may include admission fees, details and dates. Thank you!





Up, down or sideways: Keep your head on straight when markets move.

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THEIR FOOD IS ABSOLUTELY DELICIOUS!

Mangroves Cafe has proudly served the Feather Sound Corporate Park and surrounding area for over 20 years. We are located on the first floor of the Waterview at Feather Sound Building. We are often told we are a “hidden gem” due to our location in the office park off of the main road. Look for the large Cafe banner by the outdoor seating area once you arrive to the parking lot. For further clarification please view the images and map below.

Mangroves Cafe was recently purchased by Dan, a career Army Human Resources Officer. He always had a passion for the culinary arts and is excited to be serving the local community his delicious recipes. Mangroves has specialized in catering for businesses in and surrounding the office park, but it is Dan’s goal to make it a go-to breakfast and lunch spot for the greater Feather Sound and Clearwater area.

We are a veteran owned café serving specialty coffees, breakfast, lunch, and the best Cubans in Clearwater for over 20 years! Located in the Feather Sound Corporate Center off Ulmerton Rd, we take pride in serving our community amazing food with exceptional customer service and hospitality. Stop in to grab a bite to eat for breakfast or lunch and enjoy our free Wi Fi.

Next time you are in the area, stop in and say hi, and try the best Cuban in Clearwater! See our complete menu @ www.mangrovescafe.net

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Charlie Justice
Pinellas County
Commissioner

Know your flood risk, and make sure you are protected

By Pinellas County Commissioner Charlie Justice

Recently, I wrote a letter to Pinellas County residents that was included with your water bill. The information is so important I want to review it here in case you didn't see the letter.

We live in an area that is vulnerable to flooding from both storm surge and rain – and that's especially true for the Feather Sound community. Rising seas and climate change will increase our risk in the years to come, as detailed by the Tampa Bay Times in February. That's why I'm taking this opportunity to investigate your flooding risk, if you haven't done so already, and make sure you're protected.

I encourage all property owners and renters in Pinellas County to find out about their flood risk and how much flooding could cost you, to purchase flood insurance, and to understand what is covered under the flood insurance policy. Most homeowner's insurance does not cover damage from flooding, and most flood insurance doesn't cover the loss of use, like paying for a hotel when you are repairing your flooded home. Many people don't know that.



Because Pinellas County and most of its municipalities provide flood services and participate in FEMA's Community Rating System, residents and businesses may get up to a 35 percent discount on their flood insurance premiums. The savings adds up to more than \$25 million per year, countywide. Pinellas County understands that insurance is a complicated topic. That's why we offer free flood insurance technical assistance from professionals who provide reliable information about your flood risk and step-by-step advisement about purchasing and understanding flood insurance. To get in touch with one of our insurance advocates, visit www.pinellascounty.org/flooding/advocates.htm or call (727) 464-7700.

Visit floodmaps.pinellascounty.org to see if your property is in a high, moderate or low risk flood zone, floodplain or floodway. You can learn if it's in a storm surge area, how deep it could get and what your hurricane evacuation zone is. The maps also show if you live near protected areas that have natural floodplain functions. These areas store flood waters or buffer wave action while providing habitat for wildlife. You can also check if an elevation certificate is available for your property.

The FEMA Flood Insurance Rate Map (FIRM) and County Floodplains maps are used to determine building requirements to help protect you from flooding. Federal requirements for flood insurance are only based on the FEMA FIRM.

Find out what the flood hazard and required development standards are before you design your project. Consider raising your AC unit and other utilities to protect your investment from flood damage. Find out what permits are required, and always hire a licensed contractor. If you are building new, consider building stronger to withstand future storms (www.pinellascounty.org/flooding/buildsmart.htm).

Keep leaves, grass clippings and other debris out of storm drains and waterways to reduce pollution and flooding. Pollution from trash, yard waste, pet waste or pesticides that washes into waterways can lead to algae blooms and fish kills. When storm drains get clogged with debris, they can back up with water and cause flooding. Remember, only rain down the drain—it's the law (Ordinance #06-13). To report illegal dumping, go to www.pinellascounty.org/reportanissue/ or call (727) 464-4425.

Prepare ahead and get a plan with the Ready Pinellas app, which has readiness checklists and allows you to create a plan for yourself, your family and your pets. Download the app for free on your mobile device through the Apple App Store or Google Play or visit www.pinellascounty.org/flooding/warning.htm for more information.

Tune in to local news stations or NOAA weather radio stations 162.450 or 162.550 to stay informed and sign up for Alert Pinellas to receive text, phone and/or email notifications if flooding is expected in your area. Visit www.pinellascounty.org/alertpinellas to sign up and for more information.

For more information contact Pinellas County Flood Information Services at www.pinellascounty.org/flooding or (727) 464-7700. Or contact your city directly: www.pinellascounty.org/Municipalities.htm. And as always, you can reach me at (727) 464-3363 or cjustice@pinellascounty.org.



JDRF ONE WALK
FOR A WORLD WITHOUT TYPE 1 DIABETES (T1D)

Join the LEADING GLOBAL organization funding Type 1 Diabetes (T1D) research for their annual JDRF One Walk!

April 23, 2022

Amalie Arena, Tampa

Register today and make a difference in the lives of those living with T1D!

Scan me for details and to register for the walk



walk.jdrf.org

For additional information please reach out to cbrennan@jdrf.org or 727-322-4666



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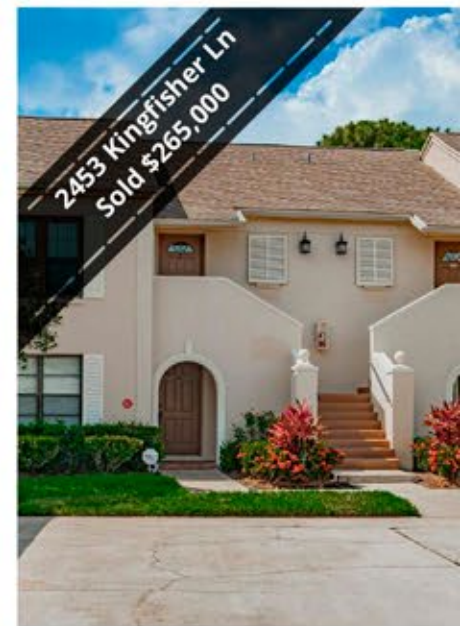
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Why Mentoring Is Now a Must-Have: Nine Benefits You Can't Afford to Ignore

In today's job market, employees hold the cards. But according to Bert Thornton and Dr. Sherry Hartnett, a mentoring program might just become your secret weapon in attracting high performers. Here are nine ways it can benefit your company now and in the future.

As employers know all too well, it's an employee's market out there. Thanks to The Great Resignation, a shortage of skilled workers, and economic aftershocks from the pandemic, companies are struggling to hire (and hang on to) workers at a level we haven't seen in 15 years. Bert Thornton and Dr. Sherry Hartnett say there's a powerful recruitment and retention tool you may not have considered: mentoring.

"We tend to think of financial incentives first, but money is not always what motivates people," reflects Thornton, coauthor along with Hartnett of the new book *High-Impact Mentoring: A Practical Guide to Creating Value in Other People's Lives* (BookLogix, 2021, ISBN: 978-1-6653-0344-6, \$19.95, <https://highimpactmentoringbook.com/>). "We know young people really want to be developed. And we know that right now, people crave strong relationships and a sense of connection. Mentoring is the obvious answer."

The authors wanted to meet the "huge and ironic need" for savvy leaders to share insights with the multitude of rising high achievers who crave that guidance. It makes sense for companies to bring the two groups together. But first they must know what good mentoring looks like, and they need a way to scale it in the organization. Their book helps on both fronts.

Part 1 is written by Thornton, the former president and COO of Waffle House, who offers "across the table" advice on one-on-one mentoring. Part 2 is written by Dr. Hartnett, founding director of the University of West Florida's Executive Mentor Program, who lays out a framework to help companies put their own program in place.

High-Impact Mentoring serves as a blueprint for hardwiring the program into your culture so that every mentee gets a consistent experience every time. (This includes those who might be working remotely—there's a whole chapter devoted to virtual mentoring.)

"Mentorship doesn't happen on its own," says Dr. Hartnett. "Individuals must make a conscious choice to become mentors and learn how to do it well. And companies need to plan and execute a mentorship program that delivers consistent, quality results to all new hires."

Thornton and Hartnett say a good mentoring program can be the "silver bullet" that helps you thrive despite the current talent shortage. Consider these nine powerful benefits:

Mentoring helps attract and retain talent. Especially in today's environment of uncertainty and upheaval, companies need a strong team of employees. And it's just as crucial that, once hired, good people stay on board. A mentoring program shows them there's a path for advancement inside your company.

"Millennials in particular deeply value training and development," says Thornton. "By sharing their knowledge and experience with younger employees, mentors help them grow and progress. At the same time, they teach younger people how to navigate challenges specific to their workplace so they are less likely to leave."

It helps new employees hit the ground running a lot faster. We no longer have the luxury of long onboarding periods for new hires. The pace of business requires everyone to become a contributing member of the team almost immediately. Assigning new employees a mentor early on can help expedite progress while helping them avoid pitfalls.

A solid mentoring program can help cushion training budget shortfalls... Quite often in times of economic turmoil (like now), training budgets are on the chopping block. Mentors play a huge role in transferring knowledge and vital skills. They are a great source of on-the-job training that costs very little.

...and it sets the stage for the ongoing learning that will be needed in the future. Increasingly, we need our employees to have a "just-in-time" skill set. The education system can't keep up, and companies will need to ramp up their training to bridge the skills gap. Mentors will likely play a vital role in helping employees perform well while they integrate new learnings.

Mentoring helps people weather tough storms. COVID-19 has put incredible stress on leaders and employees. In fact, many organizations have moved beyond stress and into the realm of trauma. By putting things in perspective ("We've lived through other hard times and survived"), providing a safe space for mentees to vent about their stresses

and struggles, and sharing coping skills, mentors can go a long way toward helping employees build resilience while easing their loneliness and isolation.

It engages employees. Mentoring makes it more likely that people will "lean in" to their work. They're being challenged to learn new things, so they don't become complacent.

"Mentees have a chance to prove themselves daily, and to use their skills and talents in new ways," says Dr. Hartnett. "They may become a wellspring of new ideas. They feel invested in and valued. All of this sparks their passion and energy for their work and shores up their commitment to the company."

Mentoring sharpens a company's ability to execute. Companies must be agile, fast-thinking, and fast-acting if they're to survive. By sharing their years of accumulated wisdom, mentors help people broaden their perspective, cut through the information overload, and get to the heart of what matters. When we aren't bogged down in extraneous details, we can move quickly and purposefully.

It helps people build the relationship skills today's companies need to survive. Strong relationships—based on honesty, trust, transparency, and empathy—matter more than ever now.

"Companies must be masters at innovation, collaboration, and teamwork," says Thornton. "All of these things hinge on our ability to foster strong relationships. Mentoring builds relationships in two ways. First, the mentor/mentee relationship creates a powerful bond as it evolves. But also, both parties apply the skills they learn in the process to other relationships. Eventually, a strong web of accountability, support, and continuous learning spreads throughout the company."

Mentoring helps organizations become more diverse and inclusive. There is a huge focus right now on these issues. In many organizations, older employees may need to learn how best to work with those from different racial and cultural backgrounds, belief systems, and orientations.

"This is where reverse mentoring (when a junior person mentors a more senior one) shines," says Dr. Hartnett. "But actually, any type of mentoring that puts people from different age groups together helps create more diverse, inclusive workplaces. The more folks from different generations get to know each other and have meaningful exchanges, the more we break down barriers...and the more unified we become."

"Mentoring is no longer a 'nice-to-have,' but a 'must-have' for companies that need to navigate the current talent shortage and lower their turnover," concludes Thornton. "And what many people don't realize is that it's an incredibly rewarding experience, not just for the mentee but for the mentor, also."

"What's good for employees is good for your whole company," adds Dr. Hartnett. "As your program grows, word will spread and even more top talent will be drawn to work for you."



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SPCA Tampa Bay's 31st Annual Pet Walk brings families and their pets together

By Eric Keaton

For more than 80 years, SPCA Tampa Bay, a For-All Shelter and pet hospital, has supported a healthy community and animal well-being. The organization's annual Pet Walk has brought together families and their canine companions to celebrate and spread what the SPCA calls "humanimality," the almost indescribable joy that animals bring to our lives for 31 of those years.

This year's Pet Walk is right around the corner, set for Saturday, April 2 at North Straub Park along St. Petersburg's beautiful waterfront. Form a team with friends and family or join an existing team to help make a difference in the lives of Pinellas County's homeless pets and wildlife in SPCA Tampa Bay's care.

The community's support at Pet Walk helps SPCA Tampa Bay continue to offer a variety of services to Pinellas County. Just a few examples:

- **Adoptions program:** SPCA Tampa Bay cares for more than 7,000 animals admitted to the shelter each year, striving to help them find their forever homes. Adoption counselors focus heavily on matchmaking, which helps families experience a successful pet adoption and pets gain a home where they will thrive.
- **Wildlife program:** The animals we care for go beyond cats and dogs. We also care for wildlife at our animal shelter in Largo. Our team, in collaboration with local partners, provides medical attention and rehabilitation services for possums, blue jays, squirrels, rabbits and more animals native to Florida.
- **Pebbles Food Bank:** SPCA Tampa Bay's Pebbles Food Bank provides free dog and cat food to families facing unexpected financial hardships, which can help keep families together. SPCA Tampa Bay understands that financial issues often lead a family to have to make the difficult decision to surrender a pet.

Pet Walk is sponsored by Hill's Pet Nutrition and a number of other companies, and it's one of SPCA Tampa Bay's largest fundraiser of the year.

It's more than just a walk - it's a community party with a variety of activities for families and canine companions, including a fun-filled walk along the water, pet costume contest, doggie waterpark and a vendor village featuring local businesses.

*Event Festivities:

- 8:30am Pet Walk registration and t-shirt pick up begins- Vendor area and activities will be open
- 8:45am Welcome announcements and opening ceremony begins
- 9:00am Pet Costume Contest
- 10:00am Walk starts -Participants will start from Bayshore Dr, walk to Demens Landing Park and back
- 11:30am Closing Remarks

*Subject to change.

Date: Saturday, April 2, 2022

Starts at: 8:30 AM EST

Ends at: 12:00 PM EST

Location: North Straub Park

400 Bayshore Drive Northeast

St. Petersburg, FL 33701 US

Contact: Pet Walk Support

727-586-3591

www.PetWalk.org

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Phone: 727-584-9696

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www.medrxhearingcenter.com

Noise-Induced Hearing Loss: Often Permanent, Always Preventable

Ten million Americans have already suffered irreversible hearing damage from noise and another 30 million are exposed to dangerous levels of noise each day, according to the National Institute on Deafness and Other Communication Disorders (NIDCD).

Audiologist Dr. Cindy Beyer says “Almost all hearing loss is due to the aging process or to noise, but only noise induced hearing loss can be prevented.”

• A single acoustic trauma, such as that caused by a firearm blast, can result in permanent hearing loss - or in temporary hearing loss, which may be followed by partial or total recovery. Sudden hearing loss always requires prompt medical attention.

• The National Institute for Occupational Safety and Health (NIOSH) has determined that the safe limit for noise exposure at 85 decibels is eight hours a day. However, each **three** decibel increase in noise **cuts the safe exposure time in half** (four hours at 88 decibels, and two hours at 91 decibels.)

• The Sight and Hearing Association estimates that unprotected hearing can be damaged in 7.5 minutes at a rock concert (120 decibels), four hours when using a power saw (95 decibels), 15 minutes at a stadium football game (115 decibels) and eight hours in truck traffic (90 decibels).



How can we avoid noise induced hearing loss? The rule of thumb, according to NIDCD, is to be wary of noises that are “too loud“, “too close“, or last “too long“. When exposure to potentially dangerous noise is unavoidable, noise induced hearing loss can be prevented by using effective hearing protection such as earplugs, earmuffs or headsets.

Watch for symptoms of hearing loss, including sounds that appear distorted or muffled, a ringing in the ears, a feeling of fullness in the ears and difficulty understanding speech. Any of these signs signal that a hearing test is essential.

Today’s hearing aids are smarter, smaller and more comfortable than ever before. With proper professional hearing care support, they can benefit 95 percent of all those with hearing loss. However, there is no substitute for prevention, and noise induced hearing loss is 100 percent preventable.

At the MedRx Hearing Center our trained professionals can recommend and provide the appropriate hearing protection.

• The unit used to measure sound is a **decibel**: While a whisper may be 30 decibels, and conversation 60 decibels, a hair dryer may be 90 decibels. An increase of 10 on the decibels scale means the sound is **10x** more powerful.

If you would like to schedule an evaluation or discuss hearing protection options at the **MedRx Hearing Center** in Largo, Board Certified Audiologist, Amanda Kluzynski will utilize a tiny video camera called a **video otoscope** to examine the inside of your ear. Dr. Kluzynski will also be providing free hearing consultations, taking the time to review your medical and hearing history. This examination will help Dr. Kluzynski evaluate the cause of your hearing difficulties, which may include hearing but not understanding certain words, having issues comprehending conversation in noisy environments like restaurants, asking people to repeat themselves or turning the TV up loud to grasp what’s being said. The event also features free demonstrations of the new **Oticon More**, the first hearing aid proven to work in harmony with the brain to help people hear better with less effort and remember more of what’s being said.

To schedule a free hearing evaluation and consultation, call (727) 584-9696. Visit MedRxHearingCenter.com for more information.

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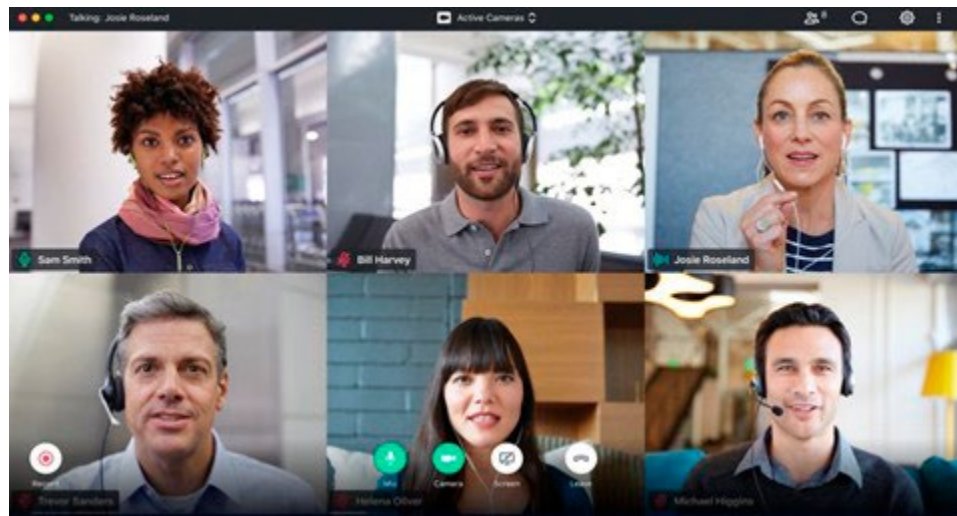
By Cynthia Elliott, MD

In the world BC (Before Covid), people inferred leadership ability or authority from contextual factors like the style, quality & fit of clothing worn. An expensive, tailored suit could cause a rookie to temporarily be mistaken for a high-level executive.

Now, after two years of videoconferencing, the game of how to succeed in business has changed. We have only the attributes of the face & upper body on which to base our assumptions about not only attractiveness, but also personality traits. Unlike in-person meetings, with videoconferencing we're seeing our own face as others see us, which can be both a shock and a wakeup call.

Research has shown that attractive-looking employees in many occupations earn about 10 – 15% more than less attractive people, but until recently, little was known about the role of physical attraction at the executive level.

A recent study examined whether attractiveness made a difference in compensation at the CEO level. In the January 2021 Social Science Research Network journal, the study by S. Ahmed, et al., looked at the role facial attractiveness played on compensation in 151 large bank CEOs. CEOs of large banks are among the highest-paid individuals in the economy.



Using a machine-based image analysis device, they assessed physical traits of facial beauty such as symmetry and sexual dimorphism as well as nonphysical characteristics such as a pleasant expression, youthful appearance, and good grooming

The study found that the total compensation of above-average and youthful looking bank CEOs was almost 17 percent higher than the compensation of CEOs with below-average looks (after controlling for various other attributes that are known to affect executive compensation).

A face that appears youthful & attractive is now more important than ever, especially when that may be the only part of a person that co-workers and new clients see during video conferences. It's therefore no surprise that there's been a boom in the number of cosmetic procedures being performed in the last couple of years as people are spending hours at a time in some cases, seeing their own faces on a screen.

Other facial attributes besides attractiveness, like a chiseled jaw and a square chin in a man, projects strength, leadership and ability, and can be achieved in less than a half hour with injectable filler augmentation.

The Robb Report article published last August, 'Why Men are Turning to Cosmetic Procedures for a Competitive Edge in the Boardroom' described "nips, tucks and injections" as having become "stealth weapons to deploy in a Darwinian battle for corporate survival". One of the men interviewed who'd recently had his first Botox treatment was quoted: "I play in the high-tech and start-up world, where older individuals will be passed over. I simply aligned my outer appearance with my inner perspective.

There may be another reason men are seeking more cosmetic treatments according to this tongue in cheek quote by dermatologist, Dr. Kenneth Beer, "Plus, there are also a new group of men that have realized that, after spending a year with a spouse at home, they may be on the market soon."

Luckily, nonsurgical cosmetic treatments have evolved & multiplied over the last few years so that in most cases, results can be achieved in an hour or less, and usually without social downtime.

At Skinspirations, treatments that have become increasingly popular in the last couple of years that are often part of "Executive Makeovers" include:

- Filling in dark circles under the eyes that make one look tired.
- Relaxing the muscles that cause frowning, forehead wrinkles, crow's feet, downturned mouth corners, etc.
- Nonsurgical facial sculpting using dermal fillers to augment the jaw, chin, lips or cheeks, or to make the nose appear straighter.
- Erasing wrinkles & lifting sagging skin.
- Double chin reduction or fat reduction on the body.
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- Skincare services that can exfoliate, clean out pores, hydrate & condition the skin.
- Scar reduction treatments.
- Removing dull, damaged, rough skin with chemical peels.
- Hair loss treatments.

There is no doubt that video calls and social media has changed the way we see ourselves and luckily modern medical technology offers us ways to improve our appearance safely and without undergoing surgery.

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Bobby Deskins

Lightning in the Arctic increased drastically last year

When you think of lightning and thunder one of the first things that may come to mind are our Florida summertime thunderstorms, but would you think of the North Pole?

A new study from Vaisala, which monitors lightning worldwide, revealed lightning drastically increased last year in the Arctic. Last year, there were 7,287 lightning strokes north of 80 degrees latitude. That's about twice as many as have been seen in the last nine years.



The World Meteorological Organization has previously declared lightning an Essential Climate Variable. That's because meteorologists say understanding its locations and frequency helps us better understand our changing climate.

Scientists have been using Arctic lightning as a climate change indicator. Up there, temperatures have been warming three times faster than at lower latitudes. Warm, moist air is contributing to the more frequent lightning strokes. Storms have been developing over Siberia and pushing over the Arctic Ocean - sending warm air north. Those air masses create lift in the atmosphere when they collide with the colder Arctic air. That lift makes thunderstorms. Because the air is normally so cold there, thunderstorms are rare. But in August of 2019, the northernmost lightning strike ever recorded occurred just over 32 miles from the North Pole!

Using the Vaisala lightning counts, scientists will be able to monitor the warming in the very remote region, helping us understand how warming due to greenhouse gases is affecting our climate.

The latest lightning report illustrates how lightning strokes have been rising in the United States, too. More than 194 million strokes occurred last year. Some 24 million more than was observed in 2020.

Florida has the highest density of lightning strokes with 223 lightning events per square mile. However, Texas beat us for the most lightning with over 42 million strokes, including cloud-to-cloud lightning.

BOBBY DESKINS, Chief Meteorologist, CBM

Staying Vital Is Mandatory



The pressure to look young & fit is more intense now than ever

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Gary Joseph LeBlanc

Director of Education
Dementia Spotlight Foundation
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dementiaspotlightfoundation.org
www.dementiamentors.org

Common Sense Caregiving - Gary Joseph LeBlanc

Knowing Where to Ask for Help

The past 14 years, I have been educating family and professional caregivers on dementia care. I have started countless of these educational presentations by asking, “What do you think is one of the biggest mistakes a caregiver makes?”

The answers vary from, shouting at your loved one, to not taking care of the caregiver’s physical and emotional health. The reality being, all the above answers and more are correct. But in my opinion, the worst mistake a caregiver will make, is not asking for help.

The result of asking for assistance just may ward off most of the other problems that are encountered. A caregiver needs to learn where they can attain help, right from the start of the diagnosis. If we wait too long, you will find yourself buried in caring duties for your loved one, any of the spare time you once had starts to slip away.

I constantly hear from other caregivers that absolutely no family members are willing to lend a hand, or they have no idea where to locate help. One of the best places to go to find guidance is at a local dementia caregiver’s support group. There you will quickly discover that you are not alone. The bond between caregivers is something that is sincerely admirable. Within minutes a sense of brotherhood or sisterhood will start to wash over the group. Discussions will follow as the group shares what problems they encounter. A variety of suggested resources will start flying at you from all directions of the room.

Support groups are a boundless source of local information that could help you navigate your caregiving campaign. Dementia Spotlight Foundation hosts several groups, including a couple online meetings every week. Please go to DementiaSpotlightFoundation.org to find when and where our support groups are held. If you do not get help through us, please do your research to find out what is available in your area. If you are not attending a support group, you are making a mistake. Learn from those who are walking the walk as you.

Become proactive. Train yourself to ask for help. Search for what organizations is in your area. When I started caring for my dad, Facebook didn’t even exist. We are in a different world now.

There is no time like the present. At first caring for your loved one may seem like something that you can managed alone but trust me; this becomes at least a two-person job as you travel further down the road.

It is not just you we have to worry about. Your loved one’s best interest is a major concern as well. So, the more you learn, the better you will both be. If you must put your pride aside for your loved one’s sake, so be it. Caring for someone living with dementia may be the toughest job you ever do, but with the proper knowledge you can actually become good at it.

Gary Joseph LeBlanc, Director of Education
[Dementia Spotlight Foundation](http://DementiaSpotlightFoundation.org)
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The Legal Corner - *Robert W. Bible, Jr.*

Real Estate Transactions: Where “Good Deeds” Do In Fact “Go Unpunished”

With the hot real estate market in the Tampa Bay area projected to continue into this year, it is important for Buyers to understand what a Deed is, and how to know whether they are receiving a “good Deed”. This is particularly important in a “sale by owner”, where a Seller may want to avoid involving brokers or other professionals. A Deed is the document by which a Seller conveys and transfers ownership of real property to a Buyer. Knowing the type of Deed involved, and what it either does or does not warrant, will allow Buyers greater certainty in making their investment. The Deeds most often encountered in residential real estate transactions are the Warranty Deed and Quitclaim Deed. This column limits discussion to only those two Deed forms.

Robert W. Bible, Jr.
Attorney at Law
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 Cell: 727-710-5166
b.bible@BobBibleLaw.com

Any time a Buyer contacts me and indicates the Seller only wants to give a Quitclaim Deed, my first question is, “Why?”. Receiving a Quitclaim Deed is like someone reaching into a grab bag blindfolded, pulling out a handful of “whatever”, turning to you while also blindfolded, and saying, “not exactly sure what I have, but here, it’s yours”. Even though, by accepting the handful, it may now be yours, you’re not exactly sure what you’re about to receive. Similarly, when a Seller gives a Quitclaim Deed, they are basically saying, “Here... whatever I have is now yours”. If the Seller who delivers a Quitclaim Deed has less than full legal title, the Buyer accepting the Quitclaim Deed just received whatever the Seller had to sell; but something less than full legal title. Since a Quitclaim Deed contains no warranties as to what a Buyer is receiving, a Buyer accepting a Quitclaim Deed has no recourse against the Seller if full legal title is not actually conveyed. Because of the lack of warranties, Quitclaim Deeds are most often used in family gift transfers, or transfers to a closely held entity or trust.

When acquiring title to real property, the “good Deed” is the Warranty Deed. When a Seller gives a Warranty Deed, they make the following warranties with respect to their title and ownership of the transferred real property: (i) I not only own the property, I own “all” of the property, and not just a percentage or some dissected rights in it, (ii) I have every right and authority under law to convey my good, full legal title to you, (iii) there are absolutely no defects or valid claims against my title and ownership rights in the property, and I’ll guaranty that all the way back to the beginning of time, and (iv) there are no undisclosed liens, restrictions or encumbrances against the property. It is important to note the warranty in item (iv). It does not say there are absolutely “no” liens, restrictions or encumbrances; only undisclosed ones. That is why, even in a transaction involving delivery of a Warranty Deed, it is highly recommended the Buyer receive a policy of owner’s title insurance as part of the transaction. In the course of issuing an owner’s title insurance policy, the title company conducts an extensive search and issues a preliminary “title commitment” which reflects all potential title defects and those matters to which title will be subject, such as subdivision or condominium restrictions, or utility easements.

The best place to make certain you will receive a “good Deed” is the Contract which spells out the terms of the acquisition. If you have questions concerning the use of Quitclaim Deeds or Warranty Deeds, or need other advice regarding real estate contracts or conveyances, at Bob Bible Law, we have the knowledge and over 35 years of experience to help you navigate Deeds and other aspects of your real estate transactions.

For more information, contact:

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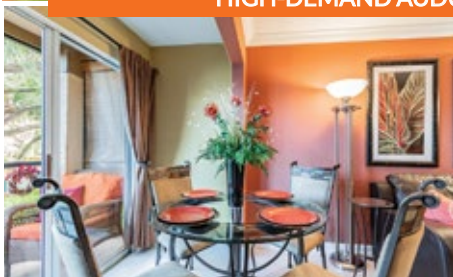
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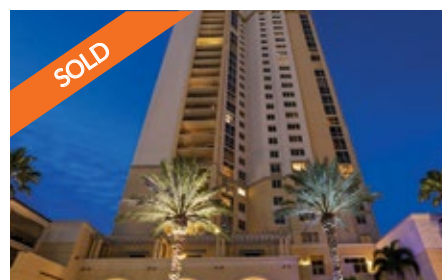
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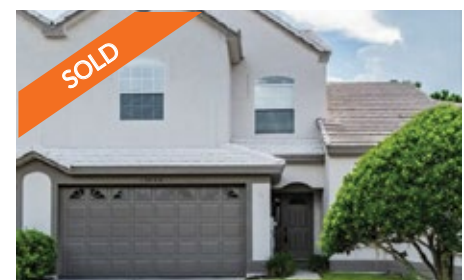
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The Busch Gardens Food & Wine Festival Returns



The Busch Gardens Food & Wine Festival Returns on March 11 with Festive Food and Drinks, Headlining Concerts, Plus the ALL-NEW World's Fastest and Steepest Hybrid Roller Coaster, Iron Gwazi

- Over 90 chef and mixologist curated tastes inspired by cultures around the world
- 22 live concerts including headlining acts throughout 11 weekends, the event's longest run ever
- Special Pass Member offers including bonus food samples, discounts on reserved seating and more
- Pass Member previews of the all-new Iron Gwazi happening now, plus grand opening on March 11
- Starting at \$13 per month, Annual Passes are the best way to enjoy the Food & Wine Festival, 22 live concerts, and an entire year to experience new thrills like Iron Gwazi

Tampa's premier spring festival returns on Friday, March 11 at Busch Gardens Tampa Bay's Food & Wine Festival. With more than 20 NEW delicious dishes to pair with wines, craft brews and cocktails, park guests can explore a variety of flavors while enjoying a diverse concert lineup, including acts for all tastes. The Food & Wine Festival runs Fridays through Sundays from March 11 to May 22 and is included with admission to the park.

New this year, guests can indulge in savory bites like Hawaiian BBQ pork with coconut jasmine rice and Flamin' Hot Cheetos elote street corn. Complete with signature cocktails like the Iron Gwazi Fizz or frozen watermelon margaritas, a selection of more than 40 wines and beers, this year's menu offers an endless variety of flavors to sip and savor. The Busch Gardens Food & Wine Festival includes non-alcoholic beverages such as the new Gwazi snow cones with unique flavors like black raspberry and cotton candy.

Discover boundless combinations of food and drink selections with a Food & Wine Festival sampler. Guests can embark on their culinary journey with a 10-sample lanyard starting at only \$65 or take it up a notch and with the fan favorite 15-sample lanyard for the best savings. Busch Gardens Pass Members get the VIP treatment and can purchase an exclusive Pass Member lanyard including 18 samples for the price of the 15-sample lanyard.

Music Lineup Features Something for Every Taste

The can't miss Food & Wine Festival lineup features chart-topping musicians with genres of all tastes – from nostalgic bands to national headliners. Concert acts include Sean Paul, 3 Doors Down, Kansas, Air Supply, Gente De Zona, plus many more!

Concerts are included in park admission. For the best seats in the house, reserved seating is strongly recommended and can be purchased online. See website for the complete lineup and latest updates.

With chef-curated tastes, live concerts, plus all-new thrills like Iron Gwazi, there's never been a better time to become a Pass Member. Annual Pass Members enjoy 12 months of visits with special benefits including exclusive access to Iron Gwazi now, plus free parking, free guest tickets, access to special VIP events, savings on merchandise and more! Annual Passes start as low as \$13/month with no down payment. Restrictions apply.

Plus, guests can pay for a day and play all year with a Busch Gardens Fun Card. For a limited time, a Busch Gardens Fun Card includes Adventure Island FREE.

To view the full menu, concert lineup and other event details, guests can head to:
<https://buschgardens.com/tampa/events/food-and-wine-festival/>

As the park prepares for a thrilling spring season, it will also be hosting on-site hiring events February 24 – 26 and March 3 - 5. Eligible positions can receive up to a \$1,500 sign-on bonus, in addition to existing perks like free tickets, flexible scheduling, after-hours ride events, and much more.

Busch Gardens' Food and Wine Festival takes place Friday through Sunday from March 11 – May 22

Busch Gardens® Tampa Bay is the ultimate family adventure, offering 300 acres of fascinating attractions based on exotic explorations around the world. Busch Gardens is a unique blend of thrilling rides, an AZA accredited zoo with thousands of animals representing more than 200 species, and exciting seasonal events all year providing unrivaled experiences for guests of every age. For more information, visit www.BuschGardensTampa.com. Busch Gardens is owned by SeaWorld Entertainment, Inc. (NYSE: SEAS), a leading theme park and entertainment company providing experiences that matter and inspiring guests to protect animals and the wild wonders of our world.

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Peculiar Creatures : Websites

One of my favorite necessary business evils, websites, have become the essential storefront. Just like your storefront, your website must be attractive, clean, trustworthy, and on par with your business. Keeping all that together is quite a chore. And if you are not in the website business, navigating design, construction, and management with all it's moving parts can be a nightmare.

When it comes to housing your digital footprint, there are an overwhelming number of options to consider. Security, hosting, e-commerce, SEO, speed, function, responsiveness, green computing, and support are only a few you need to weigh. So to lend a helping hand, I've summarized a short list of the better content platform options for you.

WORDPRESS

For bigger websites, Wordpress offers a large amount of customization options. With thousands of plugin and template options, and the need to update the system regularly, you'll need professional support. While Wordpress is free and open source, you'll incur costs for hosting, security, template(s), plug-ins, professional system support, design, and website management

SQUARESPACE

Squarespace is a great website builder for small businesses. With 24/7 support, the templated features are above average in robustness and can be customized although you will need a professional's help. They offer good e-commerce solutions, hosting, support, security, updates, templates, G Suite and domain services all in one shop. Squarespace is a great option with affordable pricing.

DUDA

An alternative version of SquareSpace, Duda offers a lot more styling options and customization. With add-ons, Duda is a robust website builder for professionals although can become pricey as you add more features, such as e-commerce. Customization can become overwhelming so it's best to hire a professional to build and manage your website. Duda's sites are hosted in the Amazon cloud, are secure, and they offer varying levels of support.

SHOPIFY

A popular e-commerce shop builder, Shopify offers a great deal of flexibility for store owners and even offers point of sale functionality. Because of the e-commerce focus, Shopify can get a little pricey and has a lot of little charges that quickly add up even with the included hosting, security, and support. Also, if you want to customize your store, again, you'll need to hire professional help.

CAVEAT EMPTOR

While there are many options available for your digital footprint, what works for one may not be feasible for another. A word of caution: stay away from Google's free site, Wix, and anyone who says you can build your website in an hour.

If you decide to move your website to a different platform, understand, websites can be expensive to move. Again, there are many moving parts to consider and it's not just a flip of the switch. While moving your site will be an investment, done correctly, you'll save money and heartache down the road.

When it comes to websites, it's always a good idea to hire an EXPERIENCED professional. And by experienced professional I do not mean your cousin Nancy who attended one marketing seminar and decided she's the de facto design expert. I've seen and dealt with the travesties created by those types, Godaddy (ahem) designers, and others who claim to be niched in a particular industry. Check credentials, do a little research, and if ever you hear someone tell you they can build your website in two days – run.

NEED MORE ANSWERS?

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Small images at the bottom: a woman with sunglasses, a blue stag saloon sign, a 'Showtime!' sign, and a blue square with a white 'R'.

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Debra McPherson of Coldwell Banker

A long-time Florida resident, my local neighborhood knowledge is very beneficial and valuable to both my buyers and sellers. I enjoy guiding people home and work diligently to find my buyers the perfect property for their lifestyle. My extensive neighborhood knowledge allows me to properly evaluate property values for my sellers, utilizing neighborhood and area amenities to show the true value of their home. I create customized comparable market analysis reports for my sellers that offer in-depth market statics and recent comparable listings to fully inform sellers of current market conditions and their home's value. My unique marketing plan for each individual listing assists me in achieving the highest net to my sellers. I expose my listings to more buyers than a typical agent by utilizing TV, internet, and magazine ads. I create feature sheets for each listing to highlight the features the seller feels are most important about the home. I don't just show my listings, I SELL my listings and that is why I continuously win top agent awards at Coldwell Banker.

As a graduate from Nova Southeastern University in Business Administration and a graduate of Rutgers School of Law with a Juris Doctor Degree, you will be able to rely on my abilities to navigate you through complex transactions. My years as a practicing attorney have contributed to my precise attention to detail, exceptional organizational and negotiation skills. I am a Member of the Florida Bar, and a Member of the Florida Bar Animal Law Committee.

Throughout my life, I have maintained a strong commitment to serving our community, animals, and our environment. I have served as the President of Board and Executive Director of Casey's Place Animal Sanctuary, Inc. I served as a Board Member for the Coalition for Animal Welfare, West Central Florida; & Saddle Up Riding Club. I was a Member of the Board of Trustees for the Gulf Coast Museum of Art. I have also volunteered for numerous animal shelters.

I joined Coldwell Banker Realty, "The preferred gateway for exceptional real estate experiences" because we have one of the largest global networks of real estate offices. We are a full-service brokerage that leads our industry in marketing through internet, media, and print advertising. We create marketing plans that no other brokerage can match to maximize the exposure our listings receive. We strive to achieve the highest net and best terms for our sellers.

Being affiliated with Coldwell Banker is a great fit for me as I proudly support Coldwell Banker Realty CARES, our charity organization which donates to hundreds of local charities throughout the state of Florida. I contribute a portion of each commission check directly to local charities chosen by the office associates each month. When you do business with me you are also contributing to these local charities. If you have a local charity that is important to you, I can submit their information to our local charity representatives and help them receive donations from our charity program.

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EarthTalk® E - The Environmental Magazine

Dear EarthTalk: I'm looking to furnish my new apartment and wondering if you could point me toward some sustainable options?
-- B.C., New York, NY

In the U.S., sustainable living has gained momentum in recent years as more and more Americans make conscious efforts to reduce their carbon footprint. Reusable shopping bags, greater recycling, and electric cars are major successes when it comes to greening our everyday lives. And a lesser known but no less substantial contributor to environmental damage comes from a source of our comfort: home furnishings.

Economically speaking, Americans spend nearly \$120 billion on furniture and bedding per year, and 84 percent buy furnishings new. This increased demand, leading to increased production, means that companies looking to cut costs rely on cheaper, less sustainable materials. This results in furniture that's not built to last and therefore ends up on the curb. In fact, the U.S. Environmental Protection Agency (EPA) estimates that nearly nine million tons of furniture enter landfills every year. On top of that, the manufacturing of many of these furnishings consumes considerable amounts of natural resources, and some may contain toxic chemicals that impact both the environment and human health. Fortunately, there are ethical and sustainable options available when it comes to furnishing a home or apartment.



A large number of companies now offer green-friendly products that use sustainable materials and manufacturing methods. Chicago's What WE Make specializes in furniture using reclaimed wood, custom-made-to-order. Masaya & Co. produces handmade tables, chairs, bed frames, dressers and more using sustainable materials and low-impact methods, and for every product sold, the company plants 100 trees in Nicaragua, where products are manufactured. Alabama Sawyer makes furniture from local tree waste, and Emeco makes chairs from recycled materials and uses 100 percent recyclable shipping and packing materials. Medley makes all types of home furnishings with sustainable materials like bamboo and organic latex, free of toxic chemical finishes. Avocado Green Mattress makes eco-friendly bedding with non-toxic materials and ethically sourced labor practices. Etsy partners with sellers who specialize in items crafted with reclaimed plastic fibers, cotton, linen, wool, and responsibly-sourced woods.

Second-hand furniture offers further options for sustainable furnishings. "The most sustainable products are those that already exist," says Nicole Sarto of Stanford magazine. Local charity shop items tend to be quality pickings simply in need of washing or a new paint job. IKEA now has a furniture buyback program, giving store credit for second-hand IKEA furniture that they refurbish and resell. Furniture rental is also an option for sustainably furnishings, especially if a person changes residence frequently.

Beyond furniture, the smaller details of a home or apartment can also be sustainably sourced. Water-saving showerheads, eco-friendly lighting, and energy-saving curtains and blinds are all items to consider when furnishing a space. Like any sustainable lifestyle choice, furnishing a home or apartment is about more than choosing a comfortable couch or chic end table. It's about how the item was made, what it's made with, and where it's ultimately going to end up.

CONTACTS: Environmental Impact of Furniture, theworldcounts.com/challenges/consumption/other-products/environmental-impact-of-furniture/story; 9 Ways to Furnish Your Home Sustainably on a Budget, neutrino.com/how-to-furnish-your-home-sustainably/; 12 Ethical & Sustainable Furniture Brands To D-Eco-Rate Your Home, sustainablejungle.com/sustainable-living/ethical-sustainable-furniture/; Is Furniture Rental Worth It To Furnish Your Home? Yes! roomservicebycort.com/about-us/blog/furniture-rental-worth-it.

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WHEN IS WORLD KINDNESS DAY 2022?

World Kindness Day is an international holiday that was formed in 1998, to promote kindness throughout the world and is observed annually on November 13, 2022 as part of the World Kindness Movement. It is observed in many countries including the United States, Canada, Japan, Australia and the U.A.E. World Kindness Day presents us with the opportunity to reflect upon one of the most important and unifying human principles. On a day devoted to the positive potential of both large and small acts of kindness, try to promote and diffuse this crucial quality that brings people of every kind together.

Start with children...

Important note: Your children might be getting bullied and you don't even know about it. Many children hide it from their parents.

One in four children in the U.S. experience bullying at school on a regular basis — teaching kids to be kind to everyone, even if they're different, and to stand up to bullying when they see it, turns them into brave and kind adults.

HISTORY OF WORLD KINDNESS DAY

World Kindness Day was first introduced as a day of observation by the World Kindness Movement. In 2019, the organization was registered as an official NGO under Swiss law, but the history of the group stretches back to a Tokyo-based convention in 1997. An array of institutions and associations based in countries including Australia, Thailand, the United States, and the United Kingdom had been assembled at this conference because of their dedication to championing kindness in society. The initial configuration of the World Kindness Movement would form as a result of this event, with the written declaration of their inception stating their "pledge to join together to build a kinder and more compassionate world." In 1998, in pursuit of this aim, they would facilitate the launch of the inaugural World Kindness Day.



The purpose of World Kindness Day as outlined by the World Kindness Movement is "to highlight good deeds in the community focusing on the positive power and the common thread of kindness which binds us." Since its creation more than two decades ago, the day has achieved truly global notice; events associated with the day have attracted participants from every inhabited continent. These have included activities such as concerts, dance mobs, and the distribution of "kindness cards."

While, at present, the day is one of unofficial observance, it remains the hope of the World Kindness Movement to attain official recognition status by the United Nations. Should the group be successful in their efforts, World Kindness Day would join the ranks of recognized days of observance such as International Day of Peace, Human Rights Day, and World Health Day.

WORLD KINDNESS DAY TRADITIONS

The objective of World Kindness Day is to spread kindness with small gestures. The main tradition of the day is to be kind and to try and encourage kindness to prevail over hatred. Whether it's helping out someone with chores, taking the time out to ask how someone is doing, or complimenting someone, the name of the game is kindness, and we all have it in us.

1. Start with children

One in four children in the U.S. experience bullying at school on a regular basis — teaching kids to be kind to everyone, even if they're different, and to stand up to bullying when they see it, turns them into brave and kind adults.

2. A day of unity

Though the movement isn't affiliated with any religion or political movement, over 28 nations participate in World Kindness Day.

3. It pays to be kind

People who are constantly kind produce 23% less cortisol, which is the stress hormone — because of the lower levels of stress, people who practice kindness age slower than the average population.

4. Kindness is contagious

Researchers from the Stanford Social Neuroscience Laboratory found that when people see someone else being kind, they are more likely to act kindly towards others themselves.

5. It lowers blood pressure

Emotional warmth releases the hormone oxytocin, which dilates the blood vessels and therefore lowers your blood pressure.

WHY WE LOVE WORLD KINDNESS DAY

1. Doing things for others is actually fun

Many people are focused on their own lives and can forget to take a moment to think about what other people need. Ironically, doing something nice for others isn't only good for them — it can be good for you, too!

2. It offers an excuse to get creative in your kindness

Other days of celebration encourage people to take their appreciation of things to the max. World Kindness Day allows for the chance to think of extra-special or unique ways to perform acts of kindness.

3. Kindness is important

Celebrating kindness and the benefits we derive from this core aspect of the human condition is valuable. It reminds us that we are neither alone in our lives nor do we live in a world where goodness is not apparent.

nationaltoday.com/world-kindness-day/

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Creative Clay’s Spring for the Arts returns May 20

By **KERRY KRISEMAN**, Public Relations Manager

After a two-year hiatus due to the Covid-19 pandemic, Creative Clay’s signature fundraiser returns May 20 to NOVA 535 in St. Petersburg. “This year we are very excited about celebrating at NOVA,” said CEO Kim Dohrman. “We think with the many activities we have planned; it will be a great space. The size of the venue and fact that there is an indoor/outdoor option is great.”

This multi-faceted event highlights the people and projects for whom it raises money: Creative Clay’s member artists and its Community Arts Program. Creative Clay member artists will be on hand drawing free portraits for patrons. Live music, dance and theater performances will augment the celebratory evening.

“Our first Spring for the Arts was in 2013 at the old Pier and it was a smash hit,” said CEO Kim Dohrman. “Since then, we have tried to stick with a similar format of having multiple offerings for our guests as they learn about Creative Clay while having fun! It’s really a great party where guests get to know about our mission organically. Our member artists’ Iconic Landmarks artwork will be on exhibit, we will have Artlink performances in collaboration with the Sparks Collaborative Ensemble, and live portrait drawing.”

On display at the event will be Iconic Landmarks of Tampa Bay, Creative Clay’s newest exhibit. Other event highlights include:

- Music by Boho Side Show
- Gourmet food by Island Flavors and Tings
- Wine pulls with over 25 bottles of high-quality wine (buy a ticket – win a bottle)
- Opportunity drawings for an Apple computer, Spirit airline tickets, a WUSF \$1500 Longest Table Sponsorship for Spring 2023, and more!

A limited silent auction including two Creative Clay hand-painted electric guitars, and other one-of-a-kind items, will be part of the festivities. Guests can also choose from four original member artist Creative Clay designs that Craft-Tee Screen Printing will put on a t-shirt or canvas bag. Monika’s Mirror Booth event photography will also be on hand so guests can capture moments and remember the evening.

Spring for the Arts continues a tradition of fundraising so that Creative Clay can continue serving people with disabilities and neuro-differences through its programs that create equality through art. While the Community Arts Program is the core program, Creative Clay also supports inclusion through the arts with the Artlink mentorship program, a drop-in Open Studio opportunity weekly, and an Arts in Healthcare program.

The public can support these programs and Creative Clay’s vision, while having a fun time, by attending and/or sponsoring Spring for the Arts. Guests will receive a swag bag with sponsor merchandise. Businesses and individuals who sign on to sponsor Spring for the Arts before April 1, 2022, will have the opportunity to have their merchandise/business cards included in the swag bags. Contact Development Coordinator Shane Hoffman at shane@creativeclay.org, or by calling 727-825-0515, to inquire about sponsorships.



Find event details at <https://www.creativeclay.org/spring-for-the-arts-2022>

About Creative Clay

Creative Clay’s vision is to make the arts accessible to all. Its mission is to help people with disabilities achieve full and inclusive lives through access to the arts by providing expressive, educational, and vocational experiences.


Creative Clay’s core program is its Community Arts Program, which serves 50-60 adult artists with neuro-differences each week. Through the implementation of additional offerings, such as the inclusive Art Around the World summer camp, Summer Studio for older teens and young adults, Artlink employment program, Creative Care Arts in Wellness outreach program, and its Pinellas County Schools’ partnership Transition program, individuals of all ages and abilities are mentored, taught and empowered to become working artists who actively create, market and sell their work.

Learn more about Creative Clay, its vision of equality through art, and its programs at www.creativeclay.org. Like Creative Clay on Facebook, follow on Instagram @creativeclaystpete; follow on Twitter @creativeclay and on LinkedIn.

Julie Jones


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Julie Jones

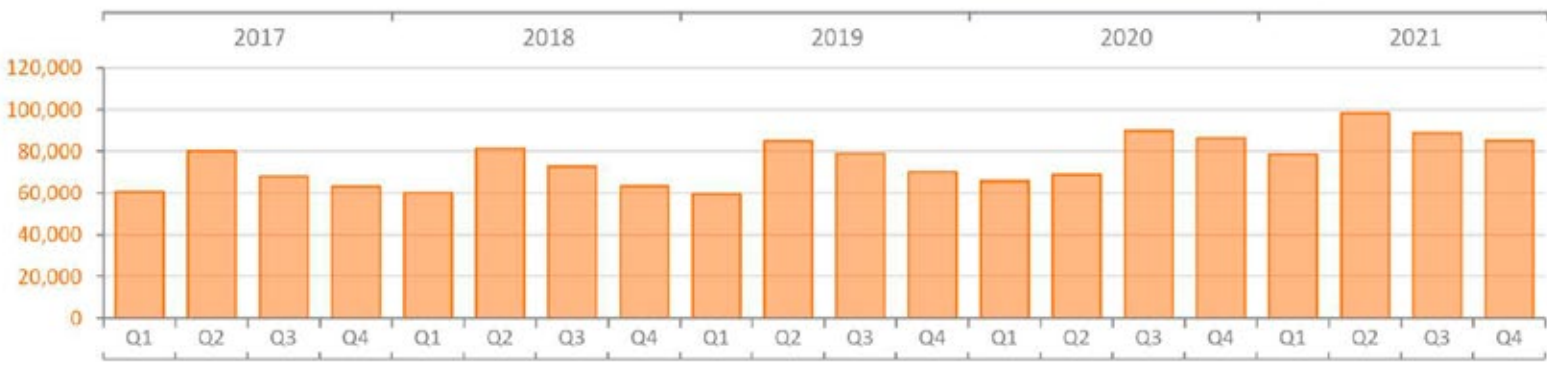
2020 Platinum Individual

Closed Sales

The number of sales transactions which closed during the quarter

Economists' note: Closed Sales are one of the simplest—yet most important—indicators for the residential real estate market. When comparing Closed Sales across markets of different sizes, we recommend comparing the percent changes in sales rather than the number of sales. Closed Sales (and many other market metrics) are affected by seasonal cycles, so actual trends are more accurately represented by year-over-year changes (i.e. comparing a quarter's sales to the amount of sales in the same quarter in the previous year), rather than changes from one quarter to the next.

Quarter	Closed Sales	Percent Change Year-over-Year
Year-to-Date	350,516	12.9%
Q4 2021	85,157	-1.6%
Q3 2021	88,592	-1.1%
Q2 2021	98,414	43.3%
Q1 2021	78,353	19.4%
Q4 2020	86,543	23.6%
Q3 2020	89,562	13.7%
Q2 2020	68,671	-19.2%
Q1 2020	65,602	10.2%
Q4 2019	70,044	10.3%
Q3 2019	78,759	8.1%
Q2 2019	85,017	4.6%
Q1 2019	59,505	-1.2%
Q4 2018	63,491	0.1%



Source: Florida Realtors® with data provided by Florida's multiple listing services. Statistics for each month compiled from MLS feeds on the 15th day of the following month. Released on Thursday, January 20, 2022. Next data release is Wednesday, April 20, 2022.



John D Young, M.D.

Ask The Doctor

John D. Young, M.D.
Foundational Health Center
727-545-4600

www.YoungFoundationalHealthCenter.com

Each manufacturer gives out the relative risk reduction which is the number we see in an ad or on our television. It's what you market a drug on. For example, Prolia, which is a commonly prescribed drug for osteoporosis; the relative risk reduction is 68% but the absolute risk reduction i.e. the likelihood that this drug will prevent a fracture is 4.8%. With that information you can decide if it is worth taking it and some of the side effects prolia can cause. Fosamax, and other drugs for osteoporosis, the manufacturer says the relative risk reduction is over 50% but, the absolute risk reduction is 1%.

Tamoxifen is a drug used for women with breast cancer to reduce estrogen and to decrease disease reoccurrence. The relative risk reduction is 66% and the absolute risk reduction is 3.2%. Lipitor is one of the top drugs to lower cholesterol in the world. Its absolute risk reduction is less than 1%, so taking that drug there is less than 1% chance that the drug will lower your cholesterol which will prevent a heart attack. This is the reason your doctor gives you a cholesterol lowering drug is to prevent a heart attack. Crestor is another very popular cholesterol lowering drug that has a relative risk reduction of 54% and absolute risk reduction is 0.4%. Eliquis is a drug a lot of doctors use if you have atrial fibrillation to prevent a clot from breaking off in the body and causing a stroke. The relative risk reduction is 21% and the absolute risk reduction is % 0.33%.

You can take any drug and look at what the relative risk reduction or the absolute risk reduction is for that drug. If you are still having a problem, ask your doctor. He/ She is up with all if the latest relative and absolute risk reduction numbers for these drugs which will allow you to make the right choice of what medicine you should or should not take. Remember we, Doctors, are here to give patients the information so they can make their own decisions.

John Young M.D.

Is it worth the risk?

Every day I have patients ask me this one question, "Should I take this drug for let's say my cholesterol, osteoporosis, or breast cancer?". Just name the drug and the disease it would be used to treat, and they all want to know if that drug will help them. I confess, I usually don't know but I know who has the answer! It is the manufacturer of that drug, who by law has to give the information to the FDA Food and Drug administration.



Families Are Shopping! Clothes To Kids Needs School Pants, Shorts, Tops and Young Boys Shoes

Times are difficult for many families and they need clothing for their school children. CTK continually needs new and gently used clothing and shoes. CTK wants boys' and girls' pants, shorts, tops both short and Long-sleeved, dresses and shoes. Each year Clothes To Kids clothes more than 11,000 low-income and in crisis school children, PreK-4 to 12th grade for FREE. That means we need small clothing and shoes and youth clothing all the way up to high school. Please check your closets and help the children in Hillsborough and Pinellas by donating today!

Clothes To Kids is low on the following school clothing items. Boy shoes sizes 1 and Men's shoes sizes 7 and 8; Boy's pants size: 16,20; Girl's shorts size: 14,16,18; Girl's shirts size: M, L and XL; Girl's pants sizes: 8 through size 20; Girl's dresses size: 14,16,18

It's A Birthday Party: Clothes To Kids is celebrating 20 years of clothing kids and changing lives in the Tampa Bay area. It's a Big Birthday Party. This is our signature event that will be held on April 7th from 6 to 9 pm at the St. Pete Coliseum. Table sponsorships includes seating for 10, open bar, dancing, games and provides 12 complete wardrobes for kids in need. To learn more or purchase tickets please follow this link. <https://clothes-to-kids-inc.networkforgood.com/events/38254-it-s-our-birthday>.



Published by Kathleen Carfagno

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The Feather Sound News

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Mobile: 703-587-7069

Please email your comments, editorials and announcements to:

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Make an Appointment: Children who qualify for free or reduced-price lunch or in crisis are eligible to shop with us. Call and make an appointment 727-441-5050 or visit our website www.clothestokids.org/shop-with-us. Each shopping bag includes 5 pairs of new underwear, 5 pairs of new socks, 5 tops, 4 bottoms (pants or shorts), 1 dress (optional) and a pair of shoes, totally free! If the child attends a uniform school, they may receive 3 uniform tops and 2 bottoms.

Donations: As our mission continues, our need for monetary and clothing donations has not stopped. Please go through your closets and donate any gently used school clothing and shoes for children PreK-4 to 12th grade. Kids come in all shapes and sizes, so our clothes have to as well. Monetary donations can be sent to Clothes To Kids, 1059 N. Hercules Avenue, Clearwater, FL 33765. A \$65 donation provides one child a week's worth of school clothing. Donations may be dropped off from 9 a.m. to 4:30 p.m. Monday through Friday at either of our three stores: Tampa - 5011-H West Hillsborough Avenue, Clearwater - 1059 N. Hercules Avenue and St. Pete - 2168 34th Street South. For more information or to schedule an appointment to shop, please call 441-5050 or visit our website at www.clothestokids.org.

Clothes To Kids, a nonprofit organization, provides clothing to low-income or in crisis, school-age children, free of charge. For more information or an appointment to shop, please call in 727-441-5050. Please visit our website at www.ClothesToKids.org.

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Feeding Pinellas Empowerment Center

In Pinellas County, the number of missing meals is currently 33,689,204. In our march to end hunger across the region by 2025 and recognizing the unique needs of residents right where they live, we are launching our Feeding Pinellas solution.

Our expansion of Feeding Tampa Bay's FoodPlus programs, alongside Trinity Cafe into Pinellas County will drive us towards our full empowerment center – where neighbors will also receive wrap-around services such as SNAP benefits assistance, nutrition education and job training. The Feeding Pinellas Empowerment Center, a localized solution of Feeding Tampa Bay, will also serve as the heart for our other programs within the County.

WHAT TO EXPECT:

At Trinity Cafe Pinellas we serve our guests a hot, nutritious, 3-course meal with dignity and respect Monday through Friday. Volunteers will assist staff in the daily operations of the Cafe, including preparation of meals, hosting and serving our guests, bussing and resetting tables, and maintaining the overall cleanliness of the facility before and after service.

At the on-site food pantry, volunteers assist guests throughout their shopping experience- check in/paperwork, restocking shelves, shopping assistance, line management, more. This pantry is available to the public each Tuesday and Thursday.

BEFORE YOU ARRIVE:

ALL volunteers MUST wear closed-toe shoes (i.e. boots, sneakers, crocs, etc). Volunteers wearing open-toed shoes (i.e. sandals, flip flops) will not be allowed to volunteer. Recommended attire includes shirts with sleeves (no tank-tops), and pants, dresses, or shorts of appropriate length.

LOCATION:

Northwest Church, 6330 54th Ave N, St. Petersburg, FL 33709

Trinity Cafe at Feeding Pinellas

WHAT TO EXPECT: At Trinity Cafe Pinellas we serve our guests a hot, nutritious, 3-course meal with dignity and respect. Volunteers will assist staff in the daily operations of the Cafe, including preparation of meals, hosting and serving our guests, bussing and resetting tables, and maintaining the overall cleanliness of the facility before and after service. BEFORE YOU ARRIVE: ALL volunteers MUST wear closed-toe shoes (i.e. boots, sneakers, crocs, etc). Volunteers wearing open-toed shoes (i.e. sandals, flip flops) will not be allowed to volunteer. Recommended attire includes shirts with sleeves (no tank-tops), and pants, dresses, or shorts of appropriate length. THE MINIMUM AGE FOR THIS ACTIVITY IS 16. Court-ordered hours are NOT ACCEPTED for this opportunity.

On-site Food Pantry at Feeding Pinellas

WHAT TO EXPECT: Feeding Pinellas welcomes the community into their free on-site food pantry each Tuesday and Thursday. Volunteers will be responsible for assisting guests throughout their shopping experience- check in/paperwork, restocking shelves, shopping assistance, line management, etc. BEFORE YOU ARRIVE: ALL volunteers MUST wear closed-toe shoes (i.e. boots, sneakers, crocs, etc). Volunteers wearing open-toed shoes (i.e. sandals, flip flops) will not be allowed to volunteer. Recommended attire includes shirts with sleeves (no tank-tops), and pants, dresses, or shorts of appropriate length. THE MINIMUM AGE FOR THIS ACTIVITY IS 16. Court-ordered hours are NOT ACCEPTED for this opportunity.

PR Inquiries: Shannon Hannon-Oliviero at soliviero@feedingtampabay.org or 727.243.9825

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Learn more: StAnthonys.org



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