



How to share gratitude at Thanksgiving

Thanksgiving marks a season for gratitude, and there are lots of ways to share that feeling with people you care about.

How can you say thanks to friends, family, coworkers and other people in your world? And what’s the best way to cultivate gratitude for your own life?

Less can be more when it comes to sharing gratitude, says Mark Flanagan, LMSW, MPH, MA, a social worker at Cancer Wellness at Piedmont. Often, it’s all about the little things.

“The simpler, the better,” he says.

Showing gratitude for others

The Thanksgiving season is the perfect time to show people how much you value them. But you don’t need to buy flowers or plan grand gestures, Flanagan says. Small expressions of gratitude can go a long way.

“I think that when we try to overcomplicate things, it comes across as being insincere,” he says. “Find something that you genuinely value about someone, and just tell them.”

Similarly, you don’t have to reserve a sense of gratitude for huge favors. Recognizing the little things helps people feel seen and appreciated, Flanagan says.

Thank someone who always shares a smile at work, for example. Or tell your partner what a great parent they are.

You can make gratitude part of your family’s Thanksgiving traditions in the same way. Find a quiet time during the holiday, and let your loved ones know how thankful you are for even small kindnesses.



Continued 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!

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Seven investment fundamentals to help you make smart decisions

Provided by RBC Wealth Management and Thomas J. Powers

Staying informed in today's market sometimes feels like attending a three-ring circus. Between all the websites, publications and broadcasts vying for your attention, there is a lot of rapidly changing content to take in. But to make smart investment decisions, sometimes you may need to tune out the white noise and just pay attention to the following investment fundamentals that have withstood the test of time:

- 1) Importance of cycles: If you look at historical records, there is strong evidence to suggest cycles repeat themselves on three different frequencies.
 - Multigenerational cycles usually run over a 60-to-80-year period. Watch for political, social and economic trends that can create four "seasons" with corresponding effects on what kind of market "weather" to expect. Demographic changes, credit availability and technological developments can also affect the trends for each season. Because of their long duration, multigenerational cycles are most helpful when viewed as background for bull/bear cycles.
 - Secular bull and bear cycles usually run over a 16-to-18-year period. Shifts in stock valuation, in terms of absolute and relative price-to-earnings ratios and broader sentiment are good indicators to watch. During bear cycles, many investors focus on risk management. Bull cycles are generally a good time to buy into the markets and stick with investments.
 - Cyclical bull and bear cycles usually run over a three-to-five-year period. The expansion and contraction of corporate business cycles, interest rate trends and ranges in historical valuation within sectors are good indicators to watch. These factors may help investors determine which industries may outperform others.
- 2) Understand investor psychology: These boom-and-bust cycles persist despite the advancement of technology because of human nature. The fear of losing when markets are down can be as strong a motivator as the fear of missing out can be when markets are going up. Another consideration is the fact that long-term experiential memory is only about three years. How did your investment behavior and feelings change after the fallout of 2008-2009? Are you back to some of your "old" habits and feelings? Let's try not to forget those hard-earned lessons.
- 3) Emotions are contrary indicators: Good investing rarely feels good. Managing your emotions can be the toughest part of investing. Feeling good about your portfolio could be seen as a signal to pay attention to valuation. Trim holdings so a few outsized positions don't drive performance. And when you are feeling stressed about a general market slump, revisit valuations of companies worthy of consideration.
- 4) Regression to the mean is real: Sector outperformance tends to run out of steam after about three years. It rarely has a longer run than that. The first year's outperformance may come as a surprise. The second year, fundamentals emerge more clearly, and pulls in investors. By year three, expectations are high, as are inflows, but that rising confidence sows the seed of disappointment as well. So attempting to time sectors, like timing the market in general, is often more frustrating than it is effective, in terms of long-term portfolio performance.
- 5) Perseverance pays, so pace yourself: Investing is a lot like baseball. To win, you have to swing the bat. But instead of always swinging for "home runs," focus on base hits. If you pick quality investments that are appropriate for your goals and risk tolerance, pay attention to capital preservation and maintain broadly diversified market exposure, even at minimum levels, you are well positioned to do well in the long run.
- 6) Dividends matter: To continue the baseball analogy, dividend stocks are ones that may help you get on base consistently. Plus, they can help you manage two key investment risks: overpaying for growth and taking too much risk. Consistent dividend growers often spotlight superior business models offering resilience in volatile markets.
- 7) Time is your friend: Investing for the long term has value. It gives your winners more time to work. And it has the power to smooth out some of the inevitable losers in your portfolio. Again, dividends can make sense. Reinvest dividends from dividend growers, and take cash from the dividend payers. This approach works best over a multiyear basis, not quarter over quarter. Proper attention to asset allocation helps maximize the benefits of time on overall portfolio performance as well.

Being mindful of these seven fundamentals can help you tune out the financial "noise" in your ears, and can also help save your sanity—especially during periods of economic uncertainty and market volatility — by helping you focus on the things you can always control: your emotions and your choices.

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Continued From Cover

Cultivating gratitude in your life

Sometimes it can feel tougher to find gratitude for your own world. But again, the key is to start small. Flanagan recommends keeping a gratitude journal, which can condition you to focus on the positive aspects of your life. Eventually, you'll feel a greater sense of contentment.

"It lets you feel like you're actually shaping your life," he says.

Gratitude journals can offer wide-ranging benefits, Flanagan says. They help you to:

- Track your thoughts and emotions. Did someone do something nice for you? If you record it in your journal, you can return to those positive feelings later and share them.
- Build momentum for more gratitude. Once you get accustomed to journaling, you'll "keep your eyes open for positive things," Flanagan says.

He also suggests trying gratitude meditations or walking meditations.

"In anything that can get us more centered, we tend to be more grateful," he says.

How to overcome negativity and reset your attitude

Sometimes we get stuck in a funk, and that's OK. No one is perfect or feels happy all the time.

But when you do find yourself mired in negative feelings, Flanagan says, you can use some strategies to re-center your mind and return to a place of peace.

Awkward conversations at the Thanksgiving table? Politely change the subject. After-dinner disagreements about football? Perhaps it's time to take a walk.

"Remove yourself from that situation temporarily," Flanagan says. You'll defuse tension and keep yourself calmer.

It can also help to focus on the basic, essential things you have all around you. Is there a roof over your head? Are you eating and drinking enough? Do you have clothing? The core necessities of your life are met, and that's more than many people have—truly something to be thankful for. "Focus on the basics, and try to do a reboot," Flanagan says. Avoid comparing yourself with others or fantasizing about something better. "Check in, and see if you're still breathing," he says. "If you're still breathing, there's more right than wrong with you."

The benefits of gratitude

Gratitude does more than just make you feel good: It's actually good for you too.

Practicing gratitude can have a positive long-term impact on:

- Emotions
- Relationships
- Health
- Performance

Gratitude isn't just for the Thanksgiving season, either. You can practice it daily, and the more you do it, the easier it will feel. "It's accessible to all of us," Flanagan says. "The best thing to do is start today."



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There is still hope for you to continue your weight loss this Holiday!

We have all worked hard this summer and fall to lose the weight we gained over last winter and now it is that time of year that we are going to blow it by gaining it all back starting with Halloween progressing to Thanksgiving and then all the December parties, all the way up to super bowl! Three months of so many invites to dinner and parties that dieting is useless! Well maybe not! You see most Americans have what we call central fullness. The legs and arm aren't that big but from the stomach to mid-thigh there is a lot of fullness. The textbook of physiology has talked for over 50 years about how if you don't get 1 gram of protein for every 2.2 pounds of body weight you develop central obesity. The labs say the normal insulin level (not glucose) is about 3-25. I find that the optimal range is 3-5. You see the pancreas makes insulin which drives glucose into the cells. Most of the diabetic type II in the country is not because the pancreas does not make insulin which is type I diabetes but the pancreas can only make so much insulin before it starts to slow down and we have to take pills to squeeze more and more insulin out to drive glucose into the cells. We need about 4 units of insulin to drive glucose into a cell. My pre-diabetic and diabetic patients need twice that amount or more to do something and keep the blood sugar around 100 or less.

We take diabetic meds to recruit more insulin to try to maintain normal blood glucose. Insulin also does many other things such as binding hormones, sex hormones, neurotransmitter like serotonin and dopamine and insulin cause the body to store increased fat in the liver. So, how you can you decrease insulin levels in your body? This can be done by consuming 1 gram of protein for every 2.2 pounds of body weight per day. This is not a high protein diet as it is normal protein consumption per the medical school physiology textbook. So, to help my patients at this time of year I suggest before heading out to that party or dinner have a protein shake 20-30 grams an hour before going and it will curb your appetite greatly. You can still try some of Aunt Mary's homemade cheesecake but take a small piece. It is not a bad thing to try it because the increase protein will decrease the insulin and better control your weight or when eating the hors d'oeuvres at the party concentrate on the meat and protein rich foods. This will help you get through the holiday without much of a weight gain.



John Young M.D.

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The Legal Corner - *Robert W. Bible, Jr.*

Does My Estate Plan Cover Real Property In Another State?

Whether to secure a vacation getaway, the result of a job relocation or relationship breakup, or as part of an investment strategy, our asset portfolio may include real estate located in another State. If it does, will that out-of-state real estate be subject to our Florida Will?

When a Florida resident dies, a Florida Court oversees administration of the person's estate and enforcement of his or her Will. For a Florida Court to have jurisdiction over real estate, the property must be located in Florida. So, if a Florida Personal Representative, appointed by a Florida Probate Court, signs a Deed to an Aspen, Colorado cabin as required by the decedent's Will, does that Deed effectively transfer the Colorado cabin? The answer is, no. The authority of a Florida Personal Representative is limited to property over which the Florida Probate Court has jurisdiction. Since the only Court which has jurisdiction over real property located in Colorado is a Colorado Court, to validly transfer ownership of the Colorado cabin, an additional Colorado probate is required. The additional Colorado, or other out-of-state probate is called "ancillary probate", meaning it is a supplement to the primary Florida probate. The costs of ancillary probate can be significant, as an attorney will need to be hired to file the additional out-of-state probate administration, and as part of those ancillary proceedings, the Florida

Personal Representative will need to be appointed and the Florida Will needs to be admitted. A comparable situation occurs, for instance, if a New York resident dies owning a Florida condominium; however, the primary probate will be in New York, with an ancillary probate in Florida.

So how does a Florida resident owning real estate in another State avoid the extra costs and time constraints associated with an ancillary probate? The answer is to structure a comprehensive estate plan such that on death, the real property does not transfer, but ownership interests in the "owner" of the real property transfer. If I own a Florida entity when I die, the Probate Court does not go through and separately transfer each item of property the entity owns at my death. The Probate Court simply enforces the transfer of the ownership of the entity based upon my specific estate plan. Similarly, if I create a trust which owns property at my death, my named Trustee has authority over the property in the Trust without intervention of a Probate Court, and only "ownership interests" in the trust transfer. By properly structuring ownership of out-of-state real property such that, on death, it does not require authority of any Court to transfer it, ancillary probate may be avoided.

On a similar note, I have encountered situations where someone wants to record a divorce decree from another State to evidence a change in title to Florida real property. This does not work. Florida will not accept an Order from another State which indicates it serves as a conveyance of Florida real estate; and neither will another State accept such an Order from a Florida Court. If, as part of any Court proceeding, one party is to transfer to the other party real property located in a different State, get a lawyer or title company from the State where the real property is located to prepare a Deed to such property, and have the Court overseeing the proceeding direct the Deed to be signed as a condition to its mandated resolution.

If you need assistance with structuring an estate plan to avoid ancillary probate of out-of-state real property, or with implementing any of your other estate planning needs, at Bob Bible Law, we have the knowledge and over 35 years of experience to help you navigate and structure a comprehensive estate plan. For more information, contact:

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Dementia and Hearing Loss: Are they related?

Gradual hearing loss is a common symptom of aging, but in some people, it may also be an early sign of Alzheimer's disease or other forms of dementia.

According to a study by Johns Hopkins and the National Institute of Aging, seniors with hearing loss are significantly more likely to develop dementia than those who retain their hearing. The research suggests that people with mild hearing impairment — such as having trouble following a conversation in a busy, noisy restaurant — are nearly twice as likely as folks with normal hearing to develop the memory-robbing disease; for those with severe hearing loss, the risk nearly quintuples.

In the study, lead researcher Frank R. Lin, M.D., a cochlear implant surgeon at Johns Hopkins Medicine in Baltimore, and his colleagues focused on 639 adults between the ages of 36 and 90, whose hearing and cognitive abilities were tested as part of the Baltimore Longitudinal Study on Aging for an average of 12 years. Though approximately a quarter of the volunteers had some form of hearing loss at the beginning of the study, none had dementia.

Overall, 58 volunteers (roughly 9 percent of the study's participants) went on to develop Alzheimer's disease or another form of dementia. Even after the researchers took into account other factors that are associated with the risk of the disease, including diabetes, high blood pressure, age, sex and race, hearing loss and dementia were still strongly connected.

Although the reason for the link between the two conditions remains unknown, the researchers suggested that a common pathology may underlie both — or that the strain of decoding sounds over the years may overwhelm the brains of people with hearing loss, leaving them more vulnerable to dementia.

They also speculated that hearing loss could lead to dementia by making individuals more socially isolated, a known risk factor for dementia and other cognitive disorders.

"A lot of people ignore hearing loss because it's such a slow and insidious process as we age," said Dr. Lin. "Even if people feel as if they are not affected, we're showing that it may well be a more serious problem."

Whatever the cause, the study's findings may offer a starting point for interventions — even as simple as hearing aids — that could delay or prevent dementia by improving patients' hearing.

"There's no reason not to take your hearing loss seriously and pursue some type of treatment," Dr. Lin noted.

If you're having difficulty hearing, you will likely want to head over to the **MedRx Hearing Center** in Largo for a unique opportunity.

Starting in November, the state-of-the-art hearing facility is inviting new customers to a **free special event** at its Starkey Road location during normal operating hours (9 a.m.-5 p.m.). Please call the MedRx Hearing Center to schedule an appointment so we save a time specifically for you.

During this event, audiologist Amanda Kluzynski will utilize a tiny video camera called a **video otoscope** to examine the inside of your ear. This fascinating tool may reveal problems like damage to the eardrum, fluid accumulation in the middle ear or other conditions that make it difficult for you to hear clearly.

"This completely painless procedure will enable you to see all the way through your ear canal to your eardrum on a video monitor," Dr. Kluzynski explained.

Dr. Kluzynski will also be providing free consultations during MedRx Hearing Center's special event, 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. Developed from technological advances in the past several months, the **Oticon More** devices significantly reduce background noise, improve speech clarity and can wirelessly connect to your smartphone.

MedRx has a built-in advantage when it comes to audiological equipment expertise — they are part of a larger corporation that makes equipment for audiologists across the nation. The parent company has been in Largo for over 25 years.

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Attention Kindness Warriors!

By Julie Weintraub

Julie Johnson Weintraub
 Founder & CEO - Hands Across The Bay
www.handsacrossthebay.org

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Holiday Lights in the Gardens

The Florida Botanical Gardens Foundation is proud to announce the dates and times for its annual Holiday Lights in the Gardens event. This year's celebration will begin on Friday, November 26, 2021 and conclude Sunday, January 2, 2022. The Gardens open every evening from 5:30pm to 9:30pm for viewing. Admission is a suggested donation of \$10.00 per person, over the age of 13.

Each year this amazing light display is visited by over 100,000 guests from near and far. The Gardens will sparkle with 1 million, twinkling, LED lights in a multitude of colors. Vibrant laser lights and lighted figures round out our display to wow guests of all ages. New this year will be our Children's Candy Cane Area with family- focused fun and activities. Please consider joining us as a sponsor and help us spread lots of holiday cheer!

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THE BOOM OF SOCIAL SILENCE

Sitting at my desk on October 4th, a little after 11:30 am, I'm doing business as usual while chained to social media when KABOOM – the deafening silence of the social media blackout on Facebook, Instagram, and Whatsapp dropped.

Whether Zuckerberg's company was busy destroying evidence or truly experienced a misconfiguration, we'll never know. What we do know is that business bounced during the almost six hour outage and distraught social media addicts developed blisters from incessantly hitting reload while Twitter bathed in amusement tweeting, "Hello, literally everyone."

Small businesses, whose business is solely on social media because it's FREE, started whining, "I've lost so much money today because social went down." No dear, you just didn't make as much money because your selling channels aren't diversified.

And while we are at it, no darling, social media is not free. YOU are the product and you pay to use these platforms with your personal data, which is either sold or shared with other platforms. Think about it – how many websites do you "login with Facebook"? Do you actually believe your data is not being shared between companies? C'mon, Shelli.

So while businesses that are solely social-based took a hit, others did not because their other sales channels remained open. Smart businesses control and own a majority of their channels. They simply realize that FREE is not always affordable. Be it free for social media, a website, or a vacation stay in the Michigan Dunes – the Piper gets paid.

So what's a little pretty business like me supposed to do?

Well, look at channels you can control. While some channels require some investment funds, others you may already own and can open up new sales avenues.

- Get a website and pay for it. This is your storefront and should be well designed and maintained. Also, your social media should point to your website, where you do business, and not the other way around.
- Use your email list and customer phone numbers. Send coupons and special offers to your customers via email and SMS. Be careful not to inundate your customers though.
- Send well-designed, physical mail to your customers. You already have their physical address so how about a nice thank you or a special offer postcard?
- Attend events. Put a face to your business and spend some time with your customers. You'll probably learn a thing or two.

The thing is, you cannot solely rely on social media. Regardless of your millions of followers, you'll never control a social media platform unless you own it.

Based on the increasingly complex algorithms showing you what the platform wants to show you instead of what you might actually expect to see, why are you solely relying on these platforms for your business? While there are obvious advantages to using social platforms for brand awareness there also exist the cons to putting all your efforts and trust into one basket.

As of October 6, Zuckerberg's reported personal wealth remained at about \$121 Billion after the stock dropped. Facebook has just under 45,000 employees so he could pay them \$1 million each for severance and still walk away with more than \$76 billion – yes that's billion with a big B. Okay, maybe a mere half of that after paying out everything else – still it's no big loss by any means to the majority of the world's population.

With Congress and others so up in social media's business, it will be no surprise when this happens again – and it will. Depending on how convoluted future regulations for social platforms become, the next social silence just might be permanent. The reports will ring out and we'll hear again how businesses lost hundreds of millions of dollars. And again in that silence, like a needle skipping on a scratched vinyl record, I will raise my voice to say – free is not always affordable.

- **Patrick Baxter**, Designer and Chief Creative Officer at Baxter Christenson Inc.

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VisionaryCentreForWomen.com DrJenniferHayes@gmail.com



EarthTalk® E - The Environmental Magazine

Dear EarthTalk: What is the “Climate Pledge” that Seattle’s new hockey arena is named after all about?

- E. Howard, Washington, DC

When Seattle’s new sports and concert arena opened its doors to the public in October 2021, many were left scratching heads as to what the heck the building’s name was about. It turns out that hometown e-commerce juggernaut Amazon bought the naming rights and decided to use the opportunity to raise awareness for the Climate Pledge. The Climate Pledge calls on companies to reach net zero carbon emissions by 2040, a decade earlier than called for under the terms of the Paris climate accord. Amazon co-founded the Climate Pledge with organizer Global Optimism in 2019, and immediately became the first signatory. Cut to the present and 200 other companies—including Procter & Gamble, Hewlett Packard, Visa and PepsiCo—have since signed on.

Seattle’s Climate Pledge Arena is indeed an apt showpiece for what signatory companies hope to achieve. The new building—home to the National Hockey League’s expansion team, the Seattle Kraken, as well as Women’s National Basketball League, The Seattle Storm—was designed by architect Jason McLennan. As founder of the International Living Future Institute (ILFI), McLennan helped set the standard for how buildings in the carbon-constrained days ahead will likely operate. Indeed, ILFI’s Living Building Challenge certifies “net-zero” buildings and others at the extreme end of the sustainability spectrum while advocating for the tightening of standards for new construction as to emissions reduction/elimination and energy efficiency across the U.S. and beyond.

At Climate Pledge Arena, rooftop solar panels account for most if not all energy needs. No fossil fuels are used within, making it the first net-zero arena of its size in the world. Ditching fossil fuels inside makes transportation to and from the arena the largest contributor to its overall carbon footprint. Amazon is stepping up and paying for carbon offsets through the non-profit Nature Conservancy, which purchases and expands agricultural and forest lands that serve as carbon sinks. Also, fans who purchase tickets through Climate Pledge Arena’s app can download free public transit ride vouchers to get there and back.



Reusing rainwater is a big part of meeting Living Building Challenge goals, and Climate Pledge Arena was designed from the ground up to utilize a series of chutes and gutters to channel Seattle’s prodigious rain water into cisterns that then feed the arena’s ice making processes and all other on-site water needs.

Another aspect of the arena’s green appeal is that 75 percent of the ingredients for food and drinks served come from sources within a 300-mile radius of the facility, significantly cutting down on “food miles” emissions. Single-use plastics are a no-no; vendors must stick to aluminum or biodegradable/compostable containers, straws, cutlery and to-go packaging. All paper products must contain at least 30 percent post-consumer content while cans, bottles and other non-compostables get recycled. Given there will be no “trash” created inside the arena, visitors will have to get used to seeing only composting and recycling bins for their waste.

Only time will tell whether these green features will become standard in other arenas and new buildings elsewhere moving forward. Environmental advocates among others are sure hoping so.

EarthTalk® is produced by Roddy Scheer & Doug Moss for the 501(c)3 nonprofit EarthTalk. See more at <https://emagazine.com>. To donate, visit <https://earthtalk.org>. Send questions to: question@earthtalk.org.

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Celebrating Thanksgiving Safely with Pets

By Mary Giron, DVM

The holidays are upon us! Including your pet in your holiday celebrations can be fun way to express that they are a special part of the family too. Pet poisonings spike every holiday season, so you need to be very careful with what you feed them and how it is prepared. The last thing you want to be doing in the middle of Thanksgiving is visiting an emergency vet or waiting on hold with the Pet Poison Helpline.

Even if you know something is safe to feed your pet, take a moment to think about how you are preparing it. Sweet potatoes may be healthy for dogs, but excess fat and sugar are not so you have to separate out some before adding butter. A best practice is to cook their special meal separately to avoid the chance of a toxic ingredient accidentally finding its way into their dish.

Here are some great “people food” choices you can make for both your canine and feline friends this Thanksgiving. Be sure to serve them in small portions, cooked when applicable and unseasoned.

1. Turkey (no skin or bones)
2. Pumpkin
3. Apple
4. Cheese

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Chocolate, onions, garlic or foods containing artificial sweetener (Xylitol) should be avoided. Small portions of dark leafy greens (no dressing) and select, pesticide-free fruits and vegetables can be good treats for reptiles, bunnies, guinea pigs and rats. Birds may also enjoy select fruits, veggies and nuts.

The lists above are not complete and each species has specific dietary requirements. Even if you think something is safe, always do your research. The American Veterinary Medical Association is a great resource for pet food safety. After all, you don't want to be worrying about both of you overindulging in all the tasty treats this Thanksgiving!



Mary Giron, DVM

About The Author: Dr. Giron at SPCA Tampa Bay Veterinary Center graduated from the University of Florida College of Veterinary Medicine in 2013. She received a Bachelor's in Zoology from the University of Florida in 2009. Her professional interests include dentistry, acupuncture and ophthalmology.



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The Wedding Corner

6 Awkward Situations to Handle Gracefully at Your Wedding *From unexpected guests to a first-dance crasher*

By Jenn Sinrich - Brides.com

An Old Friend or Co-Worker Assumes They're Invited

If, even before invites haven't gone out yet, a friend who is not on the guest list is asking about time, place, and location so they can make plans to be there, it can be a bit awkward, to say the least. If you're feeling a mix of emotions—guilty, annoyed, anxious—it's understandable, notes Heather Wiese-Alexander, etiquette expert and founder of Bell'INVITO. "Acknowledge how much you appreciate that they want to be there, but simply explain that you are being more limited with your guest list," she says. "Then suggest setting up a dinner with this person once the wedding planning is through and thank them for being a part of your life."



A Guest Shows Up to Your Wedding Wearing White

Brides have traditionally been wearing white for nearly two centuries, so it's an unfortunate faux pas when someone chooses that color for their wedding attire. As annoying as this is for the bride, Gottsman believes it's best to let it go, at least for the moment. "It helps to put things into perspective. For example, there's a difference between someone wearing a white dress with flowers, and a dress that could basically be considered a second wedding dress," she says. "Though it seems standard to some, it is also possible that the guest was not informed of this unspoken rule and simply thought the outfit looked nice." At the end of the day, you have a 24-hour period to really rock the title of bride, and letting this person steal any amount of joy is simply not worth it.

Your Friend Gets Blackout Drunk at Your Reception

With beer, wine, and liquor flowing over the course of several hours, it's quite probable that someone might lose control over how much they've had to drink. No matter who this person is, whether it's a college friend or your Uncle Henry, Wiese-Alexander reminds couples not to feel the need to direct or control their guests. "This is what your vendors (especially bartenders), bridal party, and just good friends are for on this big day," she says. "If you have a specific concern, talk to your vendors ahead of time and have them ready to discreetly handle any situation that might arise." Keep your focus on each other and let the wonderful staff you hired do what they do best.

An Attendee Shows Up With Unexpected Guests

Sometimes a guest shows up with someone uninvited—or someone who was invited but they forgot to include in the RSVP, such as an added plus one. "You don't want to turn away someone after they have already arrived so, in these situations, use your best judgement," says Gottsman. She recommends first determining whether or not these unexpected guests will cause a rift with family or friends, or will logistically cause any confusion. "If there is an unexpected plus one, a discreet conversation at another time could be warranted, but that's for another time," she notes.

Someone Interrupts Your Special Dance

If you're like most couples, there are a few important dances that call for a maximum of two people on the dance floor at a given time. These include the couple's first dance, the father-daughter dance, and the mother-son dance. If any of your wedding guests decide it's a good idea to join in before the DJ formally invites everyone, it can get awkward. "I've seen this happen before, where it was a married guest's wedding song so they decided to join in, and while that couple didn't seem to mind, it's completely acceptable to keep that song alone on the dance floor for those few minutes," Hudes says. "If they continue dancing, just focus on the person you're dancing with because you won't get that time back, so appreciating those moments will feel wonderful."

Someone Brought Their Kids When You Specifically Asked Them Not To

You shouldn't feel ashamed for requesting guests not to bring their children. After all, weddings are often adults-only occasions, and you may not have the space at your venue to extend to all of the children who'd wind up on your guest list. Should the situation occur that your cousin shows up with kids in tow, Maryanne Parker, etiquette expert and founder of Manor of Manners, recommends painting the situation in a positive way and even engaging the kids with the celebration. "If you give them a small task to do such as carry some flowers, or even greet the guests, it might turn this negative into positive," she says.

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Common Sense Caregiving - Gary Joseph LeBlanc

Learn to Keep it Simple

Round the clock living and taking care of a loved one living with dementia will most likely unearth several absolutes.

At the very top of the list is routine—a steady, run-of-the-mill lifestyle. In fact, routine is probably good for everybody that is involved. It might be boring, but if you have short-term memory loss, it will soon become your greatest friend.

A habitual life will ease most nervousness and frustrations. While caring for my parents that were both diagnosed with dementia related diseases, I made a point of making sure they received their breakfast lunch and dinners at the same time every day. I even used a particular small plate for their pills every morning and evening. When I did not, I would hear claims of “These aren’t the pills I took yesterday.”

I even kept the silverware in a simple pattern on the table. A pasta dish that did not require a knife still had one placed next to it. Always keep things in patterns. The same goes with their clothing: There is no reason for he or she needs to make too many choices; a specially when they first wake up in the day. Four or five outfits will get them through the week.

An enhancing young woman once told my dad how handsome he looks in this red shirt he was wearing. Well, red it was—almost an entire year I could not get him to wear a different color. I had to go out and buy him five red polo shirts just to give me a break on laundry and keep him happy.

What most people do not realize is that a casual trip to the doctor can leave those living with dementia confused for days. Every couple of months my father and I would sit in the same waiting room. He would always turn to me and ask if we had ever been here before. By the time I had him home I could not even convince him he saw his doctor.

The next day or two, he would be completely out of sequence. The easier life is for him or her, the more pleasant yours will be.

I am speaking to you from 23-plus years of experience. “Keep things simple.” By attempting to make sure their lives are uncomplicated as possible and loving them and being their most forbearing friend. It will be all worth it overall. I promise.

Gary Joseph LeBlanc, Director of Education

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Owner Tawney Chapman, previously a regional manager for a large dermatology practice, and her daughter, Bailey Brown, who is a medical aesthetician and laser technician, have spent the last year preparing for the opening of Modern Medical Aesthetics and are thrilled to be living out their dreams of having their own practice together.

Tawney was born and raised in St. Petersburg and graduated from the University of South Florida. Although she majored in political science, she fell in love with the practice of dermatology, specifically cosmetic dermatology. She is well known for her expertise and passion for the field and as well as her strong ambition to provide patients with the best experience possible. Tawney enjoys spending time with her three children, grandchildren and her parents. She is involved in her church and enjoys giving back to her local community through supporting various charities.



Tawney Chapman, Owner and her daughter Bailey Brown



Tawney and Roxy

Dr. John Obrien, a board-certified plastic surgeon, is the Medical Director of Modern Medical Aesthetics. He is widely recognized for his expertise, with over 27 years of experience. LeAnn Carreno is Modern Medical's cosmetic consultant and manager. She brings over 13 years of experience, specializing in dermatology and aesthetics. The staff is rounded out with the experience of Jaime Applefield, a board-certified Physician Assistant and medical aestheticians Bailey Brown, Tammy Johnson, and Maggie Rubenstein who all have a passion for helping patients look their best.

Modern Medical Aesthetics addresses women's wellness with bio-identical hormone replacement therapy, vaginal rejuvenation, as well as vitamin injections to aid in improving energy, anti-aging, immunity, and fat burning. Other services include injectables, chemical peels, PDO thread lifts, facials, laser hair removal, Morpheus8, skin resurfacing, IPL, Skin Pen microneedling, body contouring, Coolsculpting, Emsculpt, plasma therapy and so much more!

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What is Design Thinking and Why Is It So Popular?

By Rikke Friis Dam and Teo Yu Siang

Design Thinking is not an exclusive property of designers—all great innovators in literature, art, music, science, engineering, and business have practiced it. So, why call it Design Thinking? What’s special about Design Thinking is that designers’ work processes can help us systematically extract, teach, learn and apply these human-centered techniques to solve problems in a creative and innovative way – in our designs, in our businesses, in our countries, in our lives.

Some of the world’s leading brands, such as Apple, Google, Samsung and GE, have rapidly adopted the Design Thinking approach, and Design Thinking is being taught at leading universities around the world, including d.school, Stanford, Harvard and MIT. But do you know what Design Thinking is? And why it’s so popular? Here, we’ll cut to the chase and tell you what it is and why it’s so in demand.

What is Design Thinking?

Design Thinking is an iterative process in which we seek to understand the user, challenge assumptions, and redefine problems in an attempt to identify alternative strategies and solutions that might not be instantly apparent with our initial level of understanding. At the same time, Design Thinking provides a solution-based approach to solving problems. It is a way of thinking and working as well as a collection of hands-on methods.

Design Thinking revolves around a deep interest in developing an understanding of the people for whom we’re designing the products or services. It helps us observe and develop empathy with the target user. Design Thinking helps us in the process of questioning: questioning the problem, questioning the assumptions, and questioning the implications. Design Thinking is extremely useful in tackling problems that are ill-defined or unknown, by re-framing the problem in human-centric ways, creating many ideas in brainstorming sessions, and adopting a hands-on approach in prototyping and testing. Design Thinking also involves ongoing experimentation: sketching, prototyping, testing, and trying out concepts and ideas.

Design Thinking’s Phases

There are many variants of the Design Thinking process in use today, and they have from three to seven phases, stages, or modes. However, all variants of Design Thinking are very similar. All variants of Design Thinking embody the same principles, which were first described by Nobel Prize laureate Herbert Simon in *The Sciences of the Artificial* in 1969. Here, we will focus on the five-phase model proposed by the Hasso-Plattner Institute of Design at Stanford, which is also known as d.school. We’ve chosen d.school’s approach because they’re at the forefront of applying and teaching Design Thinking. The five phases of Design Thinking, according to d.school, are as follows:

- Empathise – with your users
- Define – your users’ needs, their problem, and your insights
- Ideate – by challenging assumptions and creating ideas for innovative solutions
- Prototype – to start creating solutions
- Test – solutions

It is important to note that the five phases, stages, or modes are not always sequential. They do not have to follow any specific order and can often occur in parallel and repeat iteratively. Given that, you should not understand the phases as a hierarchical or step-by-step process. Instead, you should look at it as an overview of the modes or phases that contribute to an innovative project, rather than sequential steps.

The Problem with Ingrained Patterns of Thinking

Sometimes, the easiest way to understand something intangible, such as Design Thinking, is by understanding what it is not.

Humans naturally develop patterns of thinking modeled on repetitive activities and commonly accessed knowledge. These assist us in quickly applying the same actions and knowledge in similar or familiar situations, but they also have the potential to prevent us from quickly and easily accessing or developing new ways of seeing, understanding and solving problems. These patterns of thinking are often referred to as schemas, which are organized sets of information and relationships between things, actions and thoughts that are stimulated and initiated in the human mind when we encounter some environmental stimuli. A single schema can contain a vast amount of information. For example, we have a schema for dogs which encompasses the presence of four legs, fur, sharp teeth, a tail, paws, and a number of other perceptible characteristics. When the environmental stimuli match this schema — even when there is a tenuous link or only a few of the characteristics are present — the same pattern of thought is brought into the mind. As these schemas are stimulated automatically, this can obstruct a more fitting impression of the situation or prevent us from seeing a problem in a way that will enable a new problem-solving strategy. Innovative problem solving is also known as “thinking outside of the box”.

An Example of Problem solving: The Encumbered Vs. The Fresh Mind
Thinking outside of the box can provide an innovative solution to a sticky problem. However, thinking outside of the box can be a real challenge as we naturally develop patterns of thinking that are modeled on the repetitive activities and commonly accessed knowledge we surround ourselves with.

Some years ago, an incident occurred where a truck driver tried to pass under a low bridge. But he failed, and the truck was lodged firmly under the bridge. The driver was unable to continue driving through or reverse out.



The story goes that as the truck became stuck, it caused massive traffic problems, which resulted in emergency personnel, engineers, firefighters and truck drivers gathering to devise and negotiate various solutions for dislodging the trapped vehicle.

Emergency workers were debating whether to dismantle parts of the truck or chip away at parts of the bridge. Each spoke of a solution which fitted within his or her respective level of expertise.

A boy walking by and witnessing the intense debate looked at the truck, at the bridge, then looked at the road and said nonchalantly, “Why not just let the air out of the tires?” to the absolute amazement of all the specialists and experts trying to unpick the problem.

When the solution was tested, the truck was able to drive free with ease, having suffered only the damage caused by its initial attempt to pass underneath the bridge. The story symbolizes the struggles we face where oftentimes the most obvious solutions are the ones hardest to come by because of the self-imposed constraints we work within.

Continued on Page 20

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New Listings

The number of properties put onto the market during the month

Economists' note: New Listings tend to rise in delayed response to increasing prices, so they are often seen as a lagging indicator of market health. As prices rise, potential sellers raise their estimations of value—and in the most recent cycle, rising prices have freed up many potential sellers who were previously underwater on their mortgages. Note that in our calculations, we take care to not include properties that were recently taken off the market and quickly relisted, since these are not really new listings.

Month	New Listings	Percent Change Year-over-Year
Year-to-Date	10,610	7.6%
August 2021	1,374	6.8%
July 2021	1,425	12.6%
June 2021	1,459	18.7%
May 2021	1,366	13.3%
April 2021	1,434	52.6%
March 2021	1,384	-0.8%
February 2021	1,107	-10.7%
January 2021	1,061	-18.4%
December 2020	943	10.0%
November 2020	1,063	-0.2%
October 2020	1,458	12.6%
September 2020	1,254	8.0%
August 2020	1,286	4.4%

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Continued From Page 18

The Power of Storytelling

Why did we tell you this story? Telling stories can help us inspire opportunities, ideas and solutions. Stories are framed around real people and their lives. Stories are important because they are accounts of specific events, not general statements. They provide us with concrete details that help us imagine solutions to particular problems. While we're at it, please watch this 1-minute video to help you get started understanding what Design Thinking is about.

Design Thinking or 'Outside the Box' Thinking

Design Thinking is often referred to as 'outside the box' thinking, as designers are attempting to develop new ways of thinking that do not abide by the dominant or more common problem-solving methods.

At the heart of Design Thinking is the intention to improve products by analyzing and understanding how users interact with products and investigating the conditions in which they operate. At the heart of Design Thinking lies also the interest and ability to ask significant questions and challenging assumptions. One element of outside the box thinking is to falsify previous assumptions – i.e., to make it possible to prove whether they are valid or not. Once we have questioned and investigated the conditions of a problem, the solution-generation process will help us produce ideas that reflect the genuine constraints and facets of that particular problem. Design Thinking offers us a means of digging that bit deeper; it helps us to do the right kind of research and to prototype and test our products and services so as to uncover new ways of improving the product, service or design.

Design Thinking is an Essential Tool – and A Third Way

The design process often involves a number of different groups of people in different departments; for this reason, developing, categorizing, and organizing ideas and problem solutions can be difficult. One way of keeping a design project on track and organizing the core ideas is using a Design Thinking approach.

Tim Brown, CEO of the celebrated innovation and design firm IDEO, shows in his successful book *Change by Design* that Design Thinking is firmly based on generating a holistic and empathic understanding of the problems that people face, and that it involves ambiguous or inherently subjective concepts such as emotions, needs, motivations, and drivers of behaviors. This contrasts with a solely scientific approach, where there's more of a distance in the process of understanding and testing the user's needs and emotions — e.g., via quantitative research. Tim Brown sums up that Design Thinking is a third way: Design Thinking is essentially a problem-solving approach, crystalized in the field of design, which combines a holistic user-centered perspective with rational and analytical research with the goal of creating innovative solutions.

Science and Rationality in Design Thinking

Some of the scientific activities will include analyzing how users interact with products and investigating the conditions in which they operate: researching user needs, pooling experience from previous projects, considering present and future conditions specific to the product, testing the parameters of the problem, and testing the practical application of alternative problem solutions. Unlike a solely scientific approach, where the majority of known qualities, characteristics, etc. of the problem are tested so as to arrive at a problem solution, Design Thinking investigations include ambiguous elements of the problem to reveal previously unknown parameters and uncover alternative strategies.

After arriving at a number of potential problem solutions, the selection process is underpinned by rationality. Designers are encouraged to analyze and falsify these problem solutions so that they can arrive at the best available option for each problem or obstacle identified during each phase of the design process.

With this in mind, it may be more correct to say that Design Thinking is not about thinking outside of the box, but on its edge, its corner, its flap, and under its bar code, as Clint Runge put it.

Generating Creative Ideas and Solutions by Holistically Understanding Humans

With a solid foundation in science and rationality, Design Thinking seeks to generate a holistic and empathetic understanding of the problems that people face. Design thinking tries to empathize with human beings. That involves ambiguous or inherently subjective concepts such as emotions, needs, motivations, and drivers of behaviors. The nature of generating

ideas and solutions in Design Thinking means this approach is typically more sensitive to and interested in the context in which users operate and the problems and obstacles they might face when interacting with a product. The creative element of Design Thinking is found in the methods used to generate problem solutions and insights into the practices, actions, and thoughts of real users.

Design Thinking is for Everybody

Tim Brown also emphasizes that Design Thinking techniques and strategies of design belong at every level of a business. Design thinking is not only for designers but also for creative employees, freelancers, and leaders who seek to infuse design thinking into every level of an organization, product or service in order to drive new alternatives for business and society.

The Take Away

Design Thinking is essentially a problem-solving approach specific to design, which involves assessing known aspects of a problem and identifying the more ambiguous or peripheral factors that contribute to the conditions of a problem. This contrasts with a more scientific approach where the concrete and known aspects are tested in order to arrive at a solution. Design Thinking is an iterative process in which knowledge is constantly being questioned and acquired so it can help us redefine a problem in an attempt to identify alternative strategies and solutions that might not be instantly apparent with our initial level of understanding. Design Thinking is often referred to as 'outside the box thinking', as designers are attempting to develop new ways of thinking that do not abide by the dominant or more common problem-solving methods – just like artists do. At the heart of Design Thinking is the intention to improve products by analyzing how users interact with them and investigating the conditions in which they operate. Design Thinking offers us a means of digging that bit deeper to uncover ways of improving user experiences.

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Nathan Miller, D.M.D.

6 Warning Signs Impostor Syndrome Might Be Sabotaging Your Job Search



Looking for work? You're not alone. According to the Bureau of Labor Statistics, there were about 10.7 million unemployed people in the U.S. in November 2020. This is almost twice the number that was recorded in February 2020.

The good news is that the unemployment rate has been trending down as the world continues to come to terms with the COVID-19 pandemic – including finding promising vaccines. Job opportunities are springing up in various industries every day, so you could be back in business soon. But getting a job is more than just about the existence of vacancies. It's about believing in yourself.

When it comes to searching for employment, some people hold themselves back due to impostor syndrome. And, considering the fact that this phenomenon affects about 70% of Americans, according to research, at some point in their lives, many job seekers could be self-sabotaging right now.

What is impostor syndrome?

First brought to national attention in the 1970s by Ph.D. psychologists Pauline Rose Clance and Suzanne Imes, impostor syndrome involves doubtful feelings about one's abilities, and fears of being labeled as a fraud. People who are affected commonly feel inadequate and that they only have ever achieved anything as a result of luck or other people liking them.

Many jobseekers afflicted with impostor feelings are not aware, resulting in them being stuck for a long time in their current predicaments. If your job search is taking longer than it should, you may just be caught in an impostor loop. Addressing it sooner than later may help increase your chances of getting the job you want. But how can you know? Below are six warning signs.

1. Not sending out job applications

A critical step in finding employment is sending out targeted job applications to firms you are interested in working for. Often, the more strategic applications you make, the higher your chances of being called for an interview and eventually landing a job. Feelings of intimidation when you think about the job application process – including crafting a solid resume and cover letter, as well as the rigorous interview process – can cause you to not want to apply for jobs that may be right for you. In this case, impostor syndrome causes you to feel you are going to slip up somewhere along the line, so you decline to apply, even though the job description may be a good career fit.

2. Only applying for jobs, you feel you qualify for

Impostor syndrome can prevent you from ever venturing out of your comfort zone. It also causes you to underestimate your abilities. You may see a job offer with better remuneration, more suitable working conditions, and heftier benefits than what you are used to, but you refuse to apply for it because you think it's out of your league. Instead, you only seek out job posts that you feel you would be comfortable doing based on your past jobs or experience level. Sure, you may eventually find unemployment with this strategy.

However, this is one reason why people remain stuck in jobs that they are unhappy with because they are afraid to take risks. The truth is, most people are hardly ever fully qualified for the positions they find themselves in. Many simply learn as they go along, so your chances are as good as any.

3. Neglecting to grow or interact with your network

Feelings of not being good enough or being discovered as a "fraud" may cause you to shy away from colleagues and people with influential positions. In addition, you

may feel you could be presented with opportunities that you are not yet ready for. Out of fear of disappointing the person offering to help, you decline to reach out. However, networking is an important component of the job search process. Often, your contacts can help you uncover opportunities you did not (or could not) learn about otherwise. They can also offer advice and pointers to help you improve yourself and your job search

4. Harboring negative thoughts

The fear of failure happens to everyone. When coupled with impostor syndrome, the negative thoughts can come fast and furious. You may start to think you will never find employment again due to the heightened competition in the job market (especially if you feel you are past a certain age). You might also believe you will only be able to get into low-skilled, minimum wage positions with the least barriers of entry. Furthermore, impostor syndrome might cause you to beat yourself up and think the worst of your employment prospects if you failed to land a job you set your heart on. To counter negative thoughts, try your best to think about good things happening for you, and surround yourself with people who will offer positive feedback and advice.

5. Failing to prepare

One reason why some people take a long time to find employment is as a result of not preparing. Sometimes this is because they think they won't get the job anyway, so they only do the bare minimum. They will simply send generic applications to every company and show up to interviews with very few ideas as to what the position or firm is about. This also happens if the applicant is unsure of what job they would do well in, or if they will fit in anywhere at all. But a key part of any successful job search is showing readiness. From tailoring each resume to match individual job descriptions to doing research on companies for ammunition to use during the interview, you want to demonstrate that you took time to prepare.

6. Waiting to "get lucky" again

Many people who found success in the past are afflicted with impostor syndrome due to their belief that they only prospered due to luck or happenstance. They think success is all about being at the right place at the right time, and not because they are smart or hardworking. As such, becoming unemployed sees them lacking the motivation to go about job hunting in a serious way. Contrary to such belief, doing well in any field often requires great skill and ability. So, even if you felt that things fell in line for you, a great deal of why people were willing to trust you with certain tasks was because of the strengths and aptitudes that you demonstrated.

The impostor phenomenon affects people from all walks of life, including many in high positions and those looking to elevate themselves. Overcoming this phenomenon takes much strength, but once you recognize the feeling, you should take steps to get advice and support from positive people in your life. It also helps if you set strong goals and commit to taking actionable steps towards achieving them.

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La Niña Has Returned



Bobby Deskins

After several months of sitting in the balance between El Niño and La Niña, the National Oceanic and Atmospheric Administration has determined that the balance has tipped — and La Niña has returned.

La Niña is a naturally occurring cool-phase counterpart to the more popular El Niño pattern. La Niña begins when the water in the eastern tropical Pacific cools a certain degree below normal.

When the waters cool, it cools the air above it and produces a broad sinking motion in the atmosphere.

This launches a domino effect that tends to impact large-scale weather patterns around the globe.

As a result, this development gives forecasters insight into generally what can be expected in the months ahead.

Most immediately, La Niña patterns tend to reduce wind shear across the tropical Atlantic which in turn increases the likelihood of hurricane development. When wind shear prevents thunderstorms associated with developing tropical systems from organizing and gaining strength. Conversely, the absence of wind shear provides a much more conducive environment for tropical cyclones to develop and thrive. The development of a La Niña pattern is one contributing factor to the above-normal activity in the Atlantic this year.

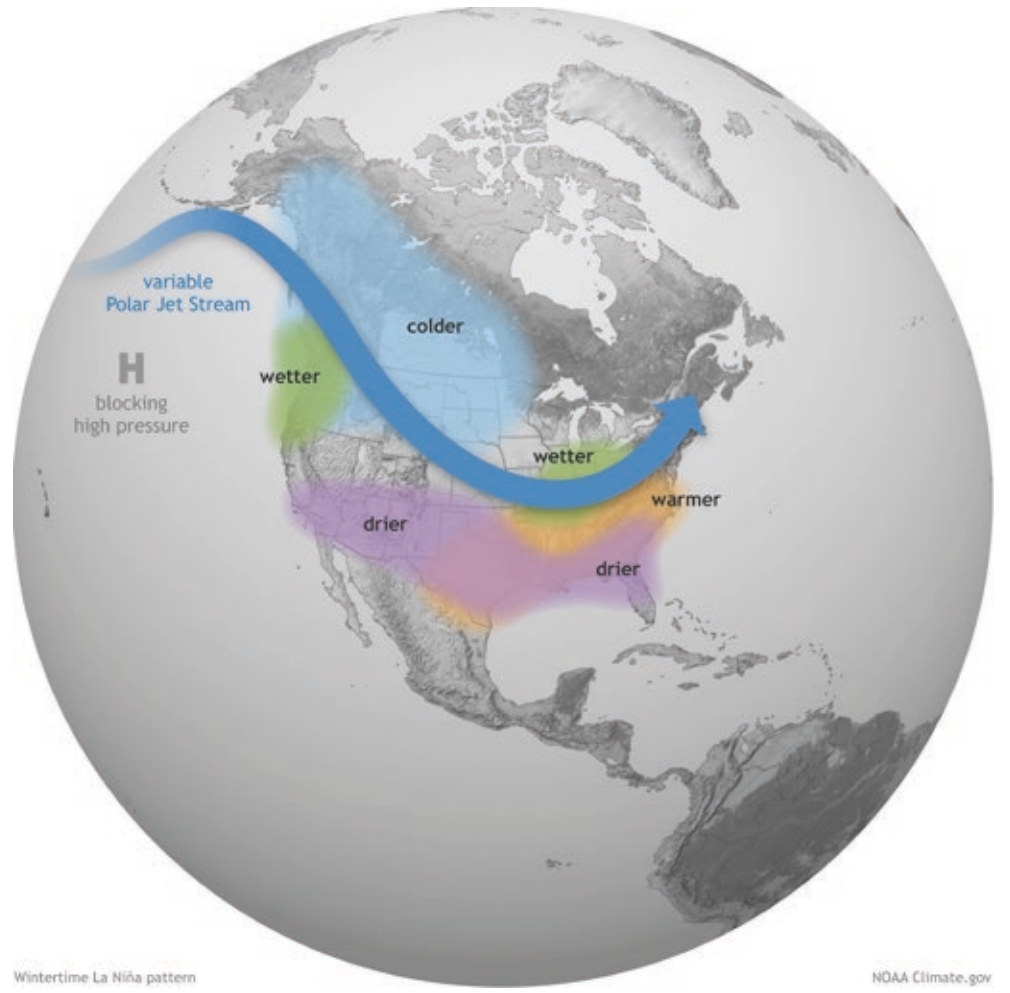
During the wintertime, the La Niña pattern produces a high-pressure system near the Aleutian chain and pushes the polar jet stream to the north over Alaska. This squeezes the polar and Pacific jet together and sends cooler than normal air across the Pacific Northwest and northern Plains.

This pattern shift also keeps the northern United States on the wetter side, while the southern states are left generally warm and dry. While this might sound appealing for winter this can also contribute to more wildfire concerns, especially into the early spring months.

On the other side of the coin, warmer conditions through the winter months in the south are a nice retreat for the rest of the country. The strength of the La Niña pattern ultimately determines how extreme these “typical” weather conditions will be. La Niña arrived most recently in the fall of 2020 before slipping back into a more neutral phase until recently when it returned to La Niña. Typically, the El Niño and La Niña patterns will switch back and forth every two to seven years.

Regardless, even a normal winter in Tampa Bay is nice as we ride through the dry season with pleasant conditions. The normal high temperature through the “depths” of winter never drops below 70 degrees.

Meteorologist Grant Gilmore



Wintertime La Niña pattern

NOAA Climate.gov

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Collaborative arts projects celebrate St. Petersburg-Takamatsu sister city partnership

By **KERRY KRISEMAN**, Public Relations Manager

Since 1961, St. Petersburg has enjoyed a Sister City partnership with Takamatsu, Japan. Partnerships like this span international datelines, cultures, and customs. They promote a mutual understanding of differences through shared experiences and collaborative projects.

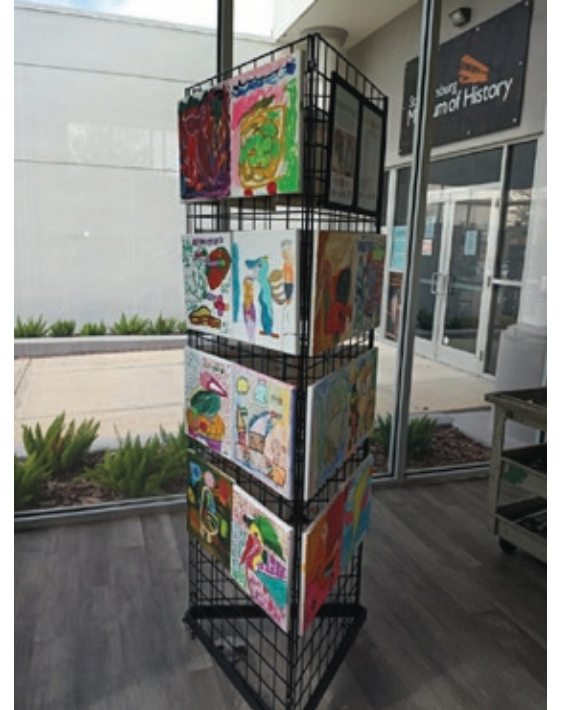
In 2001, a partnership focused on the benefits of collaborative art exchanges was born when Creative Clay representatives traveled to Japan to teach the Artlink mentorship program. Creative Clay raised money to bring Artlink Japan to St. Petersburg. The first Artlink Japan exhibit was at the Florida Craftsman Gallery in 2003.

Twice, Creative Clay representatives traveled to Takamatsu, where they participated in team meetings and discussions. Creative Clay implemented that ideology of inclusion and desire to recognize and consider all voices around the table into its management and teaching practices.

In 2010, Heart Artlink began Artlink activities in Takamatsu at the internationally acclaimed festival, Setouchi International Art Festival. In 2013, Creative Clay hosted another Artlink Japan exhibit featuring a rabbit balloon sent from Japan in addition to a series of paintings and kimonos. Creative Clay's Artlink teams sent an exhibition of paintings to Takamatsu as well.

In 2016, "Takamatsu Artlink Project 2016" was part of the Setouchi International Art Festival. Japan continued the Artlink program, which has operated through 2021. They've trained arts professionals in other parts of Japan and around the world in the practice of implementing the Artlink artist-mentor program.

To commemorate the 60th anniversary of the Sister City partnership, Creative Clay artists and Takamatsu Heart Artlink artists participated in an arts exchange, which included painting 30 pelican paintings. Creative Clay Artlink has traditionally been an apprenticeship program, pairing a professional artist mentor with one of its member artists, but this partnership was a bit different. This year, artist teams consisting of a Creative Clay member artist and a Heart Artlink artist in Takamatsu collaborated to complete the pelican paintings. Creative Clay sent black pelican line drawings using acrylic paint marker on white canvasses for Takamatsu artists to paint. In exchange, artists from Heart Artlink Takamatsu sent Creative Clay artists fans, lanterns and fabric for a lion costume to paint. Artists from Heart Artlink and Creative Clay painted pieces of fabric that became the final costume for a lion dance. They also sent a large lion head using the Japanese construction method called hariko, a technique of paper construction with a hollow center that Creative Clay member artist Ali V. painted solo.



"This partnership produced a mutual understanding and friendship between Creative Clay and Heart Artlink in Takamatsu," said Creative Clay CEO Kim Dohrman. "We look forward to the public viewing the exhibit, which runs through Oct. 30. St. Petersburg International Folk Fair Society (SPIFFS) has been a great partner, providing costs for the shipping of the artwork to Takamatsu, as well as paying for the professional dancers to lead the Creative Clay artists in their version of the Lion Dance."

"Art has been an important part of the 60-year Sister City relationship between St. Petersburg and Takamatsu," said Kathy Michaels, Chair, St. Petersburg/Takamatsu 60th Anniversary Task Force, SPIFFS.

"For years, Perkins Elementary School students provided artwork for the Takamatsu Winter Festival. When we began discussing this year's celebration with Naoko Miyake, Chief of the Intergovernmental Office in Takamatsu, she stated that Mayor Onishi's top priority was an art exchange between Creative Clay and Heart Artlink. Creative Clay has gone the extra mile to make this happen."

The Oct. 30 Sister City celebration in Takamatsu included an exhibition of the collaboration between Creative Clay and Heart Artlink. Another celebration March 9, 2022, in Takamatsu, will include the painted pelicans, lanterns, and fans. There also will be a performance of the Lion Dance at a festival. Creative Clay will view the dance on video and create their own version.

For the Creative Clay artists, collaborating with the Heart Artlink artists of Takamatsu is another component to representing St. Petersburg, known as a city of the arts. Sister City relationships foster positivity and increase understanding of another's culture, which is reflective of Creative Clay's mission of inclusivity and accessibility. As part of the celebration, the pelican paintings were on view at the St. Petersburg Museum of History (SPMOH) in time to welcome the Japanese Consul-General Kazuhiro Nakai Oct. 14. This partnership is another example of the nonprofits' history of working together.

"It has been an honor to partner with Creative Clay for over a decade, proudly displaying art pieces from their summer camp projects," said Rui Farias, director SPMOH. "We're excited about teaming up with Creative Clay to celebrate the city's 60th anniversary with our sister city Takamatsu, Japan."

St. Petersburg Mayor Rick Kriseman was also on hand to greet Consul-General Nakai at the pelican painting exhibit.

"Our sixty-year Sister City relationship with Takamatsu, Japan, continues to provide a wealth of inspiration," said Kriseman. "I enjoyed seeing the official bird of the City of St. Petersburg, made colorful by our friends at Heart Artlink, exhibited at the St. Petersburg Museum of History next week. Creative projects like this are a critical part of what makes St. Petersburg an international arts destination. I want to thank our Sister City of Takamatsu, as well as Artlink Japan, for their partnership and our friends at Creative Clay for being such an important part of Florida's best city."

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.



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