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Thanksgiving Dinner Conversations Politics And Religion: How To Politely Tell People To Shut Up

While many people expect adults and children alike to abide by the host's or hostesses' rules, sometimes additional strategies must be utilized. Some folks will continue to bring up divisive subjects, even when they have been pre-warned. If your Thanksgiving dinner is cooked to perfection but being spoiled by the topic of conversation, there are several things a savvy host can do to take control of the situation.

If the Thanksgiving dinner conversation is getting heated, smile, interrupt, and ask the instigator to start speaking about him or herself instead. People love to talk about themselves, and most people agree that they are more interesting than when the apocalypse will hit. Be polite and ask the instigator a question regarding anything they

are interested in or love to discuss. If the instigator has children, ask how they are doing, whether they are enjoying the school year, going to college, etc. Never mind if the kids are sitting at the table scooping a second helping of cranberry sauce on their turkey. If the instigator has a pet, ask them how the pet is doing healthwise. If there are future travel plans, be sure to bring them up. Ask whatever questions are necessary to get the person to stop talking about politics and religion and to focus on themselves instead.

"Guests should behave—and this often means not rising to the conversational bait. If someone starts ranting about religion, money, or politics, you don't have to roll up your sleeves. A polite "How interesting" should preface a changing of the subject."

If you must find another way to change the conversation, because people simply aren't following along, then suggest playing a game. Have everyone share one thing they are thankful for this Thanksgiving. Add the ground rules that what they are thankful for can't be related to politics or religion. You might find that some guests have to dig a little to come up with something, but it will be worth the challenge. Just getting your guests to focus on something other than politics and religion can be enough to steer the conversation in a positive direction for the rest of the evening..

Written By Charisse Van Horn

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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!

5 considerations for your Social Security strategy

As you prepare to start claiming benefits, be sure to ask yourself these questions.

This year, about 65 million Americans will receive over one trillion dollars in Social Security benefits. If you're planning to join that total and claim your benefits, timing, strategy and sound decisions can all help you maximize the outcome for your household. When and how you claim, your marital status, your health, and even whether you have dependents can all affect what benefits you receive.

To get the most out of your hard-earned benefits, focus on developing the right plan for you and your family. Doing so could help you enjoy a comfortable retirement.

Where do I start?

Given the complexities involved in claiming benefits, creating a plan of action for Social Security can seem overwhelming. Fortunately, you don't have to go it alone. Your financial advisor can help you develop an appropriate retirement income strategy based on your individual circumstances – but there are a few key questions you can ask yourself beforehand to jumpstart the conversation.

Five key considerations

Before making any decisions, it's important to consider the elements of your life that could influence your individualized Social Security strategy. To prepare for your meeting with your advisor, start thinking through these key questions:

When are you planning to retire? Is this date relatively fixed, or is it more flexible?

What will your earnings look like if you continue to work past the age of 62? Would these come from continuing in your current role, or are you considering taking on new or part-time work down the road?

What other sources of income will you have in retirement? In addition to your Social Security benefits, will you be receiving any pension payments, employment income (part-time work) or annuity payouts? What about any business sale proceeds, insurance policies or inheritances? And of course, consider any retirement accounts or additional savings you've built up over the years.

How long do you expect to live? Consider your current health as well as your family history.

What does your family situation look like? Are you single, married or divorced? Do you have any dependents?

As you think through these questions and begin shaping a strategy with your advisor, consider creating a free "My Social Security" account at SSA.gov. Within your account, you can review a statement detailing your estimated benefits as well as explore other resources for developing a sound plan.

Sources: SSA.gov

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Florida-Friendly Landscaping

Robert Dembinski formed Local Roots Landscaping, LLC to work with homeowners to design outdoor spaces customized to their location and preferences. He is a Florida-Friendly Landscaping Certified Professional and can provide in-depth knowledge on selecting the best plants that will thrive in the locations they are planted. These approved Florida-Friendly plants will naturally use less water, need less fertilizer and will be more resistant to native pests simultaneously saving the homeowner money and being environmentally responsible. Utilizing the best plants for a space can help reduce fertilizing frequency and improve our local water quality for many years to come.



Our Florida-Friendly designs save water by utilizing rain gardens, water features and other catchment systems to eliminate dependence on continuous irrigation and reduce runoff water that pollutes our waterways causing harmful algae blooms. Not only are these practices good for our environment, the diversity of plants and pollinators will produce attractive, unique landscapes that can help homeowners enjoy their properties for years to come. Our landscapes are designed to grow into their space when mature, requiring less maintenance while maintaining great eye appeal.

We work with each homeowner to create a customized design based on color preferences and each individual's sense of style. Are you having trouble deciding what plants, paths or water features to place in your outdoor space? We would be happy to schedule an onsite consultation to discuss different landscape styles and help you select the best flowers, trees and plants for your location and lifestyle. Rob graduated from Villanova with a degrees in Chemistry and Biology. He has always enjoyed creating and maintaining lawns, ornamentals, hedges and planting edible gardens. He utilizes his education to do a more in-depth analysis of site soil to make recommendations for plant success. His love of using high-quality horticultural practices to optimize outdoor spaces is why his clients are thrilled with the results of Rob's Florida-Friendly approach to constructing the perfect outdoor oasis.

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Clearing up questions on whether tofu is healthy

By Michael Merschel, American Heart Association News

Let's talk tofu.

It seemed like such a simple, honest food when it caught your eye in the grocery store. But later, after you checked it out online, you began to worry that a long-term relationship might get complicated.

It's true that health experts' passion for tofu can be seen as a bit of an on-again, off-again affair. It's also true, despite some rumors you might have heard, that tofu can be an excellent part of a healthy eating pattern for most people. "It's a very nutritious food," said Dr. Qi Sun, an associate professor of nutrition and epidemiology at Harvard T.H. Chan School of Public Health in Boston.

Tofu, sometimes called bean curd, is mostly soybeans and water, plus a coagulant such as calcium sulfate, that's pressed into a block. In mainstream U.S. supermarkets, you're likely to see a few varieties sorted by firmness, which reflects water content. "Silken" tofu is unpressed and can be as thick as custard, while firmer varieties can be more like a soft cheese.

In China, where tofu may have originated around 200 B.C., it takes on many additional forms and flavors – sheets and sticks, fermented and smoked. Across Asia, it's served fried, marinated and stuffed. Seasonings may vary, but "they all fall in the umbrella of tofu," Sun said.

Nutritionally, tofu offers much to love. According to the U.S. Department of Agriculture, half a cup of firm tofu offers 21.8 grams of protein with 181 calories and 11 grams of fat. Most of that fat is of the healthy polyunsaturated kind.



The high level of protein makes tofu a good alternative to animal-derived meat. Federal dietary guidelines include tofu as part of a healthy vegetarian dietary pattern, and a 2021 American Heart Association scientific statement emphasizes choosing plant-based proteins for heart health. Tofu also contains all the essential amino acids your body needs and is rich in minerals and vitamins, including calcium, manganese, iron and vitamin A. Tofu and other soy foods also are primary source of isoflavones. Those are flavonoids – plant-created chemicals that are associated with a variety of health benefits.

But tofu, soy products and isoflavones "do not have a consistent positive image in the United States," Sun said, because of a complicated history. In 1999, the Food and Drug Administration allowed soy products to claim they were protective against coronary heart disease. Then, a 2006 AHA science advisory concluded that cardiovascular benefits from soy isoflavones were "minimal at best." The FDA began re-evaluating the heart health claim in 2007, and in 2017 proposed revoking it.

But research has continued. Sun was senior author on a 2020 study published in *Circulation* that looked at data from more than 210,000 U.S. health care professionals and found that those eating at least one serving of tofu a week had an 18% lower risk of heart disease compared with those who rarely ate tofu.

And in a 2021 study in the *European Journal of Nutrition* that included about half a million people in China, those without a history of cardiovascular disease who ate soy four or more days a week had lower odds of dying from a heart attack compared with people who never or rarely ate soy.

Still, tofu and other soy products also make some people wary because isoflavones function like a weak form of the hormone estrogen. But concerns that soy can cause infertility or other problems in men are "not based on science at all," Sun said. Similarly, the American Cancer Society sees no dangers from eating soy.

"For the vast majority of people, it should be reasonable to incorporate tofu in their daily diet without any issues," Sun said. He and his family eat "probably three servings per week," Sun said. He likes using soft tofu in soups and firm tofu – frozen and cut up – in a traditional Chinese hot pot. Foodies celebrate tofu for its ability to absorb the flavor of whatever it's cooked with. "I mean, there's almost unlimited ways to incorporate tofu in your diet," Sun said.

Not all those ways are good for you, though. People should avoid preparations with excess sugar, salt or saturated fat. If you do that, Sun said, tofu can be "a very healthy food, almost universally."

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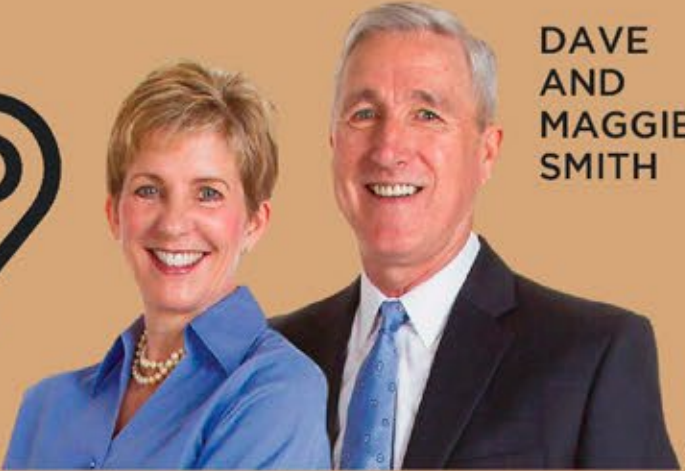


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What are your lab results really telling you?

I hear from my patients all the time “Doc, I have been to 5 other doctors and no one can figure out why I get short of breath so quickly when I do any exercise. Why am I losing my hair, why do I have brain fog and why am I always tired? I have seen specialist after specialist and they say everything is okay all my labs are within the normal range”. So, when I see them the first thing I look at is the CBC blood test and in that test there is the MCV which is the mean corpuscular volume. This shows the size of the red blood cells. The range is 80-100 so if your MCV is 80-89 your red blood cells are a little smaller and that means you don’t hold onto oxygen as well. Which can mean you probably have an iron deficiency (ferritin). Each ferritin unit holds onto oxygen. So, even if your ferritin levels are within the range of 15-248 your ability to hold oxygen on a red blood cell is diminished. I found that anything under 45 could mean you actually are hypoxemia or low in oxygen in your blood which is why the symptoms we talked about at the beginning of the article start to manifest themselves.

When you have low ferritin you usually have low iron levels. The skin gets pale, and the oxygen levels in your organs decrease. This puts a strain on all your organs. The pulse oxygen monitor may say your oxygen is 95-99% but your organs are running low on oxygen. With low oxygen muscles become fatigued easily and the muscle can be damaged. Once they are damaged they repair slowly because oxygen levels are so low. You will tend to experience increased muscle pain, increased blood pressure, increased pulse rate as your heart works harder to push blood faster to get back to the lungs and get more oxygen but if you have low ferritin you won’t be able to hold on to oxygen and the vicious cycle just gets worse and worse.

With low ferritin you see more irregular heartbeats. The conditions related to low ferritin causing hypoxemia are restless leg syndrome, celiac disease, irritable bowel, depression, anxiety, hair loss, hypothyroid, ADHD, headaches, irregular menstruation, loss of libido. A number of studies have shown fixing low ferritin improves cognition. Next time someone says your numbers are all within the range you might want to look again at some of these labs. The treatment is to put a patient on oral iron which for most people I find it doesn’t work because they get upset stomach unless the iron tabs have vitamin C which decreases the side effects that iron can cause. But, if you are taking oral iron for low ferritin it will take 6-12 months in most people to correct it. Unless you are offered ferritin as an IV then you can correct it immediately.



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OTC (Over the Counter) Hearing Aids vs. Prescription Hearing Aids: Which Are Right for Me?



Amanda Kluzynski, Au.D., CCC-A

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Prescription Hearing Aids: Which Are Right for Me?

In August, the FDA finalized a ruling allowing a new category of hearing aids to be sold in pharmacies and online. These over-the-counter hearing aids (OTCs) were approved for use because of the increasing number of individuals with untreated hearing loss. In fact, almost 30 million people in the U.S. today could benefit from hearing aids. Despite this, only 1 in 3 people over 70 with significant hearing loss have ever used hearing aids. With hearing loss linked to dementia, depression, social isolation, and a general decline in quality of life, there's no doubt that treatment for hearing loss should be more widely available.

While the new law aims to increase access to affordable options for those with mild to moderate hearing loss, OTCs are not suited for all types of patients or hearing

and even different sound settings for your most common surroundings. Unlike OTCs, they also offer custom fitting options for your ear shape and stylistic preferences.

Should I Use OTC Hearing Aids?

Only those with mild to moderate hearing loss should consider OTC hearing aids, but it is still recommended that you are clinically diagnosed before making a purchase. The new devices also cannot be used by anyone under 18.

“Prescriptive” hearing aids purchased through an audiologist can be custom fit for all levels of hearing loss from mild to profound at any age. They also offer a wide variety of hearing aid models, including behind the ear (BTE), receiver in the canal (RIC), and completely in-the-canal options. People have different lifestyles, which means there is no true “one-size fits all” hearing aid. Talking to an audiologist about your lifestyle and habits is the best way to choose the right option and ensure you enjoy your hearing aids for years to come.

Which Hearing Aid Is Best For Me?

The new rule goes into effect on October 17th, 2022, which means you may come across them on shelves in the coming weeks. Dr. Amanda Kluzynski, AuD of the MedRx Hearing Center in Largo, Florida, recommends before purchasing an OTC hearing aid, you receive a hearing test to determine if your hearing loss requires a hearing aid. MedRx Hearing Center offers free hearing screenings and consults to help you make the most informed choice.

With proper guidance and care, hearing aids can open you up to countless new social and interactive opportunities you may have missed before regaining your sense of hearing. While OTC's may seem easier at first glance, they are not the best option for many people and can cause trouble down the road. An established audiologist can help you make the best choice for your hearing loss.

Dr. Amanda Kluzynski is a Fellow of the American Academy of Audiology, a member of the American Speech Language Hearing Association, holds a Certificate of Clinical Competency in Audiology, and is certified by the American Board of Audiology.

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

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loss. Before OTCs, hearing aids could only be prescribed and fit by a licensed hearing care professional. Though they look the same on the outside, these two categories of hearing technology are very different. To find which type of hearing aid is best for you, take careful consideration and consult with an experienced professional.

What's the Difference Between OTC and Prescription Hearing Aids?

Hearing aids set up by a hearing care professional like an audiologist are widely considered “prescription” hearing aids. An audiologist will perform unbiased diagnostic testing and physical evaluations to determine whether you have hearing loss that requires hearing aids. Audiologists undergo years of specialized training to diagnose and treat hearing loss, among other ear disorders.

In an appointment for traditional hearing aids, a hearing professional will conduct more measurements to customize your hearing instrument to your ear size, shape, and hearing loss you experience at specific frequencies.

An OTC hearing aid is a new category of hearing device that allows an individual to purchase it online or at a pharmacy without the consultation of a hearing care professional. This means that the individual must decide for themselves if they have hearing loss. They are also self-fit and offer no professional hands-on support and fitting. You may not experience the most comfortable or secure fit.

Intended for those with mild hearing losses, most OTCs offer a general amplification of all sounds, including noises you may not want to be louder—not all situations need the same bump in volume. Modern hearing aids fit by an audiologist offer incredible features such as automatic background noise reduction, volume controls, Bluetooth connection to a phone,

Wishing you a season of magical sounds

The holiday season is full of festive gatherings with family and friends. It is also a reminder of the importance that hearing health plays in our lives.

If you have struggled to keep up with conversations, now is the best time to schedule a complimentary hearing consultation.

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BETTER HEARING STARTS HERE



On Tuesday November 29th 2022 National Giving Tuesday. Empowered To Change, along with the St Pete Beach Community will host the **FESTIVAL OF TREES** at Horan Park from 5:00pm to 8:00 PM.

FESTIVAL OF TREES is the Kickoff to the Most Wonderful Time of Year with Fully decorated trees and wreaths adorned with special ornaments, themes and gift certificates. The Trees and wreaths are purchased and decorated by local businesses all up for silent auction. There will be prizes for the best trees and wreaths. The event will have Festive Music, Food Trucks, Holiday beverages, A Candy Cane Lane for children, Elves, Photo Ops throughout the park, and vendors with their Crafts. We are inviting all to come celebrate this Festive Day and support this much needed Charity.



Empowered To Change is an 8-year-old nonprofit that provides safe housing for the victims of Human Trafficking. This amazing organization provides Initial Food & Clothing, Job Employment/Coaching, Safe Housing (Zero Tolerance Drug Use), Holistic Life Coaching, Contracted Services for Family, Trauma and Substance Abuse Counseling, Choice of Faith Based or Non Faith Based Model of Meditation & Meetings, Budget and Financial Coaching.

Florida is the #2 State in the Nation for Human Trafficking with Tampa Bay being #1 in the State. Empowered to Change along with the Community of St Pete Beach are working together during this event to bring awareness and communities together to help change these statistics. All the proceeds from the Festival of Trees will go directly to the Charity.

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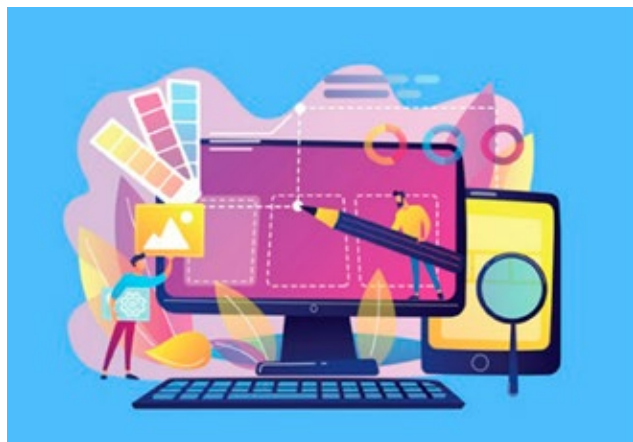
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Seven Key Features for Homepage Success

Web, web, web – we’ve seen it all – good, bad, and the travesties. And since everyone now uses the web – everyone’s an expert, right? GONG.

You might be the best baker or candlestick maker around – you just aren’t a web designer. From behind your desk can you really deliver the right information to such a wide audience? More than likely the answer is no. So clue in and take it from one of the few web unicorns around, there’s a lot to consider to make your website homepage work for you.

Besides all the regular odds and ends such as usable, well-defined navigation, header, footer, and the likes, there are a few key features you need to consider for your digital front door.

Brand Identity

Who are you and do I know you? Customers need to recognize that they are associating with the authentic you and not some Berken knockoff. Visuals, such as your logo, and messaging needs to be inline with your branding. This enhances your customer relationships and establishes trust.

Location, Hours, and Contact Info

Where are you and when are you there? If you have a brick and mortar store, this information needs to be right up front and present. Customers, especially return customers, need this information so do not make them hunt for it. Also, immediate contact info such as a phone number or general business email helps alleviate the frustration of completing a form that may fall into file 13.

Priority Information

Why do customers come to you? I can definitely tell you that it’s not to see your mission statement. Put your top content, functions, or products front and center. Use complementary images so visitors can scan through your site and easily land on the information they need. Make it easy!

It takes 2.6 seconds for a user’s eyes to land on the area of a website that most influences their first impression. –SWEOR, 2022

Social Proof

Are you reputable? Can you be trusted? You have to establish your credibility with prospective customers because people are more likely to take action if they see others doing the same. To do that, show ratings or testimonials. Provide a client portfolio, case studies, or purchase facts. If you use a testimonial, it should be connected in some way to a client or business and not “Margaret from Michigan says...”. Nobody knows Margaret. Additionally, if you allow for user comments, you need an actual person to respond or filter. Proctor and Gamble learned that the hard way – long story.

Highlights

What’s happening? Having a sale? Place it toward the top. Throwing an event? Place it toward the top. Use an announcement bar for your highest priority items. For the love of anything holy, don’t use a popup. Nothing says “I’m super annoying” faster than a popup. It’s too interruptive. And for all who believe no one scrolls, get with the program. Everyone scrolls – especially on mobile, including you.

Calls to Action

In what ways do you want visitors to convert? Do you want visitors to buy a product, register for eNews, or discover your services? Place calls to action on your page. Each call to action needs to be crafted to drive desired consumer behavior. Of course they need to be sprinkled throughout your page and in context.

A Clean, Secure Home

Is your front door attractive and does it work? You might have a fantastic business, product, or service and if your homepage looks like a late Friday night, people will notice. Be sure your homepage functions. Imagery and content needs to be modern, professional, clean, and definitely work for mobile devices. Also, website security (https) matters. People who visit you need to feel comfortable and safe from hackers. Remember, this is your storefront.

75% of consumers admit to making judgements on a company’s credibility based on the company’s website design. –SWEOR, 2022

If you follow that roadmap you’ll see, it works. Of course there’s more, however now you have the basic checklist to a better, more attractive front door that works for you and your customers.

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

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I have had the pleasure of working with individuals of all ages and athletic ability. Have been successful in assisting each one with reaching their goal, whether it is getting their mobility back to live a more active, satisfying life or even assisting with weight loss. MobilityRx has been in business in Feather Sound for 9 years. If you are interested in getting back to your golf game, tennis, running or simply enjoying time with family without pain then contact MobilityRx for a free assessment. Don't let pain keep you away from your favorite activities, let us help you reach your goals!

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DBK Hair Studio Your Full Service Hair Studio

DBK Hair Studio was opened in 2017. The salon owners, Blake and Doug, opened the new location at the Gateway Crossing Shopping Center in April 2020. The space is formerly known as McMahan Hair Salon.

We are a full-service hair studio, and our mission is to provide the ultimate guest experience and top trends. In doing so, we have created level system that helps tier our pricing structure. With this structure our stylist are able grow their business and build lasting relationships with guests. We take your hair as seriously as you do, so that means we are committed to working with you until we get it right – every time. With expertise and customized therapeutic treatments from Redken, Pureology, and Olaplex we will work with you to achieve goals and get the look you are after.

We are a creative salon, and we create customized hair services for each guest because of this you may find that you spend a little more time in our chairs as we work our perfect to perfect each hair on your head. We know there are a lot of options of places to go in town and we pride ourselves in taking our time to create exceptional end results for each guest. We have many different skill levels and strengths in our salon and are always willing to make recommendations to another stylist if timing or budget need to be reassessed.

On your first visit with us your stylist will spend extra time and care to ensure you get the desired result you are looking for. We highly recommend and encourage consultations before coming to your first appointment to talk through pricing, expectations, futures appointments, and timing to achieve your result. Each new hair client will be booked in for a complimentary 15-minute personalized one-on-one consultation. There is no obligation – just come on in for a conversation.

Our hair stylists receive continual education both on-site and at some of the most prestigious training facilities in the nation. In doing so, this has allowed some of our stylist to become Redken Certified Hair Colorist. This means that a stylist has passed an advanced level exam that assesses their technical skills, knowledge of Redken products and principles, and their approach to creating specific outcomes.

We wanted to create an environment where guest could come and escape their daily lives and receive an experience like no other. We wanted to share our knowledge with a team that choose to continually excel in their career and be the best stylist for their guest's. It is important to us that we are ahead of the trends and use the best products.

At DBK Hair Studio, it's all about you. Our passion goes beyond hair. We build long-lasting relationships with our guests, our team, and our community. This is DBK – you belong here, and we can't wait to meet you.

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Lindsey Darin
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My new favorite place for all things skincare! The owner, Tawney, is so sweet. I had a Hydrafacial done by Maggie and she was very professional and the entire experience was amazing. New, clean, and state of the art equipment. I will definitely be going back and I highly recommend!

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THE BENEFITS OF PET COMPANIONSHIP

By Cynthia Mitchell, DVM (Chief Veterinary Officer, SPCA Tampa Bay Veterinary Center)

A pet can bring companionship and joy to your life for many years. And according to the International Federation on Aging, a pet can help seniors' health by lowering blood pressure, boosting your mood and keeping you active.



Plus, adopting a pet sends a positive ripple effect throughout the community. You're giving a loving home to an animal in need, which helps create more space for other homeless animals looking for their forever homes, and supports the shelter in caring for even more animals.

There's a lot you can do to help animals in your community, including the following ways:

Consider adopting an older pet. Young animals, much like babies and toddlers, need considerable time and attention to learn and grow. Older animals need your love and attention too, but are often already litter box trained or housebroken, and familiar living with humans. It can also be easier to tell if you're a good match with an older animal's personality, which becomes more consistent with age.

Think beyond "traditional" pets. Most people initially think about cats or dogs as pets, but many types of animals can be good companions. Consider smaller animals, sometimes called "pocket pets," like hamsters or rabbits. These pets could be the right fit for some people's interests and lifestyles, and there's plenty of pocket pets and critters that need loving homes.

Foster an animal. Seasonal residents or people who can't make full-time commitment of a new pet can serve as foster parents for pets. Foster parents provide a temporary nurturing environment to animals that might be too young for adoption, need time to heal from an illness or medical procedure, or could benefit from socialization in a home environment. By fostering, you help create more space in the shelter for other animals that need care.

Pets typically need foster care for as little as two weeks to as long as four months. People interested in becoming fosters for SPCA Tampa Bay must be Pinellas County residents, complete an orientation program, and learn about kitten and puppy care.

Volunteer. Many local shelters need volunteers to help care for the animals at its facility. It's a perfect opportunity to interact with animals if you're missing companionship but aren't ready or able to have a pet in your home. Volunteers can assist with animal care and enrichment, or help with the shelter's administrative team, depending on your interests and skills.

Volunteers are required to complete an orientation and training, and they're asked to commit to a couple hours per week.

Donate items for animals. Animal shelters are often in need of items that will help animals in the shelter's care. Each organization maintains a wish list online with specific needs, and it often includes used household items like towels, sheets or blankets, and new items that help care for the animals, like food or toys.

If you're interested in helping local animals, contact SPCA Tampa Bay at 727-586-3591 to learn more about how you can adopt, foster animals, volunteer at the shelter, or donate items.

And save the date for Thursday, November 10, its SPCA Tampa Bay's 3rd Annual Day of Giving Telethon. This is the day many people from around the State contribute to the For-All shelter's mission and vision of transforming the lives of animals. Learn more at spcatampabay.org

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

Condominium Assessment Increases – How High Is Too High?

By: Robert W. Bible, Jr., Attorney at Law

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Condominium assessment increases are a hot topic of conversation among unit owners. Unit owners often question whether association board members are acting properly in imposing these increases. Fortunately, the records unit owners are entitled to receive should provide adequate information from which they may verify the purpose and manner of calculating each assessment imposed upon them. Though HOAs are similar in some respects, the laws governing condominium associations impose more stringent obligations upon board members. As such, the focus of this column will be limited to condominium associations.

A condominium association board’s authority to impose or increase assessments primarily stems from the condominium’s governing documents, such as the declaration, bylaws, and adopted rules and regulations. In addition to these general contractual guidelines, Florida law requires association boards to furnish unit owners with detailed information supporting imposed assessments. In exercising their authority to impose or increase assessments, Florida law also imposes a duty of loyalty and good faith upon board members, requiring them to act in a manner which is in the best interest of all unit owners, to avoid any self-dealing, and to exercise due care and reasonable prudence.

Assessments are primarily intended to provide for annual operating expenses, any special needs of the condominium community, and to create reserves for anticipated future capital expenditures or deferred maintenance. An operating expense mandated by law, which of recent may be reflected in increased assessments, is the requirement to provide adequate property insurance for buildings and other property required to be insured by the association, which must be based upon replacement cost determined by independent insurance appraisal performed at least once every 36 months. Condominium association boards are required to maintain accounting records in sufficient detail to permit unit owners to determine all revenues and expenses, all receipts and disbursements, and all operating and reserve funds. Records required to be furnished to unit owners to support assessments include the actual notices of meetings called to impose or increase assessments, the annual budget, and the annual financial report. Unit owners have a right to inspect these, and all other records required to be maintained by the association.

Meeting Notice. Unit owners may, and should, attend and participate in all meetings called to impose or increase assessments. Notice of any meeting at which regular or special assessments are to be considered must be provided to all unit owners at least 14 days before the meeting. This notice must specifically state that assessments will be considered, must provide an estimated cost used to arrive at the assessment, and must provide a description of the purposes for the assessment. Unit owners may speak and ask questions at these meetings.

Continued on Page 18

Feather Sound, Right Now



Know Your Property’s Value

As an expert in the community, we can curate a personalized and powerful valuation of your home based on the current market - empowering you to sell faster, smarter and with confidence.

Our powerful pricing tool will demystify the current real estate landscape. After seeing the sale price of other homes in your area, you can have confidence your home is priced correctly and listed at the best time.

Quarterly 2022 Report

2022 Q1	# SOLD	AVG SOLD PRICE
SINGLE FAMILY HOME	5	\$880,000
CONDOS, TOWNHOMES, VILLAS	34	\$278,982
2022 Q2	# SOLD	AVG SOLD PRICE
SINGLE FAMILY HOME	5	\$704,900
CONDOS, TOWNHOMES, VILLAS	29	\$314,505
2022 Q3	# SOLD	AVG SOLD PRICE
SINGLE FAMILY HOME	5	\$733,000
CONDOS, TOWNHOMES, VILLAS	29	\$297,962

Amy Bofman
Real Estate Broker Associate
727.515.4600
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Jeremy Bofman
Real Estate Advisor
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Businesses Going Green

Did you know that Nike has found a way to weave more eco-friendly, reducing the labor time and the raw material required to make each shoe? This has kept more than 3.5 million pounds of waste from ending up in landfill and also resulted in spending less on waste disposal, material, and transportation.

Other giants, such as Facebook, Amazon, and Google, have committed to getting 100% of their data center power from renewable energy sources. Other than providing them with good PR, this decision led to significant savings, as renewables are more affordable than fossil fuels.

Businesses no longer need to compromise between being eco-friendly and being profitable. Let's see why exactly the future of business is green and how you can jump onto the bandwagon.

Sustainable Business Strategy

While it's important to look at the bigger picture and contribute to preserving the planet, as a business owner, you also need to see how much you need to invest and what you stand to gain. That's why you're going to need a sustainable business strategy that predicts how you are going to implement new business models and how much you expect to profit. First, look at your current business practices and check for some greener alternatives.

Tax Breaks for Green Strategies

When creating a new business strategy, check if there are any tax breaks and legal advantages that can help you go green and keep your business profitable. Some states give incentives to businesses that decide to put our planet before profit. Companies that use renewable energy sources such as wind turbines and solar panels can take part in a sales tax exemption or earn up to 30% tax credits. Check with your local authorities about what your government can do for you while you're doing what you can for Mother Nature.

Workplace Efficiency

Even without greening up your production process, you can make your workplace more eco-friendly by opting for more energy-efficient office supplies and practices.

The most obvious example is reducing or eliminating paper in favor of digital storage. That way, you'll not only make your operations more earth-friendly but also save a lot of money and make your workplace more organized. Also, you can replace your old devices with energy-saving ones.

If your employees need to get from one place to another across a large company lot (e.g., to the storage unit, management, kitchen, or other facilities), you can have them use golf carts instead of cars to save energy. These vehicles can also be used for other chores as well, depending on the traffic rules in your state. Plus, golf carts are easy to maintain, and they require less fuel or electricity than automobiles.

Carefully Choose Who You'll Partner Up With

Running a business means that you need to cooperate with other companies as well. They might be your vendors, suppliers, or delivery companies. If you're contributing to the profit of businesses that are endangering the environment, you are a part of the problem, even if you're keeping your operations green. Make sure to check the companies you do business with. This will also help you make productive partnerships and encourage others to make changes regarding their production and protocols. Also, by associating with earth-friendly businesses, you may learn some new things about how to save the planet – and save more money while you're at it.

Green Camaraderie

Going green can also affect the individual employees that work in the company and their relationships and productivity. Whether that effect will be a positive one is up to the company management. Since the employees will have to contribute by changing some of their habits, it's important to motivate them and make sustainability a part of the company culture. By involving everyone and taking an authentic approach to doing business, you will be able to generate a sense of camaraderie and thus improve overall productivity.

Generate Good PR

Making your business more energy efficient can result in a more loyal customer base and, consequently, higher profit. Being a company that prioritizes the environment will also attract new customers and create more PR opportunities. Also, businesses that promote and practice sustainability can solidify their influence both in the community and the industry.

Of course, you will need to do your part to create PR opportunities that can raise the profile of your company. So, promote your eco-friendly activities on social media and try to get involved in the local community by investing in environmental actions and charities.

Attract New Employees

You will even be able to attract more qualified and prospective employees. According to the Green Business Bureau, a huge majority of employees think their company's environmentally-aware program helps improve their relationship with the employer. Close to 80% of candidates look for companies with sustainability programs when looking for a job.

In Closing

These are just some factors and strategies to prioritize as you set out to make your business more eco-oriented. It all starts with one decision – making sustainability a priority for your company. When that's your true goal, you'll be able to implement green practices and strategies step-by-step and remain consistent in your mission. The effort will definitely pay off in numerous ways, including your bottom line.

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Gary Joseph LeBlanc

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Common Sense Caregiving - Gary Joseph LeBlanc

In Search of the Path to the Past

When my father was first diagnosed with Alzheimer’s disease some 25 years ago, a doctor sat us down and explained to us the difference between long-term and short-term memory loss. This is how he put it, “You need to think of your brain as a road map. All the childhood memories you have, you’ve visited thousands and thousands of times. You have built highways and freeways to those memories. But what happened two minutes ago, you don’t even have a path through the woods built for those memories, and the brush and branches spring right back, devouring the newly made path so you can’t find the same way back.”

Think of these paths and trails as the highway system of your brain. With childhood memories, you’re cruising down a two-lane highway. But when you’re trying to think of someone you just met or what just happened two minutes ago, the road you’re stumbling upon hasn’t even been surveyed and cleared yet.

Now, this had my father speaking directly to his physician, saying, “so what you’re telling me is I will be lost in the woods forever?”

“No, you’ll have many moments of clarity during the early part of the disease. But as you progress into the middle stage, these moments will find you less and less.” I must tell you that when my dad would realize all of a sudden he was not where he thought he was or you were not who he thought you were, the devastation that would spread across his face was heartbreaking. It was one of the saddest parts of watching him deteriorate.

The best thing I found to do was to change the subject gently. Learn how to redirect. I would attempt to move his mind onto something else by quickly changing the conversation. One of the best techniques for caregivers to use is redirection through taste. The power of a bowl of ice cream might absolutely amaze you.

Marvelously, his penetrating sadness would usually vaporize as fast as it found him.

Gary Joseph LeBlanc, Director of Education
Dementia Spotlight Foundation
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Continued From Page 13

budget will be considered are open to all unit owners, and at least 14-days prior notice must be provided. In addition to annual operating expenses, the budget must include reserve accounts for future needs such as roof replacement, exterior painting, and pavement resurfacing. The annual budget must be detailed, and, as it relates to assessments, reflect (i) estimated common expenses by expense category, (ii) total assessments for each unit type in the development, and (iii) all reserves maintained for capital expenditures and deferred maintenance. The reserve portion of the budget must include a separate schedule reflecting each reserve account, the intended **purpose** of the restricted funds, the **total estimated useful life** of the asset or item for which the reserve account was established, the estimated **remaining useful life** of such asset or item, the **estimated replacement cost or deferred maintenance expense** covered by the reserve account, and the **estimated fund balance** in the reserve account at the beginning of the period covered in the budget. If any annual budget increases assessments by more than 115% over the prior year, the association must hold a special meeting to consider an alternate budget **if requested by at least 10% of unit owners.**

Annual Financial Report. At the end of each fiscal year, or as stated in the bylaws, the association board must prepare and furnish to unit owners a financial report for the preceding fiscal year. In addition to customary balance sheet and revenue/expense reporting, the annual financial report must make **specific reserve account disclosures**, which include **beginning and ending balances**, the **amount of annual funding necessary to fully fund** each reserve account, and the **manner by which reserve account items were estimated and the dates those estimates were made.**

Reserves are generally required to be initially calculated based upon an estimated cost of the deferred maintenance or replacement, and the remaining useful life of the asset or item covered by the reserve account. Annual reserve contributions are to be based upon the total estimated cost, the beginning balance of the reserve account, and the remaining useful life of the asset or item. Once reserve accounts are established, they may only be used for the authorized reserve expenditure unless an alternate use is approved by a majority of unit owners at a duly called meeting. Reserves established under a structural integrity reserve study (see below), however, may only be used for the intended purpose. Apart from required reserve accounts, any common surplus of assessments in excess of common expenses belong to unit owners in the same proportion as they share ownership of common elements, and use of any surplus should be defined in the condominium's governing documents, or amendments, which may allow, depending on the nature of the assessment, either return to unit owners or application as a credit toward future assessments.

If you live in a condominium development with buildings three stories or higher, compliance with recent legislation passed to address the tragic Surfside condominium collapse may result in some assessment increases. Under the new law, condominium associations must have enough money in their reserves to fund all repairs necessary to maintain the structural integrity of all buildings three stories or higher. The amount to be reserved for an item is determined by the association's most recent **structural integrity reserve study** that must be completed within 10 years of creation, by December 31, 2024 for associations existing on or before July 1, 2022, or possibly sooner depending on the age of a building and proximity to the coast. Subsequent structural integrity reserve studies must be conducted every 10 years. Though unit-controlled associations have limited rights to waive certain reserves, effective December 31, 2024, unit owners may no longer waive reserves required for items covered under the newly mandated structural integrity reserve study.

To monitor assessments, condominium unit owners should become familiar with the condominium's governing documents. Unit owners should carefully review the required annual budget and annual financial report, and should attend and ask any questions at all meetings called to adopt a budget or to establish or alter the use of assessments, including reserves. Finally, unit owners need to actively participate in all meetings called for the purpose of electing an association's board of directors, and gain a familiarity with the nominated candidates.

If you have questions concerning how your condominium's governing documents and Florida law regulate assessments, or if you need advice regarding your rights and obligations as a condominium unit owner, at Bob Bible Law, we have the knowledge and over 35 years of experience to help you navigate these issues.

For more information, contact:
Robert W. Bible, Jr., Attorney At Law
 727/538-7739 (office) 727/710-5166 (cell)
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Charlie Justice
Pinellas County
Commissioner

Sympathies, gratitude and a reminder to stay prepared after Hurricane Ian

By Pinellas County Commissioner Charlie Justice

As Hurricane Ian churned its way over western Cuba, the Tampa Bay area braced for our first direct hit by a major hurricane in a century. Meteorologists forecasted that the storm was heading our way. Our emergency planners prepared with somber, urgent focus. The governor held a news conference in our Emergency Operations Center. We felt prepared, but also extremely vulnerable. As the storm continued toward Florida, our county administrator ordered the evacuation of all residents and visitors in Evacuation Zones A, B, C, plus mobile homes and 99 residential health care facilities. That constituted more than 400,000 people, a number that speaks to our susceptibility to storm surge and flooding as a low-lying peninsula on a peninsula.

As we now know, Ian veered south and made landfall near Fort Myers as a powerful Category 4 storm. It was the deadliest hurricane to strike Florida since 1935, claiming at least 137 lives. Damages are expected to exceed \$67 billion. While buildings, roads and infrastructure can be rebuilt, there's no way to quantify the trauma and hardship the storm is causing for our neighbors. Our heartfelt sympathies go out to them, and we're helping where we can. For example, several members of our Emergency Management staff were deployed to assist in the recovery efforts. And so many of you are stepping up to donate funds and resources.

Pinellas County received what some have described as a glancing blow from Ian. Even that glancing blow caused structural damage, downed trees and power lines, and power outages. Overall, we were extremely fortunate. Watching the news accounts from southwest Florida, we can only image how bad it would have been here, and how bad it could still be next time.

I am grateful to our Pinellas County employees for putting their public service first and helping us prepare for and respond to the storm. We were better prepared for this storm than previous ones, and we'll be even better prepared for the next one. You may not be aware of everything County employees are involved in behind the scenes.

So let me name a few:

- Staffing shelters before and after the storm
- Transporting vulnerable residents to and from shelters
- Transporting and ensuring the safety of resident with special needs before and after the storm
- Staging alternate work sites to prepare for disaster recovery
- Clearing ditches/drainage areas to prevent flooding
- Working around the clock to coordinate the whole-of-government response at the Emergency Operations Center
- Ensuring we meet all procurement, budgetary and legal requirements to acquire the resources we need to get through the before and after impacts of the storm

I also want to thank you for making it easier for us to do our job. By preparing yourselves and assisting your neighbors, families and friends, you helped ensure our community was as ready as we could be.

My hope is that we will never become complacent about hurricanes. Every meteorologist will tell you there is no force field around Tampa Bay that makes us invincible to hurricanes. They are a risk we accept to live in such a wonderful place. But we have stay to prepared, monitor trusted weather sources, and act quickly if and when a storm threatens.

And as always, you can reach me at (727) 464-3363 or cjustice@pinellascounty.org.

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OCC Road House and Bert's Barracuda Harley-Davidson Hosting Fifth Annual St. Pete BikeFest - NOV 17-20

WHO: OCC Road House & Museum, the massive restaurant, entertainment venue and museum, and official Orange County Choppers headquarters, and Bert's Barracuda, one of the top-performing Harley-Davidson dealerships in the nation

WHAT: OCC Road House and Bert's Barracuda will host the fifth annual St. Pete BikeFest, a rumbling, rolling four-day celebration of motorcycles and live music. This year's BikeFest will include a bike show, charity ride, vendor expo, and non-stop entertainment, plus all-new events at two official outposts.

Concerts - More than 12 national and regional acts will perform on two stages throughout the weekend, with nightly headline acts that include Black Stone Cherry with special guests The Georgia Thunderbolts (Thursday, Nov. 17); chart-topping country act Craig Morgan with special guest Tim Montana (Friday, Nov. 18); and rockers Scott Stapp of Creed

with special guest David Cook (Saturday, Nov. 19). There will also be daily live music from regional favorites on three alternating stages Thursday through Sunday until 6 p.m. The afternoon concerts are complimentary, while the evening headliner concerts are ticketed.

Bike Show - Presented by Full Throttle Magazine, the Full Throttle 15 Class bike show featuring more than 100 cycles takes place at OCC Road House (Saturday, Nov. 19), starting at 11 a.m.

Charity Ride - Paul Teutul Sr. of Orange County Choppers will lead a charity ride from OCC Road House over the Sunshine Skyway Bridge (Sunday, Nov. 20). The ride is open to the public with kickstands up at 9 a.m.

Vendors Row - Dozens of vendors will be showcasing the latest bike gear, clothing and accessories at OCC Road House (Thursday-Sunday). New this year, BikeFest has added two official outpost locations featuring vendors, music, activities, and entertainment for all:

England Brothers Park - The Great American Vendor Expo & Family Extravaganza will take place 10 a.m. to 5 p.m. Saturday and Sunday at England Brothers Park (5010 Dave McKay Way, Pinellas Park, Florida). The event includes a car show on Saturday at 11 am. and a bike show on Sunday at 11 am.

Madeira Way - The fun continues on Saturday and Sunday from 10 a.m. to 5 p.m. on Madeira Way with a BikeFest street party hosted by Saltwater Hippie Beach Bar (15042 Madeira Way, Madeira Beach, Florida).

St. Pete BikeFest has partnered with RumFish Beach Resort - a TradeWinds Resort, Cambria Hotel, and the Hampton Inn- Ulmerton Road to offer festival goers special rates and packages.

WHEN: Nov. 17-20, 2022

WHERE: OCC Road House & Museum (10575 49th Street North, Clearwater) Onsite parking is for motorcycles only, with very limited car parking available in the grass lot next door and on the south end of the campus. Ride sharing is strongly encouraged.

COST: The St. Pete BikeFest is free and open to the public, but nightly headliner concerts are ticketed. All tickets options are for standing room only; no seating. Pricing options include the following:

General Admission: \$15 one-day ticket includes ticket to concert(s)
VIP: \$50 one-day ticket includes ticket to concert(s) in the VIP area, air-conditioned restrooms, and a dedicated bar.
Super VIP: \$100 one-day ticket includes ticket to concert(s) in the SVIP area (pit section in front of the stage), air conditioned restrooms, and a dedicated bar for the headlining acts.

INFO: For additional information, go to StPeteBikeFest.com

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While we are preparing for the always exciting holiday season, I wanted to take a moment to discuss self-care. It is truly vital for us to take time for ourselves, especially when we sometimes feel it's okay to 'slack' on important daily rituals.

These are all very simple and easy ways for us to love on ourselves.

1. Drink plenty of water every day
2. Move our bodies, even if it's just a few minutes a day
3. Set a goal or intention for the day/week
4. Take a few minutes to just breath every morning
5. Wash and moisturize our face every day, the sun is wonderful but can also be our enemy if we ignore our skin
6. Have fun, smile, enjoy the holiday parties!!!!

We love sharing ideas and being open to all conversation when you come see us, so please, reach out even if it's just to chat!

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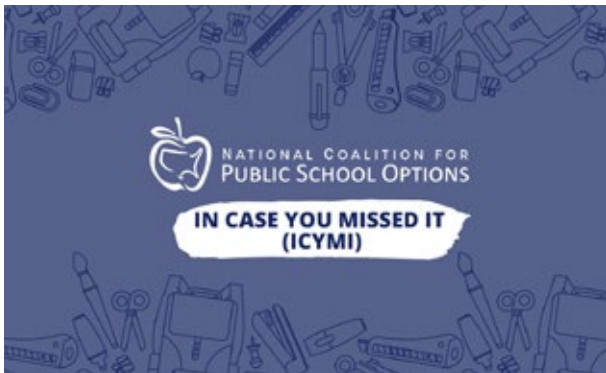
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Poll Finds Parents Are Frustrated & Ready to Change K-12 Education in America

By Letrisha Weber, The 74

So many things went wrong during the pandemic and its resulting lockdowns. Families lost loved ones. Small businesses closed forever. The pandemic has packed a punch unlike any other period in living memory and forced many to take a hard look at the state of the nation's schools. For some parents, this was the first time they'd ever see their child's education in action — the good and the bad.

For those of us who have long championed the rights of parents to send their children to alternative public and private schools, we weren't surprised to hear the frustration of our neighbors. I was fortunate. My children have received wonderful educations in both virtual and hybrid settings. The consistency they offered my daughters during the pandemic is a gift we never could have anticipated prior to 2020.

More than two years later, the nation is still uncovering the effects the pandemic had on children through learning losses, mental health struggles and behavioral issues. A [working paper](#) from researchers at Penn, Yale, Northwestern and the University of Amsterdam described the pandemic as the "largest disruption to children's learning in many countries in generations," a crisis that will continue for decades. A Brown University study found [serious declines](#) in math and English, which were even larger in districts serving a high number of Black students.

As a result, frustrated families are now more open to alternatives to their local public schools. Parents want the power to make decisions that impact their child's education. Gone are the days of parents handing their children over to their local neighborhood school and hoping they can meet their child's unique learning needs. For years, a small minority had embraced the idea of school choice, but that changed during lockdowns. Having spent time as part-time teachers, families are now questioning the educational institutions they long supported.

A [national survey](#) commissioned in August by the National Coalition for Public School Options found that while 71% of parents surveyed sent their children to their local district public school, 61% believe those schools are headed in the wrong direction, including urban residents, at 67%. This follows a recent [Gallup poll](#) that found only 28% of Americans say they have a great deal of confidence in public schools, the second-lowest confidence rating on record.

That means parents have been taking a fresh look at public virtual and brick-and-mortar charter schools. Eighty-two percent of voters in the coalition's survey support allowing parents to choose the best school for their child, and 73% believe every student should have access to a full-time virtual school.

The findings related to public virtual schools, which are free to attend, revealed their increasing popularity among Democrats (80%), African Americans (79%) and independents (77%).

This newfound interest could find its way to the ballot box. Families desperately want educational freedom, and that crosses party lines. Voters from both major political parties and independents say they'll support a candidate in favor of school choice by an overwhelming 54%-to-13% ratio, according to the coalition's survey. This included 67% of Hispanic voters and 57% of African-American voters. Though the bipartisan nature is somewhat surprising, it falls in line with a growing concern that voters have about traditional public schools. The message is clear: Politicians facing re-election should take note, as parents are engaged now more than ever before.

It's a message elected officials should take seriously because they were the least trusted to make educational decisions. While parents and teachers were the most trusted (tied at 78%), the number for lawmakers sits at only 37%.

As someone who travels the country speaking to families who want the same access to school choice for their children that I have, I know that a new era of parent advocacy is only just beginning. Parents are more active in school board meetings than ever before and are asking the right questions. They're determined in finding which school works best for their children. That's why more than 8 out of 10 respondents in the coalition-commissioned survey support educational freedom for parents. By backing school choice at this level with loud voices, parents are teaching their children a valuable lesson: self-advocacy. Children are learning that they never have to accept a default option. Instead, they're growing to understand the value of advocating for themselves.

Their time for advocacy will come one day. For now, it's in the hands of their parents. For some poor families, private schools aren't possible. Just imagine knowing that your children attend a failing public school, and you can't do anything about it because you can't afford to send them elsewhere. Thankfully, those days are coming to an end because it is clear parents want the freedom to use their tax dollars on the best schools. Parents who are empowered and determined to change K-12 education in America forever are ready to be heard.

This story was produced by [The 74](#), a non-profit, independent news organization focused on education in America.



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There's still time to register your organization. If you are interested in being part of the holiday fun, complete the application at www.stpeteparksrec.org/holidayevents. Application includes a \$30 processing fee and must be submitted by Monday, Nov. 7.

For more information regarding holiday events, visit www.stpeteparksrec.org/holidayevents. If you have additional questions, please contact the St. Petersburg Parks and Recreation Department at 727-893-7441.

About the St. Petersburg Parks and Recreation Department
The St. Petersburg Parks and Recreation Department is nationally accredited by the Commission for Accreditation of Park and Recreation Agencies, and with 17 recreation facilities, nine swimming pools, over 150 parks and more than 70 athletic fields, the department makes it a mission to preserve and enhance the city's parklands and recreational facilities and engage the community in leisure activities. Visit www.StPeteParksRec.org to learn more.

About the City of St. Pete
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Holiday shopping opportunities await at Creative Clay

By **KERRY KRISEMAN**, Public Relations Manager



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November ArtWalk

Surreal Surprise

Featuring surrealist, and Salvador Dalí -inspired artwork by the Member Artists and Transition Student Artists of Creative Clay



Portrait of Salvador Dalí, by Suno M.

From now through the holidays, Creative Clay offers several ways to support its artists through the purchase of art. Art is a personal, unique, and meaningful gift, and Creative Clay gives shoppers multiple ways to buy artists' work.

Creative Clay's Good Folk Gallery in the Grand Central District of St. Petersburg provides an in-person shopping experience, Monday-Friday, 9 a.m. to 4 p.m. and at Second Saturday ArtWalk. For online shoppers, the virtual gallery on its website makes art purchasing easy from a computer, tablet, or smart phone.

On the first Friday of each month during the school year, shoppers can enjoy a festive atmosphere at Friday Art Markets. Produced entirely by Creative Clay's Transition Student Artists and Member Artists, the markets feature artwork, live music, a food truck, and theater.

For our Dec. 2 Art Market, join us at 10 a.m. for member artist vocal performances followed by a two-hour performance by local musician Deb Ruby. After that, enjoy performances from When the Tuba Shows Up, It's a Party, a theatrical performance with music and dancing in partnership with Sparks Collaborative Ensemble. Artlink mentors from Sparks Collaborative Ensemble include Sheila Cowley, Paula Kramer, Stephanie Roberts, and Jan Neuberger. Following the performance, join us for a sing-along.

Creative Clay is also open during ArtWalk on Saturdays, Nov. 12 and Dec. 10, from 5 to 9 p.m. Surreal Surprise is the newest exhibit, which features surrealist, and Salvador Dalí-inspired artwork by the Creative Clay's participating artists. Coinciding with the exhibit, The Dalí Museum created greeting cards featuring our artists' original surreal artwork, available for sale at the Museum Store. The original artwork appearing on the greeting cards are included in the exhibit.

Finally, Creative Clay is proud to announce that Creative Thrift, its in-house store for repurposed art supplies won Best Art Supply Store in Creative Loafing's "Best of the Bay" contest. Creative Thrift offers craft items, frames, books, paint, fabric and more at pay-what-you-wish prices. Proceeds benefit Creative Clay's programs that create equality through art. Creative Thrift is open Monday-Friday, 9 a.m. to 4 p.m.

Visit www.creativeclay.org for information about Creative Clay, our programs and our events. Follow us on Facebook, LinkedIn, Instagram @creativeclaystpete, and on Twitter @creativeclay.

About Creative Clay:

Creative Clay offers several multi-disciplinary arts programs that provide opportunities for people with disabilities through the arts:

Community Arts Program – Serving adults, Monday through Friday

Transition – Serving 18–22-year-old Pinellas County School students, Monday through Friday throughout the school year.

Artlink – Offering apprenticeship opportunities for artists 18+ to partner with local professional artists and businesses

Creative Care – expressive arts workshops for people with obstacles to arts access, including but not limited to, people living in shelters and/or assisted living facilities.

Open Studio – Scholarship program for independent artists

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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