

The Island Reporter

The Premier Paper of South Pinellas County

Taking Care of Precious Memories

By Betsy Judge

Jim is a frail looking, older gentleman who has to be gently coaxed out of the van by his wife before the two shuffle, every so slowly, into Carrabba's Italian Grill. Once inside it takes his wife and Jane Ogilvie, a nurse who specializes in geriatric health care, about four minutes to cajole him into sitting down. Just watching the process is exhausting and heart-wrenching. Difficulty walking, needing assistance for basic care and behavior changes that may escalate and include aggression are signs of later stage dementia.

They are the first to arrive at the monthly Memory Café coordinated by Jane and Dr. Cate McCarty, PhD, ADC, a dementia coach dedicated to creating quality of life for individuals with memory issues. They host two each month; this one and one at the Neptune Grill in Gulfport.

There are at least 5 million people living with dementia in the U.S. according to BrainTest, a medical software company that monitors brain health. For Jane and Cate, it's personal.

"We both have family history and now my husband has it," says Cate who works part time. Jane is the proprietor of Senior Solutions of Pinellas County which provides solutions for elder care issues and concerns. For both, the Memory Cafes are volunteer activities.



Jane Ogilvie, a nurse who specialized in geriatric care (standing center) and dementia coach Cate McCarty, PhD, ADC (standing right) run a Memory Café at Neptune's Grill in Gulfport. The cafes are meetings where having dementia and talking about it is not taboo. They facilitate the building of support networks for people with dementia and their caregivers.

and addresses the group. "The purpose of Memory Café is to make people who have some kind of memory issue comfortable in a regular social environment like this," says Jane.

The get-togethers were started by The Purple Angels, a group formed in the United Kingdom by a man with Lewy body dementia in 2012 to create awareness about it. "They become an effective tool to address the isolation that people feel when they have dementia," says Jane. "It is a safe environment for people to go where they won't be chastised or thought less of because they have memory problems."

And dementia can cause problems. "Mike got kicked out of the clubhouse this week," Cate says during an earlier interview. "Too rowdy?" Jane asks. "Yes, the puzzle was going to be in the way

MEMORY continued on page 8

Sunset Pointe Sets the Standard

By TIR Staff

Sunset Pointe at Collany Key continues to rise from the sands of Tierra Verde. With two buildings sold out, they are starting to sell units in the third building.

Developing this unique piece of land with sweeping views of Pass-a-Grille Channel, Shell Key Preserve and the Gulf of Mexico has been a goal of local developer Ed Medley for years. He put in the necessary infrastructure to start building Sunset Pointe in the early 2000s, but the timing wasn't right, and the project was put on hold until 2013.



Liz and Larry Heinkel relax by the pool at Sunset Pointe at Collany Key. They moved here for the weather and love relaxing here after a long day at work. Sunset Pointe is just beginning to sell units in their third building. Each unit is between 2,750 and 2,950 square feet.

In 2012, four Tierra Verde residents saw the possibilities the parcel offered and invested in the land. They began predevelopment in 2013 with the help of Mark Stroud, president of The Stroud Corporation. After that, Medley and Stroud were "off to the races."

"It was Ed's dream," says Stroud. "I do think that one of the cool things is how, as a team, we brought this project back to life." Medley is a partner in the project and in charge of sales.

Stroud, with more than 30 years of experience in all facets of commercial real estate development, says Sunset Pointe is one of just a handful of beachfront properties on the West Coast of Florida that is developable. In addition, the interest the investors have in ensuring that everything is top quality is extremely unique.

"They all live here, they all have development and construction experience and they're emotionally and financially invested in the project. Quality is the primary focus every day, and they've invested a lot more than we budgeted to get quality," says Stroud. "If they see something they don't like, they will spend more money to make it better."

The condos in the gated, waterfront community are between 2,750 and 2,950 square feet with three bedrooms and three and a half baths. Each unit has a lobby to a semi-private elevator, two parking spaces and most of the units have a private garage. Each unit has two balconies

SUNSET continued on page 14



PHOTO OF THE MONTH

Photograph by: Chris Hollywood, St. Pete Beach
The second blue moon of 2018. Shot on St. Pete Beach



Participants are allowed to submit one photo per month by the 10th of the month for the next contest. Submit to: info@theislandreporter.com



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This Sentence is False

By The Old Professor

So there you are rolling along I-275 when a billboard catches your eye. It shows a urinal and says "This Is Not Art" with the "Not" Xed over. Since you live in these parts you know it must be about the Dali, and it is. But it also takes you into the world of self-reference. Self-reference means something that refers to itself. It is a cousin to the paradox, and it occurs in language and art. This billboard has its roots in a drawing of pipe by the surrealist Magritte on which he wrote "This is not a pipe." Which it is not; it is a drawing. That "not pipe" has been widely imitated especially by museums trying to grab our attention.

This stuff is all around us. I once saw a sign for "The Graves Cemetery." Layers of meaning, but I'll bury them.

The Greeks had them. Socrates was both self-referential and paradoxical. "I know one thing; that I know nothing." Zeno's paradox told us that if to get somewhere we go half way repeatedly, we will never arrive. We'll always be the last half distance away.

We see a box that says "All statements in this box

are false." Is the sentence true? If so, then it's false. But then it's true. "If the barber shaves everyone in the village who does not shave himself, who shaves the barber?" If he does not shave himself then he, the barber, shaves him. But if he shaves himself, then he cannot be one of those he shaves. Paradoxes.

In theatre we pretend that we can see through an invisible wall. We pretend that the actors don't know we're there, and they pretend we aren't. But in Thornton Wilder's "The Skin of Our Teeth" Sabrina, the maid, comes down to the apron and speaks directly to the audience, "Why can't we have plays like we used to?" Self-reference and paradox. Good play; should be done more often.

Escher and Duchamp are also self referential. Escher's drawing of a hand drawing itself may be best known. His stairs going up and down simultaneously are paradoxical. Like Sabrina he violates a convention, the representation of three dimensional objects on a two dimensional piece of paper. Fun drawing.

At this point the Old Professor must decide whether to wax academic about Russell's theory of types, or just list a bunch of stuff. (The wily will note the self reference.) Which did I do?

I am not the subject of this sentence.

Disobey this command.

Less is more.

You've outdone yourself as usual.

Authorized parking forbidden!

Just say "no" to negativity.

All generalizations are wrong.

Don't use contractions.

Honk if your horn is broken.

I am nobody.

I dedicate this to my beautiful wife without whom I would be nothing. She comforts and consoles, never complains nor interferes, asks nothing, endures all, and writes all my dedications.

This content was stolen by David H. Smith, Ph.D., retired professor.

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From the Publisher

By Betsy Judge

It has not been the best of times for print publications over the last decade or so and about three weeks ago, I was notified our printing costs are going up because of the new tariffs and paper mills closing. That is probably not news to most people as layoffs have been reported for Creative Loafing and the Tampa Bay Times is reducing the frequency of their free daily entertainment paper, tbt, to weekly.

Despite more than doubling the distribution of The Island Reporter since we took over in 2010, our ad sales grew enough that we opted not to pass the cost along to our advertisers. With continued increases in prices, we introduced the addition of a sponsored article (or advertorial) in the April issue to generate additional revenue, but the time has come that we need to consider other options for additional revenue streams

or consider going to a subscription based paper in order to keep publishing. Obviously we will keep you posted of any changes in this column.

We had our annual Salute to the Military and First Responders in April. We had a great day; watched about 60 young men and women enlist in the Army and Marine Corps; listened to some great tunes and saw some cool cars. We really appreciate everyone that came out to pay tribute to our veterans.

If you didn't make it to our event in Horan Park, consider going to Bay Pines for their Memorial Day ceremony this year; it is the largest ceremony in the county with a number of guest speakers and music by the Suncoast Symphony Orchestra.

Happy May, Happy Mother's Day and Happy Memorial Day.

Fishing Tournney Honors Local Vet

By TIR Staff

Christopher "Scott" Hopkins struggled with post-traumatic stress disorder (PTSD) after serving in combat as an Army sniper and infantryman in Afghanistan during Operation Enduring Freedom. Ater his active duty, he became a certified personal trainer and later completed emergency medical technician training. An avid outdoorsman Scott was often on the water, either fishing, kayaking, or surfing.

He lost his struggle with PTSD last March, and his family is honoring him and helping raise awareness about the disorder with a fishing tournament to benefit Heroes On The Water (HOW) Tampa Bay Florida Chapter on May 26 at Veteran's Memorial Park in Bay Pines.

"This fishing tournament and the PTSD awareness cause holds a special place in our hearts and

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Publisher Betsy Judge

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Press releases and community event announcements submitted on behalf of nonprofit organizations, as well as story ideas are welcome! Please submit story ideas by the fifth of the month and press releases by the 10th via email for inclusion in the following month's issue. Submissions of this nature run on a space available basis at the discretion of the newspaper.

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Encouraging Words No Worries!

By Dennis Merritt Jones

“That the birds of worry and care fly over your head, this you cannot change, but that they build nests in your hair, this you can prevent.”

– Chinese Proverb

Have you ever used the term, “No worries” to minimize an issue when someone apologizes or asks your pardon for some small, innocent, breach of conduct or etiquette? The term has become a casual, kind, but useful, euphemism that covers a lot of territory to say more by saying less. On a more serious note, worry is a topic which affects us all; it is a toxic energy that attaches itself to fear manifesting in one of its most convincing disguises. With awareness, saying “No worries” can help us defuse fear by consciously using the term as a mindfulness practice: The more often I say, “No worries” to other people the more I realize what a great affirmation, or mantra, it is for myself.

Just allow the words no worries to wash over you; hear them as a statement of fact—a truth to claim as your own; it’s another way of declaring, “I choose NOT to invest my precious time and energy in something over which I have no control.”

Think about it; when you are consumed with worry, where is your mind? You have projected it into the future where you have not even a modicum of control. The only thing you have any real control over is perhaps your next breath and the thought attached to it in the present moment; make that thought a healthy and productive one. In other words, the best

way to affect your tomorrow in a positive manner is to be extremely aware of what you are putting in your mind today, understanding that fear is never the answer. This is not meant to trivialize the issues that may be going on in our lives or the world around us which are intensely compelling and certainly worthy of our concern; it’s merely a reality check. Worrying about anything over which we have no control is a poor use of the limited and precious time allotted to us on this planet because it doesn’t change anything except our blood pressure.

The next time the worry habit rises and wraps itself around you, casting you into the future, stop for a moment and take a deep breath. Then ask yourself, “Is this something I have control over or the ability to change in this moment?” If the guidance you receive is “Yes,” then drop the worry and take up whatever action you must to alleviate the fear; do what needs to be done. Conversely, if the answer is a resounding “No,” then take a deep breath and let the issue go. Embrace “what is” in the moment; refuse to allow worry to have its way with you. In either case, you will be actualizing the mantra that can set you free to be fully present and at peace with yourself in that moment.

“No worries”—it’s more than an affirmation—it’s a way of life.

Peace, Dennis

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Pride & Joy Millennials Making a Difference

By Jackie Minniti

Millennials are often associated with entitlement, self-absorption and lack of motivation, but a group of young advertising professionals is turning this stereotype on its head. They call themselves Ad 2 Tampa Bay, and they are using their time and talents to make a positive difference in their communities.

Ad 2 Tampa Bay, a non-profit organization composed of advertising professionals aged 32 and younger, is an affiliate of the American Advertising Federation and the Tampa Bay Advertising Federation. Founded in 1947, National Ad 2 has over 1,000 members in 25 clubs nationwide.

Twenty-four year-old Valerie Wolak has been a member of Ad 2 Tampa Bay since last summer. A financial underwriter, Valerie studied advertising in college and developed a passion for it. When her mother saw a promotion for an Ad 2 Meet and Greet, she sent it to Valerie. "I loved the members and their initiatives," she recalls. "They were such a talented group of young people."

Valerie joined the Public Service Committee, what she calls "one of the most cherished committees," which is tasked with selecting a worthy charity for the Public Service Competition, the signature program of Ad 2. Each year, the committee chooses a community non-profit and works together to develop a pro-bono advertising campaign highlighting its work. This year's chosen charity is Alpha House of Pinellas County (AHPC).

The AHPC provides housing and supportive services to homeless pregnant women and teens, new mothers with infants, and families experiencing crisis pregnancies. It is Pinellas County's only residential maternity program. Of the nearly 3,000 homeless people in Pinellas County, approximately 27 percent are female, and it has been estimated



The Ad 2 Tampa Bay team with Valerie Wolak in the front and from the left: Frances Negron, Ariana Peters, Morgan Baruth, Janine Fils, Ben Lopez and Samantha Kautz. The group donates their time and talents to help others.

that 10 percent of them are pregnant. Many have been victims of domestic violence, sexual assault, human trafficking and other abuse. AHPC wants to help them become successful, self-sufficient mothers.

"The Alpha House staff is super-passionate about the women they serve," Valerie says. "When we went there for our formal meeting, there were stacks of diapers, toys and other donated items lined up against the walls of the meeting room. We heard the personal story of a woman who was helped by Alpha House. During the meeting, a young mom walked by with her newborn in a carriage, trying to calm her crying baby. You could see a stream of love in this organization."

After choosing AHPC as their charity, the Ad 2 team set to work on a campaign they called "Her Tomorrow." They researched, planned and brainstormed to come up with a strategy. Finally, they wrote a measurable goal - to raise \$75,000 in donations of cash and goods. Her Tomorrow will present the stories of some of the women at

P&J continued on page 12

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Beverage Beat The Festive Days of May

By Ellen L. Capitosti

“April showers bring May flowers...” along with a wide variety of May activities. First, there’s May Day; not the cry for help, but the celebration of international workers - or just a good old excuse to celebrate spring!

There is the Kentucky Derby held the first Saturday of each May at Churchill Downs in Louisville, Kentucky. It also marks the first time the finest three-year old thoroughbreds in the world compete at the distance of 1¼ miles. This race is heavily centered around whiskey, specifically bourbon, being that it is based in the bourbon center of the universe. If traveling to Kentucky for the race is out of the question, or huge crowds sporting elaborately decorated hats on elaborately decked-out females is just too much to bear, partake of the festive mood surrounding the Kentucky Derby by mixing up a mint julep cocktail using the official bourbon of the derby – Woodford Reserve. Woodford Reserve has many delicious qualities that are highly prized in a fine bourbon: sweet aromatics, spice, fruit and floral, wood and grain are all found in its rich and velvety flavor. There is something to delight the senses of all tasters and it need not be used only for mint juleps. Woodford Reserve can also be used to celebrate your derby festivities and included in culinary delicacies. The number one requested recipe at the distillery is Woodford Reserve Chocolate

Bread Pudding with Bourbon Butter Sauce. Chocolate, bourbon and butter? Yes, please!

The next celebration, also on Derby Day this year, is Cinco de Mayo. It is widely thought to be celebrated as Mexican Independence Day; however, it is actually a celebration of the Mexican Army’s victory over the French at the Battle of Puebla in 1862 during the French-Mexican War. This holiday migrated across the border and is now widely celebrated here typically with Mexican foods, such as tacos, enchiladas, and mole sauce, along with copious quantities of Mexican tequila and beer to wash it all down. Tequilas are available as 100 percent blue agave and mixto (or mixed), which is a minimum of 51 percent blue agave and the balance from other sugars. It is also available in silver, gold, reposado (rested), añejo (extra aged), and extra añejo (ultra aged). A tequila tasting is a good idea to find the tequila that best fits your palate (and pocket book).

Finally, the month of May ends on a somber and reflective note with Memorial Day. This is when we take time to remember and honor those who died in military service keeping our country strong and free.

Remember to take the time to celebrate all of these May days in your own special way.

Ellen Capitosti is the owner of Tostis Spirits & Fine Wines.

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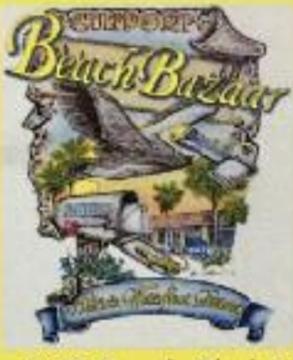
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MEMORY continued from front page

of the Easter dinner." There are also at least two restaurants they won't patronize anymore because Mike got agitated and the staff response was inappropriate.

"So we have our own little stigma and behaviors that sort of shrink the world," adds Cate.

"There are ways to handle those kinds of situations," says Jane, "but you have to know what to do, and we need to educate business owners. A well-trained person would not escalate the situation." They recommend people talk in a calm voice, do not act aggressively and smile.

Educating business is one of the goals for their new Tyrone Square Memory Walking Club; that and giving people with dementia and their caregiver another safe environment to interact while walking. "Walking 20 minutes a day, five times a week will maintain cognitive levels a little longer," says Cate. "The mall is climate controlled and it's flat, so if someone has a walker or cane it's safer. And because the Purple Angel wants to increase dementia awareness, we focus on the businesses in the mall we would like to develop a rapport with so they know we're coming and our people know they are working with us."

Naples Soap Company is one of those businesses and was their first mall sponsor. "Members of Memory Café always make a point to stop by our store during their walks, and our team in St. Petersburg has really enjoyed getting



Lynn Downe (left) with Meridien Research which has sponsored the Memory Cafes' talks with Mike Hopper, Cate's husband who began showing signs of dementia when they were living on a boat in Caribbean. Today he helps them with the Memory Cafés and is an active participant.

This infographic shows dementia symptoms. It affects each person differently, depending on the impact of the disease and the person's personality before becoming ill. From www.alz.org

to know the lovely members and learn more about the group's impact within the local community," said Deanna Wallin, founder of the company.

They are doing the same at Carrabba's and Neptunes, and they are available to train employees and owners about how to deal with dementia and earn a "Dementia Friendly" sticker for their business. Jane says being dementia friendly just makes sense. "A majority of people with memory issues are over 55; these people

have money, some of them are still working, and they're going into these businesses in our communities and they're spending their money."

Back at Carrabba's Jane ties a memory game to the letter "A" because it is April; she takes turns going around the room asking attendees to name animals that start with an A. Most people participate; Jim has taken out the activity pages provided in a folder to participants which include a simplified Earth Day



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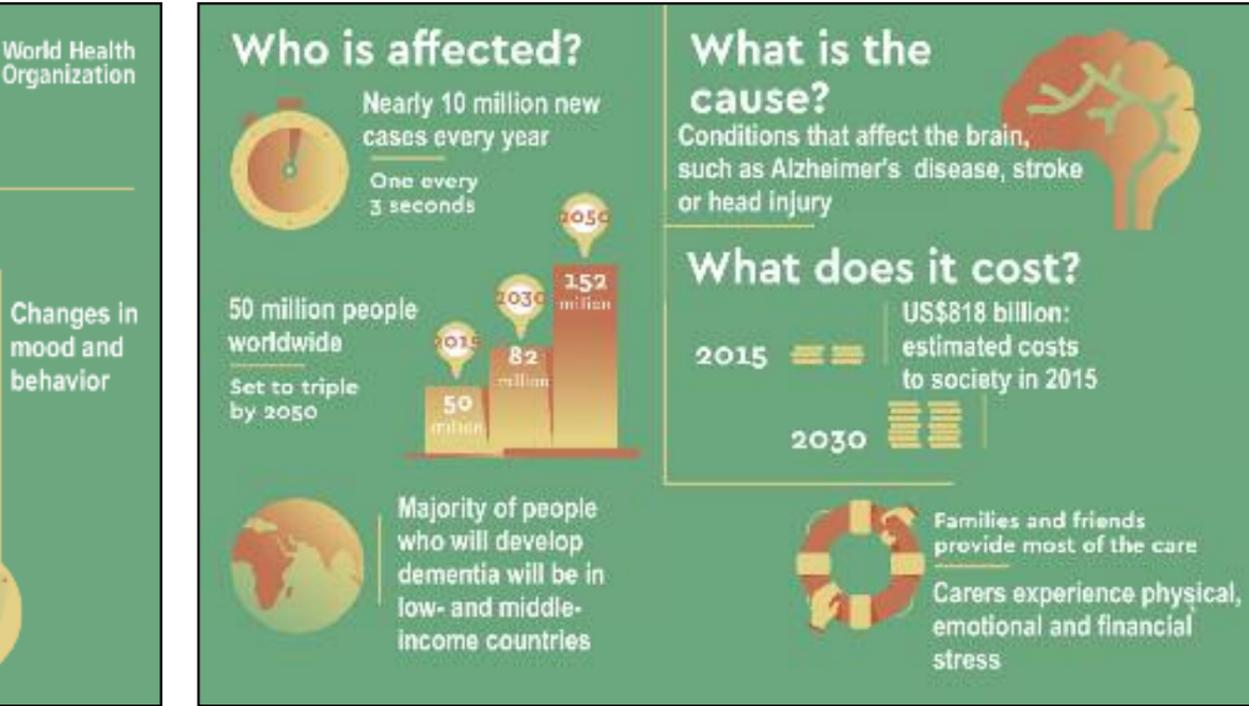
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pending upon the www.who.int.

This infographics from the World Health Organizations website includes information about the cause, the number of people affected and the cost of dementia.

crossword puzzle and pages to color. He is now interacting with his wife and others around him.

Seventy percent of people with dementia live at home and receive most of their care from informal caregivers, like spouses and children according to Dementia Care Central, a resource center for dementia caregivers.

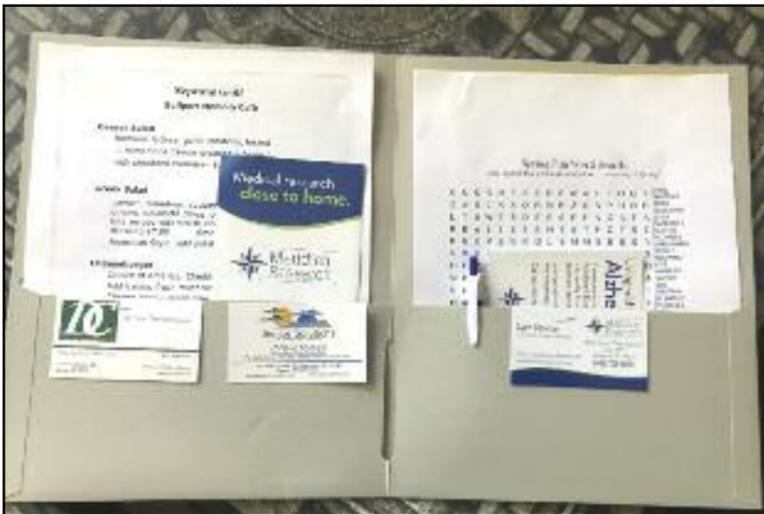
In addition to having fun and engaging with others, the Memory Café affords care givers an

opportunity to tap into the expertise that Jane, Cate and Lynn Downe, with the medical research firm and sponsor Meridien, have to offer them.

“Dementia is overwhelming not only for the people who have it, but also for their caregivers and families,” according to the World Health Organization. “There is a lack of awareness and understanding of dementia...resulting in stigmatization, barriers to diagnosis and care, and impacting carers, families and societies physical-ly, psychologically and economically.”

“Kate and I have made it clear to everyone that comes to Memory Café that we are available anytime to talk to anybody, about anything. And they know after they’ve been there a couple times, they’re comfortable enough to ask the questions. So whether we end up helping them through either of our businesses or not, we can still refer.”

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Participants and their caregivers share a folder that is provided at each Memory Café. It contains activity sheets with simple puzzles along with reference materials.

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Shining a Spotlight on St. Pete

Story and Photos by TIR Staff

Being new to an area can bring challenges for anyone, but for business owners and professionals, the lack of local knowledge and relationships can impact their effectiveness.

To assist professionals in getting up to speed, the St. Petersburg Chamber of Commerce recently hosted FOCUS St. Pete, a community orientation program for people who want to establish civic relationships and learn more about the inner workings of the community with a minimum expenditure of time. The program is sponsored by the chamber and Leadership St. Pete Alumni Association (LSPAA), and is presented by Synovus Bank.

The 13-hour schedule is designed to broaden the participants' working knowledge of the community, acquaint them with formal and informal decision-making, inform them about the issues and challenges facing the city, and provide direction to become engaged in community affairs.

The group, limited to 35 people, met at The Hanger Restaurant the first evening to learn about the area art scene with presentations from the St. Petersburg Art Alliance, Florida Craft Art and Dunan McClellan.

The following day the venue was the St. Pete College Midtown Campus and the program started with a panel on local government featuring St. Pete City Council Chair Lisa Wheeler-Brown and County Commissioner Charlie Justice. Education fol-



President and CEO of the St. Petersburg Chamber of Commerce Chris Steinocher welcomes participants to the first evening of FOCUS St. Pete in the Hangar Restaurant. The 13-hour program helps orient business professionals to the area.



Councilwoman Lisa Wheeler-Brown and County Commissioner Charlie Justice (Center) take a question posed by Josh Shulman (right), immediate past president of Leadership St. Pete Alumni Association after they both spoke.



Sri Sundaram, Dean of the Kate Tiedemann College of Business at USFSP, anchored the discussion about education the second day.

lowed with Art O'Hara, executive director of R'Club Child Care talking about early education, Kevin Hendrick one of the Pinellas County School's associate superintendent addressing K-12, and Sri Sundaram briefing participants about the Kate Tiedemann College of Business at USFSP.

Tourism was up next with a speaker from Visit St. Pete Clearwater and the afternoon session started with a history of the city with Peter Belmont from St. Pete Preservation. That was followed by healthcare with Tim McMahan from St. Anthony's Hospital and Randal Russell with Healthy St. Pete Foundation. The program closed with a discussion on economic development by Alan Delisle with the City of St. Pete and JP DuBuque with St. Petersburg Area Economic Development Corporation.

"As someone new to the area it is definitely helpful to learn more about the area that you are working in and FOCUS St. Pete covered everything that you can think of," said participant Eric Dennis, sales manager for the Beach House Suites by the Don Cesar. "I did make some great contacts from the "business world" that I am sure I will be working with in the future, but the fun part for me was that I made contacts in the arts and culture world that I never probably would have made on my own."

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Leaving a Learned Legacy

By Sally G. Yoder

Photos courtesy of the Gulf Beaches Historical Museum

Education of children can mean different things to different people, but to local resident June Hurley Young it has played a huge part in her life.

In her high school days June was one of a group called the "Webb City Poster Girls." These pretty, young ladies promoted the famous Webb City, "The World's Largest Drug Store in St. Petersburg," known then for its unusual promotions, 5¢ ice cream cones, and any drug store item one needed all under the direction of founder "Doc" Webb.

After graduating in early 1950s from Florida State University, Tallahassee, June taught in several local elementary schools including Pasadena Elementary. She was a popular teacher with both students and parents and her love of education and children shone brightly.

She married her high school sweetheart, Ken Hurley and had a son, Sean and a daughter Kathleen. In the early 1960s she was selected by the syndicated television show "Romper Room," to be the local host and spent years known as the TV teacher Miss June in the Romper Room TV schoolroom.

During her tenure she had many children enjoyed, benefited and learned through her special



June Hurley with a Romper Room student. She was the local TV teacher for the children's educational program which often feature children of beach residents.



June Hurley Young enjoying an evening at the Don CeSar; the five star hotel that would have been demolished had she not lead the charge to save the historic structure.

way of teaching. Miss June and her puppet helper, a very busy bee who stressed yes and no examples, hands on work, stories and original interviews with the five "students" that appeared each week, became popular quickly. Many beach youngsters were visitors over the years. June's teaching was always fresh, lively and colorful to help keep interest alive in the four and five year olds.

After retirement June moved on to work at the Hurley and Associates Real Estate in Pass-a-Grille. She later remarried and took up the Save the Don project. The VA moved the last remaining clinic out in 1969, leaving the old hotel idle and becoming an eyesore with vandals moving in and out, pidgins setting up housekeeping on the top floor, and chunks of plaster falling off the outside walls; it looked like no one wanted the eight-story pink structure. But June headed up a small local committee to help preserve and save the beautiful hotel from destruction. Her strong determination kept the local group focused on its goal and many say without June's input the building would have been demolished.

Throughout the years June picked up her pen and authored books about historic places and people she knew or had encountered. Her books include: "The Don Cesar Story," published in 1974 with seven reprints; "How to be Your Child's Best Teacher," published in 1980; "Florida's Pinellas Peninsula," published in 1983 and reprinted in 2000; "The Vinoy...Faded Glory Renewed," published in 1998; and her last book was about Bill Bowman, "Don't Tell Me I Can't Do It," published in 2007.

June Hurley Young went from a teacher in the public schools and on TV to community advocate and author; all done and presented in her appealing, soft and demure manner. Her legacy is all of the above, but probably the one closest to heart was touching the lives of so many children through her gentle teaching. A legacy of which to be proud Miss June!



June (seated left) at chamber of commerce dinner in 1960 with husband Ken standing left, Col. Frank Hurley (seated center) Frank, Jr. (standing right) and family friend.

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VET continued from page 4

we hope you will join us in a celebration of Scott's life through his passion on the water, raising awareness for PTSD, thanking fellow warriors for their service, and some good old fashion fun, camaraderie and competition," says Lesley Hopkins Mastalerz, Scott's sister. "Our family's goal is to raise money and awareness for the Heroes On The Water (HOW) Tampa Bay Chapter supporting the many veteran's, active duty, and first responders who struggle with PTSD."

The mission of HOW is to help warriors relax, rehabilitate and reintegrate through kayak fishing and the outdoors. Since 2007, HOW has been organizing no-expense kayak fishing trips for active-duty military and veterans and their families. In 2018, they began serving first-responders and their families through the same proven ecotherapy.

Participants will fish for redfish, flounder, sheepshead, and speckled trout in designated areas via paddle board or kayak and shore for the chance at more than \$2,500 in prizes. Kayak and paddleboards are available for \$50. The tourney will be held rain or shine with a captains' meeting at 7:30 a.m., and lunch and awards beginning at noon. Lunch tickets may be purchased for people not fishing. No fishing license is required. Pavillion #5, 9600 Bay Pines Blvd., St. Petersburg.

Information is available on Facebook under Heroes On The Water Fishing Tournament Honoring Christopher Scott Hopkins.

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Fitness

Conquering Your Fears

By Carol Hollenbeck

Fear is one of eight basic human emotions according to Psychology Today. It can take many forms including apprehension, terror and fright. Fear often leads to worry, anxiety, unease, dread, concern and distress. It is the root cause of many phobias which can vary in degree from annoying to debilitating - like a fear of snakes or spiders causing people to jump or run, to a fear of germs that can limit a person's activities or, in extreme cases, keep them homebound.

Some recent studies have shown fear to be the strongest human emotion. It can prevent people from changing their lives in many positive ways such as moving, getting a new job or socializing more. Fear keeps people trapped in their comfort zone all too often. I certainly have seen it manifest itself with my patients over the years in various ways. Fear of pain and fear of falling are two of the most common impairments I see on a daily basis.

Fear of pain is obvious - who likes to hurt? Our bodies are good at subconsciously protecting us from physical pain. After surgery patients will immediately favor the arm, leg or area that had surgery. They will try not to bend the knee or hip when walking or hold their arm against their body. These are all ways the mind is telling the body to move differently to avoid pain. As healing begins if these movement patterns are not broken, they become bad habits that are hard to break. Fear of pain can also prevent patients from doing their rehabilitation exercises regularly and

properly. If they let it control them or don't manage pain properly with ice, heat, medications and gentle movement, it compounds the situation and, in severe cases, can lead to decreased functional outcomes.

Fear of falling is another primary impairment treated by physical therapy. Once a person falls, with or without injury, they can develop a pattern that is hard to overcome. Getting stronger core and leg muscles, wearing good shoes (not slippers, flip flops or mules), testing sensation in the feet, and improving balance and posture are some of the treatments therapist use to help improve someone's physical abilities and confidence to minimize their fear of falling. In addition there is a standardized subjective test that measures just how high this fear of falling is as it relates to daily activities. This test is often used by therapists and other medical professionals for screening and early treatment as needed.

Fear of doctors, surgery and germs are a few more factors that impact people's decisions emotionally rather than logically; even minor phobias can affect a person's life.

Physical therapists can help people work through their fears with current information, specific treatments and patience. Sometimes progress is slow but gradual and that is all that matters in the end - the final result is conquering your fears!

Carol Hollenbeck is a physical therapist in St. Pete Beach and owns Fit For Life Fitness Center. (727) 367-0075 or www.iamfitforlife.com.

P&J continued from page 6

AHPC, highlighting the potential of these moms and their children and bringing to light the need for funding to support them. "Alpha House dreams of opening a second facility," Valerie says. "They also want to hire staff and do renovations." She and her team hope that Her Tomorrow will help those dreams become reality.

For Valerie and the Ad 2 team, the Her Tomorrow project is a way to make a positive impact that will extend well into the future. One way they plan to do this is through a golf tournament, "Mothers, Babies and Birdies," presented by WDAE Radio. The fundraiser is scheduled for

Friday, May 11, at Bardmoor Golf and Country Club in Seminole.

"For the mothers of ALPHA House, the future is inspiring, limitless, and unwritten," Valerie says. "Donations will help create a safe home for mothers, a sustainable set of tools to enable her to care for her child, and the means to make it on her own in the future."

For more information or to make a donation, go to www.hertomorrow.org. To become a sponsor for the golf tournament, email mvandergriff@alphahousepinellas.org.

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Florida Author Living History

By Jackie Minniti

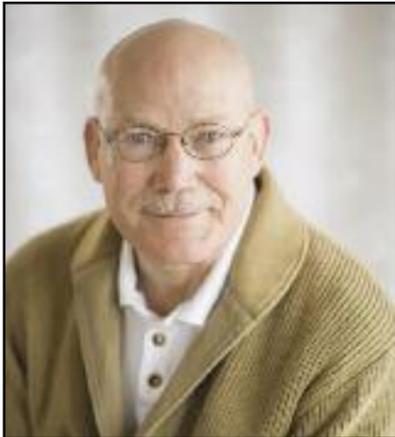
M.J. Joseph is a writer who has history in his blood. A seventh-generation Pensacolan, Joseph has an avid interest in history and the people who lived it. So it was fitting that his debut novel, "The Lübecker," would be a sprawling historical saga that uses a disparate cast of characters to delve into the events leading up to WWI.

"Pensacola is actually the first American settlement by a European power, but the Spanish were driven out by a hurricane after two years," Joseph says. "It has a unique blend of people. North Florida has been part of my lifestyle since I was a boy. The immediacy of my ancestry never seems to leave me."

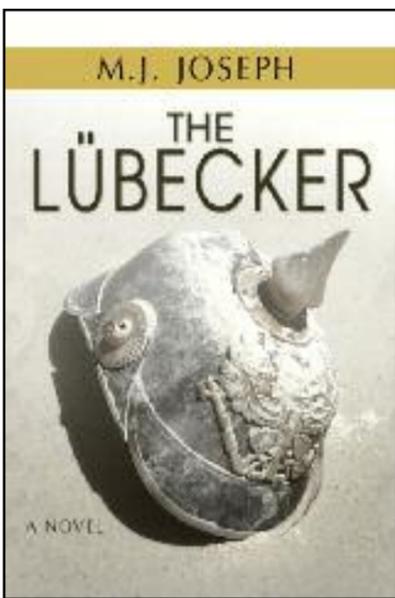
After studying philosophy and English at the University of South Florida, Joseph spent his professional life as the CEO of an industrial firm but always dabbled in writing. "I used writing in my professional life," he says, "and I never lost touch with the intellectual world I came from." Even though he had written several works of fiction, he never had the desire to publish them. But the life story of a 19th century Russian woman changed that.

"I began writing sketches about Lou Andreas-Salomè" he explains. "She was born to a noble German family in Russia, where her father served in the Russian army and later, government. She became close friends with Friedrich Nietzsche and ultimately became a student of Freud. She also wrote fiction and knew many of the intellectuals of that period. She never married and was extremely independent. The life of the mind was the heart of her existence." Salomè served as the inspiration for Kathe Kahn-Matthaus, one of the main characters in "The Lübecker."

While the novel falls into the category of historical fiction, Joseph feels that it is more personal than many other novels of that genre, especially since it is primarily character-driven. "Many of the characters are from my great-grandparents' generation, and much of the story is derived from my ancestry and from my firsthand experiences in



Seventh generation Pensacolan M.J. Joseph's historical fiction, "The Lübecker," takes readers into the WWI era through the story of the Rosenbergs, a family living in Lubeck, Germany in the late 1800s. The former CEO has dabbled in writing for years.



Europe," he says. "I chose the timeframe because I was interested in the era. The religious, cultural, artistic and international conflicts of that time have a strong bearing on issues of today. The events in the story are based on actual events, but these events are just mentioned to give historical context, and there is no participation by real historical figures in the narrative."

Released by Peppertree Press in January, 2018, "The Lübecker" takes readers into the WWI era through the story of the Rosenbergs, a family living in Lubeck, Germany in the late 1800s. Focusing on 8-year-old David, Joseph weaves the Rosenberg narratives together with the story of Dr. Sam Yoffey, a young physician practicing in Florida's Bayou region, to give readers a glimpse into the similarities and differences among people with diverse cultural, religious and intellectual backgrounds during a time of upheaval and unrest. Midwest Book Review praised "The Lübecker" as "...a narrative that moves deftly through different settings and events, exposing the encounters and clashes

between different peoples."

Joseph planned "The Lübecker" as part of a four-book series. "It gives the overall arc of the narrative," he says. "The others will be from the personal perspectives of the primary characters. This will be the heart of the story." The second book, "Claramond," (targeted for release in 2019) will feature Kathe as the driver of the story. While Joseph admits that blending the narratives is a challenge, he hopes readers will enjoy living vicariously through his characters to experience the joys, sorrows, and struggles of an era long past.

For more information, go to www.mjoseph.net.

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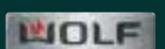
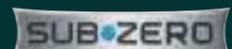
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SOLD

OLLI has New Director, New Summer Courses

By TIR Staff

Mary Szaroleta took a circuitous route to the director's position at the Osher Life Long Learning Institute at Eckerd College.

While working at JMC Communities, she decided to consider volunteering.

"I wanted to go look at the museums in the area, but I also needed some help in understanding museum background." She started volunteering at the Museum of Fine Arts (MFA) and took classes at Eckerd PEL (Program for Experienced Learners) including museum studies which helped her land a job in the MFA development department then in marketing.

"Long story short I was working in a program with OLLI and it just came up that the position was open. I felt like I was at a point where I wanted to challenge myself. It seemed a very engaging, interesting position, and it has been."

Now about four months into the job, she is looking forward to OLLI's summer session. "We have a lot of different and exciting courses for summer. It's a variety from past summers and a very robust program."

Among the 2018 OLLI summer classes offered are "Jerome Robbins: Master of Movement," "The 'isms' of Modern Art," "Casablanca: The Making of a Classic," "UFOs: Fact or Fiction?" "How the Railroads Changed Florida," "The Musical Artistry of Vienna," "A History of Florida's Hurricanes," "Music Man: The Life and Shows of Meredith Wilson," "Al Hirschfeld: Master Caricaturist" and an "Overview of U.S. Navy Submarines."

In addition, two classic American film comedies -- Mel Brooks' "The Producers" and Billy Wilder's "Some Like It Hot," will be shown in the Eckerd College Miller Auditorium with HD digital projection.

A bus day trip on May 22 will be "A Day in Bali: Exploring the Hindu Temple of Florida," and on Aug. 28, there's a guided tour of the James Museum, St. Petersburg's newest cultural destination.

Most classes and activity fees vary from \$10-\$45 for OLLI members. Non-member fees are also available.

Registration has grown exponentially and Szaroleta is impressed with their membership.

"They are very passionate about this program, I think they all feel like they are part of that specialness that OLLI has. In the first month I was asking, 'How did you join?' and for a lot of them it was word-of-mouth, but then they quickly saw that it was like a family atmosphere; they were making friends,



Mary Szaroleta became the director at the Osher Life Long Institute at Eckerd College earlier this year. OLLI provides more than 350 intellectually stimulating classes, interest groups, trips and special events for adult learners.

making those connections here that they had to leave when they move down and retired. It's just an amazing group of individuals and a lot of talent. There's so much potential here."

While she has plenty of ideas about future things to do, mums the word with the exception of developing new partnerships.

"It's still very new, but we want to work with other organizations and see how we can collaborate on venue or program space." They are working with the James Museum which has classroom space to see how they can bring some programs downtown and they already partner with Westminster communities and Top of the Word in Clearwater.

She encourages anyone who thinks they have expertise in an

area that might align with OLLI programs to contact the OLLI office or visit them online where they have a course proposal form.

For more information go to www.eckerd.edu/olli.



OLLI members Lance Peterson (left) and Susan and Gary Osher (no relation) chat at an April Bistro social event. It was a joint event with members of the Association of Senior Professionals at Eckerd College (ASPEC).



The ASPEC Singers entertained ASPEC and OLLI members at OLLI's April Bistro, a social event with wine, food and, on this occasion, music.

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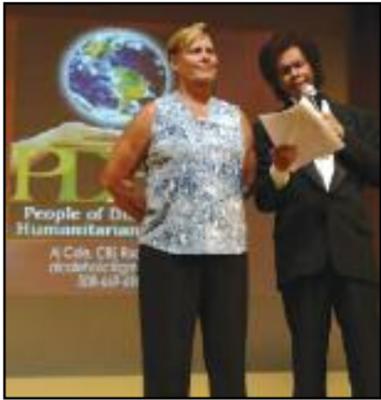
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Notable Achievements

HOEV Founder Honored

Co-founder of Heaven on Earth for Veterans, Inc. (HOEV), Carol Barkalow, was recently honored with a People of Distinction Award (PDHA). The award, created by PDHA Founder, Al Cole from CBS Radio, recognizes individuals who silently serve with acts of humanitarian and creative outreach to their communities. HOEV provides quality living spaces for veterans in need. The Gulf Beaches Masonic Lodge of Madeira Beach also recently acknowledged HOEV's service with a donation.



The Fountains Support Olympiad

Elizabeth Backman, 17, recently diagnosed on the autism spectrum, was able to compete and took the gold in the Special Olympics Florida Equestrian Sports Championships in late March after Melissa Krysh, community life director at The Fountains at Boca Ciega Bay, nominated her to be a Watermark Kid. The program is a national non-profit associated with Watermark Retirement Communities, that is committed to empowering underserved kids ages 6 through 22 to express their character, leadership, creativity, compassion and spirit.



Masons Adopt a Classroom

Members of the Gulf Beach Masonic Lodge in Madeira Beach, recently took part in the Pinellas County Adopt a Teacher/Class program by adopting Ms. Holliday's Middle School Language Arts Classes at Madeira Beach Fundamental School. Gulf Beach Masonic Lodge encourages individuals, organizations and businesses to consider taking part in this worthy program and help our public school teachers accomplish their goals.



Business News

Portofino Owners Say Ciao

Portofino's Italian Ristorante in Bay Pointe Plaza is a family affair. The Italian eatery, featuring authentic, freshly prepared Italian cuisine is now under the stewardship of Chris and Patty Conley and their children who took over in December. They are an Italian-Irish family originally from Boston. They are open for lunch and dinner and the full menu is available for take out. Portofino's averages four stars on various review sites and their family looks forward to meeting new patrons. Their menus are available at www.portofinostpete.com or stop by at 5035 34th St S. St. Petersburg. Ciao e buon appetito!



Local Sisters Open Simply Suzettes

Pinellas County sisters Laura Busch and Janine Lane have opened their third boutique at 7232 Central Avenue. They specialize in unique, comfortable and quality clothing lines for women of all ages, all figures, and all personalities. You can find them on location working with customers to give personalized assistance and care, alongside their staff, and check out their exclusive line of Sympli travel wear. They also own Suzette's on the Rocks in Indian Rocks Beach and Suzette's Too in Belleair Bluffs. They pride themselves on being a part of the local business landscape and giving back to the community.



Naples Soap Company Opens

Naples Soap Company, a retailer of natural skin care products, celebrated the opening of their newest store in Tyrone Square Mall in late March. The Tampa Bay Beaches Chamber kicked off the event and the celebration included a drawing for \$250 of merchandise, product samples, light refreshments and more. Naples Soap Company donated \$250 of the sales from the grand opening to PARC which helps children and adults with developmental disabilities to exercise their independence and experience life to the fullest. 6901 22nd Ave. N., #452A.



Area Team Creates Personal Documentaries



Ancestral facts can lack personality, but VU, a company that recently relocated to Pinellas County, can add pizzazz by creating a personal documentary. They capture your voice and personality and research and edit your info into a powerful storytelling, incorporating historic video and original or favorite music that helps put stories into context. Videos can be shared privately, or be used publicly as part of a corporate or organizational initiative. Learn more at vudocumentaries.com.

ISLAND TOONS By Bruce W. Norris





Wayne's World Wild Boar Lockout... Calcium Surplus... Falling Gold... and More...

By Wayne Shattuck

Wild Boar Lockout... In late March, Denmark stated it will build a 43.5 mile fence on its German border to keep out wild boar that can carry the deadly infection African Swine Fever to farm pigs and threaten the country's large pork industry. While no case has yet been detected in Denmark, the spread of the disease in eastern Europe in causing concern in the country whose pig exports amount to \$5.5 billion per year. An outbreak of the disease in Denmark would shut down all exports to non-European Union (EU) countries for a long period, while only exports from the affected area in Denmark would be blocked from being exported to other EU member states. The disease is in Poland, the Czech Republic, Romania, Estonia, Latvia and Lithuania and has recently moved closer to Denmark, according to the government. In an effort to reduce the number of wild boar, hunters have been given new options to hunt the nocturnal animals at night. In February Germany issued a decree to allow hunters to shoot wild boar year-round to stop the animals and the threat.

Calcium Surplus... Some adults in the U.S. who use supplements to get their daily requirement of calcium are taking higher doses than necessary, a recent study suggests. "Supplemental calcium has potential benefits, particularly in relation to bone health, however, it may also put people at increased risk of kidney stones, cardiovascular disease and adverse gastrointestinal symptoms," said senior study author Pamela Lutsey of the School of Public Health at the University of Minnesota in Minneapolis. "This is in contrast to calcium consumed from dietary sources, which is generally well-tolerated and has been associated with lower risk of fractures, colon cancer, kidney stones and hypertension." Americans get most of their dietary calcium from dairy products, such as milk, yogurt and cheese, all of which are rich natural sources of calcium. Nondairy sources include cruciferous vegeta-

bles, such as Chinese cabbage, kale and broccoli. For women up to age 50 and men up to age 70, total daily calcium intake of 800 milligrams, from all sources, is recommended to meet the estimated average requirements of most people, researchers note in the journal Bone. These intake estimates are based on the amount of calcium needed to promote bone health. The upper tolerable limit of calcium supplementation is 2,500 milligrams a day for adults up to age 50, and 2,000 milligrams a day after that. Larger doses are linked to an increased risk of soft tissue damage. Women, non-Hispanic white people, and older adults were more likely than other individuals to take too much calcium.

Falling Gold... A "gold rush" of sorts started among residents in eastern Siberia after dozens of gold bars fell out of a cargo plane as it was taking off, according to Russian media. It happened at the Yakutsk airport in eastern Siberia in late March, according to Russia's state-run TASS news agency. The An-12 cargo plane was carrying some nine tons of gold, the agency reported, and the cargo hatch was partially torn off by a strong flow of air during takeoff. The airport suggested that technicians who were preparing the plane for takeoff could have failed to properly secure the gold cargo. A local transport police spokesman told TASS that a total of 172 gold bars weighing 3.75 tons have been found so far. The Siberian Times said the plane dropped gold bars as far as 16 miles from the airport, and search efforts are still underway. The plane was also carrying diamonds and platinum, according to the local newspaper, and was coming from the area of Russia known for diamond mining. It estimates the dropped cargo's value at \$368 million.

But That's Not All... A "Bakers Dozen" means 13. This old saying is said to come from the days when bakers were severely punished for baking underweight loaves. Some added a loaf to a batch of a dozen to be above suspicion.

Chasing Fire (Part 3)

By Sabrina O'Donnell

The same shudder that ran through my body four decades ago reintroduced itself, chilling my spine and shaking my bones—I pushed through.

"The woman who lived in the house had fallen asleep with the stove on." I told them. "The fire started, and she didn't wake up until far too late. She was on the second floor, well, what was left of it. There was nowhere for her to go.

"My Grandpa immediately told us to get in the car, it was the most serious any of us had ever seen him. No one wanted the front seat anymore; all four of us crammed into the back and by the time we had gotten situated, Grandpa was nowhere to be found. He—"

The lump forming in my throat cut me off. I swallowed hard against, it but to no avail.

"He ran in after the woman?" Good Cop helped.

Keeping my eyes closed, I nodded. "He would never have left her in there."

"And the firefighters?" Good Cop queried.

"The firefighters got there finally, but they might as well not have. The house was ashes and Grandpa... well I think we all knew before they even told us."

Bad Cop took a shaky breath. "Do you remember anything else?"

"Silence." I told them. "I remember silence. In the back of Grandpa's car, in the back of the firetruck that took us home. Just silence. I was practically praying that one of the firefighters would talk to us, or to each other, or even to themselves. It was just... silence."

Bad Cop thanked me and told me to wait just a bit longer while they stepped out.

I had my head down on the cold metal table when the door opened again. I looked up to be greeted by a heavy, dark-haired man with a poorly maintained mustache. He introduced himself as the chief of police.

"I want to start by thanking you for your time," his raspy voice broke the silence.

"It's no problem," I muttered effortlessly.

"So because this case is going to become public very soon, I don't see any harm in telling you the reason we needed you to come in."

"Did you say case?"

"Yes, err, that's what I wanted to tell you. Recently more information has been brought to light and um, has caused us to reopen the whole case.

"You see," he elaborated. "The woman who died that day, the woman your grandfather went into the house after, well her husband was a firefighter."

"Ironic," I murmured.

"Not quite," he drew in a long breath of air. "It would appear that her husband paid off the other firefighters to have them arrive late to the scene all those years ago."

My ears started ringing. "I'm sorry, he—"

"See she was going to leave him and he couldn't deal with it. He told his buddies it was a stunt to collect some insurance money. None of them knew anyone was going to be home."

His words started to fade.

"One of the old firefighters has gotten real sick and said he wanted to come clean before..."

I closed my eyes and heard the sirens blaring. I raced out of my house and down the street, as fast as I could. Grandpa was waiting by the car. With my little hand, I led him back into his house. He played some of his old toons, allowing the music to drown out the sirens, and I watched him dance around the room.

It was always the quiet days. The days where you would swear that if you dropped a pin, someone across the world could hear it.

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The Island Reporter Puzzle Page

Crossword

by Margie E. Burke

ACROSS

- 1 Snide remark
- 5 Waikiki wiggle
- 9 Small sample
- 14 Burn soother
- 15 Part of CPU
- 16 Rack up, as debt
- 17 Fireplace fodder
- 18 Unwritten reminder
- 20 Vile smile
- 22 NAREB member
- 23 See eye to eye
- 24 Staircase part
- 25 School session
- 28 Disparage
- 30 Chocolate source
- 31 Dog-scolding word
- 34 Pickup shtick
- 35 Eye site
- 36 Putting up with
- 38 Abandons
- 39 Cease and _____
- 40 Cheesy sandwich
- 41 Turn red, maybe
- 42 Full range
- 43 Phony sort
- 45 Mideast bigwig
- 46 Tropical tuber
- 47 In the ____ of (amongst)
- 51 More than a few
- 53 Geologic period
- 54 Haitian, for one
- 57 Folklore fiend
- 58 "Not ____!"
- 59 Knowing about
- 60 Feudal estate

DOWN

- 1 Modeler's wood
- 2 Word with tag or string
- 3 Daltrey of The Who
- 4 Be suitable for, old-style
- 5 Droning sound
- 6 Precise
- 7 Family history
- 8 Reach, as a goal
- 9 Pinball error
- 10 Mark up
- 11 Golfer's tally
- 12 Egyptian boy king
- 13 Before, to a sonneteer
- 19 "Is that ____?"
- 21 Pragmatic one
- 26 Threadbare
- 27 Bullwinkle, e.g.
- 29 Fabric fuzz
- 30 Halloween wear
- 31 Policeman's shield
- 32 At right angles to ship's keel
- 33 Ouster
- 35 Brazilian soccer legend
- 37 Water pill
- 38 Barren
- 40 Glacial deposit
- 43 Presidential grant
- 44 Sucker deal
- 46 Gymnast's goal
- 48 Stray calf
- 49 Rock fragments
- 50 Shrinkage, to a retailer
- 52 Wall climber
- 54 Bunch of bills
- 55 It may be inflated
- 56 Sign of approval

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Sudoku

			8	6				
5								2
3			2	9	7			
		6	1			4		
		1						
					6		2	7
6	9				8			5
	1	3						
8		7		1	4			6

Trivia

Miscellaneous Trivia

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- Besides Ulysses S. Grant, who was the only other president to graduate from West Point?
 - (a) Woodrow Wilson
 - (b) Theodore Roosevelt
 - (c) Dwight D. Eisenhower
- From which classic children's book did the indie pop band "Trespassers William" take their name?
 - (a) Winnie-the-Pooh
 - (b) Peter Pan
 - (c) Alice's Adventures in Wonderland
- In which city is the Australian Open tennis tournament held?
 - (a) Sydney
 - (b) Melbourne
 - (c) Brisbane
- What was the name of the flagship on which Admiral Nelson died?
 - (a) Victory
 - (b) Britannia
 - (c) Empire
- What sitcom character can be seen wearing a band-aid in every episode?
 - (a) Chandler Bing (Friends)
 - (b) Al Bundy (Married with Children)
 - (c) Les Nessman (WKRP in Cincinnati)
- Who was football's Papa Bear?
 - (a) Knute Rockne
 - (b) George Halas
 - (c) George Blanda
- 1848 saw a wave of revolutions across Europe. Which of the following countries or regions avoided the bloodshed?
 - (a) The Netherlands
 - (b) Hungary
 - (c) Sicily
- Jumanji and The Polar Express are by what children's author and illustrator?
 - (a) Chris Van Allsburg
 - (b) Eric Carle
 - (c) Maurice Sendak
- Kimchi, a combination of vegetables and strong spices is a traditional dish in what country?
 - (a) Philippines
 - (b) India
 - (c) Korea
- What automobile model was criticized as the one-car accident in Unsafe at Any Speed?
 - (a) Corvair (Chevrolet)
 - (b) Pinto (Ford)
 - (c) Valiant (Plymouth)

Puzzlers can find the answers to all these brain teasers at www.TheIslandReporter.com under "Puzzles"

Word Search

Water, Water Everywhere

<ul style="list-style-type: none"> BAY CHANNEL CREEK FALLS FLOOD RAIN ICE INLET LAKE MAIN OCEAN POND POOL PUDDLE BOTTLED CLOUDS ESTUARY FAUCET GEYSER GULF RAPIDS RIVER SEA SNOW SPLASH SPRING SPRINKLES STREAM WELL 	<p>C G I L Y S B L B P I B L L A X N R O Q L M N D T A T E C U A F Z I Z E Y F Y D G I Q M R E S Y E G A C R V F A L L S P O N D B S S Q M R F D I B E T C P A O Q P E U M O J Z N M R B H F S R R C A A Y H D K E E R C A O E O S I X E Q T S J U Y Y I N L E T E S C N J A N A P N U K N V K W J T S T U K S N L Z U B E A U J E E C L T R D L F P W N L M A Y S X G L Z E U E P E S P N N G F U I B U G L O D A A H S U B I M G N I R P S L R W J R M S D V G A P S J O T C Q M L Y F Y C D Z M I R O N Y A J T A W N L V B L Z G C F L O O D J K D H U U B Z E N A E Z E W L W E Y O W Z G O Q A</p>
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ANSWERS ON PAGE 10

Local Events, Activities & Announcements

Gulfport

May 4 & 19: Gulfport Art-Walk, 6 - 10 p.m. Shop, eat and enjoy more than 35 unique businesses, boutiques, galleries, bars, and restaurants along with arts and craft vendors. Beach Blvd. S., Waterfront District.

May 5: BCYC "Funday" Open House, 1 - 4 p.m. Annual spring event for the public to tour Boca Ciega Yacht Club. Free sailboat rides, hot dogs and sodas, door prizes and presentations. 4600 Tifton Drive S. Info at www.sailbcyc.org.

May 19: Goodwill's 8K or 5K Hippie Dash, 8 a.m. 1-mile Walk, Woof & Roll (strollers & dogs welcome), Flower Child Fun Run for the little hippies. Medals for all finishers, T-shirt & goodie bag for registering. Yummy post-race food and free beer. Special awards for placing finishers and for Best Dressed Dude, Best Dressed Dudette, Best Dressed Kid & Best Dressed Dog. Gulfport Casino, 5500 Shore Blvd. Info at Hippie Dash 8K Run on Facebook.

May 31: Gulfport Hurricane Seminar, 7 p.m. Learn how to prepare for a hurricane with Channel 10 meteorologist Bobby Deskins and Mary Burrell from Pinellas County Emergency Management. Doors open at 6 p.m. Catherine Hickman Theater, 5501 27th Ave. S. For info email: info@mygulfport.us.

June 1 - 3: Mark Your Calendars: Gulfport Grand Prix, Times and activities vary. Boat races featuring 120-mile-an-hour Formula Powerboats, vendors, antique boat show and pit area. Free to the public. Shore Boulevard. Info at www.gulfportgrandprix.com.

Gulfport Public Library: Go to events at www.mygulfport.us/gpl for library events or visit at 5501 28th Ave S.

Each Week

Gulfport Fresh Market: Tuesday, 9 a.m. - 3 p.m. 3007 Beach Blvd. Info at 727-278-4285. Sept. 12 is Clothing Swap to Benefit CASA.

Gulfport Toastmasters: Wednesdays, 6:15 - 7:30 p.m. Community Room, Gulfport Public Library. 5501 28th Ave. S. Info at 727-537-9098, info@gulfporttoastmasters.com or www.gulfporttoastmasters.com.

Throughout the Month

Gulfport Casino: Dance Lessons. \$5 for members, \$8 for non-members. Gulfport Casino: 5500 Shore Blvd. S. Info at www.mygulfport.us.

Senior Center Events: Calendar available at www.gulfportseniorfoundation.org or 727-893-1231.

St. Pete Beach

May 4 - 5: Mountainfilm Festival, Times Vary. Enjoy a selection of culturally rich, adventure-packed documentaries that use the power of film, art and ideas to inspire audiences to create a better world. May 4, 7 p.m. - Welcome reception; May 4, 7:30 p.m. - 10 p.m. - "Life on Earth," an environmental film series; May 5, 11 a.m. - 1 p.m. - "Bring a Map," an adventure film series; May 5, 7:30 p.m. - 10 p.m. - "Best of the Fest." The Don CeSar, 3400 Gulf Blvd. Tickets and info at www.doncesar.com/filmfest.

May 11: Annual Tourism Lunch, 11 a.m. Viviana Jordan, Deputy Public Policy Director with Florida Airbnbd will discuss how technology is changing the tourism industry. 2018 Tourism Person of the Year to be awarded. \$45 for members, \$55 for non-members. Hosted by Tampa Bay Beaches Chamber at the TradeWinds Island Grand Resort, 5500 Gulf Blvd. RSVP at www.TampaBayBeaches.com.

May 13: Family Fun Days at the Pool, 12 - 3 p.m. Enjoy music, family fun, slides, pool basketball, games, prizes and much more. Regular admission applies. St. Pete Beach Aquatic Center, 7701 Boca Ciega Dr. Info at www.spbrec.com.

Each Week

Corey Avenue Sunday Market, 10 a.m. - 2 p.m. Up to 75 vendors with locally produced and home-made items, ready to eat foods and hand crafts. Live music. Info at www.TampaBayMarkets.com.

PAG Thrift Shop May Sale, 9 a.m. - noon, Tuesday - Thursday and Saturday. Get 75% off on all quality new and used items. Supports local charities. 17th Ave. and Pass-A-Grille Way. Info at 727-360-5508.

All month:

St. Pete Beach Public Library. Check www.spbli-brary.com for the latest events.

St. Petersburg

May 1: Tampa Bay Symphony Spring Concerts, 8 p.m. Here the Jack Heller Young Artist Competition winner, Adam Langs, on xylophone plus moves from four symphonies. Tickets are \$20 for adults and free for students with ID. Palladium Theater, 253 5th Ave N. Info at www.TampaBaySymphony.org.

May 5: May Day Race, 9 a.m. 5k and 10k races through beautiful Clam Bayou, a Kids Dash for Cash and a post-race party with food, fun and vendors. Ceridian, 3201 34th St. S. Info at www.skywaymarinadistrict.org.

May 12: Second Saturday Art Walk, 5 - 9 p.m. Take in the St. Pete arts scene after hours. Info at www.stpeteartsalliance.org.

May 12: Puppy Love, 6 - 10 p.m. "Stayin' Alive - a disco party," is the theme of Pet Pal's Puppy Love fundraiser. Includes silent & live auction, 50/50 Raffle, puppy pimping, dinner buffet, photo booth, entertainment, music, and more. The Historic Coliseum, 535 4th Ave. N. Info at www.petpalanimalshelter.com.

May 26: Christopher Scott Hopkins Memorial Fishing Tournament, 7:30 a.m. Kayak and Paddleboard tourney to benefit Heroes on the Water. Captain's meeting, fishing, lunch and awards ceremony. RSVP by May 12 to Fishj4Hopkins@gmail.com. War Veteran's Memorial Park, Pavilion 5, 9600 Bay Pines Blvd. Info on Facebook under event name.

Each Week

Mondays: Toastmasters, 6:15 p.m. PARC, 3190 Tyrone Blvd. N. Info at: 727-422-8856.

Throughout the Month

Eckerd Public Pubic Events: Free public events at Eckerd College, 4200 54th Ave. S. In the Dan and Ann Miller Auditorium unless otherwise noted. For more info go to www.eckerd.edu.

May 2. Classical Guitar Concert, 7 p.m. With Jérémy Jouve; May 4: Film: The Breadwinner, 7 p.m.; May 7: Film: A Plastic Ocean, 7 p.m. Sheen Auditorium, ES100; May 8: Spring Choral Concert, 7:30 p.m. Wireman Chapel

Tierra Verde

May 11: Potluck on the Porch, 5 - 8 p.m. Free event on the porch to kick back and relax on the bay. Bring your favorite dish and beverage of choice. Meet new people, enjoy a great meal, and take in a beautiful sunset! RSVP to ramdt@tampabaywatch.org.

June 15 & 16: Mark Your Calendars: Tampa Bay Watch Tarpon Rodeo, Catch-and-release tournament to benefit TBW restoration projects and education programs. Launch from Fort De Soto for tournament, post-tournament Castaway Soirée at the TradeWinds Island Grand Resort, 5500 Gulf Blvd., June 16. Info at www.tampabaywatch.org.

Treasure Island

May 4: May the Course Be With You, 8 a.m. - 5 p.m. Annual #StarWarsDay with half off tennis and golf with Star Wars-themed clothing or costume. Random prizes throughout the day. Treasure Bay Golf & Tennis, 10315 Paradise Blvd. Info at (727) 547-4575 ext. 237.

May 5: Sunshine City Kiwanis Casino Night, 6:30 - 9:30 p.m. Annual Casino Night Fundraising event at the Treasure Island Community Center. Fun, food, and fundraiser to support charitable projects. Community Center, 1 Park Place & 106th Ave. Info Facebook.

May 28: Memorial Day Parade and Service, 9 a.m. parade, 11 a.m. service. The city and American Legion Post 158 hosts a patriotic parade and Memorial Day Ceremony. The parade starts at Treasure Bay Golf and Tennis Center, 10315 Paradise Boulevard and ends at the Community Center. The Memorial Day Ceremony is at the American Legion Post 158, 111 108th Ave. Info at 727-235-1784.

Each Week

Thursday Bingo, 6:45 p.m. Early bird, 7:45 p.m. Regular. Cash prizes. Snack bar & free coffee. Hosted by the Treasure Islettes. Community Center 1 Park Place and 106th Avenue.

Friday Morning Market, 9 a.m. - 2 p.m. Open air market featuring local art & crafts, produce, plants/flowers, independent distributors, fair trade, and interesting flea items. Free. Community Center Park, 154 106th Ave.

Seminars and Classes

U.S. Coast Guard Auxiliary Flotilla 78 Safe Boating Classes, 7 p.m., each Tuesday. A 12-week continuous cycle of classes; start anytime; includes 400 pages of materials. Initial registration is 6:30 p.m. \$45 for 12 weeks (\$60 for couples sharing a manual). Call Jim at 727-360-4846, Warren at 727-321-7801, or Phil at 865-2226. 1500 Pass-a-Grille Way, St. Pete Beach.

May 1: Powering Your Boat, May 8: Lines and Knots, May 15: Weather, May 22: Your Boat's Radio, May 29: Which Boat is for You?

St. Pete Sail and Power Squadron Seminars, Students must be 12 or older and pre-registration is required. Maximum of 20 students per class. Classes are held at the St Petersburg Sailing Center, 250 2nd Ave SE, Demens Landing. Class details and registration at www.boating-st.pete.org under Seminars.

May 1: Piloting, 7 - 9 p.m. The first navigation course covering the basics of coastal and inland navigation for recreational boats and uses GPS as a primary navigation tool. Cost is \$70 for members, \$110 for nonmembers.

St. Pete Beach Recreation Center Classes, Classes in art, dance, self defense for women and a variety of other topics throughout the month. Classes for kids too. Go to www.spbrec.com for a complete listing or call 727-363-9245.

Treasure Island Art Guild Workshops, Info at treasureislandartguild.org.

Each Month

Suncoast Hospice Caregiver Education and Support, Gain new skills, self-confidence and emotional support with Suncoast Hospice's caregiver programs. Info at www.suncoasthospice.org/caregivers.

Summer Camps

Tampa Bay Watch: Register today to have your children (ages 6-15) explore the Tampa Bay estuary through week-long day camp sessions. Includes exploring marine science topics through species collection, boating and snorkeling trips, and science labs. New this year is Ocean Expedition Camp for ages 13 to 15 which offers a complex look at Tampa Bay through marine science labs and activities. Info and registration at www.tampabaywatch.org.

Treasure Island children's Summer Programs: Registration begins Apr. 9.

Recreational Camp. An 11 week program for ages 5 to 13, May 29 through Aug. 10, weekdays from 8 a.m. to 5 p.m. Activities include games, sports, arts and crafts, parties, guest speakers and entertainment, movies, field trips and more. Before and after care is provided for an additional fee. Family discounts are available. Register at City Hall.

Junior Tennis Camps. For juniors ages 8 years old through high school at Treasure Bay Golf and Tennis, Monday through Friday from 9 a.m. - 12 p.m. Info and registration at 727-360-6062 pgirardi@mytreasureisland.org.

Other Fundraisers

May 5 & 5: PARC's 44th Annual Golf Tournament Weekend, Friday Night Party at the Station House St. Pete, 260 1st Ave S, St. Petersburg at 7 p.m. A night of 'Games and Gambling' with rooftop LED golf, buffet, open-bar drinks, and enjoy entertainment. Golf on Saturday at the Bayou Club, 7979 Bayou Club Blvd, Largo. 11:30 a.m. lunch and registration, 1 p.m. shotgun start, dinner and awards. Sponsorships available. Info at www.parc-fl.org.

St. Pete City Officials Offer Water Conservation Help

By Bill Blazowski

The Alliance for Bayway Communities seminar in April focused on environmental issues. Among the speakers was Christine Claus, St. Petersburg Water Conservation Coordinator, who discussed the city's water conservation programs available to condo association and HOA leaders, as well as individual home owners. Controlling monthly bills by reducing water consumption will increase in importance, as higher water and sewer rates are expected in the future.

For reclaimed, shallow well, or potable water used for irrigation, the city, on request, will send an irrigation specialist to examine an association's or HOA's sprinkler system and make suggestions on how to achieve effective watering with less

consumption. These improvements are especially important during the dry season when water used for irrigation is in the highest demand. There is no cost for this sprinkler system checkup and it includes the installation of a complementary rain sensor to prevent watering during rain or after sufficient rainfall—a major waste of irrigation water.

Plant selection is also an important factor in the amount of irrigation needed. Claus often works with specialists in Pinellas County Extension's Florida-friendly Landscaping Program to recommend attractive plants that will not require substantial irrigation.

Potable water conservation programs are focused on toilet water consumption. For 21 years, the city

has offered rebates of up to \$100 for residents who replace older, high consumption toilets with an EPA Water Sense-certified, high-efficiency model using 1.28 gallons per flush or less. Fixing toilet leaks is a major conservation opportunity says Claus. Sometimes leaks that cannot be heard will result in the loss of 200 gallons per day from a single toilet. The city has dye tablets that can be put into the tanks, and after 10 or so minutes, the colored water from the tank will appear in the bowl if the toilet is leaking. The same procedure can be done with food coloring. Leaks can usually be fixed by replacing the \$4 flapper valve in the tank.

More information on water conservation is available at www.stpete.org/water.

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Volunteer Opportunity

The City of St. Pete Beach needs volunteers for the reception desk. Greet people, answer multi-line phone, assist customers, do light clerical work. Weekdays, 8 a.m. — 1 p.m.
Email cityclerk@stpetebeach.org or call 727-363-9220.

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The Island Reporter Picture Page

The Don Cesar Hosts Mixer

Tampa Bay Beaches Chamber members and guests enjoyed handcrafted cocktails and appetizers while networking at the Rowe Bar Pavillion for the April chamber mixer. The event was sponsored by Piper Fire Protection. Photos by Bob Schlesinger.



Special Cars, Special People

The Tierra Verde Business Partnership teamed with Premium Car Shows for their 7th Annual Car Show and Taste of Tierra Verde fundraising event. This year's benefactor is Pinellas Sheriff's Police Athletic League which provides tutoring, mentoring and sports activities for kids. Photos courtesy of TBPP.



Gambling for a Cause

Rotarians from the St. Petersburg Rotary

West and guests packed the Pasadena Yacht and Country Club for their 5th Annual Casino Royale. There was a silent auction and lots of games of chance to raise money for their service projects.



Thank You Treasure Island



I completed my goal of running for mayor of Treasure Island. I want to thank my supporters. I want to thank my endorsers, particularly the Pinellas Realtor Organization; they support our community in many election; they supported me, and I am grateful for their endorsement and all they do in the community. I also appreciate the support I received by the National Organization of Women. After a six year hiatus from real estate, I am anxious to get back to work.

Mel Lenehan
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TIERRA VERDE BUSINESS OF THE YEAR 2016

Century 21 Coast to Coast
150 Pinellas Bayway, Tierra Verde, FL 33715
727-867-8633



2BR/2Bath condo on Isla Del Sol. Sweeping views of the Tampa Bay from every window. The unit provides a split bedroom plan with tasteful updating in both baths, covered parking and all the Florida lifestyle provides. Price reduced. Now \$335,000. Call Jacqi Dockery Realtor for any further info 727-424-3700



Dolphin Cay is an award-winning gated waterfront community of one hundred acres. Homes and condominium buildings blend with the protected wetland area where a bird sanctuary and natural habitat are preserved. This freshly painted Mediterranean styled 2 story home entry is highlighted by a Travertine marble tiled driveway/walkway and opens into a 12' ceiling atrium greeting area. A new tile roof was recently installed. The first level of the home, with 12' ceilings throughout, has spacious water views of the deep-water Maximo channel and Boca Ciega Bay. The great room features hardwood flooring and marble French pattern laid throughout the kitchen and guest room suite. Newly installed hurricane impact 8' sliders open to a marble paver pool area and T&G wood ceiling lanai. On the water is a Duradek dock containing a 10,000 lb. boat-lift. The side area of home features an artisan mosaic outdoor shower and 2 brand new A/C units well concealed in a recess. Upstairs features 10' ceilings with a large master suite with hardwood flooring and master bath area with marble flooring contained throughout. A second guest room suite is also upstairs along with a recently completed art/office studio. An attached 2 1/2 car garage features a 3 part epoxy flooring and a custom 15'x 8' above garage storage area. To Preview call: Gabrielle Bettig, Realtor, 727-385-9017 or Chris Boyll, Realtor 727-612-9777



YOUR BEACH HIDE-AWAY - \$148,500
Great location! 1/2 mile from popular Sunset Beach. Beautiful one bedroom, one bath ground floor condo in St. Pete Beach.. Across the street from public tennis courts and fishing pier. Walk to water front dining. Completely updated. Granite counter tops, stainless steel appliances, breakfast bar, oversized tile, up graded lighting and crown molding throughout. All furnishings and accessories to convey. Heated swimming pool with sundeck. Laundry facilities on site. Trolley stops in front of complex. Excellent rental history; short term rentals are allowed with a 3 day minimum. Easy access to the Interstate, downtown St. Petersburg, 30 minutes to Tampa International Airport. To preview, please call Gabrielle Bettig, Realtor at 727-385-9017



TIERRA VERDE! ST PETE BEACH! Boaters, waterfront townhome with DEEDED BOAT SLIP 8,000 lb. LIFT on sailboat (deep) water. This spacious 2BR/2.5BA/2 car tandem garage townhome has an open floor plan with living/dining rm & separate eat-in kitchen with laminate floors. Living room has wood-burning flpc. Master bath has dual sinks, separate shower with jacuzzi tub while the Master bdrm has a balcony with one of the best views in the complex. Asking \$309,000. Contact Gabrielle Bettig, REALTOR 727-385-9017



LOTS OF LOTS!
1) Historic Roser Park \$100,000.
2) Large Park St Lot. \$350,000.
3) Lakefront Lot, Oceanview Dr. \$650,000.
4) Fabulous Greenland Preserve, 1.3 Acre lot w/ covered boatslip, \$1,250,000.
Call Randall Ierna, BrokerREALTOR™ 727-647-0813



PRICE REDUCED

ST. PETERSBURG-TROPICAL PARADISE!
Many upgrades to this elegant and spacious 3600+ sq. ft. custom built BR/3.5BTH. Two Levels. Well equipped kitchen with granite counters, Jenn Air stainless appliances, solid wood cabinets and walk in pantry. Master suite with two walk in closets. Screened patio with custom designed pool and spa in a private setting. Convenient to everything! \$520,000. Contact Sam Bennett, REALTOR 727-710-1334



Are you looking to sell your home...find a new home?
Let me do a free no obligation Market analysis of your home and area. I can do the job, and do it right! Call or email Kim Shuey, REALTOR™ 727-488-7627 shueyk19@gmail.com Century 21 Coast to Coast

We need more inventory, and would love to add your property to our rental inventory to be featured on our web sites. Our team of professionals have been serving your community for over 25 years. CALL US TODAY!



Sunday Service Times
8:00 am & 10:00 am
Children's Nursery Provided
Age 3 1/2 and under
Adult Sunday Bible Study
9:00 am
Children's Sunday School
10:00 am



"Members and non-members alike are welcome at our non-denominational worship services."

Dr. Mike Wetzel, Pastor

Wednesday Evening Services
Bible Study and Prayer Meeting
7:00 PM

Dr. Mike Wetzel, Pastor

Joshua Wolfenden
Director of Christian Education

Angela Wolfenden
Worship Music Director

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Tierra Verde, FL 33715
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