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SANIBEL & CAPTIVA ISLANDS, FLORIDA

MARCH 31, 2017

MARCH/APRIL SUNRISE/SUNSET: 31 7:21 • 7:45 1 7:20 • 7:45 2 7:19 • 7:46 3 7:17 • 7:46 4 7:16 • 7:47 5 7:15 • 7:47 6 7:14 • 7:48

Land Acquisition A Success

By unanimous vote, Lee County Commissioners on March 21 gave their final approval to funding \$1.4 million toward the purchase of 8.15 acres on Sanibel Island's Wulfert Road, a crucial wildlife corridor for the JN "Ding" Darling National Wildlife Refuge. As part of a unique partnership and collaboration, the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) raised the remaining \$600,000 of the \$2 million needed to purchase the parcel, which lies between Sanibel-Captiva Conservation Foundation (SCCF) land and the refuge.

The refuge, by agreement with the county, will maintain the property, which provides habitat for 80 different land and marine species that live or feed on or near this property. The county funding comes from its



Cheering the 20/20 vote outcome are, from left, DDWS Board member Bill Valerian, DDWS President Doris Hardy, DDWS immediate past President John McCabe, DDWS Vice President Mike Baldwin and Refuge Manager Paul Tritaik photo provided

Conservation 20/20 program, which voters helped create to preserve sensitive environmental lands locally.

"We are thrilled that the

commissioners voted to use Conservation 20/20 funds to purchase this land, and that the society could help to make it possible," said Doris

Hardy, DDWS board president. "A special thanks to our past president and island resident, John McCabe, for his time and dedication in working on this collaborative approach – a win-win for everyone, including the wildlife who need this land to survive and thrive."

If not preserved by the refuge, the land could have been developed with as many as five dwellings and one major boat dock with direct access into Pine Island Sound, as already approved by the City of Sanibel.

Species that would have been seriously threatened by development of the uplands, mangrove and estuarine habitat include the gopher tortoise, American oystercatcher, black skimmer, little blue heron, reddish egret, mangrove cuckoo, Florida manatee, smalltooth sawfish, and green and loggerhead sea turtle.

In 2013, DDWS successfully completed a \$1.4 million land acquisition continued on page 7

Captiva Fire Station Open House This Saturday



A new fire truck recently arrived at the Captiva Island Fire Control District

photo courtesy Captiva Island Fire Control District

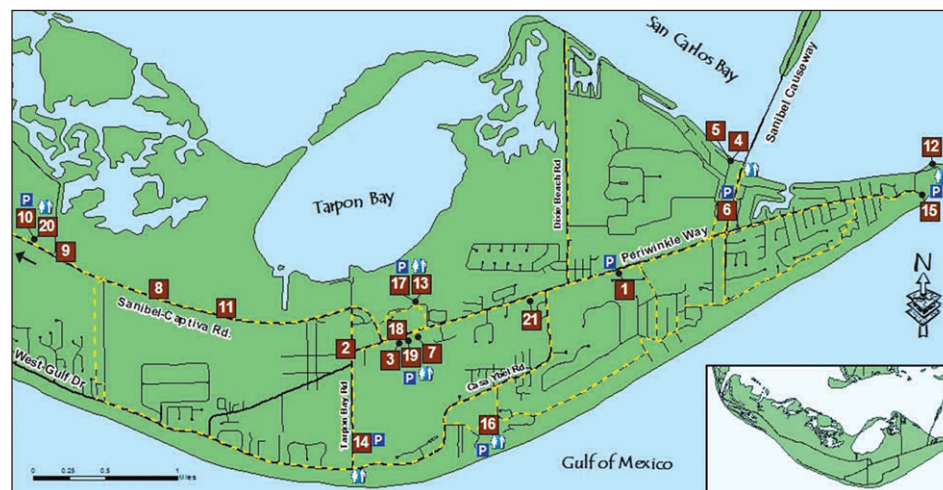
The Captiva Island Fire Control District will host its annual open house this Saturday, April 1 from 11 a.m. to 2 p.m.

According to Chief Rich Dickerson, Mission BBQ will be serving food along with hot dogs and hamburgers served by Captiva's firefighters.

"We will have our new fire engine on display, a Pierce pumper/engine, as well as a new Zoll monitor/defibrillator," said Dickerson.

Station tours of the year-old, 6,110-square-foot facility will be available. All islanders and visitors are invited to attend the free celebration.

The Captiva Island Fire Control District's fire station is located at 14981 Captiva Drive. For more information, call 472-9494.✧



Sanibel Heritage Trail map

image provided

Hear Decades Of Sanibel History At Twilight Talk

The Sanibel Historical Museum and Village Twilight Talk will be held at The Community House on Monday, April 3 at 7 p.m. It will be a historic event in Sanibel's history, revealing the new Sanibel Heritage Trail and featuring six panelists sharing their personal experiences on the history of the island. Historical Preservation Committee members Susan Cassell, Sheila Fortney, Deborah Gleason, Yvonne Hill, Jim Pickens and Ty Symroski – together

representing many years of personal and family Sanibel history – will share their knowledge of island history.

The Sanibel Heritage Trail, when completed this spring, will feature 21 outdoor reader panels along the mixed-use path, a free map-guide, a web page, and a cell phone app. The panels will have text and historic photos addressing many aspects of Sanibel's unique heritage, including its pioneer settlers, agriculture, architecture, causeway, commerce, community, conservation, education and environment. Trail users also will become acquainted with the history of Sanibel's governance, preservation efforts, racial integration,

continued on page 6



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Zachary Ware with the volcano he made for a school project

photo provided

The Power Of Giving Erupts

Zachary Ware, grandson of FISH of SanCap volunteer Laurie Hafener, made a donation to FISH from the sale of his school volcano project.

"Zach spent many hours working on his school project. After he presented it, a teacher was so impressed that he offered to purchase it for his train set," Hafener said.

"I was happy to get some money, and immediately asked if I could donate some of it to FISH. When I visit my grandma, I always help out with the Food Pantry and deliveries to CROW. FISH does a lot for Sanibel and Captiva islands, and I really like what they do

for the community. I visit here every year, and I am happy to help out in any way I can," Zach said.

"We are so grateful to Zach for thinking of FISH and for his giving of time and treasure. It's not often that a youngster will donate his hard earned money, and I am personally touched that FISH has been honored by the next generation of giving from our youth. Thank you, Zach, for donating to FISH and taking time away from your vacation to help us out. We are truly moved by your generosity," said Maggi Feiner, FISH president and CEO.

For more information on programs, services and workshops offered by FISH, and for volunteer opportunities, contact the FISH Walk-In Center at 239-472-4775.*

Time Change For Lenten Season Recital

A four-hand piano recital, featuring duo-pianists Roxane Olevsky and Jan Holly, at St. Michael & All Angels Episcopal Church will take place at 5 p.m. Wednesday, April 5 in the church's Sanctuary. The recital will feature music by Bach, Saint-Saëns, Brahms, Gershwin, Ravel and Irving Berlin. The evening will also include a compline service and, in the Parish Hall, a traditional Lenten supper of soup and breads.

For more information, contact Rector Ellen Sloan at 472- 2173 or visit saintmichaels-sanibel.org.

St. Michael & All Angels Episcopal Church is located at 2304 Periwinkle Way.*

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Family Fun Time Is Fast And Furious

The theme on March 22 was Fast Food Night for the LOGOS family ministry at Sanibel Community Church. Children and their families dined on chicken nuggets, tater tots, applesauce and ice cream sandwiches. The Family Fun Time activity was a Fast Food Pizza Relay. For each delivery race, another pizza box was added so the children were carrying multiple pizzas back and forth.

This midweek family ministry happens on Wednesdays from 3:30 to 6:45 p.m. For more information, contact Kathy Cramer at 472-2684 or kathy@sanibelchurch.com.**



Mia Martinez and Kayce Nette help teammate Yumi Batista in the Fast Food Pizza relay photos provided



From left, Kayce Nette, teacher Mike Bugler, Marit Foster, Alexander Erickson, Une Jankauskaite, Faith Mitchell, Grace Mitchell, Heidi Hall and Nikolas Bakos sharing the Armor of God

Captiva Island Historical Society Looking Back: Jay Norwood ‘Ding’ And Penny Darling With Alice O’Brien

Most important to Jay Norwood “Ding” Darling were issues of wildlife exploitation and the destruction of irreplaceable waterfowl habitat. After his death in 1962, the JN “Ding” Darling Foundation was organized to carry on his work, and the JN “Ding” Darling National Wildlife Refuge on Sanibel was set aside in his honor. Sanibel was one of his favorite bird watching locations. Born in the 1890s, Alice O’Brien had made Captiva her winter home since 1932. She was a sportsman and owned her own boat. She most often wore a yachtsman outfit of jacket and trousers; rarely a dress except for very formal occasions. She was active in organizations such as the JN “Ding” Darling Foundation, the Captiva Anti-Erosion Committee and the Captiva Civic Association.

The History Gallery, developed by the Captiva Island Historical Society, features many photos like this. All ages are welcome to step aboard a wooden replica of the old mailboat, *Santiva*, to capture the spirit of Captiva and learn through graphic and video panels about the events and people that shaped the island. The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane and open during library hours.

Visit the Captiva Island Historical Society website at www.captivaishistoricalociety.org/archives/research to view many more images to bring you closer to Captiva.**



JN “Ding” and Penny Darling with Alice O’Brien photographed on a dock photo courtesy Captiva Island Historical Society Archives

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The Community House



Previous cooking class participants

photo provided

In-House Chef Demonstrations

The Community House resident chef Jarred Harris is hosting another class for the home chef interested in providing gourmet fare. The class, Gourmet Prep for Home Cooks, will be held on Sunday, April 9 from 4 to 6 p.m. Cost is \$45 per person. The menu will include beef bourginunonne with gnocchi.

In this class, chef Jarred will cover prep techniques, in-depth ingredient information and proper selection, menu planning and pairings, multiple use recipe ingredients, and plate presentation.

Space is limited; make reservations online at www.SanibelCommunityHouse.net or by calling Jan at The Community House at 472-2155.

Paganini Cooking Class

Sign up for hands-on cooking lessons by Chef Loretta Paganini. Her next session at The Community House will take place on Tuesday, April 18 from 10 a.m. to 1 p.m. Cost is \$95 per person and the menu will include veal osso buco, ravioli, tiramisu and more.

Yoga For Everyone

Do you want to improve posture, endurance and flexibility all while creating a peaceful state of mind? Barbara Cline will lead a gentle Hatha yoga class on Mondays and Thursdays from 8:30 to 9:45 a.m. This class is perfect for all types and levels of practice. Cline was formerly a registered nurse before moving to Sanibel and has been teaching yoga at The Community House for seven years.

Improve your well-being, strengthen your body and mind and improve your balance all at once in a peaceful, frustration free environment. Classes

include meditation, breath work and postures. Mats and other aids are provided.

Cost is \$15 per class, paid to the instructor at class time. Multi-class packages are available and drop-ins are welcome.

Yoga With Dr. Pataky

Join Dr. Susan Pataky for Vinyasa yoga. Dr. Pataky has been teaching yoga since 1979 and throughout Sanibel and Captiva for the past 15 years. She has a doctorate in naturopathic medicine and is a member of the International Association of Yoga Therapists. Her classes will include:

- Vinyasa – Build heat, flexibility and strength. Release the spine, reduce muscle tension and improve your digestion while maximizing oxygen to every cell in the body. Set your own pace and find your own balance with this guided class, offered on Tuesdays and Thursdays from 11:15 a.m. to 12:15 p.m. Cost is \$20 per class, paid to the instructor at class time (cash only); SCA members cost is \$18 per class. Multi-class packages are available and drop-ins are welcome.

- Chi Yoga – Release, relax and reduce pain. Melt away pain and stress with ease, simplicity and grace with a gentle healing system of skillful holistic wellness techniques of yoga and breathing. Improve posture, balance and mobility and harmonize your life force energy. Limited props provided. Classes are offered Tuesdays and Thursdays from 11:15 a.m. to 12:15 p.m. Cost is \$20 per class, paid to the instructor at class time (cash only); SCA members cost is \$18 per class. Multi-class packages are available and drop-ins are welcome.

The Community House is at 2173 Periwinkle Way. For more information, visit www.sanibelcommunityhouse.net or call 472-2155.✽

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OBITUARY

ETHEL RITA SINOW

Ethel Rita Sinow of Sanibel, Florida, formerly of Dixon, Illinois, died March 26, 2017.

Graveside services will be held at 2 p.m. on Friday, March 31, 2017 at Shalom Memorial Park in Arlington Heights.

Mrs. Sinow was born April 15, 1924 in Chicago, a daughter of Samuel and Rose Price. She married Sidney Sinow on June 23, 1942. He preceded her in death on December 31, 2001.

She is survived by two sons, Dr. Jack (Violetta) Sinow of Lafayette, California and Dr. David (Carole) Sinow of Mahomet, Illinois; one brother, Dr. Charles Price of Redondo Beach, California; four grandchildren, Renee Mandelbaum of Highland Park, Illinois, Megan Colston of Salt Lake, Utah, Victor Sinow of Oakland, California, and Stephanie Wilson of Walnut Creek, California; and four great grandchildren, Liam and Annelise Wilson and Hudson and Reese Mandelbaum.

Mrs. Sinow will be remembered for devotion to her family and especially her husband of 59 years, her concern for her many friends, love of music, dance, the arts and her philanthropic commitment to many charitable organizations.

From age 7, Mrs. Sinow began studying piano in earnest, and at the age of 12 gave her first public

piano concert in Orchestra Hall in Chicago. After graduating Hyde Park High School at 16, she continued her piano studies at the Chicago Music College and Roosevelt University. Thereafter, she periodically gave piano concerts for the next 60 years in venues throughout the United States including Chicago, Illinois, Hot Springs, Arkansas, Naples and Sanibel, Florida. She even performed as a classical pianist on a cruise ship, which cruised the Mediterranean and the Greek Isles. Many of her concerts were major charitable events, which raised hundreds of thousands of dollars for important philanthropic causes. While devoting herself to her sons and husband, she still carved out several hours a day to practice the piano as she always said, "The first day you don't practice, you know it. The second day you don't practice, your teachers know it. The third day you don't practice, the world knows it!"

Mrs. Sinow raised her family in Dixon, Illinois and was an enthusiastic participant in the community. Prior to moving to Sanibel as a full-time resident, she was an active member of the Dixon Music Club, the Phidian Art Club, the Dixon Country Club, Temple Shalom, and Hadassah.

After vacationing on Sanibel for many years, Mr. and Mrs. Sinow moved there permanently in the mid-1990s. Immediately, Mrs. Sinow became enamored with the famous shelling on the island and began

self-collecting in earnest. She became very active with the Bailey-Matthews National Shell Museum, where she was recently honored for more than 20 years of service to the public as a docent. Moreover, on behalf of the Lee County Florida Visitor and Convention Bureau, Mrs. Sinow appeared in a national television campaign where

she portrayed a tourist shelling on the beaches of Sanibel. Additionally, she was a major supporter of BIG ARTS of Sanibel and a member of Bat Yam Synagogue of Sanibel.

Memorial contributions can be made to the Bailey-Matthews National Shell Museum, 3075 Sanibel-Captiva Road, Sanibel, FL 33957.*

From page 1

Twilight Talk

recreation, wildlife and worship. The beginnings of the fishing and hospitality industries also will be addressed.

The Heritage Trail is sponsored by the City of Sanibel, its Historical Preservation Committee, and the Sanibel Public Library, the Lee County Tourist Development Commission, the Southwest Florida Community Foundation, and the Florida Humanities Council. It will be accessible to all island residents and visitors and will emphasize the resourcefulness, persistence, hard work and strong values of those associated with Sanibel's heritage.

The program will open with a PowerPoint presentation by Craig Chandler of the Sanibel Planning Department, followed by Don Adams, Heritage Trail coordinator, who will discuss how the trail was developed, including the extensive research that

was conducted over a period of five years to assure the accuracy and inclusiveness of the trail's presentations. Members of the Sanibel Historical Preservation Committee will share their personal behind-the-scenes experiences from decades of living Sanibel's history.

Twilight Talk tickets are available for \$10 per person. Make your reservation by calling Emilie at 472-4648, or email info@sanibelmuseum.org. Proceeds support the Sanibel Historical Museum and Village.

The historical village is open from 10 a.m. to 4 p.m. Tuesdays through Saturdays. The village is located at 950 Dunlop Road, next to BIG ARTS. Admission is \$10 for adults 18 and older; those under 18 and members are admitted free. Docent-guided tours are available at 10:30 a.m. and 1:30 p.m. at no extra charge, based upon docent availability. There is handicap access to all buildings except the Post Office. For more information, call 472-4648 during business hours or visit www.sanibelmuseum.org.*

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Children Celebrate Art And Motion

March 15 was a colorful and active night as the LOGOS kids at Sanibel Community Church ate tacos and created their own sprinkled cupcakes for dessert. Afterwards, the Family Fun Time activity was a colorful game of ping pong skee ball.

This midweek family ministry happens each Wednesday at Sanibel Community Church for families with kids ages 3 years old through fifth grade. For more information, contact Kathy Cramer at 472-2684 or Kathy@sanibelchurch.com.✱



Raelyn McMillin created a beautifully sprinkled cupcake for her dessert
photos provided



Aidan Jarvis almost successfully bounced his ball in the cup. He was followed by Brooks Selby, Sunny Plassard, Jessika LaBorde, Zack Alonso, Lilly Hall and Lauren Macalka.



Outline of the new Wulfert Tract

From page 1

Land Acquisition

campaign for the historical Woodring Homestead, which protected the water entrance to the refuge on Tarpon Bay. In late 2015, it accepted a land donation of 9.1 acres near Clam Bayou.

"The board feels it's important to help the refuge preserve as much of the dwindling island habitat as it can, since federal budget cuts preclude the refuge from government acquisitions in this area," said Hardy. "We are extremely grateful to the donors who help us meet these goals."

Anyone interested in contributing to future land acquisition campaigns should contact DDWS Executive Director Birgie Miller at 292-0566 or director@dingdarlingsociety.org.✱

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Sanibel Slough near Casa Ybel Resort circa 1908

photo courtesy City of Sanibel

The Sanibel River Past, Present And Future

submitted by the City of Sanibel Natural Resources Department

The Sanibel Slough, known to most island residents as the Sanibel River, is a unique feature – one that is not present on most barrier islands. It is believed that the slough was formed roughly 1,000 to 1,500 years ago as ridges formed across the landscape and fed water to the low lying swales, creating the island’s interior wetland system. Historically, the Sanibel Slough was separated by low beach ridges south of Tarpon Bay, which shaped two separate east and west basins. These two distinct sub-basins coalesced only during times of high water stages. The slough was never a true river; it was merely a catchment basin for water storage. However, in more recent years, human alteration has not only changed the course of the “river,” it has transformed the ecosystem and impacted the ecological health of the slough.

In the 1940s, the land around the Sanibel Slough was relatively untouched by development. The interior wetlands surrounding the slough were an open, grassy and essentially treeless ecosystem aside from a few cabbage palms that could be found on the higher ridges. Cordgrass

was the dominant plant in the low-lying areas along with sawgrass, bead grass, water-hyssop and sea purslane, while shrubs, such as salt bush, were present at slightly higher elevations. The slough was an important refuge that provided food and habitat for much of Sanibel’s native wildlife. However, as time marched on into the 1950s, the Sanibel Slough would never again be the system it once was.

The transformation of the Sanibel Slough began at the peak of Sanibel Island’s war on mosquitoes. Maurice Provost, an entomologist for what is now called the Lee County Mosquito Control District, studied the biology of the salt marsh mosquito on Sanibel Island. At the time of his research, Sanibel Island was known as “the world’s greatest pest hell-hole.” Provost and his research team captured 365,696 mosquitoes in one single light trap thus confirming Sanibel’s mosquito problem. The mosquito researchers believed the slow runoff of water into the shallow interior wetlands created the ultimate mosquito breeding grounds. Provost’s solution: dig the slough deeper and connect all the parts, so the Mosquito Control District could regulate water levels and allow fish that prey on mosquitoes to have free range of the system. In the mid 1950s, the district began digging drainage ditches, and by 1961, the original Tarpon Bay water control structure was completed, the final step in connecting the entire slough system. The result of these actions would

forever change the landscape surrounding the Sanibel Slough.

By the 1970s, the Sanibel Slough’s historical habitat diversity was a thing of the past. Cordgrass and saw grass disappeared from the low-lying swales, and was quickly replaced by buttonwoods, wax myrtle, and sea oxeye daisies. In the now deepened slough, cattails, spatterdock, hydrilla, chara and duckweed became common vegetation. The alteration allowed Brazilian pepper to dominate the landscape, a plant that is very effective in out-competing native vegetation. These changes were all prompted by the lowering of the water table, a result of the Mosquito Control District’s actions.

As development efforts on Sanibel escalated, the health of the slough started to deteriorate. In 1973, development increased 70 percent from the previous year. The Sanibel Slough experienced unregulated dredging, and vegetation was cleared on both sides to make way for development. The expansion of impervious surfaces, the lack of vegetated banks, as well as the practice of “mosquito ditching” increased the rate of stormwater runoff and reduced percolation of freshwater into the surficial aquifer for storage. In *The Sanibel Report* of 1976, John Clark reported Sanibel’s surface water was substandard. He attributed the degraded water quality to poorly functioning package plants, leaky septic tanks, and the excess use of fertilizers and pesticides which added a surplus of nutrients and pollutants to the slough. The nutrients that entered the Sanibel Slough evoked the proliferation of algae, which in turn led to depleted oxygen levels and fish kills due to the bacterial decomposition of the algae. It became evident that something had to be done to prevent this from becoming a pattern.

Fortunately, a group of environmental stakeholders made it their goal to protect this exceptional natural resource. In 1967, the Sanibel-Captiva Conservation Foundation (SCCF) was formed with the core mission of preserving Sanibel’s unique interior freshwater system. Among SCCF’s first land purchases were the wetlands along the Sanibel Slough; the foundation acquired 500 parcels over 40 years. In 1974, the City of Sanibel incorporated and later adopted the Sanibel Plan, a comprehensive landuse plan principally based on protecting the island’s natural resources. City codes were established that put development restrictions on the

slough corridor. In 1994, modifications were made to the water control structures on Sanibel, bringing the water table closer to historic levels. By the early 2000s, 90 percent of the Sanibel Slough was under conservation. The stakeholders continued their efforts to restore the slough through various projects, such as habitat restoration, and those efforts continue on today. Unfortunately, even as those conservation efforts moved forward, declines in water quality and wildlife populations in the slough have been reported as recently as the late 1990s. Restoration efforts currently under way by the city and its conservation partners are designed to restore the natural hydrology, improve water quality and enhance wildlife habitat throughout the slough.

Water quality in the Sanibel Slough is affected by a number of past and present-day factors. Today, water quality in the slough is considered “impaired” by the Florida Department of Environmental Protection as a result of elevated nutrient concentrations (i.e., nitrogen and phosphorus) and low dissolved oxygen. Nitrogen and phosphorus originating from septic tanks, stormwater runoff from lawns, landscapes, golf courses and roadways, and municipal reuse water used for irrigation have contributed to this impairment. There are also a number of natural sources of nutrients that also contribute to the productivity of the Sanibel Slough, including wetland plants and wildlife that inhabit the interior freshwater wetlands of Sanibel.

Since incorporation in 1974, the City of Sanibel has implemented projects and policies aimed at protecting and improving water quality in the Sanibel Slough and the coastal waters surrounding the island. Arguably one of Sanibel’s greatest accomplishments to protect on-island water quality was the acquisition of more than two-thirds of the entire island for conservation purposes. This was made possible through a strong partnership between the City, the Sanibel-Captiva Conservation Foundation and the JN “Ding” Darling National Wildlife Refuge. The island partners work in concert to manage conservation lands for wildlife habitat and to monitor the health of the island’s unique ecosystems. This includes extensive water quality monitoring within the Sanibel Slough and bayous, and the surrounding coastal waters. The

continued on page 31

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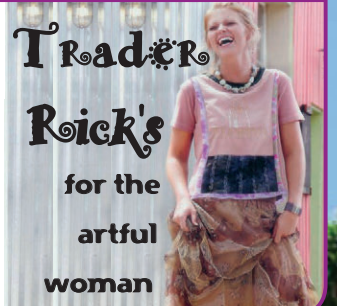
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What's Happening At The House In 2017

Events

Jungle Book

Children's Theatre
March 31 at 7 pm
\$10 - Adult / \$5 - Child
in advance
April 2 at 1 pm & 3pm
April 6 at 7 pm
April 7 at 7 pm

Saturday, April 8

7 pm "Kids Broadway Review"
Donation

Sunday, April 9

4-6 pm Cooking Demo \$45 Members
Beef Bourguignonne w/ Gnocchi
& more

Culinary Programs

April 20 & 23

Classes & More

Monday

8:30 am Island Yoga & Thursday
10 am Shell Crafters & Lessons

Tuesday & Thursday

10 am Sanibel Yoga
11:15 am Sanibel Yoga
12:30 Duplicate Bridge

Monday, April 3

6-9 pm Art Made By You
"Coastal Lighted Wine Bottle"

Wednesday, April 5

7-9 pm Colorful Sips
Painting w/ Sissi

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for more information

The Community House

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info@sanibelcommunityhouse.net

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OBITUARY



MERI S. RHODES

Meri S. Rhodes was born on June 8, 1949 in Ottawa, Illinois to her parents Wesley and Betty Tendall. She passed away on March 27, 2017 in Fort Myers at the age of 67 following a long battle with cancer.

Meri is survived by her loving husband of 45 years, Raymond E. Rhodes; children, Andrea (Matt) Lynn Miller and Raymond (April) Michael Rhodes; grandchildren, Kaia and Matthew Miller, Raymond Jon, Kinsley, and Grayson Rhodes; sisters,

Lynn Noon and Gail Schmitz; brother, Bruce Tendall; and her mother, Betty. Meri is preceded in death by her father and her granddaughters, Kendall and Tristyn.

Meri grew up in Seneca, Illinois and attended Seneca High School. She graduated with an associate of arts degree at Illinois Valley Community College and obtained a bachelor of arts in Early Childhood Education from Illinois State University in Normal, Illinois. Meri's passion in life was working with and teaching children. She taught for more than 15 years at the Sanibel Elementary School and finished her career at Mechanicsburg, (Pennsylvania) Area Senior High School as the executive assistant to the principal where she could continue mentoring students. Meri enjoyed gardening, growing orchids, cooking and hosting family meals, but most of all, spending time with her family. She is well known for her contagious laughter and smile. She brought joy to everyone who had the blessing to cross her path.

Cremation has been entrusted to Harvey-Engelhardt Funeral Home. A Celebration of Life will be held on Sunday, April 9 at 2 p.m. at the Zion Lutheran Church, 7401 Winkler Road in Fort Myers. In lieu of flowers, you may make a donation to Hope Hospice, 9470 HealthPark Circle, Fort Myers, FL 33908 or to Susan G. Komen Foundation in memory of Meri. Visit www.harvey-engelhardt.com to leave a condolence to her family.✽

MEMORIAL SERVICE



DOROTHY "DOTTY" DEVASURE

A memorial service for Dorothy "Dotty" DeVasure will be held on Tuesday, April 4 at Sanibel Community Church (SCC), located at 1740 Periwinkle Way. The service will begin at 10:30 a.m. In lieu of flowers, memorials will be given to SCC missions (checks may be made out to Sanibel Community Church). Condolence messages may be made to dottyd1001@gmail.com.✽

Blessing Of The Animals At Captiva Chapel

All God's creatures, along with their human owners, are invited to Captiva's Historic Chapel by the Sea on Sunday, April 2 for a Blessing of the Animals. The service will begin at the regular Sunday time of 11 a.m.

with animals individually blessed in the shaded church yard immediately following the service. Attendees will share in the tradition that harkens back to Saint Francis of Assisi. Light refreshments will be provided for pets and owners. All who attend are encouraged to bring a donation of dog or cat food for FISH of SanCap.

Pets enrich our lives and this is an opportunity to acknowledge the special relationship you have with your pet. Bring your furry, feathered or finned

friend to Chapel by the Sea, where best pet behavior and leashes are especially encouraged. All pets great and small, regardless of denomination, are welcome. If your favorite pet cannot attend, you are welcome to bring a photo.

Captiva's Chapel by the Sea, recognized on the National Register of Historical Places, is denominationally independent, located at 11580 Chapin Lane on Captiva. For more information, call 472-1646.✽



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Women Of St. Michael's Host Deanery

St. Michael & All Angels Episcopal Church hosted members of the Fort Myers Episcopal Church Deanery on March 20 for a luncheon meeting and lecture. The Fort Myers Deanery is comprised of 11 Episcopal churches in Cape Coral, Fort Myers, Fort Myers Beach, LaBelle, Lehigh Acres, North Fort Myers, Sanibel and Pine Island.

The featured speaker was Carol Kramer, an Ojibway Elder. Kramer was born and raised on the Ojibway reservation in Pine Point, Minnesota. She provided insights on the spirituality of the Ojibway people, indigenous Native North Americans, who are perhaps better known as Chippewa.

Dressed in hand-beaded clothing, with headband and traditional moccasins, Kramer related stories, memories and anecdotes about her life on the reservation, and after leaving it. She described dancing in traditional powwows and healing by means of traditional medicine. Kramer also recounted her journey to learn about, and accept, traditional Ojibway beliefs along with her Episcopal faith, which she described as her dual spiritual heritage.

Central to her presentation was the examination of seven spiritual gifts that are key elements of Ojibway spirituality:



Guest speaker Carol Kramer related stories about her life as an Ojibway Elder

Honoring the Great Creator; Wisdom, Forgiveness and Serenity; Humor; Respect for Elders; Nurture of Children; Generosity; Mysticism and Dreams. About the importance of generosity, Kramer said, "The highest compliment you can pay any of the Ojibway people is to call them generous."

Kramer continues to dance in Ojibway powwows, having begun this practice at age 9. She still participates in Ojibway dance as an 80-year-old. Upon returning home to Pine Point last fall for her 70th powwow, she was honored as the oldest traditional



Women of St. Michael's President Betsy McCullough, left, with Leila Mizer, deanery director of Tampa Episcopal Church Women photos provided

female dancer. This visit also marked her participation in a 5K memorial run, which she finished in 45 minutes, to the delight of family and friends.

Betsy McCullough, president of the Women of St. Michaels, welcomed the members and introduced Nancy Terrell, Fort Myers ECW Deanery director. Terrell requested volunteers for a committee to recommend replacement candidates for her position, when her term ends in November 2017. Leila Mizer, Tampa ECW Deanery director, gave a short presentation on the successes of Cornerstone Kids, a

comprehensive after-school program for Lee County elementary school children. The Reverend Dr. Ellen Sloan, rector of St. Michaels, led the group in a brief communion service.

A luncheon, catered by Bailey's, followed the presentation in the Parish Hall. Noah's Ark re-opened after the luncheon to accommodate deanery shoppers, marking, for many, their first visit to the thrift store.

For more information about the activities of the Women of St. Michael's, contact Rector Ellen Sloan at 472-2173 or visit www.saintmichaels-sanibel.org.*

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'Raptor Whisperer' To Share Insights At Lecture



Author Craig A. Koppie will discuss his role in the DC Eagle Cam Project photo provided

Author and bald eagle savior Craig A. Koppie will appear at JN "Ding" Darling National Wildlife Refuge on Friday, April 7 following the release of his latest co-authored book, *Mr. President and the First Lady: The DC Eagle Cam Project*.

As part of the 2017 "Ding" Darling Lecture Series, Koppie will present two free lectures at 10 a.m. and 1 p.m. about his longtime fascination with raptor nests, his work restoring decimated bald eagle populations in the late 1970s, and his part in installing the live eagle cam at the United States National Arboretum in Washington, DC in 2015.

A wildlife biologist with the U.S. Fish & Wildlife Service for more than 30 years, Koppie has also written, along with Teena Ruark Gorrow, the award-winning *Inside a Bald Eagle's Nest* and, later, *Inside an Osprey's Nest*. He has been climbing into nests since age 16 to rescue orphaned birds, relocate chicks from Canada to the U.S. as part of the National Wildlife Federation's successful effort to save bald eagles from extinction, and observe the tender and parenting side of our fierce national bird.

Following his presentations, Koppie will be signing copies of his books. They are available for purchase in the Refuge Nature Store, proceeds from which benefit wildlife, research, and education at "Ding" Darling.

HighTower/Thomas & Swartz Wealth Management sponsors the free 12-lecture series with support from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS).

Seating for the lectures in the "Ding" Darling Visitor & Education Center Auditorium is limited and available on a first-come basis. Early arrivals can save one seat each and then may explore the Visitor & Education Center or Indigo Trail before the lecture starts. Saved seats must be filled 15 minutes before lecture time.

As usual, Wildlife Drive closes on Friday, but visitors are welcome to explore the center, Indigo Trail and recreational opportunities at Tarpon Bay Explorers, the refuge's official recreation concession located at Tarpon Bay Recreation Area.

Note: Opinions expressed in guest lectures do not necessarily reflect the views of refuge and DDWS management, staff and board of directors.

For more information, call 472-1100 ext. 241 or log on to dingdarlingsociety.org/articles/lecture-and-film-series.

The final lecture of the season:

April 14 – Author Charles Sobczak, *Alligators, Sharks, & Panthers: Deadly Encounters with Florida's Top Predator – Man*.✱

Take A Virtual Tour Of Japan

Take a free virtual tour of Tokyo, Mount Fuji, Kanazawa, Shirakawa, Kyoto and Hiroshima, Japan on Friday, April 7 from 1:30 to 3 p.m. at Sanibel Congregational United Church of Christ. Church members will be sharing their slides and offering commentary on their trip with Overseas Adventure Travel. Participants saw Shinto and Buddhist

shrines, kimonos, sculpture and other art, bonsai, gardens and other beautiful scenery. Peer inside a traditional inn, a distillery, a tea ceremony, a market, a tea house with geishas, a samurai house and more. Photographs will show you some traditional music and dancing and demonstrations of rice cakes, sushi, gold leaf, parquetry and paper making. Jean Chandler will be the virtual "tour guide."

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way. For more information, call 472-0497.✱



Sanibel Historical Village

Sanibel Historical Village Announces New Location For Twilight Talk

Apr. 3: The new Sanibel Heritage Trail is coming soon. The trail is comprised of new interpretive panels installed along the city's shared-use paths.

Members of the Sanibel Historical Preservation Committee will also be on hand to share their personal experiences with the history of the island.

Tickets are \$10; call Emilie at 472-4648 or info@sanibelmuseum.org.

7 p.m., At The Sanibel Community House

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RSVP to Emilie Alfino, Sanibel Historical Village, 239-472-4648, or email info@sanibelmuseum.org, 950 Dunlop Road, Sanibel, FL 33957.



Apply To Join Recreation Committee

The Sanibel City Council is accepting applications to serve on the Recreation Financial Assistance Committee.

Responsibilities include attending 75 percent of committee meetings per adopted meeting schedule at 8:30 a.m. at Sanibel City Hall (MacKenzie Hall), located at 800 Dunlop Road.

Any resident wishing to serve may visit the city's website at www.MySanibel.com to access the online Advisory Committee Application. After opening the hyperlink, click the green "apply" button and continue to complete the online application. At the end of the application process, click the green "submit" button, which will allow submission of your application to the city clerk.

The deadline for submissions is Tuesday, April 11. Contact the city manager's office at 472-3700 for more information.✱

City Accepting Applications For Commission

The Sanibel City Council is accepting applications to fill a planning commission partial term appointment, with an expiration date of January 14, 2019.

Responsibilities include attending commission meetings on the second and fourth Tuesdays of every month at 9 a.m. at Sanibel City Hall (MacKenzie Hall), located at 800 Dunlop Road.

Any resident wishing to serve may visit the city's website at www.MySanibel.com. After opening the hyperlink, use the drop down arrow under Committee Choice to choose the planning commission. At the end of the application process, click the green "submit" button, which will allow submission of your application to the city clerk.

The deadline for submissions is Monday, April 10 at noon.

If you have any questions, contact the city manager's office at 472-3700.✱

City Seeking Public Input On Water Bodies

The City of Sanibel, in conjunction with the Sanibel-Captiva Conservation Foundation (SCCF) Marine Lab, has finished water quality sampling in lakes and ponds across the island as part of the Sanibel Communities for Clean Water Program.

This program will provide the public, city council and city staff baseline data on the status of water quality within water bodies throughout the island. Data collected will be presented on an

interactive website, which will allow Sanibel residents to see how their community lake ranks in water quality, based on United States EPA and FDEP numerical nutrient criteria, when compared to other water bodies on the island as well as state standards.

This data is currently available through the city's water quality website www.mysanibel.com/Departments/Natural-Resources/Protecting-Our-Water-Quality/Sanibel-H2O-Matters.

Residents will be able to examine their role in protecting water quality, and how their actions can improve the health of their lakes, wetlands and other water bodies. The program will recommend Best Management Practices (BMPs) to improve water quality tailored to each individual

community with the goal that residents will adopt these voluntary environmentally friendly measures.

In addition, the City of Sanibel would like to gather information regarding current lake and pond management practices in community lakes to better assess the needs of each community. Data collected will be used to guide residents and Homeowners Associations (HOAs) towards the implementation of environmentally sensitive BMPs.

The survey is available online at www.surveymonkey.com/r/2HNFK73. It may be returned electronically to dannadettmar@mysanibel.com, via the mail or dropped off to the Department of Natural Resources at Sanibel City Hall, 800 Dunlop Road, Sanibel, FL 33957.✱

Top Ten Books

1. *Mangrove Lightning* by Randy Wayne White
 2. *The Sanibel Sunset Detective* by Ron Base
 3. *Lilac Girls* by Martha Hall Kelly
 4. *Sanibel Flats* by Randy Wayne White
 5. *Wisdom from Gift from the Sea* by Anne Morrow Lindbergh
 6. *Strong Is The New Pretty* by Kate T. Parker
 7. *Hillbilly Elegy* by J.D. Vance
 8. *The Orphan's Tale* by Pam Jenoff
 9. *Shelter* by Jung Yun
 10. *Lab Girl* by Hope Jahren
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Plant Smart

Rougeplant



Native rougeplant flowers and fruits simultaneously. Many birds love the brilliant red berries. photos by Gerri Reaves

by Gerri Reaves

If you like plants that attract birds, require virtually no maintenance and readily reseed, check out rougeplant (*Rivina humilis*).

Named for its bright red fruit, this



Although usually a shrub, rougeplant might grow to small-tree stature

native member of the pokeweed family couldn't be prettier or easier to get along with.

In the wild, rougeplant grows in woods, hammocks, disturbed areas and along roadsides.

This perennial evergreen shrub usually grows one to five feet, but can grow to six feet or higher. Adaptable to a sunny or shady spot, it remains attractive all year because the

ornamental fruit and flowers are usually present on the plant simultaneously.

The wavy ovate or lanceolate leaves are alternate with long-tapered points.

The three- to six-inch upright spikes of showy flowers are pink or pinkish white. They appear at the branch ends and bloom throughout the year.

Individual flowers measure only about one-eighth of an inch across. What appear to be four petals are actually sepals, petal-like structures.

Green berries ripen to a shiny brilliant red, are nearly translucent and are only a little bigger than the flowers.

The red fruit juice has been used as dye and inspires another common name, bloodberry.

This plant does best in a natural landscape where it isn't subjected to repeated pruning or shaping. It will grow in nutrient-poor soil but needs

some organic content to thrive.

Once established, it is moderately drought-tolerant. It is also somewhat salt-tolerant, so it can be used in coastal landscapes if it's protected from flooding, spray, and wind.

Medicinal uses include a tea that is made from the leaves and used to treat diarrhea.

Propagate with the seedlings and with cuttings.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, fnps.org and regionalconservation.org.

Plant Smart explores the diverse flora of South Florida. ✨

City Of Sanibel Vegetation Committee

Guided Native Vegetation Tours

The City of Sanibel Vegetation Committee is offering guided native vegetation and landscaping tours of city hall grounds, planted exclusively with native plants.

Tours of city hall grounds will be held on Wednesday, April 12 as well as on Saturday, April 22, both beginning at 10 a.m.

Walk the grounds for ideas on planting native vegetation that requires no fertilizer. See how to plant a garden that reseeds itself with very little maintenance, is good for the environment and will attract birds and butterflies.

Vegetation committee members will provide valuable information on proper planting and care of native vegetation. The City of Sanibel encourages planting of vegetation that is indigenous

to the area as it requires very little maintenance, no fertilizer and no supplemental irrigation.

Registration is not required. Attendees meet at the main entrance to Sanibel City Hall, located at 800 Dunlop Road, in front of the main staircase. For more information, contact the city's natural resources department at 472-3700.

The Natural Resources Department section of the city's website, www.mysanibel.com, offers information and photos of native plants, a listing of licensed contractors, Sanibel's vegetation standards and codes, and the *Environmental Reference Handbook* prepared by the city's vegetation committee. The vegetation committee also offers free native plant tours of the grounds at city hall at 10 a.m. on the second Wednesday and fourth Saturday of the month from November to April. For more information, contact the Sanibel Natural Resources Department at 472-3700. ✨



The Island Water Association

- NOTICE -

The annual meeting of The Island Water Association, Inc., will be held at 10:00 a.m. on Monday, April 10, 2017 at the offices of the Association located at 3651 Sanibel Captiva Road, Sanibel, Florida.

James M. Griffith

James M. Griffith
Secretary

All IWA Members are encouraged to attend.

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City Of Sanibel Vegetation Committee

Air Potato Is Not Your Ordinary Potato

One of Florida's most troublesome invaders is the air potato (*Dioscorea bulbifera*), a member of the family of the true yams. Air potato, like most yams, is a vine which cannot support its own weight. In order to capture sunlight, the air potato ascends by twining and climbing other plants. Air potato forms dense canopies that can shade out vegetation, and cause the collapse of native plants. It can grow up to 70 feet in one season, starting from the previous season's tubers. These tubers, also referred to as bulbils, closely resemble potatoes, and grow attached to stems; appearing in mid-summer and falling to the ground in late fall when the vines die back. The potatoes lie dormant until the following spring when they sprout, and begin the cycle again.

Found in Asia, Africa and the United States, air potatoes thrive all over Florida, which of course, includes Sanibel Island. Sanibel has included air potato on its list of regulated invasive, exotic plants. These plants must be removed when a property is developed, and the property must be maintained free of these invasive, exotics in perpetuity.

Unfortunately, air potatoes are extremely difficult to eradicate. Herbicides, such as Brush-B-Gone, do temporarily halt the growth of the vine, but require repeated applications and careful



At left, an air potato vine overtaking the surrounding vegetation. At right, an air potato tubers or bulbils.



photos courtesy City of Sanibel Natural Resources Department and Lee County IFAS Extension

protection of desirable neighboring plants. Hand picking the potatoes and digging up the roots may slow down next year's vines and crop tubers, but a few missed tubers can mean failure. Do not dispose of potatoes or vines in vegetative waste.

The best hope for stopping this creeping vine, which can quickly suffocate trees and bushes, appears to be a tiny red and black beetle (*Liloceris cheni* or Lili beetle) with a voracious appetite for air potato leaves. Since releasing several hundred thousand beetles, Florida has seen a significant reduction in these vines. Beetles are available to residents

and municipalities, free of charge, from the Florida Department of Agriculture (<http://bcrcl.ifas.ufl.edu/airpotatofiles/airpotatofarms.shtml>).

To view pictures of these plants or the city's *The Alien Invasion* brochure, visit www.mysanibel.com/Departments/Natural-Resources/Vegetation-Information/Exotic-Vegetation/Other-Invasive-Exotic-Vegetation or contact the City's Natural Resources Department at 472-3700.

To read other Vegetation Committee articles in this series, visit www.mysanibel.com/Departments/Natural-Resources *The Natural Resources Department*

section of the city's website, www.mysanibel.com, offers information and photos of native plants, a listing of licensed contractors, Sanibel's vegetation standards and codes, and the *Environmental Reference Handbook* prepared by the city's vegetation committee. The vegetation committee also offers free native plant tours of the grounds at city hall at 10 a.m. on the second Wednesday and fourth Saturday of the month from November to April. For more information, contact the Sanibel Natural Resources Department at 472-3700.*

SCCF Adopt-A-Beach Program

The SCCF Adopt-A-Beach Program was launched in 2016, allowing businesses and residents to become involved in protecting sea turtle and shorebird nesting habitat on Sanibel and Captiva.

Many thanks to the 11 participants in 2016:

Mark Banks

Ambu Yoga/Yali Zawady

Grabe Family Foundation/Bill Grabe

Tortuga Beach Club

Dawson Dog

Beggs Realtors®, Royal Shell Real Estate/John and Denice Beggs

On Island/Kate Sergeant

Island Beach Club

Villa Sanibel Condominium Association

Sanibel Siesta Condominium Association

Sanibel Surfside/Darlene and Mike

Sanibel Moorings



The Adopt-A-Beach Program supports coastal conservation on Sanibel. With sea turtle nesting season beginning in April, we encourage all beach residents to keep the beach dark and clear of furniture to provide a safe nesting habitat.

To learn more about how you can participate in the Adopt-a-Beach program, please contact Kelly Sloan at 472-3984 or ksloan@sccf.org

A Week Of Struggles



by Capt. Matt Mitchell

This week provided some of the tougher fishing days I have experienced in quite some time. This was due not only to one of the worst tide patterns I have seen for months,

but also periods of crazy strong winds. Although we did manage to catch fish every trip out, nothing came easily and once we did locate and catch a few fish, it just quickly came to an end. If variety was what you were after, it wasn't all bad as black drum, flounder, bluefish and even a few pompano were all part of a very unpredictable and strange mix bag of the week.

Bringing live shrimp was the game-saving play on quite a few trips this week. This is after we worked really hard and caught only a few snook here and there on live shiner. We just had to switch it up. Fishing shrimp under a popping cork

for trout, free-lining them for mangrove snapper or even bouncing them on a jig across the bottom is what it took to get on any kind of real action. When things get tough like it did for several days, it was hard to beat a shrimp for bait. Luckily, we don't have to deal with such bad tide conditions very often for more than just a few hours. One day, midweek, we had a 16-hour incoming tide. That's as bad as it ever gets.

Hiding from the wind back in sheltered mangrove creeks and bays was where I spent most of my week. I really slowed down my fishing style and worked every little bit of mangrove shoreline. This seemed to be what it took to make a difference and catch a few fish. Usually I bounce from spot to spot at a pretty fast pace looking for a wide-open bite while chumming and casting live shiners to feeding fish. This week, this just did not work for me. It was more a matter of taking my time and grinding it out using a variety of baits and techniques to catch a few fish here and there. Once we did get a bite, I'd stay put and get as much out of it as possible as any kind of bite was just hard to find.

As a tougher than usual week came to an end, not only did our tides get a whole lot better, we experienced a major warm up with a much more settled weather



Chris Krimendahl from Holland, Michigan with a snook that was just under slot size caught and released this week

pattern. Consistent weather conditions allowed fishing to get in a whole lot more consistent pattern too. If our weather continues to cooperate, gamefish will be making that move from the winter hangouts towards the passes. Look for the best action to be anywhere from the deeper creek mouths to the mangrove islands and oyster bars in the middle sound as they move into open water areas to feed. As conditions continue to

warm, it's just about time to start targeting our local passes again for a wide variety of species including snook, trout and redfish.

Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel in 1980. He now lives in St. James City and works as a back country fishing guide. If you have comments or questions, email captmattmitchell@aol.com.*

Send Us Your Fish Tales

We would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification. Email to press@islandsunnews.com or call 395-0113.

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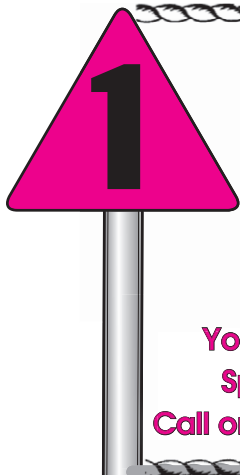
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Dave Doane



From left, Shelley Greggs, Rachel Turner and Kristie Anders explore the Butterfly House at the SCCF Nature Center during last week's Finding Home group discussion photos by Jeff Lysiak

Anders Moderates Symposium

by Jeff Lysiak

On March 22, the Sanibel-Captiva Conservation Foundation (SCCF) hosted a casual but eye-opening group discussion on what people think about the meaning of "home," whether that means the place they grew up, the location where they currently live, or an entirely different destination.

Kristie Anders, SCCF's environmental education director, moderated the 90-minute interactive chat – called Finding Home: A Sense of Place – which explored the idea of connecting oneself within a community, and what it means to invest your time and energy into a place.

Sitting beneath shady trees next to the Butterfly House, Anders began the discussion by asking the participants, "Where is home?" The answers ranged from far away towns where people

spent their younger days to their current residential cities.

"Is it where your parents are or is it the place where you grew up," asked Anders, who first held the symposium at SCCF 30 years ago. "And how motivated are you to protect that place you call home? What does it take for you to embrace the new environment and community you move into?"

After conducting an exercise in which the group was asked to draw their geographic image of the state of Florida, then – without any assistance – pinpoint the location of several cities and landmarks, Anders distributed a worksheet. Sitting in near silence, save for the chirping of a nearby cardinal, participants were invited to seek out what signals, sensations and tensions they felt in relation to colors, motions, desires, temperature, thirst and hunger beyond the five senses: sight, smell, touch, sound and taste.

"Do senses help you identify home?" the worksheet questioned. "For instance, is there a particular color that you identify with home? Does the color match with a

continued on page 32



Participants practice the sense of touch during last week's 90-minute symposium



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PHOTO BY DAN MANGUS

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Dolphin Cruise And Easter Egg Hunt



Children can visit with the Easter Bunny and search for over a thousand Easter Eggs on the island

Adventures In Paradise is offering its annual Easter Egg Hunt and Dolphin Cruise through the waters surrounding Sanibel and Captiva on Sunday, April 16. The cruise will depart at 10 a.m. and return at 11:30 a.m. Easter pails and bottled water will be provided. Tickets are \$39 per passenger and reservations are required. Bring the whole family and hop aboard *Dolphin Waters*, a 45-foot Corinthian Power catamaran as you cruise among the dolphins to visit with the Easter Bunny on “Easter Island.” There will be over a thousand eggs hidden on the island. Along the way, learn about the local wildlife and estuaries that one of the world’s largest populations of dolphins calls home. Adventures in Paradise Cruises depart from “G” dock at Port Sanibel Marina. Family owned and operated for the past 31 years, Adventures in Paradise offers Sanibel Island Trolley Tours, Shelling and Lunch excursions to the barrier islands, Sea Life Encounters, Backwater Fishing Cruises, Morning Dolphin Cruises, Afternoon Dolphin Cruises, and Sunset Dolphin and Wildlife Cruises.

For more information or reservations, call 472-8443 or visit www.adventuresinparadise.com.*



Wendy Schnapp and Ty Symroski

photo provided

Locals Enjoying Benefits Of Biking

As part of the City of Sanibel’s multi-faceted Traffic Communications Strategy, residents and visitors are encouraged to “Bike Or Hike” to their destination during season to avoid traffic delays and help reduce congestion on Island roadways.

Part owner of Tarpon Bay Explorers Nature Tours & Rentals, Wendy Schnapp, rides her bike three miles to and from work each day. “I’m religious about it,” she said.

In addition to helping her get home faster during season and providing great exercise, Schnapp said another benefit of biking to work is being closer to nature she might miss out on if she were driving her car.


“This week, I’ve spotted marsh rabbits, a bald eagle and my favorite raptor – a kestrel,” said Schnapp, who is so committed to island biking that she

developed a promotion and spread the word through the Sanibel & Captiva Islands Chamber of Commerce and the islands’ resorts: Visitors who arrive at Tarpon Bay Explorers via bicycle receive a reusable water bottle.


Other Tarpon Bay Explorers employees ride their bikes to work, including island resident Ty Symroski, who has led guided nature tours at Tarpon Bay Explorers for more than three years.

Symroski first worked in the City of Sanibel’s Planning Department in the 1970s. “That was back when the Sanibel Plan was developed, which included the bike paths,” he said. Forty years later, he uses those same paths as he bikes from his home on Bay Drive to Tarpon Bay Explorers. “It takes about 30 minutes,” he said. “But I can get here in 20 if I need to.”

“Biking is the best way to get around Sanibel, especially in season,” added Schnapp. “I wave to staff members waiting in their cars on Tarpon Bay Road as I ride past them.”**






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CROW Case Of The Week:

Virginia Opossum

by Bob Petcher



The Virginia opossum (*Didelphis virginiana*) is a dinosaur among mammals. It has been around longer than 70 million years and is regarded as one of the planet's oldest

surviving vertebrate animals.

This particular opossum is actually North America's only marsupial, an animal with a pouch.

Known as the North American opossum, the Virginia opossum is about the size of a domestic cat, solitary in nature and mostly a nocturnal animal with tracks that generally show five finger-like toes in both the fore and hind prints, although it has claws on all its fingers except on the two thumbs.

Like a monkey, the opossum uses its tail to hang from tree branches. These "prehensile" tails are specially adapted for grasping, wrapping and hanging.

Another special trait of the Virginia opossum is its ability to react to threats by pretending to be dead. Known as "playing possum," it enters a near coma state after flopping to its side with mouth and eyes open, tongue hanging out and discharging a green fluid that accompanies a putrid odor from its anus

to repel predators. Within this state, its heart rate also drops considerably, and its rate of breathing slows by a good 30 percent. However, its brain activity is unaltered, and it remains fully conscious. When it doesn't play possum, it can still react ferociously by hissing, screeching and showing its teeth in an intimidating manner.

Interestingly, the Virginia opossum has been found to be very resistant to snake venom. Its keen sense of smell is effective in locating food.

The omnivorous mammal eats just about anything, including lots of different plants and animals. On occasion, it will eat garbage and dead animals. Because so much of the so-called carrion is road kill, opossums are often struck and killed by cars while looking for food on roadways.

A male adult Virginia opossum that arrived at the CROW clinic on March 3 from Fort Myers most likely was injured by a vehicle. CROW officials reported it was bleeding and had multiple injuries including a fractured tail, puncture wounds on its back and a fractured jaw.

After an initial exam, the patient was fitted with a feeding tube. Surgery on the jaw was performed later that week. A wire was used to help heal the fracture. The following week, the opossum began eating a liquid diet on its own and the feeding tube was removed.

"The surgery went well and was relatively simple. We passed a wire through the lower mandible (jaw) and anchored it around the lower canine (tooth) to stabilize the fracture site," said



Patient #17-476 had his jaw wired after surgery. The x-ray shows the work done.

photos by Brian Bohlman

CROW intern Dr. Spencer Kehoe.

CROW medical staff explained the next steps in the long recovery of the patient are to remove the wires once the jaw has stabilized and teach it how to eat solid food again. It may take between one to two months before the opossum can be evaluated for release, although the patient has done well through the healing process to this point.

"It may take six to eight weeks after placing the wire for the fracture site to stabilize enough to remove it if there are no further complications," said Dr.

Kehoe. "He will have to adjust to eating hard foods again since his jaw will not be 100 percent, but the act of eating itself he will remember."

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a non-profit wildlife hospital providing veterinary care for native and migratory wildlife from our local area. The hospital accepts patients seven days a week from 8 a.m. to 5 p.m. Mail donations to P.O. Box 150, Sanibel, FL 33957. Call 472-3644 or visit www.crowclinic.org.

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Shell Of The Week

Eastern Beaded Chiton



by José H. Leal, PhD, Bailey-Matthews National Shell Museum Science Director and Curator

Last week, I introduced the Striate glass-hair chiton, mentioning that that species was

the less common of two local shallow-water species of chitons. Today, I present the other species, the more commonly found eastern beaded chiton, *Chaetopleura apiculata* (Say, 1838). chitons belong to a class of mollusks named the Polyplacophora (Greek for “bearers of many plates”). The chiton shell is divided into eight (rarely seven) plates, or valves. The valves are interlocked, and are surrounded by a tissue called the girdle. The eastern beaded chiton may reach one inch in size. As the common name implies, the external surface of the valves are covered with minute beads. The valves are only minimally covered by a narrow girdle (the girdle itself is covered with microscopic scales). The color in this species is very variable: valves may be orange, pink, cream, green, gray or showing many combinations of these



Eastern beaded chitons from Captiva Island

colors. The chitons in the illustration were collected inside valves of pen shells by José H. Leal and Kim Nealon on Turner Beach (Captiva) in December 2003. Learn more about local mollusks at <http://shellmuseum.org/shells/southwest-florida-shells>.

Shell Museum Events

Daily programs are included with paid admission:

Live Tank Talks – Presented by a marine biologist throughout the day.

Mollusk Matinéés – Talks presented by staff every Wednesday from 2 to 3 p.m.

photo by José H. Leal

Arts & Crafts – 1:30 to 2:30 p.m. Please check our arrival board in the main lobby for updates to daily schedules.

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit www.shellmuseum.org.✧

Bird Walk At Bailey Tract



Kestrel

photo by France Paulsen

The next Sanibel-Captiva Audubon bird walk will be on Saturday, April 1 at the Bailey Tract. Take Island Inn Road across from Bailey’s and meet at the back entrance to the Bailey Tract at 8 a.m. There is free parking in the field. These bird walks are open to the public and all levels of experience. A \$2 donation is appreciated. For more information, visit san-capaudubon.org.✧

Attention Sanibel/Captiva Gardeners

On Thursday, April 6 at the Sanibel Public Library at 10 a.m., Stephen Brown will present a program titled Landscaping with Florida Native Plants (palms, trees, shrubs, vines and wildflowers): Designs Selections and Pleasures. He will discuss the correct plants for sun or shade, salty or dry conditions or as understory companion plants with superb digital photography.

Brown has been the horticultural program leader for Southwest Florida for 26 years and is unquestionably an expert on native plants. He is a frequent visitor and consultant to Sanibel and Captiva to monitor potential problems and to advise the city’s Department of Natural Resources and SCCF. For over 20 years, he was the program leader and coordinator of the Master Gardener program for the University of Florida for Southwest Florida

and graduated over 250 Master Gardeners in Lee County. He is responsible for instruction and certification of all landscape professionals who apply fertilizers, pesticides, herbicides and fungicides in Lee County.

Additionally, Brown is the recognized expert in Southwest Florida on palms, flowering trees and shrubs, and serves as a consultant to many cities, destination resorts, regional parks, preserves and commercial plantations and nurseries.

In his spare time, Brown writes a lively Q&A column in the *News-Press* weekly and a monthly article in *Florida Gardener*. He maintains a free informative website with amazing videos and downloadable fact sheets. His presentations are informative, up to date, lively and always accompanied by excellent photography.

This is your only opportunity to listen and learn and ask questions of a Southwest Florida expert on landscaping with native plants.

Free and open to the public, seating is limited at the Sanibel Public Library, located at 770 Dunlop Road.✧

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American Legion Post 123

On Saturday, April 1, American Legion Post 123 will host a Final Four Bash with live music from 2 to 5 p.m. Also a donate for a plate buffet. On Sunday, April 2, Post 123 will offer a fish and shrimp fry from 1 to 8 p.m. The Ladies Auxiliary will conduct a meeting starting at 6 p.m. on Tuesday, April 4.

Beginning on Monday, April 17, the American Legion will conduct 9-ball pool tournaments. New and returning players are welcome. On Tuesdays, tacos are served all day. Spaghetti and meatballs are served all day on Wednesday. On Fridays, a six-ounce ribeye steak sandwich is on the menu. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m.

The Ladies Auxiliary has cookbooks available.

If you have a flag that needs to be retired, drop it off at Post 123, located at Mile Marker 3 on Sanibel-Captiva Road. It is open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. The public is welcome.

For more information, call 472-9979.✱



Bobcat

photo by Paul Morris

Bobcat Spotted Near Lighthouse

Paul Morris captured this photograph – and several more images – of a bobcat about an hour before dusk on March 18 at Lighthouse Beach near the fishing pier on Sanibel.✱

Shell Found



Ericka Nelson

photo by A. Ziehl

Ericka Nelson from Cape Coral, Florida, originally Minnesota, found a junonia at Lighthouse Beach. Nelson said she “finally found this treasure buried at the Lighthouse after four-plus years of combing the beaches.”✱

Shell Found



Allison Ryder

photo by A. Ziehl

Allison Ryder from Boston, Massachusetts found a tulip shell in knee-deep water off the beach at Tropical Winds.✱



Matt Asen with Bill Raftery, CBS Sports Basketball Commentator

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CROW Calendar Of Events

The Clinic for the Rehabilitation of Wildlife (CROW) has specialty programs available for residents and visitors. Meet the staff and learn what it takes to rescue, rehabilitate and release wildlife in Southwest Florida.

For reservations, contact Rachel Rainbolt at rainbolt@crowclinic.org or 472-3644 ext. 229 to register. Hours are Monday through Saturday, 10 a.m. to 4 p.m. CROW is located at 3883 Sanibel-Captiva Road.

Friday, March 31, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Opossums at CROW (daily presentation).

Virginia opossums are the only marsupial, or pouched mammal, native to the United States. They are highly adaptable animals and can live in a variety of habitats, both natural and human made. Although it may not be obvious to some people, opossums are a unique member of Florida's wildlife, playing an important role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

Friday, March 31, 2 p.m., adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff (daily presentation).

After a patient stabilizes in the hospital, CROW's rehabilitation staff provides them with a combination of balanced diet, husbandry and physical therapy. This supportive care is necessary to ensure success during

the final step in the rehabilitation process. Ask the staff how they work their magic. One of CROW's animal ambassadors will be present.

Friday, March 31, 2 to 3:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Saturday, April 1, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Baby Care at CROW, presented by a CROW volunteer (daily presentation).

Wildlife parents are devoted to the care of their young and rarely abandon them, and juveniles found "abandoned" might actually be in a natural stage of development. Those needing assistance are placed in a specialized wing of the wildlife hospital and are provided supportive care around the clock until they are old enough to care for themselves.

Saturday, April 1, 2 p.m., adults \$7, teens \$5, 12 and under no charge – Wildlife Rescue 101 (daily presentation).

After a patient stabilizes in the hospital, CROW's rehabilitation staff provides them with a combination of balanced diet, husbandry and physical therapy. Supportive care is necessary to ensure success during the final stage in the rehabilitation process. Ask the staff how they work their magic. One of CROW's animal ambassadors will be present.

Monday, April 3, 11 a.m. to

12:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Monday, April 3, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Opossums at CROW (daily presentation).

Virginia opossums are the only marsupial, or pouched mammal, native to the United States. They are highly adaptable animals and can live in a variety of habitats, both natural and human made. Although it may not be obvious to some people, opossums are a unique member of Florida's wildlife, playing an important role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

Monday, April 3, 2 p.m., adults \$7, teens \$5, 12 and under no charge – CROW Case of the Week, presented by a CROW student (daily presentation).

CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. While on site, students learn the ins and outs of conservation medicine and wildlife rehabilitation, and share their favorite patient stories. One of CROW's animal ambassadors will be present.

Monday, April 3, 4 to 4:15 p.m., adults \$10, teens \$5, 12 and under no charge, advance registration required – Speaker Series: The Feather Wars, presented by Jim Powers, research historian for Southwest Florida Museum of History.

A 50-year war was fought in South Florida from 1870 to 1920 with unfathomable casualties. The world beyond South Florida was slow to recognize the one-sided belligerency fought in the swamps and wetlands of the expansive Florida Everglades. Cracker settlers grabbed their shotguns, and professional hunters and wealthy tourists eagerly joined exporters to form an army of profiteers. Initially, the opposition army was avian alone and could only scatter or fly away because their plumage was considered fashionable and was of greater monetary value than an equal weight of gold.

Tuesday, April 4, 11 a.m., adults \$7, teens \$5, 12 and under no charge

– Wild About Rehabilitation, presented by CROW staff (daily presentation).

After a patient stabilizes in the hospital, CROW's rehabilitation staff provides them with a combination of balanced diet, husbandry and physical therapy. This supportive care is necessary to ensure success during the final step in the rehabilitation process. Ask the staff how they work their magic.

Tuesday, April 4, 2 p.m., adults \$7, teens \$5, 12 and under no charge – Birds of Prey, presented by CROW staff (daily presentation).

Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida. One of CROW's animal ambassadors will be present.

Tuesday, April 4, 2 to 3:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Wednesday, April 5, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wildlife Rescue 101 (daily presentation).

After a patient stabilizes in the hospital, CROW's rehabilitation staff provides them with a combination of balanced diet, husbandry and physical therapy. Supportive care is necessary to ensure success during the final stage in the rehabilitation process. Ask the staff how they work their magic. One of CROW's animal ambassadors will be present.

Wednesday, April 5, 12 to 1:30 p.m., \$30 per person, advance registration required – Lunch and Learn with Dr. Barron (hospital tour).

An intimate and engaging discussion with CROW's Hospital Director Dr. Heather Barron. During this program, Dr. Barron describes CROW's role in supporting the interconnectedness of human health, animal health and environmental health. Reservations include a boxed lunch catered by the Sanibel Deli and concludes with a tour of CROW's hospital and rehabilitation grounds. Although registration is open to everyone, this program is not recommended for children under the age of 13.

Wednesday, April 5, 2 p.m., adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff (daily presentation).

After a patient stabilizes in the hospital, CROW's rehabilitation staff provides them with a combination of balanced diet, husbandry and physical therapy. This supportive care is necessary to ensure success during the final step in the rehabilitation process. Ask the staff how they work their magic.

Thursday, April 6, 11 a.m. to 12:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

continued on page 30

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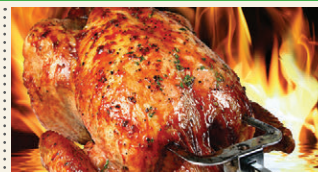
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ISLAND FARE

BAILEY'S GENERAL STORE

Bailey's General Store has a full deli, bakery, coffee bar, daily lunch specials, take out and catering for cook-outs, picnics and parties. This is the oldest supermarket on the islands, established long before a causeway linked Sanibel to the mainland. Services include shopping for your groceries and delivering them to your home or vacation destination. If you are on a gluten-free diet, pick up the extensive list of gluten-free products near the entrance to the supermarket. Bailey's has a second location at Sundial Beach Resort & Spa at 1451 Middle Gulf Drive.

2477 Periwinkle Way, 472-1516

BEACH PIEZ

Beach Piez New York style pizza offers carry out and delivery on Sanibel and Captiva. Hours are Monday through Wednesday from 11 a.m. to 9 p.m., Thursday, Friday and Saturday from 11 a.m. to 10 p.m., and Sunday from noon to 9 p.m. With fresh ingredients, mouth-watering mozzarella, provolone cheese "secret recipe" dough, homemade pizza sauce and family recipe meatballs, Beach Piez will deliver the best pizza the island has to offer.

2441 Periwinkle Way, 472-3224

THE BLUE GIRAFFE

The Blue Giraffe, under new ownership, offers casual island dining for "no wait" breakfast from 7 a.m. to noon daily as well as lunch and dinner seven days a week until 8 p.m. Dine outside in the garden atmosphere of Periwinkle Place or inside at hand-painted tables, inspired by local artists.

The new menu is full of traditional and unique breakfast items, signature burgers, custom sandwiches, fresh and local seafood, salads, steaks, pork and vegetarian options. There is a full liquor bar and various local beers on tap.

2075 Periwinkle Way (Periwinkle Place), 472-2525

CIP'S PLACE

Cip's Place is named for the late Jimmy Cipriani, a longtime islander and owner of the property on which the restaurant sits. In Jimmy's memory, Cip's styles itself as a local watering hole. A large mural shows many islanders through the ages – including "Cip" – and if you don't recognize them all, ask to see the "key." Food choices range from "comfort" to culinary with some Caribbean and island favorites as well. Try the homemade potato chips, fried buttermilk chicken with sage gravy and snapper tacos. Choose between the outdoor garden patio and front porch. Indoor seating and full bar are also available. Hours are 11 a.m. to 9:30 p.m. daily, with happy hour from 4 to 6 p.m.

2055 Periwinkle Way, 472-0223

DOC FORD'S RUM BAR & GRILLE

Doc Ford's is a well-known local's restaurant, famous for its great food and service with plenty of indoor and outdoor seating boasting "Award winning flavors from the Caribbean Rim." The restaurant is named for the Doc Ford character in local author Randy Wayne White's best-selling mystery novels. With locations on Sanibel & Captiva Islands and Fort Myers Beach, all locations offer island favorites like Yucatan shrimp and fish tacos along with raw bar selections and fresh local seafood dishes. Premium rums and tropical drinks such as the Island Mojito are a specialty of the house. The combined menu offers both lunch and dinner daily from 11 a.m. to 10 p.m.

Doc Ford's Sanibel, 2500 Island Inn Road, 472-8311; Doc Ford's Captiva, 5400 South Seas Plantation Road, 312-4275, Doc Ford's Fort Myers Beach, 708 Fishermans Wharf, 765-9660

DUNES GOLF & TENNIS CLUB

The Dunes Golf & Tennis Club is open to the public and serves lunch daily from 11 a.m. to 3 p.m. Chef specials include an assortment of salads, wraps and sandwiches, soup buffet Monday through Friday, and the popular hand-battered coconut shrimp and steak sandwich. Dinner is available only on event nights from 6 to 9 p.m. or for special seasonal dinners.



Cheers! Island Cow on Sanibel offers full liquor island cocktails

photo by Bob Petcher

Featured monthly events include Trivia Night, Karaoke and Themed Dinner Nights. There is a Friday a la carte dinner menu with featured selections each week, such as steak and seafood.

Take in the sunset views while sipping on your favorite drink. Happy hour is every day from 3 to 6 p.m. Enjoy with the famous crab bisque as a starter.

949 Sand Castle Road, 472-3355

GRAMMA DOT'S

Gramma Dot's, the only dockside dining on Sanibel, offers a lunch and dinner menu seven days a week from "Sanibel's only seaside saloon" where you can dine at the Sanibel Marina in view of luxury yachts and fishing boats and watch the comings and goings of seagoing folk and fishermen. The menu features a full line of fresh seafood, salads, sandwiches and more. Appropriate dress is required. If you're arriving by boat, check in with dockmaster for a lunch slip, monitor VHF 16. You can tie up for a night or two at the available dockage if you wish. Gramma Dot's is open daily at 11:30 a.m. For dinner, arrive before 8 p.m.

634 North Yachtsman Drive, 472-8138

GREEN FLASH

The Green Flash has marvelous waterfront views of Captiva Island's bayside and Pine Island Sound. The Green Flash was built on the site of the historic Timmy's Nook, opened in 1950. Fittingly, seafood dominates the menu, although other options are offered as well. The Green Flash is easily navigable by boat and is located southwest of Marker 38 on the Intracoastal Waterway. Hours are daily from 11:30 a.m. to 3:30 p.m. for lunch and 5:30 to 9:30 p.m. for dinner. All seats have a view of the waterfront. Reservations are not accepted.

15183 Captiva Drive, 472-3337

IL CIELO

Il Cielo offers creative American cuisine and internationally inspired specials in an upscale casual atmosphere. From locally caught fish, American lamb and grass-finished beef to farm-fresh organic produce, there is a thoughtfully prepared dish on the menu for everyone. Il Cielo is open Tuesday through Sunday from 4:30 to 9 p.m. Happy hour is from 4:30 to 6 p.m. and features signature small plates, appetizers and

half-priced house wines, domestic beers and well drinks. There is live piano music by Scott McDonald Tuesday through Sunday nights beginning at 7 p.m.

1244 Periwinkle Way, 472-5555

ISLAND COW

The Island Cow is a family favorite with its colorful indoor and outdoor seating and live entertainment. "Come as our guests... leave as our friends!" is the motto. The Cow serves breakfast, lunch and dinner featuring fresh local seafood and meats and has an extensive children's menu. Starbucks coffee is also on the menu. **Now serving full liquor island cocktails!** Breakfast is served between 7 and 11 a.m. Hours are 7 a.m. to 9-ish p.m.

2163 Periwinkle Way, 472-0606

ISLAND PIZZA

Island Pizza is named so because it does pizza right. The dough is made daily and the ingredients include fresh produce from local vendors. That is why the "family-owned" restaurant has been voted "the best pizza on the island" from 2009 to 2016. Known as quaint and colorful, Island Pizza has more than 9 years of experience while specializing in home-cooked Italian cuisine. Besides pizza and classic Italian entrees, Island Pizza has a large selection of appetizers and salads as well as wings, calzones and seven choices for kids. Boar's Head deli meats are also served on subs.

Open seven days a week from 11 a.m. until late evening. Lunch is served 11 a.m. to 5 p.m. with buy-one-get-one drafts on happy hour from noon to 5 p.m. Eat in, take out or free local delivery.

1619 Periwinkle Way, 472-1581

JACARANDA

The Jac, as it is known to regulars, has been serving excellent seafood for three decades and offers the best of two worlds: dining room seating or dinner under the stars in the screened garden patio. The patio lounge is home to some of the best nightlife on the islands, seven nights a week, including live outdoor entertainment from 5 to 7:30 p.m. and 8:30 p.m. to midnight. Expanded happy hour menu and reduced happy hour drink prices from 5 to 7 p.m. and 10 p.m. to midnight. Dinner reservations are suggested.

1223 Periwinkle Way, 472-1771

JERRY'S RESTAURANT AND DELI

Jerry's Restaurant and Deli in Jerry's Market is the next best thing to dining in a tropical garden. This family-style restaurant has large windows to view the lush garden with caged tropical birds that are favorites with visitors and residents. Daily specials are offered in the spacious restaurant and you can order a sandwich or hot food from the deli or help yourself at the well-stocked salad bar to take out. The restaurant is open for breakfast, lunch and dinner from 7 a.m. to 8:30 p.m.

1700 Periwinkle Way, 472-9300

JOEY'S CUSTARD

Joey's Custard is a family owned and operated sandwich, coffee and ice cream shop in Bailey's Center. Owners Joey Almeida and mom Debi Almeida offer fresh-to-order paninis as well as Working Cow ice cream products (custard, yogurt, sorbet, banana splits, sundaes, floats, smoothies, hard and soft serve ice cream) and coffee (five-bean house blend, Tim Horton, espresso, affogato). Try the Beach Box Lunch To Go (add \$2 to any sandwich and get a drink and bag of chips). Ask about BOGO with Island Cinema.

Joey's Custard is open from 10:30 a.m. to 9 p.m. Monday through Thursday; 10:30 to 10 p.m. Friday and Saturday; and noon to 9 p.m. Sunday.

2467 Periwinkle Way in Bailey's Center, 472-7222

MATZALUNA ITALIAN KITCHEN

Are you in the mood for pizza? Matzaluna Italian Kitchen has a wood-fired oven to bake authentic pizzas, including gluten-free ones. That's in addition to a big menu, involving over 20 combinations of pasta dinners from \$11.95 (including soup or salad and fresh baked bread), affordable veal, tender chicken, choice steaks and seafood (Italian style) in a casual market-like setting. Gluten-free pizza is also available. Matzaluna offers a large selection of Florida craft beer, both on draft and in cans and bottles. Enjoy \$5 apps at the bar from 4:30 to 5:30 p.m. Hours are 4:30 to 9:30 p.m. daily and happy hour is 4:30 to 6 p.m.

1200 Periwinkle Way, 472-1998

MUCKY DUCK

Historically known as the neighborhood pub, The Mucky Duck may well be the most famous restaurant on Captiva Island due to its longevity of 40 years in business and quirky name. Then there are the fabulous sunsets. Patrons gladly wait on the beach for tables. This place draws crowds – as customers sip cocktails and beverages until they can take their seats. Reservations are not accepted. The Duck, serving fresh seafood, pub-style food, sandwiches, steaks and other items, is open for lunch from 11:30 a.m. to 3 p.m. and dinner from 5 to 9:30 p.m.

11546 Andy Rosse Lane, 472-3434

OVER EASY CAFÉ

Over Easy Café is a pet-friendly place with indoor and outdoor dining for breakfast and lunch. The covered patio is a popular spot. Choose from 22 different eggs benedict, scramblers and omelettes, 11 pancakes and French toast choices, 15 egg specialties and wraps, eight salads and 26 sandwiches and burgers, plus baked goods. Beer and wine is available. Breakfast is served all day. Hours are 7 a.m. to 3 p.m.

630 Tarpon Bay Road, 472-2625

PASTURE & PEARL

Sanibel's newest restaurant, Pasture & Pearl is the latest collaboration from the well-traveled husband and wife team Chef Elaine Dammeyer and General Manager Christian Jago. Come as you're comfortable for a modern, fine dining experience. The cuisine celebrates locally, regionally, ethically and sustainably sourced ingredients, and wine selections are curated by resident sommelier Kory Lynn. The intimate atmosphere and attentive service evoke the hospitality of a dinner party. The menu offers seasonal vegetarian preparations, fresh, wild-caught and responsibly farmed seafood, and the finest cuts of freely pastured beef, lamb, chicken, duck and rabbit from White Oak Pastures, a 150-year-old, multigenerational farm in Southwest

Georgia, including a custom cut especially developed for the signature dry aged bone-in ribeye.

The Village Shops, 2340 Periwinkle Way, 810-5514

PECKING ORDER

The Pecking Order features tender, juicy, fried chicken and all the fixins. The chicken is marinated and seasoned, and the high-pressure deep-frying system produces a crispy coating that seals in the juices without allowing the fat to penetrate. Homemade sides include slow-cooked collard greens, sweet and spicy baked beans, cheesy shell mac, rice and beans, cole slaw, mashed red potatoes and gravy, Harlem special, cheesy grits and veggie chili. Try the Black Betty, a warm, dark chocolate torte filled with liquid dark chocolate, sprinkled with sea salt flakes and confectioners' sugar. Take out, delivery and outdoor dining available.

2496 Palm Ridge Road, 472-2534

ROSIE'S CAFÉ & GRILL

Rosie's repertoire includes crab cakes, grouper and shrimp entrees and steaks with all the trimmings, Southwestern dishes such as burritos and fajitas, soup and sandwich combos and salads. Among the most popular items is Rosie's Famous Cheesesteak made from shaved rib eye, grilled mushrooms, onions and green peppers, Ultimate Cuban and Classic Reuben, homemade muffins and cinnamon rolls and Key lime pie, root beer floats and banana splits. A children's menu is also available. Carry out, indoor or outdoor seating. Check out the new menu items for breakfast, served from 8 to 11 a.m. Monday through Saturday and 8 a.m. to 2 p.m. Sunday. Happy hour is from 3 to 6 p.m. seven days a week with two-for-one draft beer and wine. The ice cream bar has 20-plus flavors of locally made Royal Scoop Ice Cream.

2330 Palm Ridge Road, 579-0807

SANIBEL BEAN

The Sanibel Bean coffee shop is java central on Sanibel Island. With its indoor and outdoor seating and free Wi-Fi, it's a popular venue for laptop-toting coffee lovers to relax and check their inboxes, have breakfast or lunch or recharge the batteries in the afternoon. Besides a big selection of coffee from around the globe and a variety of coffee drinks, The Bean has tea and other beverages and a variety of hearty sandwiches, pastries and muffins, plus other light fare.

2240 Periwinkle Way, 395-1919

SANIBEL DELI & COFFEE FACTORY

Sanibel Deli & Coffee Factory offers a gluten free menu in addition to homemade regular choices, along with award-winning New York style pizza and wings, Boar's Head meats, frozen yogurt, New York style bagels and ice cream. There is indoor seating as well as outdoor tables shaded with umbrellas. Free Wi-Fi. Eat in or take out as well.

2330 Palm Ridge Road, 472-2555

SANIBEL GRILL

The Sanibel Grill has 19 big screen TVs with satellite TV tuned to every televised sporting event. The Grill shares a kitchen with The Timbers, serving the same fresh seafood, along with burgers, sandwiches, pizzas and salads. Crunchy Grouper and Crunchy Shrimp are signature dishes. Open seven days from 4 p.m. to midnight with happy hour from 4 to 6 p.m. and 10 p.m. to midnight.

703 Tarpon Bay Road, 472-3128

SANIBEL SPROUT

The Sanibel Sprout is the island's only 100 percent gluten-free/vegan/organic cafe: an oasis of health where the emphasis is on providing incredibly tasty and creative culinary creations designed to nourish and delight all of your senses. Order one of the fresh salads, Wizard Waffles, classic burger, Mexican plates and indulge in our Indian curry, Vietnamese pho and raw vegan lasagna. Pair your meal with a locally crafted beer, a glass of organic wine or housemade kombucha. The fresh juice bar is brimming with smoothies, herbal elixirs and custom juices, or come and enjoy an espresso or cappuccino with one of the delectable donuts, pies, cupcakes or truffles. The Sanibel Sprout is open for breakfast, lunch & dinner from 10 a.m. to 7 p.m., Monday through Saturday and from noon to 7 p.m. on Sunday.

2463 Periwinkle Way in Bailey's Center, 472-4499

SUMMERLIN JAKE'S

Summerlin Jake's Seafood and Steaks, a sunset dining water view restaurant in Fort Myers, located near the Sanibel Bridge, offers new American cuisine prepared in the old Florida tradition. Paying tribute to the rich history of Punta Rassa, where Jake Summerlin owned a wharf that he used to ship his cattle to Cuba and the local waters that are famous for being the home to big game fishing, Summerlin Jake's offers freshly caught local seafood, tender, juicy prime steaks, smoked ribs, brisket & chicken and heart-healthy, vegan choices that are locally sourced, hand-selected and artfully prepared. Summerlin Jakes

is open Monday through Friday 11 a.m. to 10 p.m. and Saturday and Sunday 8 a.m. to 10 p.m. (Breakfast served 8 to 11:30 a.m.). Happy Hour is 3 to 6 p.m. daily. Live music on Friday and Saturday 5:30 to 10 p.m.

17501 Harbour Pointe Drive, 466-5377

SUNDIAL BEACH RESORT & SPA

Voted Best Waterfront Dining in Southwest Florida. Awarded Best New Restaurant 2016, discover an authentic experience at Shima Japanese Steakhouse & Sushi Bar as your meal is artfully prepared right before your eyes. Panoramic Gulf views await you at Sea Breeze Café where the menu celebrates fresh local produce and seafood. Enjoy breakfast, lunch or dinner on the terrace or dining room, or expertly rolled sushi at the bar. Sanibel's favorite tiki bar, Turtle's Pool & Beach Bar, serves up island favorites at the bar or family-friendly patio. Choose from frosty drinks, signature sandwiches and classic favorites. Visit sundialresort.com/eat for menus, hours and reservations.

1451 Middle Gulf Drive, 472-4151

TIMBERS RESTAURANT & FISH MARKET

The Timbers Restaurant & Fish Market and the adjoining Sanibel Grill are mainstays of the island dining scene, boasting 35 years of fresh fish on Sanibel Island. The restaurant offers 13 dinners for \$15 daily before 5:30 p.m. plus a large selection of local seafood, such as grilled shrimp, fried grouper, oysters, clams and crab cakes. Besides specializing in fresh local seafood, the restaurant has a seafood market that opens at 11 a.m. (except Sunday, when it's open at 2 p.m.) Restaurant is open seven days from 5 to 9 p.m.

703 Tarpon Bay Road, 472-3128

TOTALLY BAKED ON SANIBEL

Totally Baked On Sanibel is the island's #1 source for fresh baked breads, specialty pastries, donuts, cakes, pies, candies and other confections. The unique eatery within Islander Center also offers cof-

fees and breakfast sandwiches. For lunch, daily offerings include off-the-bone, hand-carved meats as well as soups, salads and other specialty items. Wedding cakes are made to order. Open seven days a week 6 a.m. to 5 p.m. Outdoor seating along the bike path. 2407 Periwinkle Way Suite 1, 312-4503

TRADERS GULF COAST GRILL & GIFTS

Traders Gulf Coast Grill and Gifts is unique in that it combines a bustling restaurant with a large shopping emporium with casual clothing, jewelry, accessories, home decorating and gift items, books and lamps.

The restaurant serves bistro cuisine with island flair, featuring such offerings as black beans and rice, blackened fish and fresh salads from an open kitchen. There's no fryer in the place. The tables are freshly wrapped in white paper for each party, and there's a pot of colored crayons for doodling, whether you're an adult or a child. Lunch is served from 11 a.m. to 2 p.m., happy hour from 3 to 6 p.m. and dinner 5 to 9 p.m. There's live music from 7 to 10 p.m. Tuesdays and Thursdays with Danny Morgan and Wednesdays with Chris Workman.

1551 Periwinkle Way, 472-7242

TRADITIONS ON THE BEACH

Traditions on the Beach, Sanibel's first dining room, has been delighting its guests since 1895. Offering "Contemporary Cuisine, Sanibel Style," Traditions provides the highest level of service in a relaxed beachfront setting. Both the tapas menu, served in the Sunset Lounge, and the full dining room menu capture the flavors of the gulf, complemented by the unique atmosphere of the historic Island Inn. Award winning Chef Aziz uses only the finest fresh, local ingredients to create vibrant dishes. Drink, dine and dance at Traditions on the Beach, featuring live entertainment. Tapas and cocktails are available in the bar and lounge beginning at 4 p.m. Monday through Friday. Regular dinner menu beginning at 5 p.m. daily. Reservations are suggested.

3111 West Gulf Drive, 472-4559

LIVE ON THE ISLANDS

Il Cielo has live entertainment with Scott McDonald on Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday.

Island Cow on Periwinkle Way has live entertainment on Friday with Dan Confrey. Peter Redpath plays on Saturday. On Sunday, it's Dan Confrey.

The Jacaranda has live entertainment Friday and Saturday with Wildfire. On Sunday, it's Wildfire and Julius & Friends. Renata plays on Monday. Tuesday is Karaoke. Wednesday is the Jerry B. Variety Show. Sir Mitch plays on Thursday.

The Mucky Duck on Andy Rosse Lane, Captiva features live music by Peter Redpath on Thursday and Sunday. Gary Earle plays Friday. Gene Federico performs on Saturday

and Wednesday. Mark Dupuy plays on Monday. On Tuesday, it's John McLane.

Sea Breeze Café at Sundial Beach Resort & Spa has live island style entertainment on Mondays.

Traditions on the Beach at Island Inn has live entertainment on Friday with Woody Brubaker and Barbara Dexter. Dusk performs on Saturday. Mike Arnone plays Sunday and Monday. On Tuesday, it's Woody Brubaker. Dusk plays on Wednesday. Woody Brubaker and Barbara Smith play on Thursday.

Sea Breeze Café at Sundial Beach Resort & Spa has live island style entertainment on Mondays with Danny Morgan & Friends.

Restaurant owners/managers, please email or fax any changes to your entertainment schedule to press@islandssunnews.com or 395-2299.✽

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Carl Werner, left, a longtime volunteer docent at the JN "Ding" Darling National Wildlife Refuge, describes some of the behaviors of birds which can be seen within the refuge and around Sanibel

photos by Jeff Lysiak

Refuge Birding Tour Doesn't Disappoint

by Jeff Lysiak

One of the things that Carl Werner, longtime volunteer docent at the JN "Ding" Darling National Wildlife Refuge, enjoys most about leading the semi-weekly Birding the Refuge Tour is that – much like the proverbial box of chocolates – “you never know what you’re gonna get.”

During the March 23 excursion – which is offered Tuesdays and Thursdays at 8:30 a.m. through April

23 – Werner shared his knowledge of local avian species, which he has done to help educate refuge guests over the past 13 years, including the last four as a volunteer guide.

“People always ask me how long this tour usually takes,” Werner told a group of seven amateur birders last week. “Officially, they say it’s about an hour and a half. But I tend to talk a lot and not pay attention to the time, so sometimes I’m out here until noon.”

Thus, Werner has been unofficially dubbed “The Bird Nut.”

Using both their own binoculars and Werner’s professional spotting scope to get a closer perspective, the birding group celebrated seeing some of the refuge’s most frequent avian visitors and



A pair of roseate spoonbills preening and feeding during low tide

resident species.

Along the way, the group spotted several bird species – including juvenile and mature ibis, snowy egret, great egret, little blue heron, least sandpiper, willet, pied-billed grebe, mottled duck, anhinga, white pelican, osprey and black bellied plover – as well as the refuge’s “signature” species, the roseate spoonbill.

Werner said that there are four basic ways to identify various birds:

- Color
- Size
- Shape
- Behavior

“When you really get good at (observing birds from a distance), you should be able to identify birds simply

by looking at the silhouette,” Werner said. “Nobody knows everything, but everybody knows something. That’s why I like talking so much and having people share what they know and what they’ve learned.”

Just past the refuge’s observation tower, 10 photographers huddled along the left side of Wildlife Drive to take images of four roseate spoonbills preening and feeding in the shallow waters.

A Florida native, roseate spoonbills (*Platalea ajaja*) are commonly mistaken for a flamingo. While flamingos are known for gaining their pink color from a crustacean-rich diet, roseate spoonbills are naturally pink, which intensifies with age. Spoonbills sweep

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An osprey feeding her two chicks

the unique bill (for which they are named) back and forth through the water and snap it shut when they feel tasty morsels swim by.

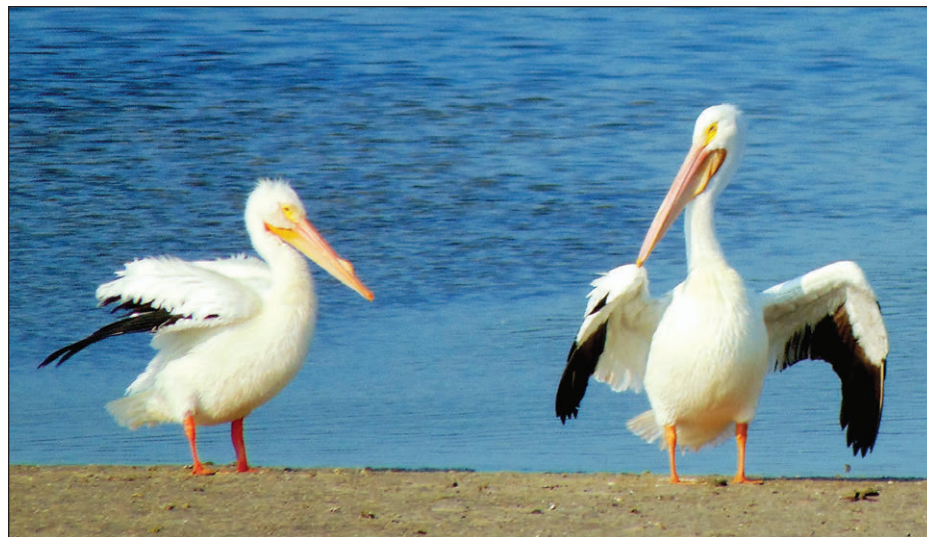
The refuge is home to approximately 245 avian species, including wading birds, seabirds, shorebirds, raptors, song birds, marsh birds and waterfowl. Werner explained that the best times to observe birds often come during periods of low tide and when winds are calmer.

A little further along Wildlife Drive atop a manmade platform, an osprey gave her two chicks their morning meal. The birding group also enjoyed seeing other wildlife the refuge is known for, including three species of mangrove (red, black and white) as well as mullet, who were seen frequently jumping out

of the water.

In addition to the Birding the Refuge Tour, several free daily programs are offered including:

- Endangered Species (Mondays at 1 p.m.) – Habitats throughout the world are disappearing, affecting species everywhere. Discover endangered species of Southwest Florida and what you can do to help them.
- Florida Manatees (Wednesdays at 1 p.m.) – Explore the world of one of America's most endangered species, the Florida manatee, as it faces a challenging future. Find out what you can do to help save this species.
- Gators and Crocs (Tuesdays at 1 p.m., Thursdays at 11 a.m., Saturdays at 10 a.m.) – Is it an alligator or



A pair of white pelicans, seasonal visitors to the islands

crocodile? Learn about the Order Crocodilia, including crocodiles, gharials, alligators and caimans. Learn how to identify families and local species in the refuge.

- Reptiles and Amphibians (Thursdays at 1 p.m.) – Discover some of the underappreciated refuge residents: snakes, lizards, toads and frogs.
- Family Craft & Story (Saturdays at 10 a.m.) – Join a naturalist for storytime at the refuge. Bring your family to hear a wildlife-themed story and make a craft about an animal from our estuarine ecosystem. Story-time is appropriate for pre-K through sixth grade, although everyone is welcome.
- Florida's Venomous Wildlife

(Mondays at 1 p.m.) – Learn about the venomous wildlife that lives in Southwest Florida, how to identify these animals and their habitats.

- Shorebirds of the Refuge (Tuesdays at 10 a.m.) – Are you stumped when you see those little brown birds? Learn how to identify the tricky shorebirds.
- Nature Photography (Mondays at 11 a.m.) – Get back to nature. Learn the art of nature photography using basic equipment.

For more information about programs and activities offered at the JN "Ding" Darling National Wildlife Refuge, call 472-1100 or visit www.dingdarlingsociety.org.

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Breweries Announced For SCCF Fundraiser

For the first time, the 6th annual Beer in the Bushes will have nine micro-breweries offering tastings of their best craft beers. Guests at the Sanibel-Captiva Conservation Foundation (SCCF) fundraiser will taste beer samples from Point Ybel Brewing Company, Eight-Foot Brewing, Momentum Brewhouse, Naples Beach Brewery, Palm City Brewing Co., Bury Me Brewing, South Cypress Brewing, Fort Misery Cider Company and Millennial Brewing Company.

This popular craft beer tasting is set for Saturday, April 15 from 6 to 10 p.m. on the grounds of SCCF's Nature Center. There will be live music, dancing and a few surprises. This is a rain or shine event and 21-and-older guests are welcome. The \$70 tickets will sell out and can be purchased online at www.sccfbeer.eventbrite.com.

"The combination of craft beer tastings, great food truck offerings, and world-class music make Beer in the Bushes the place to be next month," said SCCF's Jeff Siwicke, creator of the event.

The music headliner this year will be G. Love & Special Sauce. These Philadelphia natives are known for their pioneering hip-hop blues sound and have a nationwide following.

Local food trucks will be on site. All tickets include \$10 in TruBux, redeemable for dinner choices from any of the trucks.

"Please join our presenting sponsor, The Sanibel Captiva Trust Company,



Walt Costello of Point Ybel Brewing Company photo provided

as well as the host committee and other corporate sponsors who have all helped to make this such a great event," said SCCF Executive Director Erick Lindblad. "Beer in the Bushes is a great time that really should not be missed."

Guests will have a great evening while helping to support SCCF's mission of conserving coastal habitats and aquatic resources on Sanibel and Captiva and in the surrounding watershed.

The Sanibel-Captiva Nature Center is located at 3333 Sanibel-Captiva Road on Sanibel. For more information, call 472-2329.✱

Creative Theater Group To Stage Family Musical

Join Mowgli, King Louie and the rest of the jungle gang as they swing their way through wacky adventures and thwart the fierce tiger, Shere Khan.

Creative Theater Workshop, a local nonprofit theater company, will present the musical *The Jungle Book Kids* in a partnership with the Sanibel Community Association. There will be five performances on four different days, including three evening showings and two matinees. Performances will

take place on March 31 at 7 p.m.; April 2 at 1 and 3 p.m.; April 6 at 7 p.m.; and April 7 at 7 p.m.

The cast is comprised of local students, and features an ensemble cast as well as favorites such as Mowgli, Baloo and King Louie. *The Jungle Book Kids* is directed by Michelle Hamstra. With colorful characters and that toe-tapping jungle rhythm, *The Jungle Book* is sure to be a crowd-pleaser for audiences of all ages.

Tickets can be purchased online at sanibeltickets.com, with a price of \$5 per child and \$10 per adult, or at The Community House, 2173 Periwinkle Way. Tickets can also be purchased at the door for \$10 before the show begins.✱

From page 24

CROW Calendar

registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13.

Photography opportunity following the tour with an animal ambassador.

Thursday, April 6, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Birds of Prey, presented by CROW staff (daily presentation).

Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them

some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida. One of CROW's animal ambassadors will be present.

Thursday, April 6, 2 p.m., adults \$7, teens \$5, 12 and under no charge – CROW Case of the Week, presented by a CROW student (daily presentation).


CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. While on site, students learn the ins and outs of conservation medicine and wildlife rehabilitation, and share their favorite patient stories. One of CROW's animal ambassadors will be present.✱

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Teens Build Super Sandcastle

Three 17-year-old boys, visiting Sanibel from Wisconsin, constructed their own "sand city" on the beach near West Gulf Drive close to Rabbit Road. Michael Lo, Jack Loomis and Mark Bechthold's 15-foot by seven-foot sandcastle included amphitheater style terraces surrounded by walls. It took the trio close to five hours to build.✱



Sandcastle constructed by the three teens from Wisconsin



From left, Michael Lo, Jack Loomis and Mark Bechthold

photos provided

From page 8

The Sanibel River

partnership has also been responsible for developing and implementing a number of important water quality restoration projects. In addition to land acquisition, other policies and projects to protect and improve water quality include the protection of environmentally sensitive lands, native plant protection and sod limitations, mangrove preservation, beach and dune protection, responsible development through restrictions on impervious surfaces and requirements for onsite stormwater management, implementation of the National Pollutant and Discharge Eliminations System (NPDES) Program, conversion of the majority of the island from septic to central sewer, elimination of wastewater treatment package plants, island-wide water quality monitoring, adoption of an urban fertilizer ordinance (2007), and Nutrient and Lake Management Recommendations for Golf Courses (2008).

In 2012, the city and the SCCF Marine Laboratory began work on the Sanibel Comprehensive Nutrient Management Plan. The goal of the Nutrient Management Plan is to systematically identify nutrient sources throughout the island and develop a list of projects and programs needed to reduce nutrient loading to the Sanibel Slough and coastal waters. The plan is on schedule to be completed in 2017. Information collected through the Nutrient Management Plan to date has identified specific nutrient sources contributing to the impairments in the Sanibel Slough. The primary nutrient sources identified include fertilizer runoff from residential and commercial landscapes and golf courses, legacy nutrients remaining in the soil from septic systems and wastewater treatment package plants, and municipal reuse water used for irrigation. Based on this data, a list of

projects and policy recommendations has been developed to target specific nutrient loading "hotspots." This approach will ensure that resources invested to address the specific problems are used in the most cost-effective way to achieve the desired results.

Over the next several years, the city will be implementing a number of new projects and programs that continue to address on-island water quality. The Sanibel Communities for Clean Water Program will assist homeowners living adjacent to wetlands, lakes and other waterbodies in implementing Best Management Practices (BMPs) to protect and improve water quality. The Jordan Marsh Water Quality Treatment Park project will draw water from the Sanibel Slough through a series of wetland treatment areas to remove nutrients prior to discharge back into the slough. The park will be accessible to the public with educational signage to help island residents and other park visitors learn about Best Management Practices that can be implemented in their neighborhoods. The city is also evaluating options for upgrades to the Donax Wastewater Treatment Facility to reduce nutrients in the reuse water delivered to island golf courses and residential properties. These upgrades are expected to significantly reduce nutrient loading to surface and groundwater resources. In 2016, the city received partial funding in the amount of \$825,000 from the Florida Legislature for these upgrades.

Reducing nutrient loading to the Sanibel Slough and coastal waters will require behavioral changes in the way we manage our lawns, landscapes and wastewater systems and will involve investments in capital projects to eliminate existing nutrient sources. We want to thank the citizens of Sanibel for their commitment to protecting the island's natural resources and for continuing to support these efforts to improve water quality.✱

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Pura collection by Roberto Demeglio

Jeweler Unveils Collection By Italian Designer

Lily & Co. Jewelers on Sanibel is unveiling the Pura collection by Italian designer Roberto Demeglio. The collection is innovative, unconventional and flexible – bracelets made of ceramic with 18-karat gold and diamonds on a stretch coil.

“These high fashion Italian jewels are crafted using a patented stainless steel stretch coil system that allows the pieces to flex, twist, slide on easily, stay on firmly and never lose elasticity,” said Dan Schuyler, co-owner of Lily & Co.

photo courtesy Lily & Co. Jewelers

“Roberto Demeglio crafts the finest in luxury jewelry.”

Demeglio uses creativity and balance of design, technical excellence and craft tradition to put forth a unique collection. The Pura collection is crafted with the wearer in mind – no hassling with locks or clasps, just slip on the wrist. The high-grade ceramic is coated in Zircon to make it scratch and break resistant. Each piece is assembled in Demeglio’s factory in Velanza, Italy.

“I dedicate my craft to today’s modern women who lead active lives and need jewelry that will work with their lifestyle,” said Demeglio. “Gone are the days when a woman would spend hours to get ready for dinner with her husband or friends. Today, she

is leaving a board meeting or picking up the children, with precious little time left for herself.” Demeglio believes a woman’s jewelry needs to go from day to night with effortless elegance.

Demeglio’s roots in the jewelry business date back to 1922 when his grandfather, who started as a watchmaker, opened a store with a workshop in Turin, Italy. Demeglio took over the business in 1984 and recreated a company centered on unique and

eclectic designs.

Demeglio’s Aura collection can also be found at Lily & Co. These stunning bracelets are as rare and unique as the islands themselves with blocks of black matte ceramic combined with white, rose or yellow gold.

Lily & Co. Jewelers is located at 520 Tarpon Road, next to Doc Ford’s Rum Bar & Grille. Hours are 10 a.m. to 5 p.m. Monday through Saturday. For more information, call 472-2888.✧

From page 19 Symposium

mood, a personality or a memory?”

Next, the group was asked to touch whatever plant was nearby. “Pull the leaf until you reach the point that you feel the plant is pulling back,” Anders told the group, later asking when each person recalled feeling their earliest connection with nature. A majority of people, she noted, say that their connection with nature is associated with water.

Jay Norwood “Ding” Darling, she later explained, developed his passion for conservation after revisiting his uncle’s farm during his 20s, and noting the vast changes in the natural landscape and wildlife which he recalled from his own childhood.

Anders compared how what Darling set forth in his editorial cartoons and nature-focused actions helped create the basis for conservation efforts which helped establish SCCF 50 years ago.

“Sanibel and Captiva are diversified enough that you can find plenty of things to do to become a part of the community,” she said. “I think joining (organizations, clubs or community groups) and participating (in local events) is a big part of building a sense of home.”

Following a number of golden anniversary activities already this year, SCCF is planning several more events in the coming months to celebrate its successful history. They include a Farm to Table benefit dinner on Thursday, March 30, an open house at all four SCCF buildings on October 31 and the foundation’s 50th anniversary gala on November 11.

Anders will also host a lecture, SCCF: 50 Years of Conservation, on Tuesday, April 4 at the SCCF Nature Center, located at 3333 Sanibel Captiva Road. The program will begin at 1 p.m. The cost to attend the lecture is \$5 for adults or free to children and SCCF members. For additional information, call 472-2329 or visit www.sccf.org.✧

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Exhibit Features Rauschenberg Originals And Inspired Works



Works on exhibit

photo provided

Robert Rauschenberg is considered one of the most important artists of the 20th century. Hailed by many as the “Picasso of post-World War II art,” he fills a separate niche that distinguishes his work from both abstract expressionism and pop art, though he often utilized elements of both styles.

Living much of his later years on Captiva Island, he helped launch the first BIG ARTS gallery – Phillips Gallery – with a sculpture he personally installed for the opening entitled, *Dragon Blossom, Winter Glut*. His contributions to the community extended to Southwest Florida, most notably the Fine Arts Gallery at Edison College in Fort Myers, today called the Bob Rauschenberg Gallery at Florida SouthWestern State College. Rauschenberg’s generosity was legend.

Deborah Patterson Butler, a retired art history and humanities professor who served on the gallery board at Edison for many years, presented a talk on the life and work of Robert Rauschenberg on March 29. Butler shared her knowledge on Rauschenberg’s style and various mediums. From his enduring global approach to art, his use of common objects and detritus in his work, to his use of photography, Rauschenberg’s contributions to the arts in America cannot be overstated. While he embraced popular culture – often collaborating with artists from other areas such as cinematography, music and dance – he did not consider himself a “pop artist.”

The After Rauschenberg juried exhibit, featuring two original Rauschenberg numbered prints, as well as artist submissions inspired by his work, will be on view in Phillips Gallery at BIG ARTS through April 29.

BIG ARTS is located at 900 Dunlp Road. For more information, visit www.bigarts.org or call 395-0900. ✨

Osprey Presentation



Osprey chick in channel marker nest

photo by Doug Albert

The Clinic for the Rehabilitation of Wildlife (CROW) will present The Story of Ospreys on Tuesday, April 11 at 4:15 p.m. in the Visitor Education Center, located at 3883 Sanibel-Captiva Road.

Ospreys are large brown and white

raptors that breed in Southwest Florida from December through April. Because they build their nests right out in the open, their behavior is easy to observe but it is not always easy to understand. Presenter Claudia Burns, who has monitored osprey nests for 25-plus years as an International Osprey Foundation volunteer, uses photos, videos and recorded vocalizations to explain osprey behavior. The presentation is sponsored by the Sanibel-Captiva Rotary Club and dedicated to the late Mark “Bird” Westall, founder of The International Osprey Foundation.

Prior to the presentation, visitors are encouraged to explore the Visitor Education Center, which exhibits CROW’s efforts to save wildlife through care, education and collaboration and is located across from The Sanibel School. Reservations are required for the presentation, with admission of \$10 for adults, \$5 for teens and free for children under 13.

For reservations or more information, call 472-3644 ext. 228 or email rrainbolt@crowclinic.org. To learn more about CROW, visit www.crowclinic.org. ✨



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Seahorse Festival Returns To School Grounds



At the 2017 Seahorse Festival fundraiser at The Sanibel School, 11-year-old Lindsay Rizzo laughs after she is thrown from the mechanical bull ride



From left, Jen Hall, Linda Reynolds and Alicia Base selling T-shirts



Emily Wells applies makeup to Finley Hall, 3



From left, Jeffrey Langford, Ben Markle, principal Chuck Vilardi, Cletus Hammarberg, Gary Whinthrope and George Lopez



Fourth-grader Luke Williams and his father, Steve



Jim Jennings and Terrie Kielborn-Jennings



Trevor Zamniak and Ben Markle compete against each other in the tether race



The school property was filled with inflatable games and attractions



Brandon Hall and son Kellan, 7



Festival attendees looking at the silent auction items up for bid



Food and refreshments were available throughout the afternoon



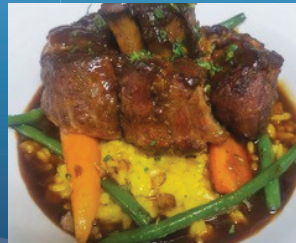
Hailey Hammarberg, 8, climbing the rock wall



Phillip Sustek, 3, jumping on the bungee swing

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From left, Tom Uhler, author Melanie Benjamin and Robbie Roepstorff photos provided

Sanibel Library Foundation Hosts Author Luncheon

The Sanibel Public Library Foundation hosted a sold-out fundraising luncheon with author Melanie Benjamin at The Sanctuary Golf Club on March 13. The foundation leverages public tax dollar investment and helps the Sanibel Public Library provide dynamic and engaging initiatives that enhance the library experience. Benjamin is the author of the 2016

New York Times bestselling novel *The Swans of Fifth Avenue*, which is about Truman Capote and his infamous betrayal of his socialite friends. Benjamin combines her passion for history and biography in novels depicting the lives of iconic women who have been somewhat forgotten. Her 2013 *The Aviator's Wife* gives insight into the life of one of Captiva's most beloved visitors, Anne Morrow Lindbergh. At the luncheon, Benjamin revealed that her next book will bring to life the friendship between Mary Pickford and Frances Marion during the golden age of Hollywood. This was the sixth annual Lunch with the Author event which directly supports



Melanie Benjamin and Gwenda Hiett-Clements

the work of the Sanibel Public Library Foundation. The presenting sponsor for the luncheon was Uhler and Vertich Financial Planners. Silver Sponsors were Jan and Blake Devitt, Barbara and Tom Dunham, Dr. Linda E. Estep, Gwenda Hiett-Clements, Laura Hansen, Linda and John Kramer, Kay and John Morse, and Patricia Schwarz.

Donations to the luncheon's gift basket auction were made by: Adventures in Paradise, Amy Jo's Boutique, Amy's Something Special, Beach Piez, Bennett's Fresh Roast, Billy's Rentals, B Unique Boutique, Blue Coyote Supper Club, Bromeliads by Appointment - Judy Hicks, Cape Nails, Cip's Place, Cargo Trading Co., The CROW Shop, The Carpenter's Bookstore, The Dale Home, The Dunes Golf & Tennis Club, Forever Green Ace Hardware, Finnimore's Cycle, Island Cinema, Island Paws, JB Designs, Joey's Custard, Kathee Jones, Lily & Co. Jewelers, The Lighthouse Café, Love Boat Ice Cream, Luc Century, On Island, Over Easy Cafe, Pasture & Pearl, The Pecking Order, Rosie's Café, RS Walsh, Rosie's Café, SCCF Native Garden Center, Sanibel Day Spa, Sanibel Home Furnishings, seashells.com, Sanibel Sweet Shoppe, Seabreeze Café at Sundial, Sea Glass Lane, Suncatchers' Dream, Tween Waters Inn, Whitney's Bait & Tackle, and Why Knot.

Beginning this spring, the Sanibel Public Library will undergo an extensive renovation. While the attractiveness and



Melanie Benjamin and Barbara Dunham

quality of the structure are outstanding, the infrastructure needs to be upgraded. At the same time, the interior of the building will be reconfigured to a more user-centered service design with an emphasis on flexibility. Proceeds from Lunch with the Author will help to furnish several new quiet reading areas. To add your name to the mailing list for future luncheon events, call 214-0088 or email authorluncheon@comcast.net.



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BIG ARTS Film Director Series

Mrs. Miniver

by Sid Picker

Please note there has been a change in start time for The Director Series. All movies will begin at noon. On Wednesday, April 5 at the Island Cinema, the second film in this year's

Director Series is the wartime classic Oscar winner *Mrs. Miniver* starring Greer Garson. This film stands in sharp contrast to William Wyler's first film in the series, *The Little Foxes*. *Mrs. Miniver* is Wyler's highly skilled, highly stylized paean to virtue, goodness, unselfishness, liberty, loyalty and patriotism. It is presented within the context of wartime England during the early years of World War II.

Mrs. Miniver is not a battle-scene war picture; it is a "home-front" war picture, focusing almost exclusively on how World War II affects a middle class English family as well as a structured English community. It is an example of superb structure, excellent screen writing, brilliant direction and wonderful performances. The film begins with pre-war stable family life and how that family, and the community in which they live, adjust to wartime conditions. The father is too old to fight but nevertheless takes part in the Dunkirk evacuation,



and the eldest son becomes a Spitfire pilot. The film concludes during the Blitz period, or aerial bombardment, and is most remarkable for its hopeful conclusion inasmuch as it was made in late 1941 at the low point of British wartime fortunes. At the time, no one could be certain how the war would end.

The film swept the 1942 Oscars capturing awards for Best Picture, Best Director, Best Actress and Best Supporting Actress, Best Screenplay and Best Black and White Cinematography. It demonstrates that Wyler is as skilled at orchestrating goodness as he was

with evil in *Little Foxes* – if anything, better because evil inherently fascinates whereas goodness tends to bore, but *Mrs. Miniver* hasn't a boring moment in it.

BIG ARTS Corner

Workshops And Seminars

Unleash your creativity, expand your horizons and meet terrific people. Workshops and seminars at BIG ARTS include:

- Pottery Open Studio, non-instructed (Intermediate/Advanced), by Jerry Edelman, Mondays, 9 a.m. to 4 p.m. from April 3 through 24.
- Constructing the Human Figure in Simple Forms by Francesco Gillia, Mondays, 1 to 3:30 p.m., April 3 through 24.
- Instructed Life Drawing by Francesco Gillia, Mondays, 9:30 a.m. to 12 p.m., April 3 through 24.
- The World's Second-Most Famous Detective by Aaron Cohen, Tuesdays, 9 to 10:30 a.m., April 4 through 25.
- Adult Tap Workout by Bobby Logue, Tuesdays, 12 to 1:30 p.m., April 4 through 25.
- Bamboo Pen & Ink with Basic Drawing and Art Journaling by Linda Benson, Wednesdays, 10 a.m. to 12 p.m., April 5 through 26.
- Oil Painting: Make It and Take It, by Linda Benson, Wednesdays, 2 to 4 p.m., April 5 through 26.

Tickets are \$5 and available at BIG ARTS, 900 Dunlop Road, and the day of the film at the cinema, located in Bailey's Shopping Center. There will be a discussion following the film.*

• Glass Fusing by Petra Kaiser, Wednesdays and Thursdays, 9:30 a.m. to 12:30 p.m., April 5 through 27.

• Pine Needle Basket by Gisela Damandl, Thursday, April 6 and Friday, April 7, 9 a.m. to 4 p.m.

• Acrylics for Beginner and Intermediate Painters by Jane Hudson, Fridays, 9 to 11:45 a.m., April 7 through 28.

• Intermediate Tap by Bobby Logue, Fridays, 9 to 10:30 a.m., April 7 through 28.

• Life Drawing, non-instructed open studio, by Carol Rosenberg, Fridays, 9:30 a.m. to 12 p.m. and 12:15 to 2:45 p.m., April 7 through 28.

• Pottery on the Wheel by Kelly Flaherty, Tuesdays, 3 to 6 p.m., April 18 through May 23.

• Clay, Sculpting, Ceramics & Pottery on the Wheel by Marjorie Bronsted, Wednesdays, 3:30 to 6 p.m., March 29 through May 3.

Visit www.bigarts.org or call 239-395-0900 to learn more about BIG ARTS.

Call 395-0900 or stop by the BIG ARTS Center at 900 Dunlop Road to enroll. For complete course descriptions and the full season's workshops and seminars schedule, visit their website www.bigarts.org/workshops, or email info@bigarts.org.*

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BIG ARTS Monday Night Film Series

Ixcanul

by Di Saggau



The BIG ARTS Monday Night Movie for April 3 is *Ixcanul*, which means “volcano” in the Kaqchikel language. The title refers to a peak that overlooks the Guatemalan coffee plantation and to the disruptive emotions involved in the film. Guatemalan filmmaker Jayro Bustamante has created a brilliant debut film that is a mesmerizing fashion of fact and fable. It’s a dreamlike depiction of the daily lives of the Kaqchikel-speaking Mayans who live at the base of an active volcano.

A young Maya woman and her parents work the land and care for their livestock. Just 17, Maria is reluctantly betrothed to the plantation’s overseer. It’s a match that secures status and jobs for her family. However, she prefers Pepe, a lowly coffee cutter who dreams of starting a new life in the United States. Maria hopes to join him. She makes a decision that will upend several lives and transform the movie from languid to hard-hitting tragedy.

The film is made with actual Maya farmers. The colors are rich and deep and the atmosphere is tranquil until the final third of the film. The volcano seen looming in the background shots serves as a symbolic barrier. The film eventually becomes a stealthily disturbing examination of the ways that indigenous



people who remain in relative isolation get exploited by the handful of indigenous people who assimilate with the nearest urban center.

What emerges, finally, is a film that gives an urgent, original voice to a people too frequently marginalized in both movies and society at large. The non-professional cast is impressive as is the widescreen lensing and immersive sound design. The film runs 199 minutes. The moderator for the evening is Mary Arceneaux.

Admission to BIG ARTS Monday

Night Film Series is \$10 and all screenings begin at 7 p.m. in Schein Performance Hall. Each film is followed by a complimentary reception and discussion. Film sponsors include June Rosner and Russ Bilgore, Stan and Visnja

Gembicki, Hyde Tucker, Penny Wilkinson and the *Island Sun*.

BIG ARTS is located at 900 Dunlop Road. Tickets are available at www.BIGARTS.org, at the door or by calling 395-0900.*



Dr. Lynne Wissink-Tressler photos provided

Upcoming At Sanibel Library

Sanibel Public Library’s upcoming programs can be found on the library’s website calendar at www.sanlib.org.

Dr. Lynne Wissink-Tressler will present her book, *Crazy Bones: The Tale of a Waggy Tail*, on Friday, March 31 at 2 p.m. Told from the point of view of a dog, *Crazy Bones* is the story about a feisty puppy with a big attitude. Abandoned during Hurricane Katrina, *Crazy Bones* was sent from one shelter

to another until she was adopted by a woman in New England. Wissink-Tressler is a professor of education who is an advocate for shelter and rescue dogs.

Hear poets read some of their latest works on Monday, April 3 at 3:30 p.m. More than 20 of Southwest Florida’s best poets will be at PoetryFest to celebrate National Poetry Month at the library. PoetryFest has been held since the year 2000.

Sid Simon, who has been orchestrating Stories For Grownups at the library since 2002, will tell tales Friday, April 13 from 2 to 3 p.m. Simon’s stories are often based on his own life – growing older in Florida, parenting, grand-parenting, memories of great teachers and what life can teach us. He has the knack for drawing stories from people in the audience.

The library’s weekly youth programs run April 2 through May 13, with the 3rd to 5th After-school Clique on Tuesdays at 3 p.m. There are two all ages storytimes on Wednesdays – at 10 a.m. and at 1 p.m. The K-2 After-school Crew is Thursdays at 3 p.m., with snacks provided. Bessie the READ dog is on rain-free Thursdays at 4 p.m. The weekly schedule can be found on the calendar on the library’s website at www.sanlib.org. If you have any questions, contact youth services librarian Deanna Evans at devans@sanlib.org or call 472-2483 ext. 201.

The public is invited to attend these library programs. There is no registration required and no additional fee to participate.*

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Poet’s Corner



We invite submissions from local poets. Anyone interested may submit their work via email to tutsie@centurylink.net. Each week, individual work will be showcased.

selected by Tanya Hochschild

Different Coasts

by Sandy Greco

Now we live on different coasts
Still tethered by a fragile cord
Of love, and blood, and memories,
We talk and type
But seldom have the gift of touch
As once we did.

I think of long ago
The precious time I had with you
To hold you close and teach you how

To live your life.
I fear I wasted many hours,
Ignored the limits time had set,
Oblivious that each new day
Moved you steadily away from me
And all that I could give you then.

Now I fly out to see you, we exchange
A welcoming embrace,
Some pleasantries, our time together,
Wedged between the busy moments of our lives.

Knowing this short time we have
Is far too brief
And I will never tell you
All I wish I could have done.

I continue to pretend
I’ve no regrets for what I’ve lost
Knowing clocks do not turn back
Those hours I gave away,
Nor allow us to repeat a single day.

*Sandy and her husband Danny live on Sanibel. She is a retired emergency physician and was the director of an emergency department in New Jersey.**

Book Review

The Chemist



by Di Saggau

Stephanie Meyer's new book, *The Chemist*, is quite a departure from her successful *Twilight* series. It's on the best-seller list and there's good reason for that. *The Chemist* deals

with a protagonist who goes by the name of Alex, at least most of the time. She lives under various pseudonyms. Alex is a brilliant, paranoid chemist who is trained to torture terrorism suspects with her multiple chemical cocktails. Every time she comes

back to her apartment, she has to undo special booby-traps that she has set up. Her jewelry is also lethal, including three rings that hold various substances and earrings that contain a gas that knocks a person out.

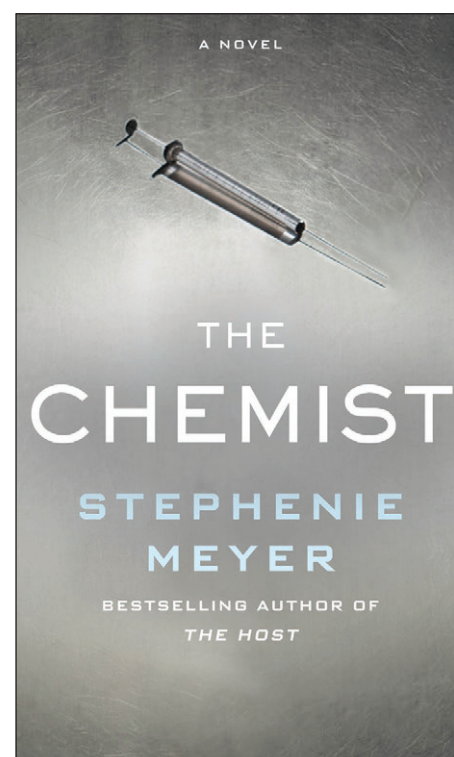
She originally worked for a shadowy branch of the U.S. government before her bosses considered her a liability and turned against her. Now she is a fugitive. When her former handler offers her a way out, she realizes it's her only chance to erase the giant target on her back. However, this means taking one last job for her ex-employers and, to her horror, her situation becomes even more dangerous. She doesn't know why they want her dead and she's getting tired of running.

When her old boss calls her in for one last mission, she's not sure she isn't being double-crossed, but she proceeds with the kidnapping of a Washington, DC

schoolteacher Daniel Beach, who is said to be part of a vile plot to release a virus that will wreak global doom. This couldn't be further from the truth.

Alex resolves to meet the threat head-on and teams up with Kevin, a former C.I.A. operative who's also on the run from his bosses. It's a love-hate relationship. They begin to see through the layers of cross and double cross, and the two agents join forces and go into hiding together. Their bold escape plan becomes more complicated when Alex falls in love with Daniel, who happens to be Kevin's identical twin.

As she sees her choices being rapidly whittled down, Alex must apply her unique talents in ways she never dreamed of. This is a fast-paced thriller with a tough, mysterious heroine who has a penchant for decking herself out in dangerous jewelry, concealing syringes of poison in her belt and switchblades in her shoes. I was amused by Alex's special skills and her paranoia. Imagine sleeping every night with a gas mask over your face. In this tautly plotted novel, Meyer has created a fierce and fascinating new heroine with a very specialized skill set.✪



School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My fourth and fifth grade children have many writing assignments that require revising and editing. They want me to help them, but working on their

writing with them is difficult because they think I am being too nitpicking. How can I give them feedback without seeming overly judgmental?

Jolene P., Fort Myers

Jolene,

Writing is such a deeply personal and reflective experience. Even for the best writers, it is not an easy process and providing feedback on your children's writing assignments may often feel like walking on eggshells. If you're too critical, your children might not want to share their writing assignments with you again. On the other hand, if you give too much praise, you may not be helping them improve, and your children may question the sincerity of your feedback. It's difficult to make constructive comments to your children so that they accept your advice instead of feeling as if you are criticizing them, but here are a few ideas that may make this easier for you.

Highlight both the positive and negative aspects of the writing without judgment – without using the words “good” and “bad.” Make sure that your children understand the functions of revising, editing and rewriting and explain that revising writing isn't a matter of having done something wrong: It's a chance to make something that's already very good even better. Revising involves making changes like adding or deleting words, reorganizing sentences, or ideas, while editing involves reviewing spelling, punctuation, capitalization, sentence structure, grammar and correcting any mistakes.

When something doesn't work, you might ask, “Why did you choose to say it this way?” or “Did you mean to say this?” Making it a conversation, rather than criticism, can help engage your children in

the process, and teach her that editing and revising are a natural part of growing as a writer, regardless of age or skill level.

With beginning writers, the revising and editing process will be simpler. Start by reading your child's piece aloud exactly as it is written, having your child listen for the following things: Are any words missing? Are any important facts or events missing? Is there a beginning, middle and end to your work? Read the piece aloud again, and if any of these things are missing, have your child revise accordingly.

With a child who has more writing experience you might also ask him or her to think about the following revising questions: Do I describe what my characters look and feel like? Do I use the right action words with my nouns? Ask your child to fill in any details s/he may have left out.

Then, have your child reread the piece and think about the order of sentences and paragraphs. You might ask whether reordering one or two sentences helps communicate an idea more logically. Ask if words or ideas are repeated in the same paragraph. Use a thesaurus to improve vocabulary and suggest expanding an idea instead of repeating it. Finally, make sure that your child can identify the main idea in each paragraph.

Now it's time to edit the piece for spelling and grammar. Any word processing program will have a spelling/grammar checker that will do this quite easily but you may want your child to learn how to edit independently. Use a grammar checklist to help your child learn how to edit for grammatical errors. Once they understand how to edit for spelling and grammar, using technology to do this makes sense.

As your children move into middle and high school, they should be writing on the computer and using all the supports that technology provides to support the writing process.

Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.✪

PoetryFest At Sanibel Library

There will be a feast of poetry at Sanibel Public Library on Monday, April 3 beginning at 3:30 p.m. More than 20 of Southwest Florida's best poets will assemble to share their poetry and celebrate National Poetry

Month. Since the year 2000, the Sanibel Island PoetryFest has become Southwest Florida's most outstanding tribute to the muse.

There is no charge to attend and all are welcome to bring their favorite poem to share. The Sanibel Public Library is located at 770 Dunlop Road.

For more information, contact Joseph Pacheco at 472-1280 or email sanibeljoe@comcast.net.✪



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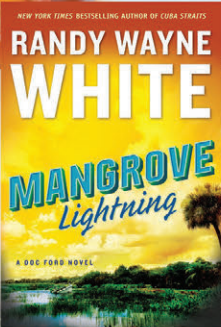
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Nearly 40 volunteers attended CHR's 2017 Volunteer Appreciation Luncheon at The Community House

photo provided

CHR Thanks Volunteers And Executive Director

by Jeff Lysiak

On March 23, Sanibel's Community Housing and Resources (CHR) invited their loyal and dedicated volunteers to a spring-themed luncheon to show their

appreciation and gratitude for all the ways in which volunteerism helps the organization grow.

CHR Board President Richard Johnson and Executive Director Kelly Collini addressed the crowd of nearly 40 attendees, thanking each specific volunteer group for all that they contributed over the past year. Sanibel City Manager Judie Zimomra, Councilmember Jim Jennings and Planning Commissioner Holly Smith were thanked for all that they do to

facilitate CHR's relationship with the city. Mardi Gras planning committees and volunteers were heralded for contributing nearly 3,000 volunteer hours in 2016.

Johnson sincerely thanked his volunteer board of directors who contributed nearly 2,500 volunteer hours last year. All volunteer contributions combined totaled 6,205 hours, or the equivalent of three full-time employees, which is a tremendous cost-saver for CHR.

The presentation was capped by a lovingly comical poem, written by Collini, once again thanking all of the volunteers who give of their time and talents every day to help CHR continue to grow. The poem, entitled *How Do We Love Thee?*, was read aloud by the author:

You are the heart and soul of CHR, this you must know

Because of your hard work and talents, CHR can grow

continued on page 8B

Stakeholders Updated On Blind Pass Study

by Jeff Lysiak

Almost one year after the first Blind Pass Inlet Management Study stakeholders meeting was held last spring at The Sanctuary Golf Club, about 70 islanders gathered at the Sanibel Recreation Center on March 24 to hear an update on the status of the ongoing study.

During last week's information-sharing session, co-hosted by the Lee County Department of Natural Resources and project partners CB&I Coastal Planning & Engineering, Inc., the City of Sanibel and the Captiva Erosion Prevention District, residents reviewed the study's objectives along with the status of the numerical modeling effort.

According to Steve Boutelle, operations manager for the Lee County



Steve Boutelle, operations manager for Lee County Department of Natural Resources

photo by Jeff Lysiak

Department of Natural Resources, the study is evaluating a number of options for the ongoing management of Blind Pass and the adjacent beaches within its

area of influence. "The study is taking longer than we thought, which is due to the complexity of issues affecting Blind Pass, and we wanted to explore all of the best options that are available," he said.

Michelle Pfeiffer and Thomas Pierro, representatives from CB&I, made the formal presentation of the inlet management study.

According to Pfeiffer, the primary objective of the study is to develop a plan for keeping Blind Pass open, formulate a more effective dredging/nourishment schedule, extend the life of beach-related projects and protect the existing infrastructure. The last time a study of the inlet was conducted was back in 1995.

Since the last study more than 20 years ago, the inlet has been impacted by several major storms – including Hurricane Charley – as well as the opening and closing of Clam Bayou and Old Blind Pass, a number of nourishment projects, dredging projects and the installation of a jetty.

Pierro noted that the current study

has revealed that beaches adjacent to Blind Pass are erosional, there is a southerly flow of inlet waters along Captiva and across Blind Pass, and a northerly flow from the north end of Sanibel into Blind Pass.

"The current inlet management plan has been beneficial over time," said Pierro. "Blind Pass has been dredged, and we hope that the dredge plan helps to keep that channel open."

In February, Lee County began a dredging management and beach renourishment project which is expected to be completed in May. The dredged sand will be used to renourish portions of eroded beach south of Blind Pass and the north end of Bowman's Beach. That project is being funded through tourist tax revenues from Lee County and a grant from the Florida Department of Environmental Protection.

During her presentation, Pfeiffer showed a multi-image graphic which detailed some of the historic events that have occurred at Blind Pass. They

continued on page 12B

The Final Encore With Chorus Director

Steve Cramer celebrated his 10th and final year as director of the BIG ARTS Chorus with spring concerts in Schein Performance Hall on March 28 and March 30.

When Cramer took over as director in 2008, the chorus was far different than today. With only 30 members, the chorus performed a short program together with the BIG ARTS Band. Not many, including Cramer, could have imagined the growth in numbers and quality of the chorus over the next 10 years. The group now has 90 members rehearsing throughout the season to perform multiple full-length concerts in winter and spring, in addition to many appearances at various community events.

Beyond the musical accomplishments, chorus members cherish the fun and friendship and all of the "firsts" that Cramer brought to the chorus over the years.

There are too many show features to recount but audience favorites include a full Salvation Army band, complete with tuba entering the side doors and marching through Schein Hall during *Guys and Dolls*, and a real life appearance by the "Duke of Earl" during a '50s medley.

In 2011, the chorus performed excerpts from *Oklahoma*. Chorus manager Lillian Decker recalls Cramer's idea to have the lead singers drive into



Steve Cramer

photo provided

Schein Hall on a decorated golf cart singing *Surrey With The Fringe On Top*. "The audience went wild! It was the first of many creative and fun production extras that made our spring concerts special," said Decker.

From performances of *Die Fledermaus*, where Cramer conducted the entire operetta wearing a curly white 1500s period wig, to the French Revolution reenactment in *Les Mis*, to Puerto Rican dancers in *West Side Story*, and amateur tappers who learned to "hoof" three weeks before the show, chorus members have done it all.

There is great synergy within the group and none more apparent than the

relationship between Cramer and Ellen Whitten, the chorus accompanist. "I have known and worked with Steve for five years," said Whitten. "We both taught middle school chorus, so we have a lot in common. Steve is the most patient, positive director I've ever worked with. Even when we know a piece isn't perfect, he encourages us all with his smile, his humor and his musical knowledge."

Susan Andrews, who has sung in the chorus since 1992, reflected on Cramer's leadership: "Chorus members include some well-trained voices and professional musicians who have had careers in fine arts, entertainment and music education. At the other end of the spectrum, there are some who don't read music, but love to sing."

"Under Steve's direction, the chorus has blossomed," Andrews added. "Steve is a master at keeping the group challenged. He continually has found the right mix of music to keep singers interested and to showcase their talent."

Chorus members all agree that Cramer's patience and humor created a welcoming culture that is just the right combination of musical challenge and fun. "It takes a special talent to bring a group like ours from the beginning rehearsals, where everyone is struggling just to read the music and the words at the same time, to performance night where we have mastered the music, the style, the vocalizations and added costumes, dancing and skits," said Pam Mascio who has sung with the group for five years. "There are some scary rehearsals in the middle stage where we worry that we are in way over

our heads. But with Steve's calm direction, by show time, we manage to pull it off. He believes we can meet the challenge... and so we do."

Many on Sanibel and Captiva have enjoyed chorus performances at community events like Baileyfest, the Community Thanksgiving Celebration and the South Seas tree lighting. Minnesota Twins fans have likely heard the chorus sing *The Star Spangled Banner* at Hammond Stadium during spring training.

Cramer has provided opportunities and experiences beyond what most community chorus singers imagined. It is a big job, but Cramer shares the credit with others as he explains, "As we all know, 'it takes a village', and great village leaders, to create a wonderful group. I have been blessed with that leadership, from a fabulous volunteer chorus manager, to a "roadies" stage crew, skit writers and many more."

But it is Cramer who orchestrates the fun. "He even made it snow in December on the island," said Decker as she recalled the chorus' participation in the South Seas tree lighting ceremony. "There were children running around and Santa reciting the *Night Before Christmas* story, and then snow began to fall. It was magical!"

BIG ARTS Chorus members acknowledge the impact Cramer's creativity and leadership have made on the group. "It has been my privilege to sing in choral groups most of my adult life, but the last 10 years singing with Steve have truly been the best," said long-time chorus member John Pryor. "I will miss him but I will cherish the time I sang with him." ✱

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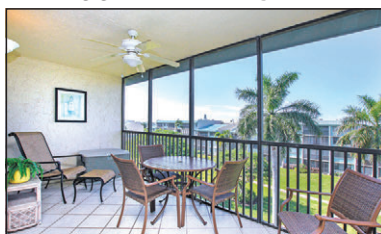
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From left, Kim McGonnell, Doc Ford's general manager; Katy Forret, Doc Ford's manager; Cindy DeCosta, CECL director; and Tommy Lawler, Doc Ford's manager photo provided

Doc Ford's Sponsoring Spring Festival

Doc Ford's Rum Bar & Grille has signed on as a platinum sponsor for the Children's Education Center of the Islands 23rd annual Spring Festival. The family friendly festival is open to the public and will be held on Saturday, April 15 from 9 to 11 a.m. at Sanibel Community Park.

The festivities will begin at 9 a.m.

with a free Easter egg hunt for children of all ages. Games, contests and crafts will follow. A \$10 armband allows each child unlimited access to all activities. There will be pony and unicorn rides, a bounce house, giant slide, and other attractions. The Easter Bunny will be available at 10:15 a.m. for photos. The festival will also include a silent auction with over 60 baskets to bid on.

Proceeds from the Spring Festival will benefit the education center's scholarship fund and capital improvements. For more information, call Cindy DeCosta at 472-4538 or visit childrenseducationcenter.com.✱



Artists with their Tucans on March 22

photos provided

Painting Workshop

Due to popular demand, artist Sissi Janku has agreed to paint the *Funky Rooster* again during her class on Wednesday, April 5 at The Community House. The rooster her class painted in February 2015 was walking to the right. In the new painting, he will walk to the left. If you have the rooster in your collection, you will be able to do a companion piece.

The brushstrokes on the bird are bold and thick as a contrast to the sharp, thin lines of the grass in the foreground and background. The painting will be done on a red canvas.

Janku said she loves this painting for the kitchen and as a reminder of life in the countryside.

Call The Community House at 472-2155 to register. Visit Janku's website for more information on other classes at <http://www.sissijanku.com>.✱



Funky Rooster

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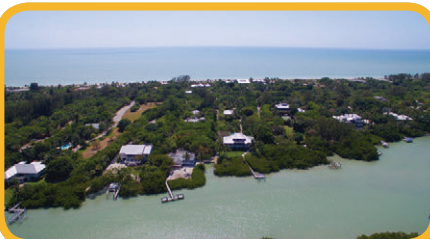
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Roosevelt's 100th Anniversary Of First Captiva Visit Commemorated



Perched atop a chair in the Visitor & Education Center's auditorium, President Theodore Roosevelt (Joe Wiegand) described how he earned the nickname "Bull Moose" at the JN "Ding" Darling National Wildlife Refuge on Monday

photos by Jeff Lysiak

To commemorate and celebrate the 100th anniversary of his first visit to Captiva Island, the 26th president of the United States, Theodore "Teddy" Roosevelt, stopped by the JN "Ding" Darling National Wildlife Refuge on Monday afternoon to share a few stories and encourage people young and old to enjoy the great outdoors.

During his annual visit to the refuge, the robust American statesman, soldier, hunter and explorer – portrayed by Roosevelt doppelganger Joe Wiegand – shared tales of his many travels and heroic exploits, his political ascension and his policies which helped preserve national parks and landmarks.

Roosevelt stated that during his two-term presidency (1901-09), he

successfully established the United States Forest Service, signed into law the creation of five National Parks (Crater Lake in Oregon, Mesa Verde in Colorado, Platt in Oklahoma, Sully's Hill in North Dakota and Wind Cave in South Dakota) and signed the 1906 Antiquities Act, under which he proclaimed 18 new U.S. National Monuments. He also established the first 51 bird reserves, four game preserves and 150 National Forests, including Shoshone National Forest, the nation's first.

"Let this great wonder of nature remain as it now is. Do nothing to mar its grandeur, sublimity and loveliness. You cannot improve on it," Roosevelt said upon visiting the Grand Canyon in 1903 during his first term. "But what you can do is to keep it for your children, your children's children, and all who come after you, as the one great sight which every American should see."

One member of the audience, a young girl sitting in the front row, raised her hand and told Roosevelt that when she visited the Grand Canyon last year, the sight "took her breath away."

"There are so many wonderful outdoor spaces, and we need to preserve and protect them for our children and our children's children," Roosevelt told the audience. "There's a great deal of satisfaction that comes from challenging yourself when exploring the great outdoors... it's a wonderful teacher."

Roosevelt's love of outdoor activities helped improve his asthma suffered as a youngster. Hunting, riding horses and hiking all contributed to his athletic frame.

In 1898, Roosevelt made his initial visit



Teddy Roosevelt shared a number of stories about how the National Wildlife Refuge System was established

to Florida following the outbreak of the Spanish-American War. "The mosquitoes back then were thicker, but the population here was thinner," he said.

Many years after his presidency, Roosevelt was invited to return to Florida to hunt manta rays off the coast of Captiva, which he visited in 1917. "I came here in the spirit of a naturalist – it was a thrilling time to be an adventurer," he added. "Hunting is conservation... if done properly."

Wiegand, a historian, writer and lecturer on the life and times of Roosevelt, has portrayed the 26th president to audiences across the country, including a performance at The White House for President George Bush in 2008.✪

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CHR Board President Richard Johnson, right, introduces Melissa Rice as the non-profit organization's next executive director photos by Jeff Lysiak

From page 1B

CHR Appreciation

Build a deck, mend a fence, raise a dollar, hang a door
Your many hours and expertise help us do so much more
And if we had to pay for you, do you know what that'd cost?
Three full time positions – all that money lost
LT committee, you guys are simply just the best
Applications just keep on coming and we have put you to the test
From, "I have a little criminal record"

to "Can I have an 80-pound pup?"
I swear to you, as God is my witness, you could not make this stuff up!
That little thing called Mardi Gras, oh what a success!
We owe it all to volunteers... by the way, who cleaned up that mess?
And the board members who give so much, day after day
Sacrificing family time and businesses, all without any pay
Never doubt your worth to us and know that you are key
To providing homes and resources at a very affordable fee
Today we hope to honor you and



Outgoing executive director Kelly Collini read a poem during last week's luncheon




Members of CHR's staff, board of directors and volunteers attended the March 23 luncheon at The Community House

make sure that you know
Because of your hard work and talents, CHR can grow!
Later, Johnson announced the retirement of Collini effective at the end of the month. Johnson lauded her five years of guiding CHR, noting, "We've come a long way... all of our bills are paid and Kelly helped us build some reserves."
Melissa Rice, the organization's current treasurer, will ascend to the executive director title on April 3.
"I'm looking forward to this opportunity," said Rice. "Kelly (Collini) brought us to this great point, which will make it easier for me to take over after all of the hard work she did."
CHR's buildings and grounds volunteers were also honored for giving nearly 900 hours of sweat equity, helping CHR with the upkeep and maintenance

of its 74 units. The organization's Landlord/Tenant Committee members and many others were all highlighted for their contributions.
Sanibel Catering Company by Bailey's catered the meal.
Established in 1979, CHR – working in partnership with the City of Sanibel – provides affordable housing for families and individuals who work full-time on Sanibel or are retired or disabled longtime residents of the island. CHR owns housing units at various locations on Sanibel, including 74 rental properties – one of which is a 12-unit complex for seniors – and 14 Limited Equity Ownership (LEO) homes through the Coast and Islands Community Land Trust.
For more information, call 472-1189 or visit www.sanibelchr.org.
(CHR contributed to this story)*



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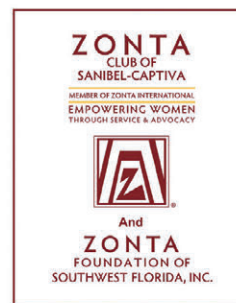
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Saturday, March 11, 2017



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Cover Artist: Myra Roberts

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This "Thank You" page sponsored by Architecture Joyce Owens llc, architect for 2017 Peek House: The Tree House.

Retailer Supports Sanibel School

Retailer J. McLaughlin is once again a sponsor for the Sanibel School Fund's (SSF) Blue Ribbon Partner program. As a title sponsor, J. McLaughlin is providing continued support, which helps to raise and contribute funds to maintain the school's foreign language program and support enhancements in technology for the school.

Due to support from businesses like J. McLaughlin, students at The Sanibel School are able to take lessons in Spanish in kindergarten through 8th grade. The school serves approximately 350 students, is a nationally recognized Blue Ribbon School and is a top rated K-8 school in the state of Florida.✧



From left, Rob Lisenbee, SSF treasurer; Christian Fautz, SSF president; Peggy Ford, J. McLaughlin; Barbara Maughan, SSF vice president; Chuck Vilardi, Sanibel School principal; Sharon Schuyler, J. McLaughlin; and Veronica Powers, SSF vice president

photo provided



Pam Rambo will make a special appearance in the Shell Love Bug, created by 66 volunteers using more than 20,000 individual shells photo by Jeff Lysiak

Last Motor Club Cruise-In Of The Season

The San Cap Motor Club will be showing off their wheels at the final monthly Cruise-in of the season at Periwinkle Place shopping center this Saturday, April 1 from 9 to 11 a.m. No pre-registration is necessary, just show up with your car, truck or bike. There will be a complimentary continental breakfast catered by the Blue Giraffe. Shelling celebrity Pam Rambo will be driving in with the Shell Love Bug.

Rambo, along with many volunteers and shell crafters, created the design and hand assembled this classic. Following the Cruise-in, all are welcome to meet at Sanibel Community Church, next to Jerry's, for Sanibel's first Pinewood Derby sponsored by the San Cap Motor Club. The race will take place from 11 a.m. to 1 p.m. "We will do a drive-off and parade down Periwinkle right down the race site," said Mike Stone, motor club member. "Join us and root on the Cub Scouts of Pack 1740. Look for the checkered flag." For more information, call Scot Congress 472-4177 or Mike Stone at 322-0044.✧

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One of just 40 condos at Cottage Colony West. Easy on-site nightly rentals & full amenities. Resort takes care of it all. This unit center tier in center building with private stairs from gulf-side balcony to this beach. Grossing \$80K-\$100K/yr. \$674,000



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Looking for privacy? This could be the place for you. Wide parcel on back of Peaceful Dr. ~170' x 155' backing to preserved land. Handy to causeway & mid-island convenient. Should have sunny backyard too, faces west. \$274,000



Well-Priced 3 Bedroom on Bay

Easy-living spacious 1,700 sq. ft. condo on east-end. Very residential with limited rentals. Easy on- & off-island access. Handy to fishing pier, marina, shopping, & bike path. Just 29 steps to beach. Community clubhouse, pool, & tennis. \$574,000



Known as "Sanibel's Rainbow"

Delightful top-floor Loggerhead Cay gulf-view 2 bedroom. Community pool, clubhouse, tennis, shuffleboard, & bbqs. Years of rental history & bookings. Grossing up to \$60K/year. Completely turnkey, has new kitchen too. \$598,300



How About This View

Overlooking Pointe Santo's central lagoon to beach & gulf, this 3rd floor 1 bedroom is a great vacation retreat & income-producer. Has grossed as much as \$45K/year. Clubhouse, pool, hot tub, tennis, bbqs. Convenient town center shopping. \$599,000



Sunsets, Income, & Vacations

2nd floor 2 bedroom at Sand Pointe on West Gulf Drive. Steps to this beach & sunsets. Updated interior with gulf views. Remodeled "open" kitchen & updated baths. With weekly rentals allowed, has excellent rental history. Community pool. \$724,000



Decorator-Furnished Near-Beach Olde-Florida-Style Home With Amenities

On large tropical parcel along back of Seagull Estates. Overlooks protected refuge land. Natural views from great & dining rooms, kitchen, master suite, guest room, & porches. Expanded & remodeled with fully-equipped gourmet kitchen & stunning custom furnishings. Now used as 3 bedroom with office. Could easily be 4 bedrooms. Great room has high ceilings, fireplace, bamboo floors. New appliances & chair lift. Close to community clubhouse, pool, tennis, & private beach access path. \$1,099,000

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More details plus Sanibel scoop & Captiva chatter on
weekly real estate blog at SanibelSusan.com

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David M. Platt photos provided

Seminar On Establishing Florida Domicile

The Sanibel Captiva Trust Company is offering a round table seminar on how to establish Florida Domicile on Tuesday, April 4 from 3 to 4:30 p.m. at their Sanibel office board room, located 2460 Palm Ridge Road.

The seminar is being hosted by Robin



Robin L. Cook
L. Cook, executive vice president of The Sanibel Captiva Trust Company, and David M. Platt, wills, trusts and estates attorney of Henderson Franklin Attorneys at Law. Cook will explain the importance of understanding the definition of “Florida Domicile” and why it is critical for new residents to follow steps to establish it. Seating is extremely limited in this round table format, designed to maximize time with the advisors. Reservations are required; \$2 million investable assets and higher. Call 472-8300 or email fsteger@sancaptrustco.com.

Senior Vice President Appointed

Lori Mobley of the Sanibel Captiva Trust Company has been promoted to the level of senior vice president in her role as a human resources manager for the firm. She has over 15 years of experience in human resources and is responsible for oversight of employee benefits and serves as the key contact for all employee-related issues. Mobley joined the trust company in 2012 in this capacity, as well as corporate secretary for the firm, having direct responsibilities to founder and chairman Al Hanser. “Lori takes excellent care of our employees, which allows them to take excellent care of our clients,” said Hanser. Mobley is a University of Wisconsin



Lori Mobley photo provided
graduate and has served as a volunteer in her community for Habitat for Humanity and the Leukemia and Lymphoma Society.✧

Assistant Office Manager Named

Sanibel Captiva Community Bank has promoted Gaby Bell to assistant office manager at its Sanibel main office on Library Way. She will assist with daily operations and customer relationships, including business and consumer banking. Bell joined the bank in 2006 as a teller and has more than a decade of banking experience, including previous positions as customer service representative and teller supervisor. A Sanibel resident, she earned a bachelor’s degree in labor law from the National Autonomous University of Honduras and a bilingual certificate from Kingston College in London. Bell is a member of the American Business Women’s Association.✧



Gaby Bell photo provided

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From page 1B

Blind Pass Study

included the opening of the inlet in 1953, a closure in 1970, a reopening (following Hurricane Agnes) in 1972, extension of the jetty 100 feet in 1989, a dredging project in 2008-09 and subsequent dredging – completed in two phases – in 2012 and 2013. CB&I employed a numerical modeling simulation to compare outcomes of proposed inlet management strategies, along with a “no action” scenario. The program – called Delft3D – evaluates data (waves, tides, currents, bathymetry, etc.) and simulates morphology. Evaluating what they’ve learned over the past 12 months, Pierro noted several new findings:
• Fill placements have a positive benefit to Sanibel and Captiva beaches surrounding the pass without a considerable effect on inlet stability

- The current system balances well with the existing Captiva Terminal groin
- Structural installations on Sanibel can offer protection from channel variability

The Blind Pass Inlet Management Study partners will evaluate the combined management strategies and gather additional information and feedback related to the study before choosing the best option, which will likely be a combination of several options available to manage the inlet. “While this is not a water quality study, water quality is very important,” said Boutelle. Following the formal presentation, a short question-and-answer session was held. A third stakeholders meeting will be held at a date and location to be determined. For more information about the study, contact Steve Boutelle, Lee County Natural Resources Division, at 533-8128 or sboutelle@leegov.com.✧



The Sanibel-Captiva Lions Club

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FOR A SUCCESSFUL 2017 LIONS ARTS & CRAFTS FAIR

Our 34th Annual 2017 Arts and Crafts Fair was a successful, enjoyable and memorable event for our community because of all those who participated. ALL proceeds from our 2017 Lions Fair will benefit Island and Sight Based Charities.

A very special Thank You and Recognition to our Community Sponsors and Donors to the Silent Auction and Raffle. We ask that you patronize and recognize our sponsors and donors listed below:

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Amanda Curran and Robin Roberts
photos provided

Realtors Go Green

The Sanibel Captiva Islands Association of Realtors held their 4th annual Go Green event at The Fish House on March 14. Attendees networked and exchanged business cards

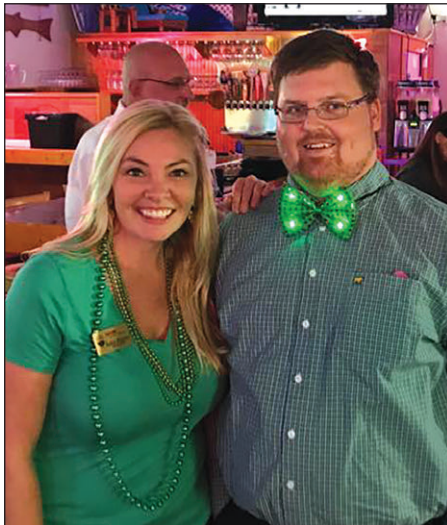


Janet McMillan won a basket full of goodies, which she donated to the RPAC fundraiser



Brendan Albright and Joel Goodman

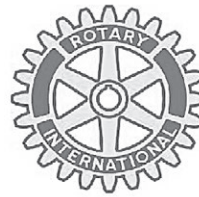
with the affiliate sponsors for a chance to win raffle prizes. Janet McMillan at Supreme Lending was the winner of the large prize basket donated by Superior Title Services and Barrier Island Title. McMillan paid the prize forward by donating it to RPAC (Realtor Political Action Committee) to be used as an auction item for the May fundraiser.*



Robin Roberts and Bill Robinson

Rotary Happenings

submitted by Shirley Jewell



Hospitals are pretty much places where most of us want to spend as little time as possible. Hospitals serve a fixed purpose, but time spent there is usually stressful. The club's guest speaker this past week was Doug MacGregor, coordinator of the Arts in Healthcare for the Lee Health System. This program tries to alleviate stress for both patients and family members by employing activities using art and music as a diversion allowing a respite for the mind and soul during times of health crises.

Anyone who has walked into the lobby of HealthPark Hospital is immediately impressed by the beautifully designed space. A welcoming, multi-storied open atrium lobby with patient and volunteer artwork displayed throughout, frequently distracting patients and visitors from their anxiety. Often, one of the 75 music volunteers in the Arts in Healthcare program are found seated at the lobby piano, playing music for visitors as they take a break from their visits to family members or waiting for patients during doctor visits, rehab, testing appointments or during patient resting periods.

One noted music volunteer is piano prodigy Noah Waddell, who usually plays at 4 p.m. every Thursday afternoon.

"Music is the moonlight in the gloomy night of life." – Jean Paul Friedrich Richter

Music is also brought right into patient rooms. Downloads are placed on portable disc players tailored to

requests or designed as a form of stimulating or soothing remedies. Alzheimer's patients are often stimulated by music of their generation, bringing their minds alive or videos of outdoor scenes and national parks that steer memories of days gone by.

There are number of art galleries throughout the hospital that allow a comforting and beautiful place to rest the mind. Art is even presented on the ceilings in certain areas of the hospital, areas where patients find themselves on their back looking up. Patient rooms have a variety of ceiling tile designs; just above the rehab area and radiation rooms are 385 painted ceiling tiles depicting the sky and beautiful billowing white clouds painted by volunteers.

MacGregor told us a story about a series of ceiling tiles placed above one of the hospital nurse's stations. "An 18-year-old patient, who unfortunately had to stay at the hospital for a month, wanted to thank his nurses for the great care he received during his stay. He decided to paint Cookie Monster-style ceiling tiles dedicated to the nursing staff and included all of their names on the tiles to say thanks. Now, when the nurses and staff have a hard day, they can look up and know all of their wonderful care is appreciated."

Volunteers go in and help patients set up for painting and crafts, some teach first-timers how to get started with projects. During this time, thoughts are shared and friendships are formed. Patients benefit from the human interaction.

Many of you may recognize the name Doug MacGregor; he is *The News-Press* Sunday edition editorial cartoonist. He himself will sit down with some younger patients and draw with them their favorite superheroes. They talk about their heroes' superpowers and talk about the super powers they might need to get better. "POW! BAM! KABOOM!" If they can't draw, MacGregor will draw the pictures and the patients will express their ideas.

MacGregor uses art and music in a variety of ways in this innovative and creative healthcare program. Helping him implement the activities used to relieve stress, particularly for patients with long-term stays, are approximately 1,000 program volunteers.

An Art Cart on wheels brings arts and craft supplies right into patients' rooms: paper, canvases, colored pencils, crayons, glue and all kinds of painting and crafting supplies. The cart

continued on page 18B

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Asking price is **\$2,350,000**

GORGEOUS COASTAL BEACH HOME



SANIBEL EAST END: Spacious home with 3 bedrooms, 2 1/2 baths, screen enclosed heated pool, volume ceilings throughout, chefs kitchen, incredible bonus space with extra storage, 3 car garage and boat dockage. This home is located in the prestigious Kinzie Island, a private, gated community with private beach access on the East End of Sanibel. Association pool, tennis, pickle ball courts and beach access with cabana. An Island dream come true on Sanibel!

Asking price is **\$1,395,000**

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Asking price is **\$595,000.**

CANAL-FRONT LOT IN SHELL HARBOR



Here's your chance to build your dream canal front home on East End of Sanibel. This beautiful lot is surrounded by the Gulf of Mexico and Bay offers a seawall canal with dock and boat lift already in place. The private deeded beach access with parking is just moments away. One of the very few remaining canal lots on the Island!

Asking price is **\$719,000**

ADORABLE COTTAGE BY THE SEA!



Perfect floor plan for the family. Open kitchen, dining and living room, plus 4 bedrooms and 2 baths. Dreamy cottage style home with wood floors through out, high ceilings on a private, tropical lot. Watch the manatees and wildlife. Wonderful canal views, boating access to the Gulf of Mexico. Beach access close by.

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Environmental Education Center Noted By Author

submitted by Jonathan Salas
and Zoe Spanbroek

The Center for Environmental and Sustainability Education is honored to be cited by esteemed author David Orr in his new book *Dangerous Years: Climate Change, the Long Emergency, and the Way Forward*.

Orr's book is about the future of our civilizations considering what we know about climate change, its many complications, and how we can save our planet. The Center for Environmental and Sustainability Education at Florida Gulf Coast University is one of the "many underfunded institutions" that are driving the change we need in our world, according to Orr. In order to face the challenges of climate change and "to find real educational innovation we must go to the periphery, both inside out outside the academy," to places like the center.

The Center for Environmental and Sustainability Education is grateful to David Orr for all of his generous contributions over the years, particularly his active involvement as co-chair of the center's board of advisors. Orr's ongoing efforts to revitalize environmental education will soon culminate in another new project: co-authoring a book with center director Peter Blaze Corcoran for parents, grandparents and teachers on climate change education.

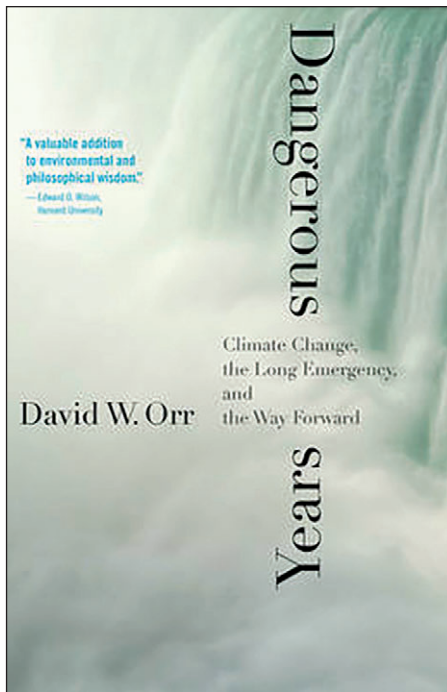


image provided

The center welcomes your contributions to the Haffenreffer Challenge. All gifts given at this time will be matched up to a total of \$6,000 thanks to Sanibel residents and long-time center supporters Mallory and Peter Haffenreffer and an anonymous donor. Donations go directly to programs.

For more information about the center and its many projects, visit www.fgcu.edu/cese. To make a contribution, call Peter Blaze Corcoran at 590-7166 or email pcorcora@fgcu.edu.✱

Superior Interiors

Storage Systems Promote Healthier Living

by Jeanie Tinch



As you are gearing up to spend more time inside your home, this might be a good time to think about organization. It also might be a time to follow up on one of your New Year's

resolutions. "Getting organized" is said to be the second most possible vow made when the year turns to a new one. So, you can either complete the resolution you made or get a head start on next year's.

As a little more incentive, here's a list of some of the benefits you will gain from tackling that chore:

- You will be able to relax more. I've read that we often waste two hours in a single day looking for something. Organization can help you find things faster.
- You'll feel better about your home.
- You'll be healthier by reducing stress.
- You'll be a better role model for others.
- You'll save money because many purchases actually never get used because they can't be found once they're brought home. You will buy items that you have place for.

Start with your bedroom. Shouldn't you have a closet that makes you feel better at the start and end of every day? Then look at your entryway – the one you use most often. How does that make you feel every time you use it? Then move on to your pantry, laundry, each bedroom, the garage, etc. View them each as an opportunity to make you feel better. A time to purge.

Sources For Help

Today, there are closet, shelving and storage systems that will fit anywhere in the home or office. And they don't have

to be ordinary. There are inspirational designs for every room or space. The combinations are limitless and there are extensive, stylish design options ranging from traditional to contemporary.

We use systems that provide us the ability to adapt to every need. The endless configuration options achieve multiple uses such as room dividers, a display system, shelving, storage or a fabulous walk-in closet. Whatever the space, we can create a personalized furniture system just for you.

Tight on space? Systems like these can help you transform any space into one that is not only functional, but looks great too. Whether it be a space to entertain the family, putting space under a staircase to good use or a place for display, there is a system that will work.

While there are websites that can help you and there are some systems that can be designed and installed by the more accomplished do-it-yourselfers, you might find it advantageous to use a professional.

Before that decision, however, you'll need to give some thought to such factors as: Are there seasonal changes in the contents to be stored? Are there bulky items? For closets, do you want shoes on the floor or on shelves? Are you aiming to store smaller items like jewelry?

Then there are the measurements: Measure how much space your clothes take up now. Measure both the front and back dimensions of a closet. Be sure to account for the baseboard and any inside trim. Like the proverb says: measure twice, cut once.

If you do work with a professional, be sure to have a clear understanding of such things as who will move the contents out of the space being re-done? Who will remove any current molding, baseboard, etc. and repair the damage? In other words, who will get it ready for the installation?

It may seem daunting, but remember those benefits. And you won't have to make getting organized one of your resolutions for the New Year.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coindcedden.com.✱



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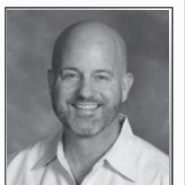


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COTI Names Citizen Of The Year, Elects Board



Barbara Cooley with her husband Tom
photos courtesy COTI



Eric Draper



Carolyn Gray and COTI Treasurer Susan Tucker



Sanibel City Councilman Chauncey Goss and COTI President Mike Miller

At the recent annual meeting of the Committee of the Islands (COTI), Barbara Joy Cooley was named COTI's Citizen of the Year. As a COTI board member, Cooley was one of a small team that worked tirelessly to enact the Peoples Choice charter amendments in 2005. For several years, she chaired the COTI environment committee and as a talented writer, frequently wrote commentaries that influenced public opinion and policy on key issues. While she served as president of COTI from 2010 to 2014, the



COTI Board of Directors, from left, Erhard Joeres, President Mike Miller, Treasurer Susan Tucker, Vice President Mike Gillespie, Larry Schopp, Alison Ward, Bob Holder, Stu Langton, Martin Packard, Linda Robison and Joe Salatino. Not pictured: Jan Holly and Peter Pappas.



COTI names Barbara Joy Cooley Citizen of the Year. From left, board member Larry Schopp, Barbara Cooley and COTI president Mike Miller

organization saw its influence and respect grow in the wider community due in large part to her leadership. Members of Zonta probably know her best as the long time editor of the organization's first rate newsletter, as she once again showed her willingness to put her natural talents to work where they were most needed to support an organization whose mission she values. Most recently, she turned her energies and talents to the League of Women Voters of Sanibel where she is vice president. She was a member of the

organizing committee for the successful candidates debate on February 1 of this year. As chair of the natural resources committee, she is actively working with local members and the league's leadership in Tallahassee for the enactment of legislation to improve water quality and make Everglades restoration a reality. She is the organizer of Go Solar Sanibel, an upcoming educational program to acquaint Sanibel residents and business owners on the benefits of solar power. She serves as deacon of the Sanibel



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From page 14B Rotary Happenings

services both adults and children and is in constant circulation throughout the hospital. Many patients enjoy painting and find while painting or crafting a place where their healthcare worries are set aside for a period of time. The objective of the Art in Healthcare program is to help patients and their families get through a rough time in life.

MacGregor explained to us that this is not a therapy program but "a human program designed to help relieve stress and provide positive energy toward healing." Supplies for the Art Cart are purchased only by financial donations, and if you believe in this type of program, donations will be greatly appreciated. The Sanibel-Captiva Rotary Club meets Friday mornings at 7 a.m. at The Dunes Golf & Tennis Club. Guests are welcome.*

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Congregational United Church of Christ where she is also a member of the Green Team.

COTI board member Larry Schopp, in presenting the award to Cooley, said, "Sanibel's volunteer organizations provide the human-power, energy and dedication it takes to accomplish things government can't accomplish. Barbara Cooley has it all – the energy, talent and dedication that have made her stand out in each of the organizations she has served. As such, she is the ideal recipient of our Citizen of the Year award."

Eric Draper, executive director of Audubon Florida, as keynote speaker at the COTI annual meeting, invoked numerous questions and comments from the COTI membership as he spoke about threats to water quality.

Draper spoke about Big Sugar's perceived needs to have Lake Okeechobee water in dry season and the actual need for reducing ground water by pumping and reducing drainage in order to put more water back in the ecosystem. Currently, there is too much polluted water ending up in the rivers during the dry season exacerbating land use issues.

In the wetlands, Draper cited a declining bird population as an indicator of the evidence for climate change. Restoring wetland, for example, is imperative for the wood stork to survive.

He stated that Sanibel led the state in getting local fertilizer ordinances.

And he said that a goal should be to put green back in red counties as Sanibel has done. Unfortunately, he advised that three million tons of fertilizer are used in the sugar industry. He also stated that Florida is not designed to handle waste water issues of 20 million residents and 120 million visitors annually.

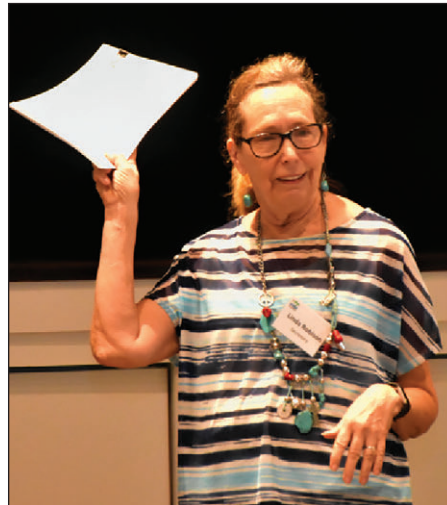
The three major problems he listed are agricultural fertilizer, faultless and unplanned use of waste water, and permitting for new construction.✱



Maureen Watson



Joe and Gina Wagg



COTI Secretary Linda Robison

Deadline Extended For Scholarship Applications

The Sanibel-Captiva Kiwanis Club is accepting scholarship applications for the 2017-2018 school year. Scholarships of \$3,000 per year, over a period of four years, will be awarded. Several one-year scholarships in varying amounts are also available.

Eligible applicants must be Sanibel-Captiva residents, employed full time on the islands or a family member of such (of any age) attending a college or vocational school.

The club collects the applications and an independent committee makes the selection.

Applications must be submitted by April 10, 2017. They can be obtained by accessing the Kiwanis website: SanibelKiwanis.org, or contacting any of the following: Loretta Kupper at 579-0660 or loretta@sanibelinsurance.com; Bill Traum at 561-2900 or billtraum@me.com; or Chris Heidrick at 579-0660 or chris@sanibelinsurance.com.✱

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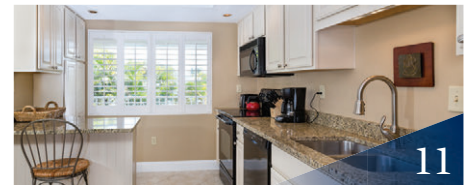
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Will Power

Recalculating



by Craig R. Hersch, Florida Bar Board Certified Wills, Trusts & Estates Attorney; CPA

I'm always looking for shortcuts when driving, especially during busy season. Most long-time Sanibel residents know that the easiest way off the island during March and April is not Periwinkle

trust that benefits your spouse for the rest of his or her life. You can name your spouse as his or her own trustee so they don't have to turn to a bank or trust company to receive income or assets. At your spouse's death your trust then distributes to your children in equal shares.

But what happens if one of your children becomes addicted to drugs or alcohol? What if they have made other poor choices that doesn't warrant them to receive an inheritance, or at least control their own share as they normally would?

There might also be tax reasons to exercise a power of appointment. What if the distribution to grandchildren in the document would trigger a generation skipping tax that can be avoided? What if there are income tax issues that can be cleaned up?

Since you are dead, you can't change the provisions of your will, right?

While you can't change your will, you can imbed a "power of appointment" to your spouse to allow him or her to change it. You can limit the powering in a way such that they can't leave your estate to a new spouse that they remarry, but you can allow them to change how much or in what manner your children eventually receive their inheritance.

There is a danger with leaving a power of appointment, however. Your spouse could disinherit one of your intended beneficiaries for almost any reason,

Drive, rather, it's down West Gulf to Middle Gulf then East Gulf Drives (did I just give away a secret that I shouldn't have?). But sometimes my "shortcuts" get me into trouble, especially when I'm traveling and don't know the local terrain.

Coming up on a fork in the road, I ask my wife Patti "Should we take the left fork or the right fork?"

"How should I know?" Patti responds. I decide to go right.

"Recalculating," Mrs. Garmin states in her soothing GPS voice. It turns out to be a wrong turn that takes us longer to get to where we are heading. Despite the frustration of taking a wrong turn, I find it amazing when technology can help you correct a driving mistake.

Believe it or not, you can gear up your estate plan to "recalculate" if you make a mistake as well. You can do this by granting someone a "power of appointment."

Suppose, for example, that your estate plan leaves your assets in a continuing

including a reason that you may consider frivolous. So when granting a power of appointment, you have to be sure that you explicitly trust that person, and should go so far as to have a conversation with him or her about your expectations.

This leads me to another interesting point. If you are a beneficiary of a continuing trust, you may have a power of appointment yourself. Suppose your father left a trust for you that continues on for your lifetime and then terminates on your death to your children. You may want your estate planning attorney to review your father's trust to determine whether you have a power of appointment to change the ultimate disposition of the assets.

You may want your spouse to receive the income from those assets if you predecease him or her before the assets are distributed to your children. You may also find it advantageous for your children's inheritance to continue on in trust as opposed to an outright distribution

that could become subject to the claims of a divorcing spouse or creditors.

To exercise the power, you have to include very specific language in your will. A general disposition of "everything to my wife" is not an exercise of a power. Instead, your will should specifically reference the power and then be very specific and direct as to how the assets are to be distributed. It's easy to mess this up and create more problems than you solve, as there are a host of legal and tax issues associated with the identification and exercise of a power of appointment.

But it's nice to know that you can build in your own "recalculation" of your estate plan if it should become necessary. For more detailed information on creating this power of appointment, check out a recent podcast I recorded on my estate planning website – www.felp.estateprograms.com – under the Design Module.

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Habitat Marks 7th Anniversary Of Women Build

For the seventh year, Habitat for Humanity of Lee and Hendry Counties (Habitat) is hosting Women Build. Hundreds of women in Lee County will trade their stilettos for steel-toed shoes to help rehab three homes, for three families, in two weeks. This year will mark 15 families who have been given a hand up through the Habitat Women Build program. Women Build is an initiative to engage women in the effort to provide safe and decent homes for families in need of affordable housing. By recruiting, educating and inspiring women to build, they can transform lives in their communities.

Local women are needed to raise \$150,000 and provide women-power for the construction of the three rehab projects. No construction experience

is necessary. For more information on donating or participating, call 652-1673 or visit www.habitat4humanity.org and click on the Get Involved tab.

Over the last six years, 1,991 Women Build donors raised \$667,604 for Habitat for Humanity of Lee and Hendry Counties, and 1,417 volunteers contributed 5,642 hours to rehab 12 homes for families in need of affordable housing.

The local initiative coincides with Mother's Day for its significance; as families with children make up a staggering number of those in need of affordable housing. Work on the homes is scheduled to begin April 29 and continue through May 12, pending the fundraising goal of \$150,000 is achieved. Rehab work will be completed in time for a dedication of the homes on Saturday, May 13, when keys to the homes are handed over to the new homeowners. During Women Build 2017, homes will be rehabbed in Cape Coral, Fort Myers and Harlem Heights.✴

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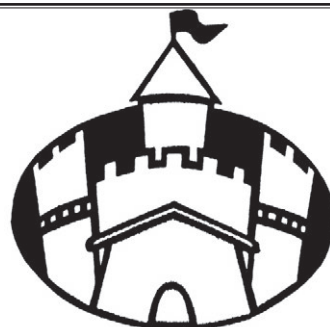
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Sculpture Goes Up For Auction

The life-size sculpture *Ding's Darlings* – Two Tri-colored Herons by famed island wildlife sculptor Jim Sprankle goes up for auction for SanCap Cares' 17th annual Island Celebration on Sunday, April 9 to benefit Golisano Children's Hospital. The intricate piece, depicting a pair of mating birds, is a top feature of the event's live auction, and all funds raised by its sale will be split 50-50 between Golisano Children's Hospital of Southwest Florida and the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS).

Brenda and Dewey Tate, former Sanibel Island residents, donated the three-foot-high sculpture. "Dewey and I were drawn to Sanibel years ago because of the 'Ding' Darling National Wildlife Refuge," said Brenda Tate. "We met Jim and Patty Sprankle soon after migrating to Sanibel from Atlanta. We simply fell in love with Jim's amazing wood carvings and his generous spirit. Jim created *Ding's Darlings* for us in 2001, and they have been happy members of our family since."

Upon recently leaving the island and downsizing, the Tates decided it was time for their "darlings" to fly home to Sanibel. "We are so grateful to Amanda Cross and the entire SanCap Cares team for making this possible," said Tate. "I'm confident *Ding's Darlings* are flapping their wings with joy to help benefit two of our favorite causes – Golisano Children's Hospital and 'Ding' Darling."

"I am so pleased that the piece, which took me more than six weeks to carve, is fulfilling a destiny with two of my favorite island non-profits," said Sprankle.

"The SanCap Cares committee and wildlife society share not only a place in Jim's and the Tates' hearts, but also a philosophy that island non-profits work better by combining forces," said Amanda Cross, this year's honorary chair of the SanCap Cares fundraiser. "Sanibel is an incredibly philanthropic community, and we know that many support multiple organizations. We are happy to include 'Ding' Darling in this effort."

Sprankle has donated works of art for most of SanCap Cares' live auctions, Cross added. "In 2015, he surpassed the quarter-of-a-million mark for money raised to support the children's hospital with his generous donations – an achievement for which we are incredibly grateful."

Sanibel 8-Ball Pool League

Ricotta Captures Pool Tournament

Terry Ricotta from the League Champion Bunt's Ball Buster team won five straight matches to take first place honors in the annual year-end single game double elimination 8-ball tournament. Twenty-one shooters competed for six hours on the two tables at American Legion Post 123 on March 28. Ricotta defeated John Reigert, Tarzan Russell, Jack Cunningham, Jimbo Gaubatz and Gaubatz again on his way to the championship title.

Gaubatz from Sanibel Cafe took second and Jack Cunningham from Sandycappers took third. Matt Hall from



Jim Sprankle's tri-colored herons sculpture
photo by Skipp Tutor

This year's piece is the largest and most valuable we have had the honor to auction in our 17 years."

"Jim's contributions to 'Ding' Darling are immeasurable," said Birgie Miller, DDWS executive director. "He served as board president for many years, has volunteered since 1997, and has donated dozens of sculptures and his famous 'Sprankle Feather Club pins' for charity auction. In addition, a showcase full of his hand-carved duck decoys, each sold for sponsorship, and a whole flock of his bird sculptures decorate and educate at our 'Ding' Darling Visitor & Education Center."

This year's SanCap Cares starts at 5:30 p.m. on April 9 at The Sanctuary Golf Club on Sanibel. It includes dinner and silent and live auctions. The tri-colored herons sculpture will be on display at The Sanctuary Golf Club, located at 2801 Wulfert Road, starting on April 1. People who are interested in placing bids by phone before or during the event, should contact Cross at SanibelCaptivaCares@gmail.com or 472-2082.

"We are so grateful to SanCap Cares for including us in this fundraising endeavor," added Miller. "We like to think we are both working for the health of our children, in keeping with the refuge's mission to educate children about the environment and get them outdoors to keep active and live happier, healthier lives."✱

Sanibel Café took fourth. Kevin Pottorf from Sandycappers and Nate Buffam from Fresh Legion Crew tied for fifth and sixth. Mike DeWitt from Bunt's Ball Busters and Gator Gates from Fresh Legion Crew tied for seventh and eighth.

The winners will be awarded cash prizes at the awards banquet at American Legion Post 123 on Monday, April 3 at 6 p.m. Team cash prizes and awards to the top percentage shooter, the player with the most 4-0 matches and most improved player will also be presented. A 3-Ball tournament will take place after the banquet and program.

On Monday, April 10, the Sanibel League again plays its annual match against the North Fort Myers Senior 8-Ball League. The match starts at 6:30 p.m. at Legion Post 123. North Fort Myers leads the series 6 to 3.✱

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Baseball Season Starts This Weekend Along With Basketball's Final Four



by Ed Frank

It's a crescendo of sports this weekend as the 2017 Major League baseball season opens along with the college basketball premier event – the Final Four.

After more than 900 spring training games played by the 30 Major League teams, the trucks full of gear and equipment are packed for return to home stadiums.

The warm, balmy weather of the Cactus League in Arizona and the Grapefruit League here in Florida gives way to the 162-game grind of the American and National Leagues where teams are certain to encounter the chill and often bitter winds of spring in the North.

The opening day slate this Sunday features three divisional matchups – the New York Yankees visit the Tampa Bay Rays, the San Francisco Giants at the Arizona Diamondbacks and the World Champion Chicago Cubs take on their arch-rival St. Louis Cardinals Sunday night in St. Louis.

We will get back to some final preseason words on our local Spring Training teams, the Boston Red Sox and the Minnesota Twins, later in this column, but first some thoughts on this weekend's Final Four.

I'm certain your brackets were busted long before Gonzaga, South Carolina, North Carolina and Oregon emerged as the Final Four. Yes, Gonzaga and North Carolina are No. 1 seeds, and Oregon is a three. But who would have ever picked South Carolina, a No 7 seed, to make it to Glendale, Arizona, for the NCAA Finals unless you are a South Carolina alum?

There is much drama connected to these four teams. Both South Carolina and Gonzaga, who face off in the first game Saturday, have never made it to the Final Four before. And Oregon and North Carolina in the second game features the 20th Final Four appearance by the Tar Heels, and the first Final Four for the Ducks since way back in 1939 when they won the very first NCAA championship, then just an eight-team tournament.

North Carolina's last Final Four was as recent as last year when they lost in the championship game to Villanova on a buzzer-beating three-pointer by Kris Jenkins. Early Las Vegas odds listed Gonzaga a slight favorite to win the championship. This up-start South Carolina team ended the dreams of the Florida Gators faithful

with a 77-70 victory in the Elite Eight Game. But congratulations to Gators coach Mike White who took his team that far in only his second year at Gainesville.

As for the Twins and Red Sox, both teams launch the new season at home Monday, the Red Sox hosting Pittsburgh in an interleague game, and the Twins hosting division rival Kansas City.

There are numerous pre-season predictions for all 30 clubs, but the majority predicts a second consecutive American League Eastern Division title for the talent-loaded Red Sox.

It's a far-different story for the Twins. Most predict an improvement in 2017 over the 2016 team that compiled the worst record in the Majors along with a last-place finish in the A.L. Central. Improved pitching and the emergence of several promising prospects are keys to improvement in 2017. Last year, the Twins started the season 0-9 and never recovered.

continued on page 27B

SPORTS QUIZ

1. In 2015, four players were voted into the Baseball Hall of Fame by the Baseball Writers' Association of America. When was the last time before 2015 that a quartet was voted in?
2. Shoeless Joe Jackson holds the career batting average mark for two major-league teams. Name them.
3. In 2015, Tyrod Taylor set a Buffalo Bills record for most consecutive passes without an interception (222). Who had held the team mark?
4. Entering 2017, three teams in men's college basketball had come back from a 14-point or more deficit to win a Final Four game. Name two of them.
5. In 2016, Evgeni Malkin became the second-leading scorer of power-play goals (111) in Pittsburgh Penguins history. Who was No. 2 at the time, and who is No. 1?
6. Chase Elliott, in 2017, became the fifth driver in NASCAR Cup series history to win consecutive Daytona 500 poles. Name two of the other four.
7. In 2016, Karolina Pliskova became the fourth female tennis player to beat both Williams sisters in the same Grand Slam event. Who else did it before her?

ANSWERS

1. It was 1955 (Joe DiMaggio, Ted Lyons, Dazzy Vance and Gabby Hartnett). 2. The Chicago White Sox (.340 in five-plus seasons) and the Cleveland Indians (.375 in five-plus seasons). 3. Drew Bledsoe had 175 consecutive passes without an interception for Buffalo in 2002. 4. Loyola University Chicago (1963), Seton Hall (1989) and Duke (2001). 5. Jaromir Jagr and Kevin Stevens had 110 each. Mario Lemieux leads with 236. 6. Fireball Roberts (1961-63), Buddy Baker (1979-80), Bill Elliott (1985-87) and Ken Schrader (1988-90). 7. Martina Hingis (2001), Justine Henin (2007) and Kim Clijsters (2009).

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Timothy Vick and Robin L. Cook

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Trust Company's Final Investment Program In Series

Guests of The Sanibel Captiva Trust Company took part in an open discussion with Director of Research Timothy Vick, entitled Tips or Tricks: How to Invest with Confidence, on turning potential investment traps into opportunities and highlighting ways to bring discipline to financial decision making. This was the third in the season-long WOWPlus speaker series hosted by the trust company.

Vick covered the massive number of headlines in the modern news cycle and how to confidently navigate the noise. "Stock market forecasts have shown no greater reliability than dart-throwing," Vick said. "Invest based on probable outcomes, never on possible ones." Teachable moments from the past year and maintaining confidence in the market following the presidential election were also a focus of the presentation.

The final program of the WOWPlus series is entitled A Beautiful Friendship Between Long-Term Care and Finance,

presented by Samira K. Beckwith, CEO and president, Hope HealthCare Services, and Robin L. Cook, executive vice president, The Sanibel Captiva Trust Company.

This women's only program will deal with such questions as how to age in your own home or choose to be part of a retirement community, as well as how to plan financially for this special time of life.

"It's important to work with a professional to assess your long-term health care needs, just as you would work with an advisor for your investment strategy," said Cook. "Planning ahead helps to create a happy and comfortable lifestyle, while avoiding possible devastating effects on your nest egg."

The program will be held from 9:30 to 11:30 a.m. on Tuesday, April 11 at The Sanctuary Golf Club, located at 2801 Wulfert Road. Reservations are required and can be made by calling Frances at 472-8300 or by emailing rsvp@sancaptrustco.com.

WOWPlus is an educational series on financial, estate planning and quality-of-life matters. It stands for Women, Opportunity and Wealth. The Plus was added this year to include gentlemen for two of this season's programs.✪

Jeweler Supports Fundraiser For Cancer Patients

Lily & Co. Jewelers returns as a Grand Slam Sponsor of the 9th annual Madisen's Match on Friday and Saturday, March 31 and April 1 at The Landings Yacht & Golf & Tennis Club in Fort Myers. Lily & Co. donated a Rolex Yachtmaster which will go up for auction at the Friday evening gala. Silent and live auctions raise funds for the Golisano Children's Hospital.

"We are pleased to be a part of this terrific charity tennis event," said Dan Schuyler, who owns Lily & Co. with realtor Karen Bell. "The funds raised from Madisen's Match stay locally, here in Southwest Florida, and go directly to helping brain tumor patients and their families. We think that is a very worthy cause to support."

Madisen's Match Gala & Auction will be an evening of dinner and entertainment by the Danny Sinoff Jazz Quartet. Saturday will feature six celebrity tennis pros: Mardy Fish, Robby Ginepri, former David Cup Team Captain Tom Gullikson, French Open Finalist Mikael Pernfors, French Open Doubles Champions Luke Jensen and Murphy Jensen. Sponsors and participants will have the opportunity for interactive on-court instruction, round-robin, Pro-Am and feature exhibition matches.

Madisen is the niece of founder Duane Chaney. She was diagnosed with an



Rolex Yachtmaster

photo provided

inoperable brain tumor at the age of 3 and is the inspiration behind Madisen's Match. She has her match every day as she battles her brain tumor, but is the face of survival and hope for others.

In its eight-year history, Madisen's Match has raised more than \$500,000 to support the Tim and Tom Gulikson Brain Tumor Foundation, the Brain Tumor Navigator Program at Regional Cancer Center of Lee Memorial and building of the Madisen's Match Playroom in the Golisano Children's Hospital of Southwest Florida.

For more information, visit madisensmatch.com.✪

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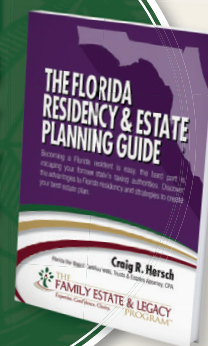
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Kidney Transplant Program Reopens

Effective March 20, the Lee Health kidney transplant program reopened as the Lee Health Transplant Institute at Gulf Coast Medical Center. The United Network for Organ Sharing (UNOS) approved Lee Health's reactivation of its kidney transplant program on March 1. The transplant team will perform kidney transplants from deceased donors at this time, and Lee Health is committed to reopening the living donor program at a later date.

The transplant program has been comprehensively restructured from community-based to health system-based to provide the highest level of quality care and safety to patients. The new structure meets national transplant standards, and Lee Health has established new guidelines for evaluation and selection criteria of candidates.

Lynsey Biondi, MD, program director and fellowship trained kidney transplant surgeon, leads the transplant institute. Dr. Biondi is joined by fellowship trained

kidney transplant surgeon Jacfranz Guiteau, MD, and fellowship trained transplant nephrologists Gautham Mogilishetty, MD, and Shalini Saith, MD. An administrative team, anesthesiologists, intensive care units, surgical progressive care units and other departments support the newly designed kidney transplant program.

"For Southwest Florida residents living with end-stage renal disease, kidney transplantation may be their only hope for a better, healthier life," said Jim Nathan, president of Lee Health. "The Lee Health Transplant Institute offers a vital service with a skilled and professional team providing leading-edge care that will help our neighbors, family members and friends live lives that are as healthy and active as possible."

Lee Health's Transplant Institute currently has 160 patients in evaluation for a transplant. On March 20, Lee Health transmitted 21 patient names to UNOS for transplant when a matching organ becomes available.

The transplant institute is significant for our community to keep patients close to home. There are only nine kidney transplant programs active in Florida.✱

Benefit For Organ Transplant Recipients

Night For Life will celebrate its 10th anniversary at Broadway Palm Dinner Theatre in Fort Myers on Monday, April 17 from 5 to 9 p.m. The fundraising event is sponsored by the Organ Transplant Recipients of Southwest Florida, Inc., to benefit local organ transplant patients and those on the transplant waiting lists. This event also raises awareness about organ donation.

Entertainment this year includes the popular local band 41 South. Tickets are \$35 per person, \$50 for VIP seating. Cost includes a buffet dinner, program, entertainment and the popular silent and Chinese auctions. Doors open at 5 p.m.

with auctions from 5:30 to 8 p.m. and the dinner buffet from 5:30 to 7 p.m.

Night For Life raises money for the Fletcher Trust Fund, which was established in 2004 to assist transplant recipients in Southwest Florida. An average of 22 people die each day in the U.S. due to a lack of available organs and tissue donors. If you are interested in finding out more about registering to be an organ donor, visit www.donatelifeflorida.org/register.

For tickets, call David Weinstein at 560-3401. To become a sponsor or if you are interested in donating auction items, call 247-3073. For more information, visit www.organsupport.org or the Facebook Page at www.facebook.com/pages/Organ-Transplant-Recipients-of-SW-Florida-Inc/456165927762457. If you are interested in learning more about the Organ Transplant Recipients of Southwest Florida, Inc., contact otrofsfwl@gmail.com.✱

Life Insurance

Insuring Cash Flow



J. Brendan Ryan, CLU, ChFC, MSFS

Cash flow is an essential in life. From even before the day we are born up to and even beyond the day we die, we need money to survive, thrive and finally check out.

We spend on ourselves and, especially at the beginning and the end of our lives, others spend for us and on us.

There are four great potential interrupters of cash flow: unemployment, death, disability and retirement. And financial instruments exist to protect against these last three threats.

As for the interruption of cash flow resulting from death, life insurance was created hundreds of years ago. Some life insurance, of course, is used for its lump-sum benefit, such as for buying a business from a deceased partner's estate or paying off a loan or taxes in a single payment. But the vast majority of life insurance is used in the family setting to replace the cash flow that had been provided to the spouse and kids from the earned income of the breadwinner who died. He or she no longer needs the cash flow, but the survivors sure do.

Regarding retirement, the paycheck stops when the worker leaves the workforce. But our financial system has devised retirement-income plans – and tax law has encouraged and supported them – to replace that lost income and thus continue the cash flow, hopefully for the rest of the retiree's life and that of the spouse, if needed.

As for disability, many people do not think about this at all, or they assume that this is a benefit that is automatically provided by the employer or that Social Security will cover. So, they feel, they do not have to worry about it.

Large employers' benefit packages do cover disability, subject to limits, as

discussed below. But many medium and small employers do not. And Social Security can be helpful but is hard to qualify for, has a long wait and, in many cases, pays an inadequate benefit.

Employer-provided disability benefits received, if the premium has been paid for by the employer and not included as salary for the employee, are taxable as ordinary income. And, depending on the design of the plan, it may or may not pay benefits all the way to normal retirement age, even if the disability lasts that long.

Major shortcomings of most employer-provided plans include the cap on the amount of salary that is covered. The plan may cover the first \$8,000 or \$10,000 of gross monthly income and pay 60 percent of that income as a disability benefit. And the formula usually does not cover bonuses. So, a person making \$15,000 or \$20,000 per month plus a bonus will get only a fraction of that 60 percent. Plus, it usually covers just total, not partial, disabilities.

Those who enjoy no employer-provided disability benefit or who make substantially more than the maximum covered salary have an alternative if they are healthy enough to be insurable.

They can obtain an individual income-replacement policy from one of a number of insurers. In many cases, one can in this way cover earnings up to 70 percent of gross earnings and can have it payable during total or partial disability all the way to retirement age. This policy is portable, going with the employee from one job to another. The premium is usually paid by the employee with after-tax dollars, then any benefits are received tax-free. If the employer chooses to pay this policy's premium for the employee, then premiums paid are deductible by the employer and not taxable to the employee, but any disability benefit received would be taxable as ordinary income.

Having an emergency fund is essential in protecting one's cash flow. But for longer, even permanent, interruptions of cash flow due to death or disability, insurance can be a godsend.

J. Brendan Ryan is a Cincinnati insurance agent. He can be reached at jbryanclu@aol.com.✱



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Beautifulife:

Repurposing



by Kay Casperson

This week after doing a bit of my own spring cleaning, I began to think about how much fun it has been to repurpose things along the way. And so, of course, I wanted to share

some of my thoughts in hopes that it might just spark up an idea for you as well.

Finding a new home for something that doesn't fit in its original space or making it into something that is more useful or practical takes a bit of creativity and thought, but it can also be quite rewarding to know that you didn't just toss it out because it had lost its original purpose. Repurposing can be used for organization, decorating, crafts or even for someone else to enjoy the use of now.

I love it when I can take a piece of furniture or a home accessory that doesn't work in its original space or has lost its purpose and I can find a new home for it. I always think about whether this will work at one of my locations or in any other space. If I cannot repurpose it in one of my own spaces, then I know someone else will be able to, so I donate it to a charitable organization. There are many places that will take gently used furniture, clothing and accessories and either resell them or give them to families in need or just to someone looking for "that one cool piece."

Sometimes, having a storage space comes in handy when you are deciding what you want to do with certain items and need to put them somewhere temporarily. Just keep in mind that if you have not found a new home for things after a period of time – say a year or two – then you need to part ways with those items and give them a new home by donating them.

Here is a list of ideas for repurposing things that just might spark a thought for you:

- Pull out some of your beautiful serving platters or bowls and turn them

into displays of gorgeous seashells or things that you have collected over time.

- Turn drawers into jewelry chests and makeup organizers or even an armoire into a place to organize sunglasses, jewelry and accessories.
- Take a coffee table, end table or even a dining table and have it painted with a theme that adds a bit of fun and personalization. (I've even gone as far as to have a piano refinished and distressed to work well with my turquoise beachy theme.)
- Use fun mason jars or glasses that don't match your set anymore to hold your makeup brushes or makeup pencils to keep them clean and organized.

- Baskets can be great for putting together fun gifts for people or for rolling up towels and storing them near the bath tub.

- Your small teacup plates, small serving bowls or little decorative boxes can become great holders for earring backs, small jewelry items, rings or watches.

- Save all your ribbon, pipecleaners, yarn, extra material, colored pencils, paints, brushes, tape, glue, tissue paper, glitter, magazines, etc. and put them in art bins so that you can pull them out and create a collage about something you're dreaming about doing someday; we call them vision boards.

There are so many ideas for finding new homes for things and I know you have a few of your own as well. All of these things add to the fun you will have in continuing your journey to having the most balanced and beautifulife.

My affirmation for you this week is:

"I look for new ways to repurpose my belongings and enjoy knowing that the memories will live on and someone else is inspired along the way."

*Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva Islands and in Disney. Casperson has lived on Sanibel and Captiva Islands for many years with her husband and two daughters and enjoys her beautifulife everyday. For more information, visit www.kaycasperson.com or follow her on social media @kaycasperson.**

From page 24B

Baseball Season

Miracle Open Season Next Thursday

The Fort Myers Miracle Class A baseball team opens the new season next Thursday on the road at Jupiter. The home opener at Century Link Sports Complex is the following Saturday against the same Jupiter team followed by a fireworks show.

We will review the new roster for the Miracle in next week's column.

Playoff-Bound Everblades Home This Weekend

The Florida Everblades hockey team started the week with a commanding 12-point first-place lead in the ECHL South Division. Nearing the end of the 2016-17 regular season, the Everblades had a 42-19-2-3 record.

The Everblades are home this weekend at Germain Arena facing Orlando Friday and Saturday nights.

Following this weekend's home stand, the Everblades have only three games remaining before the Kelly Cup playoffs begin. The Everblades travel to Orlando next Wednesday and Friday and conclude the regular season at home next Saturday against Orlando.*

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Baby Shay before her emergency surgery
photos provided

Children’s Hospital Impacts Local Family

Dr. Amy Stanfill, a pediatric surgeon at Golisano Children’s Hospital (GCH) in Fort Myers, recently spoke with committee members from SanCap Cares, a group representing Sanibel and Captiva islanders who generously support the children’s hospital. Dr. Stanfill



Baby Shay is now a bright 1-year-old
had recounted her excitement about the opening of the new home for the hospital in May at a gathering of SanCap Cares sponsors. Afterwards, she agreed to share a story about how the equipment, facility and staff of the children’s hospital have saved the life of one young patient, commenting, “I love to share happy family stories.”
This is the story of the remarkable recovery – in the doctor’s own words. “Baby Shay was born in a Naples



Dr. Amy Stanfill, pediatric surgeon at Golisano Children’s Hospital s, describes some of the life-saving results facilitated by hospital equipment donated through SanCap Cares fundraising
hospital five weeks early and weighed exactly four pounds. She was in the hospital for about four days when she became ill and doctors diagnosed NEC – the intestines and colon of the infant rupture and become dead tissue – a life threatening condition. Doctors in Naples suggested a transfer to Miami, but her parents, Ashley and Jerred Hoover, requested their baby be sent to the Level III Neonatal Intensive Care Unit (NICU) at Golisano Children’s Hospital in Fort Myers instead. Baby Shay was transported from Naples in the SanCap Cares-funded NICU ambulance. I was called in at 11:30 p.m. knowing there was likely to be a delicate surgery. When Shay arrived, she was critically ill and the diagnosis was confirmed. The pediatric anesthesiologist and I arranged for emergency surgery as soon as she was

stabilized. You can imagine the stress and emotional toll this would take on a new mother and father.
During surgery, in the overnight hours between midnight and 7 a.m., Shay was indeed found to have a rupture and dead portions of her small intestine and much of her colon. It was necessary to remove this and make an ostomy, where the intestine loop comes to the skin and empties into a bag. A six-week long recovery in the NICU followed, due to the critical nature of her condition, size and prematurity. The NICU physicians and surgery team worked very closely to ensure her recovery. She recuperated, and the ends of her intestine were reconnected in a second surgery when she was six-months old.
Because she was a long-term patient, Shay was able to stay in one of the private NICU rooms, built to match the design of the new hospital’s neonatal unit. Shay’s mom, Ashley Hoover, compliments the staff and volunteers at the NICU, recalling especially the extra efforts of Nurse Gillian, the precious crocheted hats provided by volunteers, and the special attention Shay received when her parents could not be in the hospital. They were very grateful to be able to make the one-hour trip each way to GCH instead of having to stay over in Miami. The family also has a 3-year-old son, Hayden. Shay is now a thriving 1-year-old and, according to mom, “you wouldn’t even be able to tell anything ever happened to her.”
This is just one example of the teamwork of the nurses, physicians, and operating room crew as well as the necessary instrumentation to run a pediatric OR (including that fabulous OR table also funded through SanCap Cares) all located right here at Golisano. I’m extremely proud of the job we do, so we can care for these babies right here in our community.”
For more information, visit www.SanCapCares.org, contact Ali Levine at 984-0381 or email SanibelCaptivaCares@gmail.com.✧

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Spring Break Camp At Rec Center

Join your friends and neighbors during spring break at the Sanibel Recreation Center for a fun filled week of athletics, games and crafts. Spring Break Camp will be held Monday, April 10 through Friday, April 14 from 8 a.m. to 5:30 p.m. Enrollment is available for children in kindergarten through the eighth grade. Don’t forget to pack a swimsuit and towel. Each child will need to bring their own lunch each day.

Date	Program	Early Bird Rate	After Early Bird Rate
April 10 - April 14	Spring Break Camp	Member: \$129 Non-Member \$167 (registration by April 3)	Member: \$153 Non-Member: \$201 (registration on or after April 4)
Monday, April 17	Fun Day	Member: \$30 Non-Member \$40 (registration by April 10)	Member: \$36 Non-Member: \$48 (registration on or after April 11)

Register by April 3 to receive the “Early Bird” rate. For more information call the City of Sanibel’s Recreation Department at 472-0345.
The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly and annual memberships are available. For more information, call 472-0345 or visit www.mysanibel.com.✧

dearRPharmacist

Best Strategies To Control Seasonal Allergies



by Suzy Cohen, RPh

Dear Readers: I know so many of you suffer from seasonal allergies this time of year. In my teens and 20s, I was super allergic to cats, dust and pollen but by the time I hit 31, I was virtually perfect. Still,

even today at 52 years old, I can wipe down the car and porch furniture from pollen, and play with cats. Sam says I'm still virtually perfect, lol! Anyway, in my youth, my immune system was weak, I took all kinds of antihistamines to no avail, but I changed my life by giving my diet a complete makeover and changing the bed linens. I'll help you right now too.

Doctors often prescribe antihistamines to block your body's histamine reaction, which causes the breathing problems and runny nose. They also prescribe corticosteroids to reduce inflammation but unfortunately those further suppress immune function.

Some medications cause drowsiness and dry mouth while others cause ridiculous insomnia, stomach pain, aggression and psychosis. Children get attention deficit problems and nightmares. As much as I approve of quick-fix allergy pills for instant relief, they're not ideal to take for the rest of your life. Do you want to cover it up or fix it once and for all?

The best alternative to medication is to revamp the way you eat. You have major control of your immune system health and

the fury of its reactivity to antigens like pollen. Your immune cells reside in your gut and so you can control how touchy those cells are by feeding them better. When I say this out loud to people, I often hear "Ah whatever, I'll eat what I want to, and just take this pill, it's a lot easier." True, but over time, your immune function weakens, leaving you open to more and more allergies and major health problems.

If you truly want to get better, do what I did. Eat clean, organic fruits and veggies. Juice them, eat them and cook with them. They're high in fiber and keep your digestion moving. Pineapple is particularly good due to the high content of bromelain, a proteolytic enzyme. Sprinkle "warm" spices on your food like ginger, garlic, cayenne and cinnamon because these thin mucous. Local honey might be helpful to sensitize you to local pollens. Green superfood powder drink mixes are potent detoxifiers of the intestinal tract.

You'll have to cut out or dramatically reduce intake of dairy products, which have been tightly associated with allergies/asthma and consume less wheat and soy-based products. Those last two categories are heavily refined and may be genetically modified (GMO).

There is a longer version of this article at my website with more food tips, but right now I'll share lifestyle strategies that could easily change your life. Buy new pillows and blankets and switch to something hypoallergenic. For example, exchange down for organic cotton. Wrap the mattress with a bed-bug cover. Take a shower before bed and if that's not possible, at least run a wet brush through your hair (it gets the pollen out). And finally, when the season is upon you, keep your windows closed.

This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www.SuzyCohen.com. ✨

Eden Energy Medicine

EEM First Aid: Digestive Rumbles



by Karen L. Semmelman, Certified EEM, JD, AAML (03-01)

Having received requests to provide tools for dealing with everyday ailments, this column will be the first of several to provide suggestions

based on Donna Eden's work. So you had a great dinner of fried shrimp, spicy salsa and key lime pie for dessert. Good for you for indulging your pleasure vices. But now the aftermath – Stomach Rumbles. Hold the fort – EEM to the rescue. Try one or more of the following until relief is achieved:

1. With your knuckles, use firm deep pressure and rub up and down on the inside of your thighs for 1 or 2 minutes (location of the small intestine

Neurolymphatic reflex points)

2. Place both hands in the middle of the chest at the base of the sternum and with firm pressure in your fingers, rub along the bottom edge of your front rib cage, continuing to rub this edge until you reach the waist (location of more small intestine Neurolymphatic reflex points). Repeat 2 or 3 times.

3. Place the middle finger of the left hand in your belly button and the thumb and middle finger of the other hand on the stomach points on your face. These points are located directly under the pupil of your eye, right at the bottom edge of your cheek bone. To aid in finding the location, place the top of your index finger at the middle of your eye, and then feel where your second knuckle touches the face. This is the approximate location. These points interface directly with the stomach meridian, which controls the energy for stomach.

If you have a question, email Karen at SemmEnergyCenter@gmail.com or visit www.semmelmanenergy.com. EEM does not diagnose or cure illness, but working with subtle energies of the body has been shown to help many conditions. ✨

Island Seniors At Center 4 Life

Met your friends and make some new ones at the Center 4 Life. Browse through the following activities, then stop by to sign up.

Page Turners with Louise Fitzgerald and Ann Hartman – If you are not on the Page Turners list and wish to be, email oceann@comcast.net or contact the center. The featured book for Wednesday, April 12 at 2:30 p.m. is *The Warmth of Other Suns* by Isabel Wilkerson.

"Pulitzer Prize-winning author Isabel Wilkerson chronicles one of the great untold stories of American history: the decades long migration of black citizens

Energy Medicine Workshop

Karen Semmelman, an advanced energy medicine practitioner and former matrimonial lawyer, will teach you how to experience your own energies shift and show you tools that you take home with you. Semmelman's workshop will be held on Wednesday, April 12 from 4 to 6 p.m. at The Community House. The cost is \$15 and pre-registration and payment are required by calling Jan at 472-215.

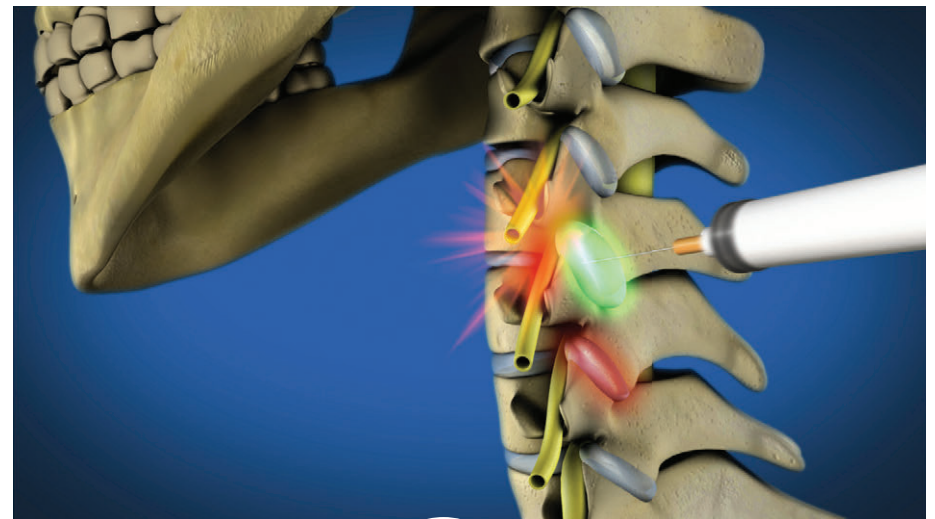
This is the last in the series entitled Eyes sad? Cataracts, night vision, bright light hurts; macular degeneration?

who fled the South for northern and western cities, in search of a better life." – Amazon

Naples Baker Museum – Tuesday, April 18. Cost is \$15 for members and \$20 for non-members.

The Baker Museum is the foremost fine arts museum in Southwest Florida. Emphasizing modern and contemporary art, the museum hosts several traveling exhibitions annually to complement installations of works from its permanent collections. Dedicated to stewardship and scholarship, the Baker Museum provides world-class exhibitions and educational opportunities for Southwest Florida's diverse community. Advance registration is required. Carpool arrangements must be made for transportation.

continued on page 30B



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Doctor and Dietician

Ligament Injuries



by Ross Hauser, MD
and Marion Hauser, MS, RD

When joints are injured, the tissue that is commonly damaged is what we call “white” tissue. White tissue has a poor blood supply which compromises healing ability after injury. Structures made up of white tissue include cartilage, discs, labrum, ligaments, meniscus and tendons. Muscles, on the other hand, are red, and have a great blood supply and repair more easily. Many pain treatments focus on red tissue (muscles), such as physical therapy, and the white tissues are traditionally subjected to treatments that perpetuate the cycle of degeneration and lead to osteoarthritis, such as cortisone injections and arthroscopy. Ligaments are an especially important white tissue component and key to

maintaining the health of the entire joint. They connect bone to bone and are full of free nerve endings. Ligament injuries are some of the most common causes of musculoskeletal pain, and predispose the joint to further injury because they change the whole dynamic of the joint. For example, a ligament injury to the knee may give rise to jumper’s knee, meniscal tears, chondromalacia patella, bone spurs and osteoarthritis. Why would a ligament injury cause other problems in the joint? Ligament injury creates a disharmony between the soft tissue, muscles and bony structures which interferes with the stability of the joint, leading to destructive joint motion. If the ligaments are left untreated, the body will try to stabilize the joint through joint swelling or overuse of the muscles, causing spasms. Eventually, this leads to bone spur formation, degenerative arthritis and/or nerve compression. The regenerative medicine approach focuses repair of the damaged ligaments as well as the resultant damage to cartilage or other tissue. This can involve prolotherapy (regenerative injection therapy) along with an exercise program to nourish the joint while the ligaments repair and effectively stopping the cycle of pain. *This information is not intended to treat, cure or diagnose your condition. Caring Medical and Rehabilitation Services has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@caringmedical.com.*✽

Got A Problem? Dr. Connie Is In



by Constance Clancy
Q: My daughter’s boyfriend recently broke up with her and she is feeling so rejected. I would like to help her work through this and I don’t want to say the wrong thing. Can you assist?
A: Feeling rejection in the romance area can be like a sharp pain in the gut. It can make one question if one is good enough, and she may ask herself “Can I ever have a boyfriend again? What’s wrong with me?” You can help your daughter be more loving with herself as she learns to accept that this is a part of life. Help

her to change the way she talks about her rejection. She can learn to shift the negativity to “it just wasn’t a good match.” She can express the hurt, then dust herself off and realize that it was not about her and she doesn’t have to take it so seriously and personally which takes some processing. It’s OK for her to witness the feelings and explore and transform them. By witnessing her reactions instead of getting too lost in the pain will help her minimize the hurt. You also might tell your daughter that she has a choice to be sad for ten minutes and become more joyful for the rest of her day. This way, she recognizes her feelings, then turns her feelings into joy as opposed to mulling over her hurt all day. It’s truly what she chooses to do with her time that will help her to heal. Constance Clancy-Fisher, EdD is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at constanceclancyfisher@gmail.com.✽

Mom And Me



by Lizzie and Pryce

Lizzie and Pryce answer your questions and give advice about aging concerns from a two-generational perspective. A mother and daughter team, Lizzie is a retired RN and health educator, and Pryce is a licensed psychotherapist in private practice who specializes in the care of elders and people with chronic illnesses. **Dear Mom & Me,** I had been looking forward to visiting my son and his family for the Christmas holidays. They live on the other coast, so I decided to stay for 10 days. As it turned out, it was about seven days too long. Their children – ages 7, 9 and 11 – have faces like angels, dress like bums and behave like savages. So many happenings were bothersome to me, but what was the very worst was meal time, or what goes for meal time. The family seems to be constantly at the refrigerator, gathering materials to make sandwiches. The food seems to be eaten at all hours of the day and night, with no apparent scheduling. When we did sit at the table together, it was like being at the animal trough. The kids get up and wander around, the parents answering their cell phones or making calls at the table. My son had beautiful table manners before he went to college, but now he and his wife act dreadfully, and the kids act even worse. I was totally disgusted. I barely tolerated the ordeal and tried to fake an illness in order to get an earlier flight home, but everything was fully booked. I have learned a great deal from this

visit. I now know I’ll enjoy each day here in my own space and let them enjoy theirs, but God please help them. Now that I have vented my recent experiences, I would like to know, do others have similar problems or is it just in my family? *Martha*
Dear Martha, You are definitely not alone with these problems. The generations do live differently, and what was important in one generation usually is irrelevant, not important and not worth even discussing in the next generation. It is unfortunate that you had such a miserable time. Times have changed, but so have we. Think back and maybe our homes were not an oasis of calmness and tranquility with family meals all so perfect and well organized. Our memories can play tricks on us. I am glad you have a plan and can start to enjoy each new day. As the old saying goes, “Family are like fish – they start to smell in three days.” *Lizzie*
Dear Martha, It is easy to forget what it is like being around children if you have not been around them for a long time. High energy and chaos go part and parcel with kids. Also, the holidays and having the grandparents visit is hardly a normal, quiet time. It is a time for increased excitement, energy and joy. It does seem that in today’s world there is increased stimulation to the point of over stimulation, and people have a difficult time turning the stimulation down. Answering the telephone at the table and behavior like that does seem to be over the top. Martha, today is a different world than when you were raising children. If you are going to be so judgmental, perhaps you should use today’s standards, not yesterday’s. It does seem to be a crime that you would be willing to not be a part of your adult children’s and grandchildren’s lives instead of trying to reach a middle ground. *Pryce*
Lizzie and Pryce’s email address is momandmeaging@hotmail.com.✽

From page 29B

Center 4 Life

Sunset Social on the Causeway – Tuesday, April 25 at 6 p.m. (weather permitting). Spend an evening relaxing and watching the sunset with friends. Meet on the causeway at 5:30 p.m. Food will be served at 6:30 p.m. Bring a side dish to share and your beach chair. Contact the center if you are interested in participating and for directions to the viewing area.
Games Cost for all games is \$2.50 for members and \$5 for non-members. Prizes will be awarded.
Bridge – Monday and Wednesday. Register by noon; the game begins at 12:30 p.m.
Mahjongg – Monday and Thursday at 12:30 p.m.
Hand & Foot – Thursday at 12:30 p.m.
Hearts – Friday at 12:30 p.m.
Kayaking on Tuesdays and Thursdays – March 30 and April 4 at 8:30 a.m. (weather permitting). There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors will provide kayaks, paddles and life jackets. Bring water, a snack, sun lotion, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$10 for non-members. Advance registration is required.
Line Dancing Classes – Tuesdays, 12:30 p.m. Cost is \$5 for members and \$8 for non-members.

The instructor will review dance steps then turn up the music so you can dance. Bring a friend. Call to register.
Fitness Classes Members cost is \$4 per class, visitors \$7 per class. Annual membership is \$20. Sanibel Recreation Center members must show their membership card to attend.
Happy Hour Fitness – Monday, Wednesday and Friday at 8 a.m. Keep your brain fit and your heart, lungs and muscles strong with a combination of aerobics and muscle conditioning exercises. Hand weights, stretch cords and body weight are used. Athletic footwear required. Connie DeCicco is the instructor.
Essential Total Fitness – Monday, Wednesday and Friday at 9:30 and 11 a.m. Cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls. Athletic footwear is required. Mahnaz Bassiri is the instructor.
Power Hour Fitness – Tuesday and Thursday at 8 a.m. Hand weights, stretch cords, stability balls and mats are used. Improve core strength and balance. Athletic footwear required. Mahnaz Bassiri is the instructor.
Gentle Yoga – Tuesday and Thursday at 9:30 a.m. Stretch, tone and strengthen while improving flexibility, proper alignment and circulation. Bring a towel. Kim Kouril is the instructor.
Chair Yoga – Tuesday and Thursday at 11 a.m. Similar to gentle yoga but all poses are done in a chair. Kim Kouril is the instructor. For more information, call 472-5743 or stop by the Center 4 Life, located at 2401 Library Way on Sanibel.✽

**Mahi Mediterranean**

1 tablespoon olive oil
 4 six-ounce mahi fillets
 1 onion, sliced
 2 cloves garlic, minced
 1/4 cup chopped walnuts
 1/2 cup dry white wine
 1/3 cup clam juice or chicken stock
 2 tablespoons lemon juice
 1 teaspoon thyme, chopped
 1 teaspoon marjoram, chopped
 Fresh ground black pepper
 3 tablespoons cilantro, chopped

In a heavy nonstick sauté pan, heat oil over high heat. Sauté fillets 3 to 5 minutes until browned. Transfer fillets to a platter; set aside. Reduce heat to medium; sauté onion and garlic 4 to 5 minutes until onion is tender. Add nuts, wine, stock, lemon juice, thyme, marjoram and pepper to taste; bring to a simmer. Reduce heat to low and simmer 10 minutes, stirring occasionally. Return fillets to skillet and

**Mahi Mediterranean**

simmer until heated through. Serve fillets topped with onion sauce and cilantro.
 Yields four servings

Nutritional Value Per Serving
 Calories 261, Calories From Fat 86,
 Total Fat 10g, Saturated Fat 1g, Trans

photo courtesy Fresh From Florida
 Fatty Acid 0, Cholesterol 124mg, Total
 Carbohydrates 4g, Protein 33g, Omega 3
 Fatty Acid 1g.✱

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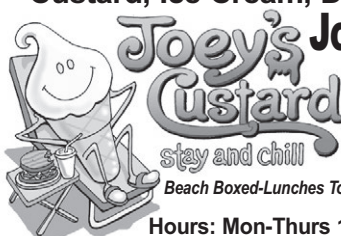
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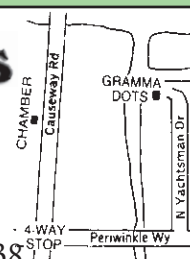
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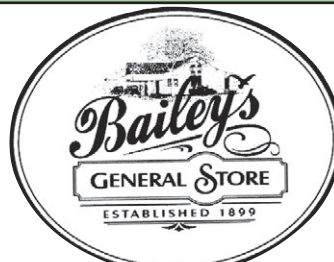
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Island Sun

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Emergency	911
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Lee County Sheriff's Office	477-1200
On Call Captiva Deputy	477-1000
Fire Department - Sanibel	472-5525
Fire Department - Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
Post Office - Captiva	472-1674
Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	472-6197
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc.	565-7872 or 433-7798
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH. OF SANCAP 24-hr service	472-0404
Sanibel Island Fishing Club	472-8994
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus	395-1202
Sanibel-Captiva Shell Club.	facebook.com/sancapshellclub 267-7291
Sanibel Youth Soccer	www.sanibelsoccer.org 395-2040
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

To be listed in calling card email your information to:
press@islandsunnews.com

PETS OF THE WEEK

Lee County Domestic Animal Services

Houston And Patches

Houston is a male 9-year-old bluetick hound who came to Lee County Domestic Animal Services extremely overweight. Our staff and volunteers immediately started him on a weight-management program including daily exercise. It only took a few pounds for him to start feeling young again. He is an absolute love bug that would be a great addition to your family.

His adoption fee is \$50.

Patches is a female 1-year-old domestic shorthair who is currently our longest-term resident in our catteries. She is a young and beautiful black cat that needs to be an only child. We believe she has had difficulty finding her perfect home because does not get along with other cats. She does, however, love people and her cat tower that she hangs out in during the day.

Her adoption fee is \$25.

For information about this week's pets, call 533-7387 (LEE-PETS) or log on to Animal Services' website at www.LeeLostPets.com. When calling, refer to the animal's ID number. The website updates every hour so you will be able to see if these or any other pets are still available.

The shelter is open for adoptions from 10:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter is located at 5600 Banner Drive in Fort Myers, next to the Lee County Sheriff's Office off Six Mile Cypress Parkway.

All adoptions include spay/neuter surgery, age-appropriate vaccinations, rabies vaccination and county license if three months or older, flea treatment, worming, heartworm test for dogs six months and over, feline AIDS and leukemia test for cats, training DVD, 10-day health guarantee, and a bag of Science Diet pet food.

The adoption package is valued at \$500.✪

PAWS Of Sanibel

Prince Harry

This handsome guy needs a forever home.

Prince Harry is a young, approximately 1-year-old beautiful light orange Ocicat mix with a beautiful coat. He has a lot of attitude/personality and loves to jump, run and play. He was picked up by the Sanibel Police on East Lake Road. He has been neutered, microchipped, combo tested and has had all his immunizations.

He is currently being fostered, but his foster parents are preparing for an extended vacation out of the country. PAWS would love to find him a great home with a wonderful family. As with all of the cats at PAWS, he must be kept inside, unless you teach him to walk on a leash during daylight hours only. Sanibel has become so overrun with wild critters that all small animals should be kept inside at night, and never should be allowed to roam free.

Call Pam at PAWS at 472-4823 with questions or to adopt Prince Harry.✪



Houston ID# 689972



Patches ID# 687173

PAWS Of Sanibel

Hugo And Caramel

PAWS of Sanibel is trying to find a temporary foster for two dogs, beginning in April, while the owner continues to undergo cancer treatment, which is taking longer than anticipated and won't be finished until July. The dogs have been staying with friends since last fall, and the arrangement has been working great. However, they can only continue fostering them until next month.

The dogs can be fostered together or separate. They are bonded but also resilient and we know that two big dogs can be a lot for anyone. The family is staying with relatives on Sanibel, however, they're in a condo that doesn't allow pets. They would love to be able to visit with the dogs and would like to be able to walk them. They would provide all food, etc.

The two dogs are named Hugo and Caramel, short for Carmelita. Both dogs are around 3 years old. Hugo is a vivacious black labrador with a little mastiff mix and much like big teenager. He knows basic commands. He does great with dogs, so-so with cats, and he would do well with an experienced dog owner. He is a large, healthy dog.

Caramel is medium-sized Chow and Terrier mix, is a real good listener and pretty good at keeping Hugo in line. Caramel is a very obedient and attentive dog. They both are kennel trained and sleep together in the same large kennel.

They also go to the kennel for rest and time out as their spot. They eat two scoops each of the same food, mornings and evenings. Food, bowls, kennel and supplies will be provided.

If you can help in any way, or foster one or both of these sweet dogs, call Pam at PAWS of Sanibel at 472-4823.✪



Hugo and Caramel

Haven on Earth Animal League

Ted And Ned

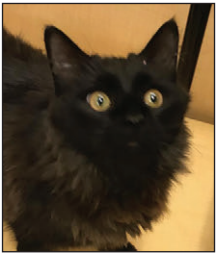
Hello, we are brothers, Ted and Ned. Ted has medium-length hair and Ned has short hair. We are less than one year old, neutered and up-to-date on all vaccines. We are very loving, adaptable and confident kitties. Come see us at the PetSmart located at Six Mile Cypress and Colonial Boulevard. Our adoption fee is \$75 each. We are being cared for by Haven on Earth Animal League. To find out more about us, call Diane at 860-833-4472 or email Haven on Earth Animal League at haveneearthanimalleague@yahoo.com.

Haven on Earth Animal League, Inc. is a 501c3 nonprofit animal rescue organization in Fort Myers, Florida operated completely by volunteers. Our mission is to rescue, house, rehabilitate and re-home abused, unwanted, neglected and homeless animals into forever, loving homes.

We are being cared for by Haven on Earth Animal League. For more information, email haveneearthanimalleague@yahoo.com.✪



Ned



Ted

PUZZLES

Answers on page 37B

Super Crossword

IT TAKES TWO

- ACROSS**

1 Sighing word

5 Humiliate

10 Sugar-name suffix

13 Stretch (out)

19 Billiards item

20 Drive rudely (out)

21 Flanders of "The Simpsons"

22 Mambo music's Tito

23 Bicycle add-ons for tykes

26 Make a new blueprint for

27 Cut and Paste setting

28 Give relief to

29 Protein formed during blood clotting

30 Sue

31 Sterile hand wear

35 Three, in 6-Down

38 PIN-taking dispenser

39 "Hands off!"

40 Microwaves, e.g.

41 Stalled-car clip-ons
- 45 Metalliferous rock

47 "The Neverending Story" author

48 Related to earthquakes

49 Hi- — monitor

50 A little wet

52 Edberg of tennis fame

54 Horse rider's attachments

59 Dot in the sea, to José

63 Part of Gr. Britain

64 Entertainer Lollobrigida

66 The older Obama girl

67 Theme of this puzzle

73 Asocial sort

74 She had a show with Sonny

75 "It's — -brainer"

76 Rogen of "Superbad"

77 They look like footless socks

81 Gymnast Olga

84 "Ghost" co-star Demi
- 85 Stylist's goo

86 Coastal

91 In a crowd of

95 Pal, casually

96 Rink rentals

98 Ignited again

100 Commercial charge

102 Cozy lodging

103 Tacit assents

104 Part of some made-up faces

107 Teeny bit

109 Little leaves on flowers

110 Old jazz singer Anita

111 Collective software clients

116 Bela of old horror films

117 They often surround titles

119 Wiped from the board

120 A/C abbr.

121 Broadway prizes

122 Luau favors

123 Blank out

124 Jet to JFK, once

125 Garments for Gaius

126 Ineffectual
- DOWN**

1 Funny Johnson

2 Hog fat

3 Antioxidant-rich berry

4 Many Aspen outings

5 Sky ram

6 Old German capital

7 City of golf's Masters

8 Albany-to-Baltimore dir.

9 Passé anesthetic

10 Toddlers' bodysuits

11 Opt for

12 Mag VIPs

13 Parsley part

14 Adobe dwelling

15 Scold gently

16 Pep up

17 Done

18 Lion's locale

24 Abbr. for people with only two names

25 Aerie nesters

29 Ornate

32 Dark area in an eclipse

33 Do — deed
- 34 Dir. 45 degrees from 8-Down

35 Dance club VIPs

36 Regret a lot

37 Big British record co.

38 Brogue

42 Middle of summer?

43 Solemn acts

44 Running times

46 Subj. for some immigrants

50 The "m" of "yes'm"

51 Office sub

53 E-I linkup

54 Skin diver's tube

55 Flock noises

56 "It's —!" ("Untrue!")

57 Surrounded

58 Military band

59 "— turn up"

60 Brogue, e.g.

61 "What a ding-a- —!"

62 Freshly

65 Hard water

68 Mass unit

69 Realty unit

70 Corn unit

71 Congenital

72 Verb counterparts
- 78 Plunder, e.g.

79 Eel types

80 Rub down

82 North fired by Reagan

83 "Bad!" cluck

85 Charges

87 Off-the-wall sport?

88 An Amerind

89 Color of chili

90 Suffix with govern

91 Whelp yelp

92 Put a ruler to

93 Outlawed

94 Get rid (of)

96 Digital display

97 Subsequent

99 China shop ensemble

101 Defies openly

105 Skip, as a syllable

106 Hotel chain

107 Nail-biting

108 Ulna locale

112 Tofu bean, to Brits

113 Environs

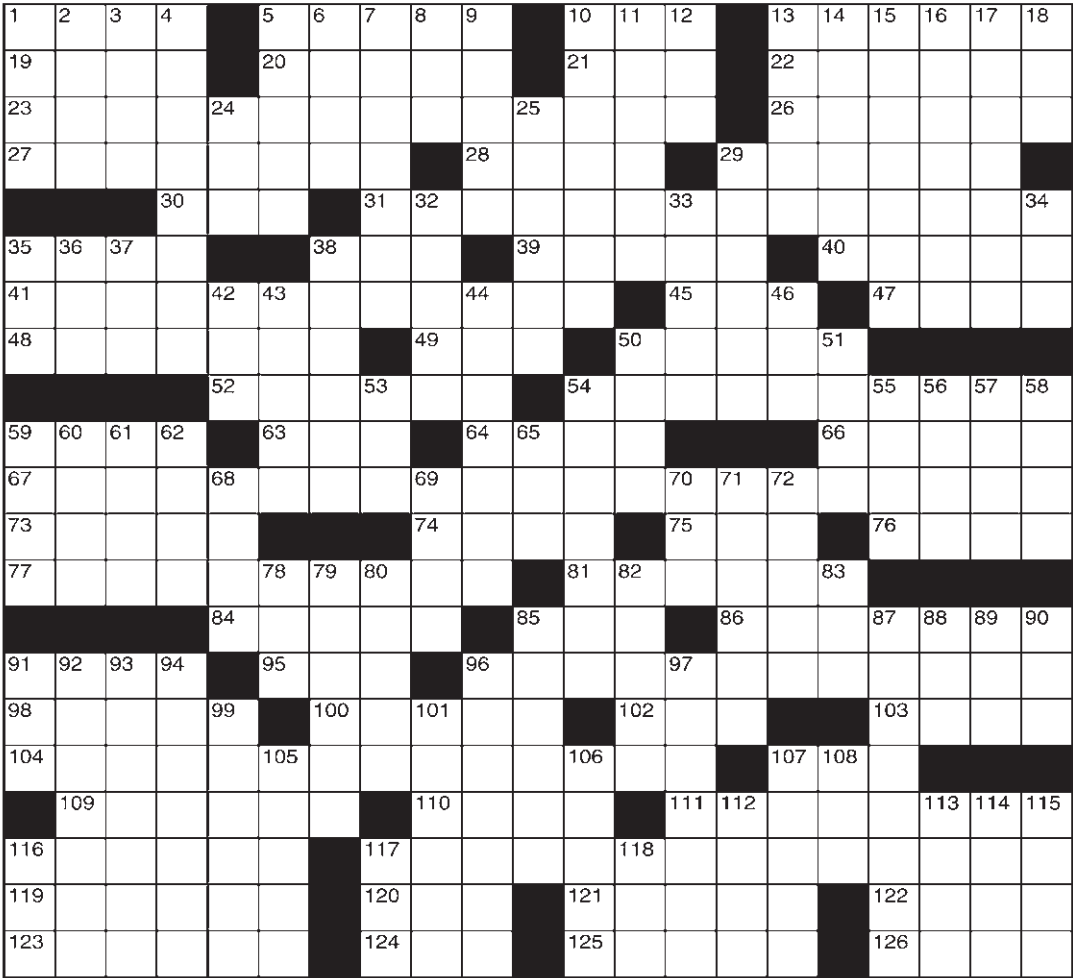
114 Kind of milk

115 "To be," in Latin

116 Fronted

117 NFL VIPs

118 Also



King Crossword

- ACROSS**

1 Strait-laced

6 Makes dirty

11 Not wobbly

12 WWII fleet

14 Chinese dumpling

15 Chocolate treat

16 As well as

17 Flood pre-venter

19 UN workers' org.

20 Unembellished

22 Turf

23 Took off

24 Practical joke

26 Lacking a cover

28 Energy

30 "Piggy"

31 Mercurous chloride

35 Is capable, Biblically

39 Follow orders

40 Felon's flight

42 Big truck

43 Historical period

44 Cagney's TV partner

46 Very long time

47 Castle's inner tower

49 2012 Olympics site

51 Zen enlight-
- enment

52 Score

53 Motherless calf

54 Ai or unau
- 8 Charged bit

9 Chemically unstable

10 Fur pieces

11 Morass

13 Hemingway's "The — of Kilimanjaro"

18 Abbr. on a book's spine

21 Represent-ative

23 Dog bane?

25 A Kardashians uscripts in

27 A Dwarf

29 Actress Griffith

31 Dorm deni-
- zens, often

32 Overseas

33 Shed

34 Varnish ingredi-ent

36 Has no obli-gation to

37 Level

38 Lacking reso-nance

41 Dissolves

44 Actress Singer

45 Loud, long, mournful cry

48 Trot

50 Ultra-modernist
- DOWN**

1 Pothead

2 Caribou

3 country

4 "American —"

5 Units of force

6 Work on man-

7 Reed instru-ment

MAGIC MAZE ● WORDS THAT TAKE A HIT

M V T Q O L I G S D B Y W T R

S P M K I R F D S B Y W W U S

H I T T E R E Q E O H M K I F

H I T A C H I I L I D H B E Z

X W U I R E K A T T I H W L A

G R A P H I T E I T I H A T S

E K I H H C T I H Q I O I T N

L J H F D H N E H T C H A I Y

W V T S Q I R O N C C P W H N

L K I H F T E E R I R C B W Z

Y W V U O S Y S W B R A Q P N

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- Architect

Bronchitis

Chits

Graphite
- Hitachi

Hitchhike

Hitherto

Hitless
- Hitter

Tahiti

White

Whitney
- Whittaker

Whittier

Wichita



"I suppose you made your
_____ disappear
along with the rabbit!"
answer on page 35B

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Compassion
RATHE
Entice
KEBONC
Private
METEOR
Defeat
WRATTH

TODAY'S WORD

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

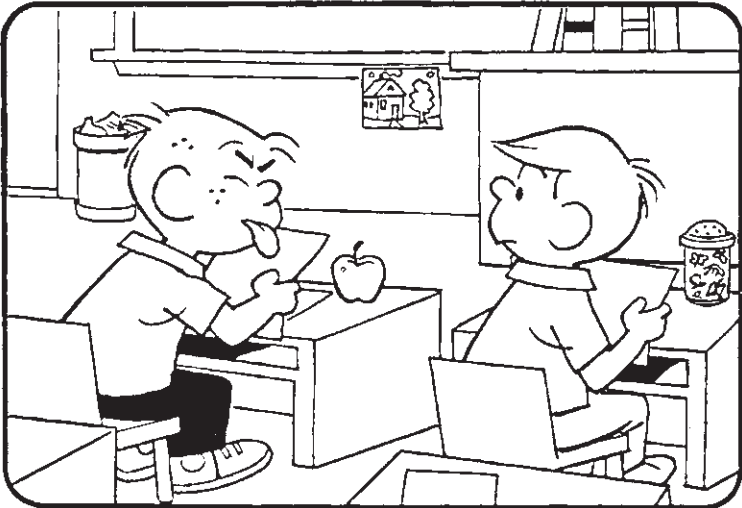
SUDOKU

To play Sudoku:
Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

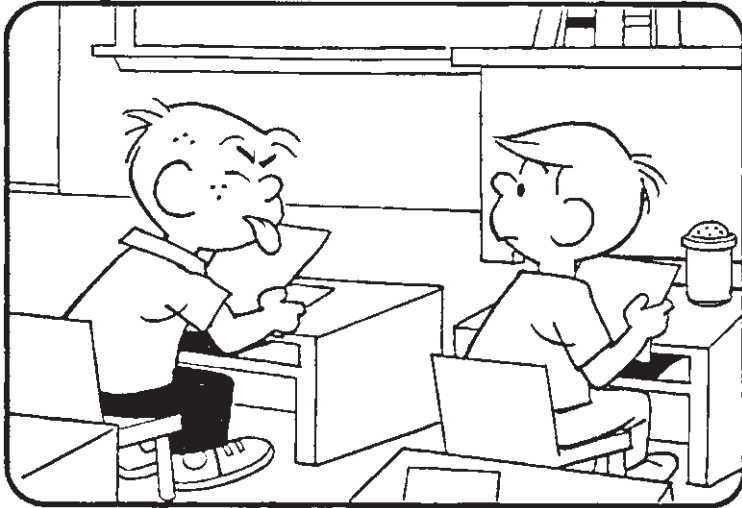
answer on page 37B

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Wastebasket is missing. 2. Picture is missing. 3. Apple is missing. 4. Arm is moved. 5. Collar is missing. 6. Bug jar is empty.

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My Stars ★★★★★

FOR WEEK OF APRIL 3, 2017

ARIES (March 21 to April 19) Avoid having someone else take credit for the project you started by finishing it yourself. Then it will be you lovely Lambs who will be wearing those well-deserved laurels.

TAURUS (April 20 to May 20) The facts about a new opportunity are still emerging. Wait until they're all out in the open, and then use your keen business sense to help make the right decision.

GEMINI (May 21 to June 20) You might feel confused, even hurt by a friend who suddenly puts distance between you. If she or he won't discuss it, don't push it.

An explanation should come in time.

CANCER (June 21 to July 22) Your willingness to be part of the team opens doors that had been shut to you. Keep them open by keeping your promises even when your commitment seems to be wavering.

LEO (July 23 to August 22) Congratulations. You're really getting things done to purr-fection. And don't forget to take a catnap now and again to keep those energy levels up and bristling for action.

VIRGO (August 23 to September 22) Your "plain-talking" honesty is admirable. But sometimes sharp words can leave painful scars. Be careful that what you say doesn't come back to hurt you.

LIBRA (September 23 to October

22) A stress-filled period takes a positive turn as you deal with the underlying problem. Act now to avoid a recurrence by changing some basic rules in your relationship.

SCORPIO (October 23 to November 21) Your rising energy levels make it easier for you to achieve some important objectives. This could lead to a big boost in how you're perceived, both at home and on the job.

SAGITTARIUS (November 22 to December 21) A changing picture begins to emerge as you learn more about an offer that seemed so right but could be so wrong. Look to a trusted adviser for guidance.

CAPRICORN (December 22 to January 19) Spiritual aspects are strong.

ISLAND SUN - MARCH 31, 2017 | 35B

Take time to reflect on the path you're on and where you hope it will lead you. It's also a good time to reach out to loved ones.

AQUARIUS (January 20 to February 18) You could be assuming far too many responsibilities, whether it's at work or in personal matters. Be careful that you're not weighed down by them.

PISCES (February 19 to March 20) You're getting closer to your goals. And since nothing succeeds like success (or the promise thereof), don't be surprised to find new supporters swimming alongside you.

BORN THIS WEEK: You are always the first to try new ventures and confront new challenges. You inspire others with your courage to follow your bold example.

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SCRAMBLERS

solution

1. Heart; 2. Beckon;
3. Remote; 4. Thwart

Today's Word

HOMework

HANDYMAN

THE SANIBEL HANDYMAN

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visit www.semmelmanenergy.com
or call 443-786-0472



Energy can foster and restore the full, free and dynamic flow of health throughout your body... this is Energy Medicine. (Donna Eden)

PLUMBER

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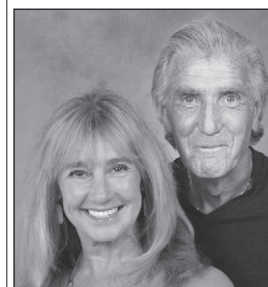


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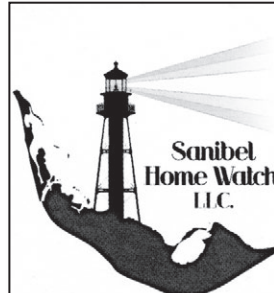
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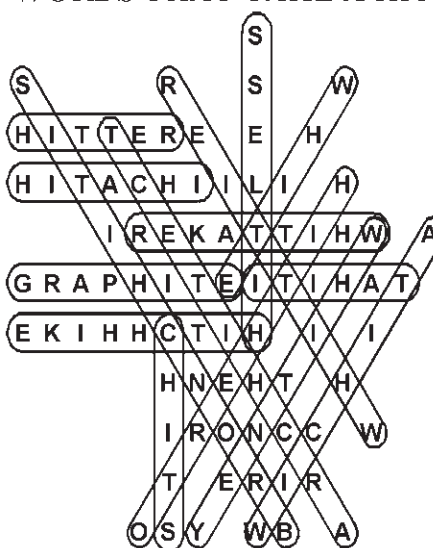
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Top 10 Real Estate Sales

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Murano	Miromar Lakes	2012	3,605	\$2,100,000	\$1,980,000	4
Holiday Heights	Fort Myers Beach	2016	3,945	\$1,375,000	\$1,280,000	115
Cape Harbour	Cape Coral	1997	2,653	\$1,050,000	\$975,000	37
Las Palmas	Bonita Springs	2002	2,396	\$999,000	\$975,000	10
Grande Estates	Estero	2005	3,378	\$949,000	\$900,000	45
Sanibel Woodlands Unrec.	Sanibel	1984	1,836	\$939,000	\$910,000	32
Southwinds Estates	Sanibel	1986	1,964	\$855,000	\$820,000	48
Cape Coral	Cape Coral	1999	2,426	\$799,000	\$713,000	32
Old Pelican Bay	Fort Myers Beach	1999	2,813	\$799,000	\$745,000	616

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