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SANIBEL & CAPTIVA ISLANDS, FLORIDA

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## Library To Undergo Renovation



Margaret Mohundro, executive director of the Sanibel Public Library, reviewing enhancements to be made to the existing facility with library board treasurer Dan Moeder

photos by Jeff Lysiak

by Jeff Lysiak

One of the highest rated attractions on Sanibel for residents and visitors alike, the Sanibel Public Library is about to undergo a massive \$5.9 million, year-long renovation project.

In order to accommodate the ever-changing needs of library users, and improve the infrastructure of the 30,000-square-foot facility, a number of

improvements and enhancements will be made.

According to Margaret Mohundro, executive director of the Sanibel Public Library, the idea of renovating the building has been discussed for a number of years. "We've been thinking and talking about it since 2015," she said. "The building is over 20 years old, and it's time to make some improvements that will help us keep up



Exterior entrance to the Sanibel Public Library, a 30,000-square-foot facility built in 1994, which is the top rated island attraction on TripAdvisor

with the times."

Mohundro noted that the costs of maintaining an aging air conditioning system, an outdated fire suppression system and the building's plumbing are steadily rising. "The building has held up pretty well over the years," she added. "It's handled the island environment very well... and we still have the original carpeting."

Starting in mid-May, library workers will begin the process of preparing the facility for the renovation. While the library will remain open throughout the estimated 12- to 13-month rehabilitation, certain portions of the building will be closed temporarily. In addition to moving a significant number of books and materials to off-island storage, some furnishings and

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## Shell Museum Offering Eco-Trip To Costa Rica

by Jeff Lysiak

Early in 2018, the Bailey-Matthews National Shell Museum will be offering an exclusive nine-day trip to Costa Rica, which organizers are describing as an eco-excursion where participants will observe and explore some of the most beautiful flora, fauna and marine life to be found in Central America.

Hosted by trip leaders Dr. José H. Leal, science director and curator of the shell museum, and Stefanie Wolf, one of the museum's marine biologists, the idea behind planning a private, nature-focused trip has been in the works for a while.

"(Museum executive director) Dorrie (Hipschman) and I have talked about a trip like this for years, but it



People attending the Bailey-Matthews National Shell Museum's eco-excursion to Costa Rica in 2018 will visit Manuel Antonio National Park

photo by Martin Garrido

always seemed to get pushed onto the backburner," said Wolf, who earned a bachelor's degree in ecology from the

University of Minnesota-Twin Cities and a master's degree in biology from Western Illinois University. "But finally this fall, we

committed to doing it."

From February 8 through February 16 next year, the museum-led group will explore some of Costa Rica's most awe-inspiring parks and reserves, including Curi Cancha Wildlife Refuge, Manuel Antonio National Park and Marino Ballena National Park, Costa Rica's first marine park. Participants will also discuss Costa Rica's geological history while hiking in Arenal Volcano National Park, go snorkeling at Caño Island to view marine mollusks and examine issues of conservation and sustainability as they relate to tourism.

And while shelling in Costa Rica is strictly prohibited, participants will learn about the region's diverse mollusks from Dr. Leal, who is considered a world-renowned malacologist.

"This is not a shelling trip – it's more of a 'leave no trace' vacation," said Wolf. "Dr. Jose's been to Costa Rica several times. He has a number of colleagues

continued on page 7





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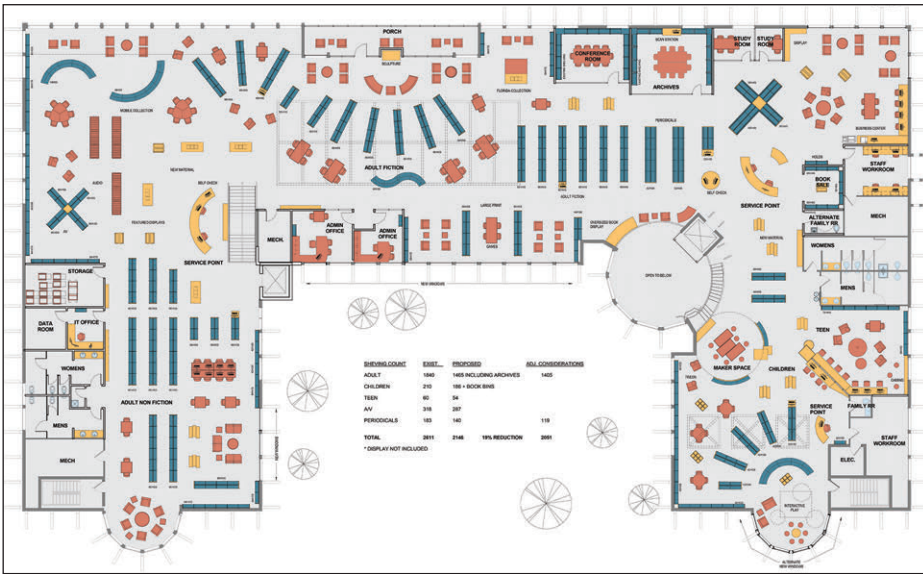
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The new layout of the Sanibel Public Library's second floor

image provided

From page 1

## Library

office equipment will be relocated as well.

Some highlights of the "Your Library Reimagined" project include:

- Improved lighting, incorporating LED technology along with larger windows, offering more natural light and picturesque views.

- Reconfigured "curved" open space layout with curved shelving. New shelves will also be lowered, with some units (in the magazine reading area) on casters, allowing them to be moved to accommodate Author Series and other special events.

- Additional study rooms, computer and business centers, an archives room, grand reading room and multiple service desks throughout the second floor.

- Enhanced lobby area with additional seating, digital display feature and seasonal coffee cart.

- Expanded large meeting room will accommodate more audience members.

- Expanded outdoor rear porch area with additional seating.

- Enhanced children and young adult areas, including an interactive early literacy area, Teen Space, Think Tank (for hands-on learning activities) and space for book sales.

- New carpeting throughout the facility, an aqua-and-grey color scheme incorporating a tropical wave-like pattern.

- Additional book drops (relocated near the covered parking exit) to accommodate drive-up, bike-up and walk-up customers.

Outdoors, the ground-level entrance area will be redesigned with additional

native plants and seating. The three first-floor meeting rooms will be repurposed to accommodate library staff, equipment and storage.

Mohundro is excited about several aspects of the renovation.

"About 70 percent of the upgrades and changes are related to infrastructure, so people might not 'see' some of the enhancements, but they're definitely going to 'feel' them," she said. "The sections of the library are going to be color coded, and with the curves and waves incorporated into the carpeting, so the flow is going to improve as well. It's going to have a true Sanibel 'feel' to it."

In addition to hiring HBM Architects, a Cleveland, Ohio-based firm that specializes in redesigning libraries, the foundation and board looked to staff and users in order to determine which areas needed the most attention and were due for improvements. "I think that's great because you want a community to really utilize their library and what it has to offer," Mohundro said. "We're very excited about this project. People are going to like what they're going to see."

The project is being funded with library reserves, grants and private donations.

Dan Moeder, treasurer for the library's board of commissioners, hopes that the renovation helps keep the Sanibel Public Library in step with the times.

"A lot of this work is long overdue. It's going to be a better library, both ergonomically and environmentally," added Moeder. "When this is done, people who come here are gonna love it." ❄️

5. *A Gentleman in Moscow* by Amor Towles

6. *The Zookeepers Wife* by Diane Ackerman

7. *Sanibel & Captiva Our Islands* by Jim Anderson and Jim George

8. *A Man Called Ove* by Fredrik Backman

9. *Hillbilly Elegy* by J. D. Vance

10. *13 Reasons Why* by Jay Asher  
Courtesy of MacIntosh Books and Paper ❄️

## Top Ten Books On The Island

1. *The Sanibel Sunset Detective* by Ron Base

2. *Mangrove Lightning* by Randy Wayne White

3. *Sanibel and Captiva Islands* by Deb Gleason and Charles LeBuff

4. *Strong is the New Pretty* by Kate T. Parker



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# Easter Celebration For Preschoolers

The students at Sanibel Christian Preschool had a pre-Easter party before heading off for Spring Break. The morning included an Easter Egg Hunt, games and chicken nugget lunch thanks to the generosity of several Sanibel Congregational United Church of Christ members, coordinated by Janice McNeal. As one student was overheard saying, “This is the best day ever here!” Ms. McNeal’s grandchildren Nathan and Audra joined in hosting the party, setting up the egg hunt on the church’s playground, and reading to the students who loved the attention from the bigger kids.

Members of the Sanibel Congregational United Church of Christ offer and volunteer at the preschool as outreach to the community. Under the supervision of director Laura Miltner and teachers Ana Abella and Lora Lea Plummer, members are in the classroom several times a week sharing stories, helping develop reading skills and sharing their love. Ms. Miltner along with Miss Abella and Ms. Plummer provide their 2-, 3- and 4-year-old students a quality preschool education in a nurturing atmosphere so that children feel safe to experiment and explore.

Sanibel Christian Preschool is now accepting applications for the school year beginning in August. Scholarships based on financial need are available. For more information, contact director Laura Miltner at the church at 472-0497 or go to [www.sanibelucc.org](http://www.sanibelucc.org).



Janice McNeal and her grandchildren Nation and Audra, back, provided lunch for the Pre-Easter Egg Hunt at Sanibel Christian Preschool photo provided



Mrs. C.B. Chadwick, family and friends near one of the cottages at South Seas Plantation, sometime after 1923 photo courtesy Captiva Island Historical Society Archives

Captiva Island Historical Society

## Landmark: Cottage At South Seas

This week’s image features Mrs. C.B. Chadwick, family and friends near one of the cottages at South Seas Plantation, sometime after 1923. South Seas Plantation was once a citrus farm under the direction of Clarence Chadwick. 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 [www.captivaishistoricalociety.org/archives/research](http://www.captivaishistoricalociety.org/archives/research) to view many more images to bring you closer to Captiva.

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## Guest Speaker Shares Insights At St. Michael's

Sister Carol Beevers was the featured speaker on April 10 at the final meeting of the season for the Women of St. Michael & All Angels Episcopal Church. Sister Beevers is a member of the Philadelphia chapter of the Catholic order, The Sisters of St. Joseph, which was established originally in France in 1650 AD, with a mission of unity through prayer, community life and ministry.

Beevers' presentation, titled The Women of Holy Week, focused on the female disciples who followed Jesus, with particular emphasis on their presence during the events in the last week of Christ's life, death and resurrection. Some of the women, all named in the Bible, include Martha and Mary, both of Bethany, Mary, the mother of Jesus, Mary Magdalene, and Joanna. Others referenced in scripture simply as "the women" welcomed Jesus into their homes, provided support, fed and comforted him, and followed him on the journey from Galilee to Calvary.

During the lecture, Beevers used a painting by Sister Helen David Broncato, titled *It Was the Women Who Stayed*, that depicted two female disciples at the cross with Jesus. Beevers said that the women in the painting represented the devotion, love and faithfulness shared by all the



Sister Carol Beevers, left, with Women of St. Michael's President Betsy McCullough

photos provided

Women of Holy Week.

As she described the women surrounding Jesus and the roles that they played in his final days, Beevers encouraged the audience to engage fully their active imaginations, senses and emotions to assume the characters, actions and roles of Christ's female disciples. She asked the audience to envision a connection with these women and their discipleship. Beevers concluded her visit with the comment, "How wonderful to come together with the Women of St. Michael's to journey

with the original Women of Holy Week."

With master's degrees in social work and in holistic spirituality and spiritual direction, and after long experience as an educator, Beevers began her Catholic ministry in 1990 as a spiritual director and retreat leader. She has lived in Florida since 2005, serving as director of the House of Prayer Retreat Center in Alva for 11 years. She currently leads a spiritual direction and retreat ministry in Sarasota, Lee and Collier counties.

A luncheon catered by Bailey's,



*It Was the Women Who Stayed*, a painting by Sister Helen David Broncato, augmented Sister Beevers' remarks

preceded the presentation. Women of St. Michael's President Betsy McCullough led a brief business meeting, which included a review of projected programs for next year and the treasurer's report, presented by Liz Coffey. The Women of St. Michael's monthly meetings resume Monday, November 13.

For more information on the of the Women of St. Michael's, contact Betsy McCullough or Rector Ellen Sloan at 472 2173 or [saintmichaels-sanibel.org](mailto:saintmichaels-sanibel.org).

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## The Community House

### Book Signing

On Thursday, April 20 from 4 to 6 p.m., Loretta Paganini will be signing her book *My Sanibel Kitchen*. The Kitchen Guild will prepare mozzarella appetizers and some Italian bites from Paganini's collection of recipes. Books are \$24.99 and a portion of the proceeds will benefit a local charity. There is no charge to attend.

### Mini Golf

Indoor Mini Golf is open from Friday, April 21 through Sunday, April 23, 10 a.m. to 7 p.m. Cost is \$3 to play, all ages welcome.

### Fish Fry

Chef Jarred's Beer Battered Cod Fish Fry and Fundraiser is Friday, April 21 from 5 to 7 p.m. Tickets are \$10 for adults and \$5 for children under 12. A raffle will be held.

### Shredding Day

Saturday, April 22 from 9 a.m. to noon is Community Shredding Day. The truck will be parked in the north lot. Cost is a \$5 donation per box or bag.

### Chef Demonstration

On Sunday, April 23 from 4 to 6 p.m., Chef Jarred will show you how to prepare tomato basil bisque, jumbo lump crab cakes, yucca fries, spicy remoulade

and lemon tart with fresh berries and cream. Cost is \$45 per person.

### Cake Artistry Class

On Monday, April 24 from 10 a.m. to 12:30 p.m., Chef Cara Larocca Albertielli will hold her Hands on Cake Skills and Artistry Class. Cost is \$95.

### Island Yoga

On Mondays and Thursdays at 8:30 a.m., it's Island Yoga with Barb Cline. Cost is \$15 per session.

### Shell Crafters

Shell Crafters meet on Mondays from 10 a.m. to 2:30 p.m. Stop in and watch them work or attend the 10 a.m. lesson. Children are welcome with an adult. Lessons are free, but there is a small fee for the shell items if you choose to take them with you. Many items are for sale and make great gifts.

### Sanibel Yoga

Sanibel Yoga with Dr. Susan Pataky is offered on Tuesdays and Thursdays. There are two classes: Vinyasa from 10 to 11 a.m. and Chi Yoga beginning at 11:15 a.m. Cost is \$20 for drop ins.

### Duplicate Bridge

Sanctioned Duplicated Bridge is played on Tuesdays at 12:30 p.m. Cost is \$10 per person.

### Annual Meeting And Community Potluck

The Sanibel Community Association's (SCA) annual meeting will be held on Wednesday, April 26 beginning at 5 p.m. The Community Potluck follows at 6 p.m. The featured speaker will be Betsy Eidem who will discuss food similarities



Children watch Chef Jarred at work between Sanibel and Cuba. Call 472-2155 to RSVP.

### Children's Cooking Class

On Saturday, April 29 from 9 a.m. to noon is a Kids' Hands-on Cooking class. Cost is \$20 per child. Limited number of attendees.

### Wine Classes

Sanibel wine educator Tom Uhler will present his introductory/intermediate wine class to benefit The Community House on three Friday nights, May 5, 12 and 26 from 7 to 9 p.m. Class is limited to a maximum of 30 participants. The cost is \$135 per person for all three classes.

Participants will taste over a dozen wines. Many will be matched with foods from Sanibel Catering Company by Bailey's, sponsors of the evening.

Participants are encouraged to eat a light meal prior to the class.

The Community House is located at 2173 Periwinkle Way. For more information, visit [www.sanibelcommunityhouse.net](http://www.sanibelcommunityhouse.net) or call 472-2155.✱

## New Classes At Sanibel Church

The Sermon on the Mount will be the topic for the new Thirsty Thursday class beginning April 20 at noon in the main Sanctuary of Sanibel Community Church. The course is an in-depth, inductive look into the epic manifesto delivered by Jesus to His disciples. Every Thursday at noon, the class will be unpacking Matthew 5-7, Jesus' Sermon on the Mount, beginning April 20 and running six weeks, ending May 25. Lunch will be available in the Carpenter's Café for a \$5 suggested donation, or bring your own lunch. This study will be led by Pastor Doug Hummer.

Sanibel Community Church is an evangelical, non-denominational congregation with the church campus at 1740 Periwinkle Way. For more information, call 472-2684 or visit [www.sanibelchurch.com](http://www.sanibelchurch.com).✱

## American Legion Post 123

On Sunday, April 23, American Legion Post 123 will serve barbecued ribs and chicken from 1 to 8 p.m. Cost is \$12 to \$14.

Every Monday, 9-ball pool tournaments are played. 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.✱



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## OBITUARY



**DONALD C. WILDMAN**  
**"OYSTER DON"**  
**9/25/32 - 4/11/17**

In his own words, he had a "wonderful life." The ultimate outdoorsman, Don experienced things most of us only dream of. He

had a loving wife, four wonderful children and friends too numerous to count.

Born in Oak Park, Illinois, Don moved to Minneapolis where he started Scoville Press. His commitment to his business was evident and success followed. By the mid 1980s, Don began spending much of his time on Sanibel where he became actively involved with "Ding" Darling Wildlife Refuge among other causes.

Don was passionate about oysters, crossword puzzles, cigars and his famous smoked salmon. He was also corn fritter and pancake maker "extraordinaire." While he sparkled in a tuxedo, he was most often sporting his favorite fishing shorts. He always had a boat and a Brittany spaniel by his side.

Don was larger than life and those who were fortunate enough to be loved by him were his wife Ann-Marie, children Don Jr., Susan Dammen, Mark (Ann), their mother Joann, Russ (Sarah), his mother Nina, eight grandchildren, one great grandchild and many friends worldwide.

A Celebration of Life will be held on Monday April 24, 2017 at 11 a.m. at Chapel by the Sea on Captiva. Services will be held later in Minneapolis.✱



Arenal volcano is one of the picturesque sights to be visited during the trip

photo by Deb Savarese

From page 1

## Eco-Trip

there and even taught there."

During the excursion, which is limited to 15 participants, travelers will take part in daytime and evening hikes as well as boat trips and snorkeling excursions in locations including Arenal, Monteverde, Uvita and San Jose. Costa Rica provides an opportunity to explore diverse habitats, national parks and private reserves.

"I hope that we'll see several species of land mollusks in addition to some marine mollusks that are found along the Pacific Coast," said Wolf, who has traveled to Australia, Croatia, Fiji, New Zealand and Africa, but never to Central America. "It'll be interesting to see the environment there and compare it to

what we have here."

The price per person, including airfare from Fort Lauderdale, meals and double-occupancy lodging, is \$3,350. A \$400 per person deposit and enrollment form are required; excluding a \$200 cancellation fee until November 5, 2017, at which time final non-refundable payments are due.

"This will be a trip that combines my love of traveling with my love for nature, which I'm looking forward to sharing with other people," added Wolf.

To inquire about reservations, contact Debbie Sturdivant Jordan at [debbie@holbrooktravel.com](mailto:debbie@holbrooktravel.com) or call 866-748-6146. For more information, contact Stefanie Wolf at the Bailey-Matthews National Shell Museum at [swolf@shellmuseum.org](mailto:swolf@shellmuseum.org) or call 395-2233.✱

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# Music Fundraiser A Huge Success



Chris Coile, at rear, gets the audience on the dance floor

photos provided

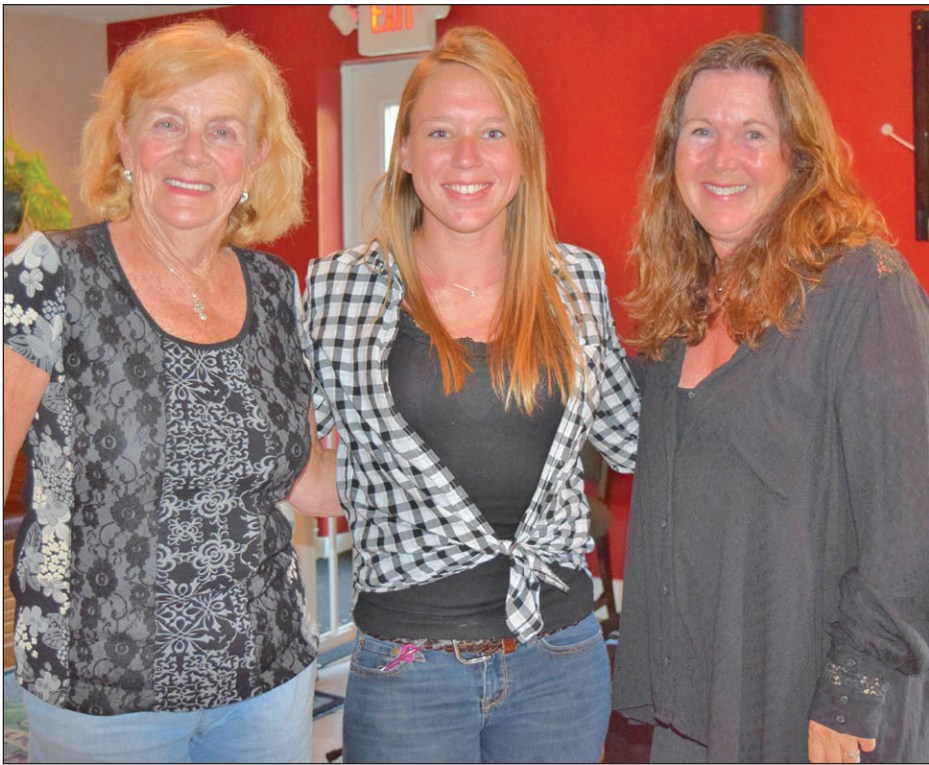
FISH Board Member and local Sanibel entertainer Chris Coile performed at George & Wendy's Seafood Grille from November through March, raising awareness and donations for FISH of SanCap. Other island talent included Sandy Greco, Cindy Cola, Dee Kelly, and Sara and the Sanibel Line Dancers.

Coile sold his CDs at each event, and all CD sales and voluntary donations benefited FISH. "Each show was sold out and we had a great time performing," said Coile. "I'm happy to be able to bring awareness about the FISH organization and the great things they do right here on Sanibel and Captiva. Neighbors helping neighbors is what FISH is all about, and they sure do it right – 92.5 percent of all donations goes directly to their programming. I'm looking forward to next season."

To learn more about FISH, visit [www.fishofsancap.org](http://www.fishofsancap.org).✱



Dee Kelly



Sara and the Sanibel Line Dancers

## Register Early For Fourth Of July Road Rally

It will soon be Road Rally time, so polish your sunglasses, clean up your driving gloves, get your team ready and prepare to have some fun.

Sanibel-Captiva Optimist Club's longest-running Fourth of July event celebrates 38 years of fun for teams and families as they puzzle out the clues while following a prescribed driving course around the island. Prizes will be awarded for correct time and mileage, for the most correct answers to the quiz about things seen along the route as well as for the best decorated vehicle and the team coming from the farthest location. There will also be a 50/50 raffle.

Choose your team (a driver, navigator and spotters), fill out the entry form available at Bailey's General

Store, Sanibel Cafe or Sanibel Captiva Community Bank or at the starting line. Mail it, together with this year's pre-registration entry fee of \$40 (\$45 walk-in fee at starting line), to San-Cap Optimist Club, P.O. Box 1370, Sanibel, FL 33957, or bring it to the starting line (credit cards accepted). The entry fee covers the car, driver, navigator, unlimited crew and one official Road Rally T-shirt (additional T-shirts will be available for \$15 each). The number of entries is limited, so register early.

This year, the rally begins in The Timbers Restaurant/Sanibel Grill parking lot (one-half block north of Bailey's General Store at 703 Tarpon Bay Road) at noon on Tuesday, July 4 and ends at the same place for the "afterglow" party. Staggered starting times (every two minutes) will be pre-assigned by the rally master, Randy Carson.

See the entry form for more details or call Randy Carson at 699-8739, Richard McCurry at 292-4631 or Dani Howard at 472-0836.✱

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# Live Dinner Theater At Sanibel Church



Amy Sbarra and Ella Stroud

On March 26, the H2O Ministry for middle school and high school students at Sanibel Community Church presented *The Love Liner*, its very first live dinner theater. *The Love Liner* is an interactive theatrical presentation that takes place on a cruise ship. This was H2O's outreach event for the season, and was a great way for the ministry to connect with the congregation and community.

Close to 350 adults and children attended and were served salad, beverages, a beef or chicken entrée, and a dessert. During dinner, the audience watched the three-act show. Actors and actresses consisted of teens and adults of all ages. Many one-liner jokes and puns were shared throughout the night. Audience members took part in a mock *Newlywed Game*, and all were challenged to a game



Pastor Kevin as Pastor Joseph singing *Jesus is Just All Right With Me*

of Sanibel Trivia. At the end of the night, a love offering was given, and H2O received over \$23,000 to help assist teens and their families on mission trips and retreats throughout next year. The ministry offers its thanks to all who came and to all who participated in making the show possible. H2O is gearing up to do another show similar to this again next March.

H2O Student Ministries is for sixth through 12th grade young men and women. The group meets on Wednesday evenings from 5 to 7 p.m. for middle school students and from 6 to 8 p.m. for high school students, and on Sunday mornings at 11 a.m. All students are welcome to attend.

Sanibel Community Church is an evangelical, non-denominational congregation with the church campus at 1740 Periwinkle Way (next to Jerry's Market). For more information, call 472-2684 or visit [www.sanibelchurch.com](http://www.sanibelchurch.com).✱



Some of the cast of the *Love Liner* play

photos provided



Kari Wheeler as Capt. Danzert and George Waters as Ralph the cruise director

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#### Friday, April 21 at 5 pm

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#### Saturday, April 22, 9 am - Noon

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#### Sunday, April 23, 3-5 pm

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#### Monday, April 24, 10 am - 1 pm

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#### Wednesday, April 26

5 pm Annual Meeting

6 pm Pot Luck-Betsey Eidem-Cuban Food

#### Saturday, April 29, 9 am - Noon

Kids Hands on Cooking \$20

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11:15 am Sanibel Yoga

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Visit [www.SanibelCommunityHouse.net](http://www.SanibelCommunityHouse.net)  
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## Historical Village Thanks Volunteers At Luncheon



From left, 15-year anniversary honorees Paula Newton, Deb Gleason and Annette Cantalupo photos provided

Last week, the Sanibel Historical Village held a luncheon to thank its volunteers for all they do to help the museum. More than 65 volunteers attended the event held at The Dunes Golf & Tennis Club.

"The village could not function without our family of volunteers," said Executive Director Emilie Alfino. "They are highly skilled and informed about the island's history, and they get scores of compliments from our guests. We are very lucky to have such wonderful people involved in our village."

Volunteers celebrating anniversaries were recognized, as were new volunteers.

The historical village is currently open from 10 a.m. to 4 p.m. Tuesdays through Saturdays. Beginning in May, the village switches to summer hours, 10 a.m. to 1 p.m. 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 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.

For more information, call 472-4648 during business hours or visit [www.sanibelmuseum.org](http://www.sanibelmuseum.org).



From left, 10-year anniversary honorees Bill Bachman, Connie Bukowick, Ann Heymann, Kathy Lear and Gail Garlinghouse



From left, 5-year anniversary honorees Julie Kocourek, Terry Jewett, Gerri Perkins, Sally Shelton and Irene Kaplan



New volunteers, from left, Georgianna Sorensen, Susan Greenberg, Jewel Jensen, Tracey Tenney, Jackie Kelley, Bruce Richardson, Carolyn Ruff and Sharon Kaltenmark

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**Selloum can cause mouth, throat and skin irritation** photos by Gerri Reaves

Plant Smart

## Protect Children And Pets From Plant Toxicity

by Gerri Reaves

**N**ot to provoke undue alarm, but many of the common plants found in our landscapes and inside our homes are toxic. It's not just poison ivy (*Toxicodendron radicans*) we need to look out for.

The number of variables pertaining to plant toxicity boggle the mind.

A toxin can be mildly irritating or deadly. To add to the complexity, only part of the plant might be toxic – the seeds or fruit, for example – and even then, perhaps only when unripe.

Fruit that birds or other wildlife consume without harm might be toxic to humans.



**Cycad species, of which cardboard palm is one, are sufficiently toxic to kill pets that ingest the seeds**

In addition, a fruit that causes grave symptoms in a small child or pet might be much less toxic – if at all – to a full-grown adult.

Poisonous effects can manifest themselves in a variety of ways, including skin or respiratory irritation, narcotic effects and purgative effects.

For example, dumb cane (*Dieffenbachia seguine*) and selloum (*Philodendron selloum*) are two species well known for causing mouth, throat and skin irritation in people and animals.

Even the smoke from burning oleander (*Nerium oleander*) has serious detrimental effects on the respiratory system.

Here are just a few more common plants that have toxic properties: sisal or agave (*Agave sisilana*), Madagascar periwinkle (*Catharanthus roseus*), golden pothos (*Epipremnum pinnatum*), scarlet milkweed (*Asclepias curassavica*), crown of thorns (*Euphorbia milii*), poinsettia



**All parts of oleander are very toxic and can induce a long list of symptoms, including nausea, vomiting, respiratory paralysis and unconsciousness. Even the burning wood and the honey are toxic.**

(*Poinsettia pulcherrima*), night-blooming jasmine (*Cestrum nocturnum*), angel's trumpet (*Datura candida*), kalanchoe (*Kalanchoe delagoensis*) and lantana camara (*Lantana camara*).

Even the popular mango tree (*Mangifera indica*) can be a problem for some people, with contact causing itching, swelling and blisters. The flowers can be a respiratory irritant.

Fortunately, survival instinct insures that people and plants coexist safely most of the time. An adult is unlikely to try an unfamiliar tropical fruit, lest something undesirable result.

But placing curious children and pets in proximity to toxic plants isn't worth the risk if a child or pet ends up suffering.

Oleander and cycads are among the most common toxic plants in the South Florida landscape.

Since oleander's wood, leaves, flowers, and smoke are highly toxic, some homeowners simply eliminate it from the landscape.

Native coontie (*Zamia integrifolia*), as well as the popular non-natives cardboard palm (*Zamia furfuracea*) and sago palm (*Cycas revoluta*), are toxic, especially the seeds.

Coontie's seeds and roots are toxic, and Native Americans and Florida pioneers could consume the starchy rootstock only after lengthy special processing.



**Crown-of-thorns has toxic roots and a sap that causes skin-irritation and blisters for some people**

Dogs have died from ingesting cycads, and the deaths are preceded by intense suffering and symptoms that can include vomiting, bloody feces, neurological damage and liver failure.

Cycads such as sago palm are so toxic that people handling any part of the plant should not only wash their hands afterward, but wash their clothing and gardening tools as well.

If you ponder just how many plants have some degree of toxicity, you might not only be confused but over-whelmed.

It's useful to remember that toxicity is one of the many survival strategies plants have evolved and can even be useful in medical research.

Most important is exercising common sense and caution to keep children and pets safe.

Sources: *Florida's Poisonous Plants, Snakes, and Insects* by Lewis S. and Betty M. Maxwell; *The Painful Reality of Plant Toxicity* by Elizabeth Barrett RVT, CCRP; *Plants Poisonous to People in Florida and Other Warm Areas* by Julia F. Morton; *Poisonous Plants and Animals of Florida and the Caribbean* by David W. Nellis; [aspca.org](http://aspca.org); [petmd.com](http://petmd.com); and [petpoisonhotline.com](http://petpoisonhotline.com).

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# Conditions Slowly Get Back To Normal



by Capt. Matt Mitchell

This week's fishing was about being able to switch it up either by moving to somewhere different or going after a totally different species. By doing these things, we

did get to enjoy some of the better big trout action I have seen in some time, but this only happened because the snook bite was really slow at times and we just needed to just do something else. Then, while on other trips during really high afternoon tides, the snook bite went off exactly as planned with many oyster bars producing wide open action.

Cooler than usual mornings allowed for only a slow warming of our water temperatures. Only now more than a week after the big cool down has our water temperature recovered enough for

the snook to get back on track, making that annual spring move to the passes. After the big drop in water temperature just over a week ago, snook fishing really grounded to almost a complete halt for a few days and is just now getting back to how good it was. These snook have finally begun to show up where they should be this time of year in and around the passes. Look for big numbers to be in all our passes and out on the beaches over the next few weeks. We did pretty good at times with pass fishing for snook this week during the slower tide periods when we just needed to find moving water. There was not much else that was going on in the sound.

While in the passes targeting snook, we also caught some really large trout which also swim into the passes and out on the beaches this time of year. Sheltered shallow grass flats on the eastern side of the sound where not only great places to hide from the wind but also resulted in some excellent trout action too this week. The surprising part of this bite was how shallow we were catching these keeper-sized fish. Limits came easy most days fishing in water only two feet deep. Chumming a scoop or two of live shiners had these trout boiling and popping, then it was just a matter of pitching a free-lined shiner to the swirl to



Clients visiting from Boston got to enjoy catching a few large redfish with Capt. Matt Mitchell this week

hook up. This bite would go on until the dolphins moved in and crashed the party.

Tarpon fishing is far from in full swing yet but they are certainly showing up again all over as our water temperature gets back into the mid 70s. I've been seeing a few rolling fish while I'm catching bait at sunrise. That gets me fired up and ready to start tarpon fishing. Then, at the end of the day, I run into a few of my guide friends who always begin taking tarpon trips in April. The cooler water and often windy conditions have made it tough going and far from a consistent bite.

If you can't wait a little longer, its worth soaking some cut baits in the

deeper holes in the southern sound where a few early season fish have been caught. Or if its one of the few light wind days, make that run out to Knapps Point and start looking in 20 to 25 feet of water. After years of the weather messing up my early season scheduled tarpon fishing, I now don't book any tarpon trips until May 1.

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](mailto:captmattmitchell@aol.com). ✨

## Send Us Your Fish Tales

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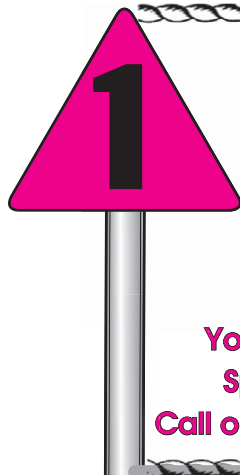
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Captiva residents David and Mady Rohn talk with author Charles Sobczak following his lecture at the JN "Ding" Darling National Wildlife Refuge last week photos by Jeff Lysiak

## Sobczak Lectures About World's Top Predators

by Jeff Lysiak

During the final 2017 "Ding" Lecture Series event of the season, Sanibel author Charles Sobczak delivered a frequently funny, sometimes surprising but always entertaining program focused on his 2007 book, *Alligators, Sharks & Panthers: Deadly Encounters With Florida's Top Predator – Man*, at the JN "Ding" Darling National Wildlife Refuge last week.

In this local bestseller and award-winning book, Sobczak explores the relationship between Florida's primal predators and the invasive nature of *Homo sapiens* into the Sunshine State. *Alligators, Sharks & Panthers* describes more than two dozen fatal encounters and explores the complex relationship between these animals and the world's most dangerous predator – man.

"I began writing the book because I had become so distraught over how the technology, trapping and the netting of these animals was affecting their populations," Sobczak told the capacity crowd gathered at the refuge's Visitor & Education Center on April 14. "Statistically, all of the major predators in North America are harmless... we live in a peaceable kingdom here in the United States."

During his 55-minute lecture, Sobczak offered eye-opening details about alligators, sharks, panthers and their associated species, along with some statistics, facts and folklore.

According to the author, alligators behave more like birds than most other reptiles: they build nests and care for their young until hatchlings are able to feed and fend for themselves. Alligators can also hold their breath under water for up to six hours and – with a 6,000-pound per square inch force – have the second strongest jaws in the animal world (next to the *Tyrannosaurus rex*).

"There have only been 24 fatal alligator attacks in Florida since 1973,



Charles Sobczak fielded questions from the audience following his morning lecture

which is a relatively low number," said Sobczak, who noted that approximately 300 alligators were captured and killed on Sanibel since 2004. "I believe the species will continue to rebound, as long as we don't feed them... they're going to be fine."

Sobczak showed several images of vintage Florida postcards showing humans sitting on top of alligators, a practice that – while it has always been extremely dangerous – has been frowned upon for decades.

Regarding sharks, the most common – and deadly – member of the species is the bull shark. In the waters off Florida's coasts, the most frequently seen species include lemon, tiger, oceanic white tip and bull sharks. During winter, great white sharks may be spotted, although Sobczak admitted to never having seen any great whites in all his years of fishing in the Sunshine State.

"If you don't want to be attacked by a shark, stay out of the water," he warned.

Tragically, some 100 million sharks are killed every year by anglers who catch the fish strictly for their fins, which are sought after for use in Chinese medicine and consumption in soup. As a result, there are currently less than 4,000 great white sharks remaining worldwide.

Panthers, however, have increased in number over the past several decades. An estimated 20 panthers were left in

continued on page 22

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TUESDAY

**25 APRIL**  
Tides & Currents-1

WEDNESDAY

**26** Making Land Work  
Tour at Bailey  
Homestead-10

THURSDAY

**27** Turtle Tracks-10  
Garden Walk-10 at BHP

MONDAY

TUES.

WEDNESDAY

THURSDAY

**1 MAY**  
Hurricanes-10

**2**

**3** Making Land Work  
Tour at Bailey  
Homestead-8:30

**4** Turtle Tracks-10  
Garden Walk-10 at BHP  
Shorebirds-2

Events are at the Nature Center unless otherwise specified.

3333 Sanibel-Captiva Road, 472-2329 [www.sccf.org](http://www.sccf.org)  
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1300 Periwinkle Way, 472-1932



Shell Of The Week

Fly Speck Cerith



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

The Fly Speck  
Cerith, *Cerithium  
muscarum*  
Say, 1832, received  
its moniker thanks  
to its color pattern  
of interrupted spiral

brown lines, which resemble fly droppings  
against a whitish background. The inch-long  
species has a sculpture of eight to 11 axial  
("vertical") ribs and spiral lines. Fly Speck  
Ceriths inhabit seagrass habitats, where it  
feeds on the film of detritus and microalgae  
growing on seagrass blades. 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.  
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](http://www.shellmuseum.org).



The Fly Speck Cerith, *Cerithium muscarum*, from Sanibel

photo by José H. Leal

City Of Sanibel Vegetation Committee  
Guided Native  
Plant Tour Offered

The City of Sanibel Vegetation  
Committee is offering guided native  
vegetation and landscaping tours of  
city hall grounds, planted exclusively with  
native plants. The last tour of the season  
will take place on Saturday, April 22 start-  
ing 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 informa-  
tion, contact the city's natural resources  
department at 472-3700.

The Natural Resources Department  
section of the city's website, [www.mysanibel.com](http://www.mysanibel.com), offers information on na-  
tive plants, a listing of licensed contrac-  
tors, Sanibel's vegetation standards and  
codes, and the Environmental Reference  
Handbook prepared by the city's  
vegetation committee. The committee  
also offers free native plant tours. For  
more information, call 472-3700.

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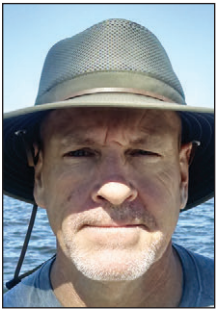
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## CROW Case Of The Week:

# Eastern Screech Owl Hatchling



by Bob Petcher

**Y**oung birds sometimes fall from their nests. Unfortunately, that is a fact. The problem lies on what you should do when you come across a nestling or fledgling on the ground without a nest or parents in plain sight. Should you rescue it by bringing it to a wildlife rehabilitator or should you leave it and keep an eye on it

from afar to make sure a cat or other creature doesn't bother it with hopes that mom or dad eventually finds it?

Nestlings, which are featherless and newly born, can be blown out of their nest on a windy day or during a storm. Try to locate that nest and place the baby back in it. If no nest is found, create a substitute by using a make-shift container with brush or torn-up paper towel inside, and then hang it on a tree near where the bird was found and place the baby inside it. Remember: It is a myth that mother birds abandon baby birds touched by human hands.

Fledglings, which are juveniles that are not yet competent fliers, sometimes outgrow their nests. In fact, these birds may have been grounded after trying flight. They can spend days to even weeks hopping around on the ground, learning hunting and foraging skills from their near-by parents who are trying to rear them.

In both cases, these birds are usually not orphaned and should not be rescued. In most cases, it is best

not to interfere. Natural parents do a much better job at raising their young than humans could ever do.

Finders should only seek professional care for a bird if it is injured, ill or "absolutely certain it is orphaned," said CROW intern Dr. Julia Hill. Injury or illness signs include a broken limb, body bleeding, patches of missing feathers, shivering and making low noises. Dr. Hill says it is best to call a wildlife rehabilitator like CROW and ask questions before any attempt at transport to a facility or taking it home.

On April 12, CROW reached a milestone by admitting its 1,000th patient of 2017.

An eastern screech owl hatchling was estimated to be only a few days old and had yet to open its eyes. The bird was reportedly brought to Specialized Veterinary Services in Fort Myers, one of CROW's drop-off locations in Lee County. Unfortunately, no information was filled out about where the bird was found, making it difficult to locate the nest and parents. If the nest and parents are not found, the young owl will remain at the clinic until it has grown enough to fly and hunt on its own.

"Unfortunately, this is the only option we are left with in this case. Because no information was provided, it is unknown if the parents were around or if the original nest could be located," Dr. Hill explained. "The best thing to do if a bird is found alone on the ground is to call a wildlife clinic like CROW to find out more information about what can be done. The finder will be able to be advised as to the best course of action to help the animal."

Some featherless baby birds must be fed very frequently during daylight hours. That is a huge commitment. The young patient is currently receiving supportive and nutritional care while being housed with another.

"The young owl has opened its eyes and has a great appetite," Dr. Hill added after last weekend. "It is eating soft mouse pieces (no bones or fur)."



An eastern screech owl hatchling is CROW's 1,000th patient of 2017 photo by Brian Bohlman

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](http://www.crowclinic.org).\*

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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 [rrainbolt@crowclinic.org](mailto:rrainbolt@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, April 21, 11 a.m.,** adults \$7, teens \$5, 12 and under no charge – Why Animals Come to CROW (daily presentation).

From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital.

**Friday, April 21, 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. Ask the staff how they work their magic. One of CROW's animal ambassadors will be present.

**Friday, April 21, 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 22, 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 22, 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. Ask the staff how they work their magic. One of CROW's animal ambassadors will be present.

**Monday, April 24, 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 24, 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. Ask the staff how they work their magic.

**Monday, April 24, 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.

**Tuesday, April 25, 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. Ask the staff how they work their magic. One of CROW's animal ambassadors will be present.

**Tuesday, April 25, 2 p.m.,** adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Gopher Tortoises, presented by a CROW volunteer (daily presentation).

The life of a gopher tortoise revolves around its burrow. These tortoises are found digging from Southern Georgia to Southeast Florida. Because of its contributions to the ecosystem, it is classified as a "keystone species." CROW's presenter explains why they are admitted and how the medical staff treats this species. One of CROW's animal ambassadors will be present.

**Tuesday, April 25, 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 26, 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. Ask the staff how they work their magic. One of CROW's animal ambassadors will be present.

**Wednesday, April 26, 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.

**Wednesday, April 26, 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.

**Thursday, April 27, 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.

**Thursday, April 27, 11 a.m.,** adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Sea Turtles (daily presentation).

There are seven different species of sea (or marine) turtles, and human activities have tipped the scales against the survival of these reptiles. Most species of sea turtle are classified as endangered, and CROW is the only licensed sea turtle facility between Sarasota and Marathon, Florida. From boat strikes to washback hatchlings, one of CROW's team members explains why they are admitted and how the medical staff treats this species. One of CROW's animal ambassadors will be present.

**Thursday, April 27, 2 p.m.,** adults \$7, teens \$5, 12 and under no charge – Opossums at CROW (daily presentation).

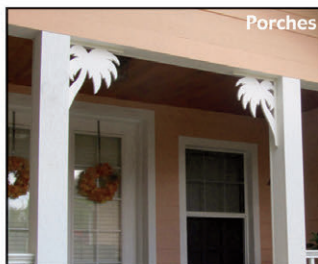
Virginia opossums are the only marsupial, or pouched mammal, native to the United States. They are highly adaptable animals and can live in a variety of habitats, both natural and human made. Although it may not be obvious to some people, opossums are a unique member of Florida's wildlife, playing an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



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## Shell Found



Carl Miller photo by A. Ziehl

Carl Miller of Ellicott City, Maryland found the "world's tiniest shell" on the Sanibel Causeway. Carl and his family were staying at Sanddollar Condominiums.✱

## Shell Found



Reid Wyngarden photo provided

Reid Wyngarden, 11, found his first junonia after stepping on it in the surf in front of Casa Ybel Resort on April 8. Reid has been visiting Sanibel and Captiva on Spring Break trips from Grand Rapids, Michigan since 2007. He is an avid shell hunter and collector. Reid loves getting up early to search the beach for shell treasures, and always hopes for tidal pools to form on the beach.✱

## Shells Found



Rob, Dawn and Robby Barnier

photo by Jeff Lysiak

Rob, Dawn and Robby Barnier, visiting from Cedarburg Wisconsin, found a junonia and some Florida and alphabet cones on Turner Beach on Captiva. The family said they are having a wonderful time here and wish good shelling and fun to all shellers.✱

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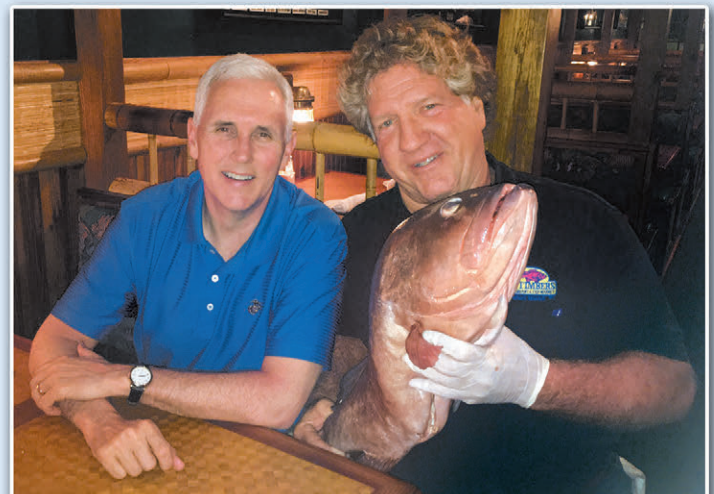
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PHOTO BY DAN MANGUS

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A vintage Florida postcard shows inappropriate human-alligator interaction image provided

## Top Predators

Florida back in 1970; their numbers – while still relatively low – have improved to between 150 and 200 statewide currently. “Most panthers in Florida are killed by other male panthers, but the number two killer is vehicle strikes,” said Sobczak, who said that since 1890, there have been 24 fatal panther attacks in the United States. By comparison, since 1875, there have been 13,226 fatal leopard attacks in India alone. This can be attributed to the evolutionary co-existence of the big cat and humans; they consider man a viable source of food.

A few more noteworthy statistics shared by the author: the most deadly animal in the U.S. today is the deer; the most deadly animal worldwide is the mosquito. After sharing the sobering tale about Michelle Reeves, a 20-year-old who was killed by an alligator in a retention pond near HealthPark in Fort Myers back in 2004, Sobczak told the audience that even people who love nature can fall prey to it. “It’s so easy to forget, nature really doesn’t give a damn,” he said. Following his lecture, Sobczak fielded several questions from the crowd and signed books in front of the refuge nature store.✱



## Show your colors!

This bumper sticker has a green color to emphasize that almost 70% of Sanibel is in conservation land and a whimsical heart to signify our island lifestyle. The peel off back has information about Sanibel that you may not know.

- They are available at:
- Bailey’s General Store
  - Bailey’s at Sundial Beach Stuff
  - CVS Pharmacy
  - Doc Ford’s
  - Island Pharmacy
  - Suncatcher’s Dream

Sanibel Scenes calendars are also available at these favorite island stores.

## Earth Day At The Refuge

Take advantage of free programs at this year’s Earth Day at the JN “Ding” Darling National Wildlife Refuge on Saturday, April 22. The refuge will celebrate the 47th anniversary of Earth Day in partnership with the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS). The day’s highlights include an Earth-friendly Family Story & Crafts featuring the reading of *One Tiny Turtle* and making turtles and other wildlife out of recycled materials. Guests can also attend the free programs and meet Bagzilla. The first 50 people to enter the refuge’s Visitor & Education Center classroom that day after 10 a.m. will receive a free reusable bag made from recycled plastic bottles. Schedule of free Earth-friendly fun:

- 7 a.m. to 7 p.m. – Wildlife Drive is open free to bikers and hikers only (\$5 fee per vehicle).
- 10 to 10:30 a.m. – Family Crafts & Story, Visitor & Education Center
- 10 to 10:30 a.m. – Gators & Crocs Program, Crossdike Pavilion
- 11 to 11:45 a.m. – *Bag It!: Is Your Life Too Plastic?* film showing, Visitor & Education Center Auditorium
- 1 to 1:30 p.m. – Birds of the Refuge program, Crossdike Pavilion.

For more information on Earth Day at the refuge, call 472-1100 or visit [www.dingdarlingsociety.org](http://www.dingdarlingsociety.org).✱



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Tim and Julie O'Neill (Honorary Co-Chairs), Nicole Decker McHale and Sean Pierce (Co-Auctioneers), Guy Harvey, Southern Gulf Equipment Rental and Sales, Breeze Newspapers, The Santiva Chronicle, Matzaluna - The Italian Kitchen, Harmon's Audio Visual, Iona McGregor Fire Department, The Island Cow, Bob's Island Graphics, Island Sun Newspaper, Billy and Salli Kirkland, Mark Loren Designs, Sanibel Custom Charters, Sanibel Day Spa, Sanibel Captiva Islander, Bailey's General Store, Blu Site Solutions of SWFL, Sweet Melissa's Café, Tarpon Lodge, Emmett Horvath, Times of the Islands, Sperry Tents, Exclusive Affair Party Rental, DJ Bob, Big Pupils, LLC, Jordan Webster Catering, Lucky Photo Booth, Gulf Coast Nursery, Metro Ice Co., Something to Wine About, Simply of Sanibel, Sea Glass Lane, Peach Republic, Cheesecake Factory, Florida Repertory Theater, Publix, Island Therapy Center, Matanzas on The Bay, Twisted Vine, Anne Taylor, Sanibel Fire Department, Doc Fords, Cips, Mes Amies Medical Spa, Virginia Fleming, Dr. Brett and Toni Shannon, The Dunes Golf and Tennis Club, Sanibel Island Golf Club, Whitney's Bait and Tackle, Carl Meier, Clifton Hyde Tucker, Cedar Chest Fine Jewelry, Peter Basturk, Donna and Greg Bergamo, Susan E. Story, Pete and Pat Allen, Michael and Marilee Wood, John Simler, Royal Palm Sailing Club, Peter and Jane Gaines, Lee and Ann Cooper, Linda and David Essig, Bruce and Harriet Pattison, Scott Hendershot, Alan and Joan Klutch, Christine M. Salerno, Jim and Patty Sprankle, Virginia Fleming, Sandy and Ellen Trevor, Dorothy and Ron Fitzgerald, Stephen and Rita Jaeger, Ralph and Carolyn Clark, Chandra Liebetrau, Sue Sander, Susan Rautenberg, Cara Summit, Julie and Coulter Evans, Lynne and George Campean, Doug and Jeanne Mallon, Emma Neill, Metin Basturk, Carson Liebetrau, Cindy Rotella, and Lee County Parks and Recreation, especially Andy Miller

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Camp students sailing the waters off Captiva

photos provided

# Camp To Use International Class Sailboats

The Captiva Island Yacht Club will use Optimist Prams and Lasers, both International Class sailboats, in the upcoming Junior Sailing Camp, open to kids ages 8 to 18 of all experience levels in June and July. Session I, from Monday, June 12 to Friday, June 23, and Session II, from

Monday, July 10 to Friday, July 21, will be geared to students who want to learn more about sailing and enjoying time on the water. Organizers will use the U.S. Sailing Association's curriculum at the Junior Sailing Camp. In a few short weeks, campers can graduate from learning on Optimist Prams to sailing with their parents on the boat by the end of the program. Camp will be held at the yacht club, next to 'Tween Waters Inn on Captiva Drive. Beginning sailors will learn to rig and sail their own Optimist Prams,



Participants from last year's program

which are single-handed sailing dinghies approved by the International Sailing Federation for youngsters. The original Pram was designed in 1947 by Clark Mills of Clearwater, Florida, a member of the Optimist Clubs of America. Mills designed a small, stable, responsive boat that could – back then – be constructed for \$50, using only two 4x8-foot sheets of plywood for the hull. This low cost opened opportunities in the sport to many children. It is important for young people to learn to sail, to harness the power of the wind. At the recent London

Olympics, 80 percent of skippers learned to sail on Optimist Prams. Once campers master the basics of sailing, they will graduate to Sunfish and then Lasers. These competitive racing boats – sturdy, simple to rig and sail single-handed – are very fast. The 13-foot Lasers became an Olympic class in 1996 and are raced all over the world. For more information or enrollment forms, call Lauren Davies at 472-4133 ext. 4 or email [accounting@CaptivaYC.net](mailto:accounting@CaptivaYC.net). Enrollment is limited, so sign up early to select the preferred session.\*

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# Hole In One Prize Winner



Jim Cooper photo provided

Sanibel resident Jim Cooper made a hole in one on the 9th hole at Shell Point Golf Club on April 11. He was playing in the Bob Janes Memorial Golf Outing sponsored by the Lee Coast Chapter of MOAA through its foundation. Cooper won a three-year lease of a new Mercedes from Mercedes-Benz of Fort Myers, who sponsored the hole in one contest. He is a member Sanibel Island Golf Club.✽



Tournament title sponsor Marty Harrity from Doc Ford's with Don Wildman, who passed away on April 11, 2017 photo provided

## Tournament Dedicated To Don Wildman

“Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) dedicates its 6th annual “Ding” Darling & Doc Ford’s Tarpon Tournament on Friday, May 19 to the memory of Don Wildman, former DDWS emeritus board member and tournament committee chair. The longtime island resident passed away on

April 11, 2017. Wildman joined the DDWS board in 2010, but his connection with the JN “Ding” Darling National Wildlife Refuge dates back many years as he became involved with promoting the careers of the three nationally-renowned Hautman brothers, multiple winners in the Federal Duck Stamp Contest. He collected their original duck stamp and other works, which he often lent to the refuge for exhibitions. In 2016, he was elected as a DDWS emeritus board member. “Don was passionate about conservation and art,” said Birgie Miller,

DDWS executive director. “He was also an avid fisherman – from salmon fishing in British Columbia to tarpon fishing in Belize. His role in our annual tarpon tourney was invaluable and always enthusiastic, and that is why we chose to honor him in this way.” The “Ding” Darling-Doc Ford’s Tarpon Tournament pays tribute to the refuge’s tarpon legacy: The first recorded tarpon caught on a rod-and-reel happened in Tarpon Bay in 1885. Proceeds from the “catch, care and release” tournament benefit wildlife and conservation education at the refuge on Sanibel Island. “Don Wildman was a true friend of the ‘Ding’ Darling National Wildlife Refuge and the National Wildlife Refuge System,” said Refuge Manager Paul Tritaik. “He combined his love for hunting, fishing and the great outdoors with a passionate appreciation for wildlife art, not unlike ‘Ding’ Darling himself. This tarpon tournament is a manifestation of Don’s passion and it is only appropriate that we honor his contributions.” “The refuge system has a long tradition of mindful fishing, and this event keeps in stride with the refuge’s mission and Don’s own vision to educate about ethical sportsmanship and resource conservation,” added Miller. “We will sorely miss his presence at this year’s event and in so many other refuge programs and events.” For more information on the tournament, visit [www.dingdarlingtarpontourney.org](http://www.dingdarlingtarpontourney.org).✽







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# Guest Author At Library After School Program

On Tuesday, April 25 at 3 p.m., Susan Werner Thoresen, author of *The Yoyo and the Piggy Bank*, will be the featured guest at the Sanibel Public Library's 3rd to 5th After-school Clique program. *The Yoyo and the Piggy Bank* is the story of a boy, Jackson, who has a yoyo, and a girl, Anna, who wants to get one. Her mom asks what she can do to earn the money. Anna sets her goal and gets to work. The story includes wonderful illustrations by Keith Eveland.

The author will bring bookmarks for all kids, word searches, the coins in the book and a few yoyos, and will share her experience in writing the book. MacIntosh Books carries copies of the book. Last month, the Seacoast Repertory Theatre in Portsmouth, New Hampshire produced the

musical *The Yoyo and the Piggy Bank* in the children's theater workshop with two casts as so many kids tried out.

Werner Thoresen has a 40-year history with Sanibel as her parents, Jane and Clem Werner, were residents. Jane donated her extensive collection of dolls from around the world to the library. The Sanibel Public Library is located at 770 Dunlop Road.✱

# Bid Online For Painted Chairs

Our Mother's Home of Southwest Florida is seeking online bidders for more than 20 one-of-a-kind, hand-painted chairs for its fundraising Chair-A-Tea Party silent auction at Artichoke & Company in Bonita Springs on Saturday, May 13 from 2 to 5 p.m.

The online auction at [www. OurMothersHome.com](http://www.OurMothersHome.com) will be available

now through Friday, May 12. The highest online bid by the end of that day will be the starting bid for the silent auction on May 13.

A recent call to artists was answered by local artist Janet Vince and Captiva Island restaurant owner Sandy Stilwell, who teamed up to paint a set of

island-style rocking chairs. The colorful pair of rocking chairs is currently on display at Summerlin Jake's Seafood & Steaks, located at 17501 Harbour Pointe Drive in Fort Myers. Online bidding for Chair #20 can be found at [www.ourmothershome.com/2017/04/chair-20/](http://www.ourmothershome.com/2017/04/chair-20/).✱

# Programs At The Library

Sanibel Public Library's upcoming programs can be found on the library's website calendar at [www.sanlib.org](http://www.sanlib.org).

Readers are invited to come to the library to talk about the book *My Name is Lucy Barton* by Elizabeth Strout, the focus of the Wednesday, April 26 book discussion. The meeting begins at 2 p.m. Fran Poder will lead the discussion of this bestselling book about a mother and daughter. The books featured for the Sanibel Public Library book group discussions are offered in print, audiobook, as well as in downloadable format.

FISH of SanCap and Fifth Third Bank present *Becoming A Home* Owner Financial Literacy workshop on Thursday, April 27 at 6 p.m. To RSVP or for more information, call Kathy at FISH at 472-4775.

Three bronze figures by Bob Kent

of Sanibel are on display during the month of April. The Sanibel Historical Museum and Village is displaying antique children's quilts and toys at the library. There is also an exhibit of paintings by members of the Sanibel-Captiva Art League.

The library's weekly youth programs run through May 13 with the 3rd To 5th After-school Clique held on Tuesdays at 3 pm. There are two "all ages" storytimes on Wednesdays, at 10 a.m. and at 1 p.m. The K-2 After-school Crew is held on Thursdays at 3 pm., with snacks provided. Bessie the READ dog is at the library on "rain-free" Thursdays at 4 pm. The weekly schedule can be found on the calendar at [sanlib.org](http://sanlib.org). If you have any questions, contact Youth Services Librarian Deanna Evans at [devans@sanlib.org](mailto:devans@sanlib.org) or call 472-2483 ext. 201.

The public is invited to attend these library programs; there is no additional cost to participate. For more information, call 472-2483 or visit [www.sanlib.org](http://www.sanlib.org).✱

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## International Science Fair Qualifiers



Dahlia Dry

photos provided

Four students from Fort Myers High School received top honors at the Thomas Alva Edison Regional Science and Engineering Fair and at the 62nd Annual State Science and Engineering Fair. Their projects qualify to compete in the Intel International Science and Engineering Fair in Los



From left, Jash Patel, Ethan Leung and Shaan Chaudhari

Angeles, California in May.

Dahlia Dry is a 10th grader in the IB program. She designed and conducted her project – Looking into the Past for Insight on the Future: Predictive Analytics and Data Science for Time Series Data – on her own. It uses data generated with a Raspberry pi and then adapted a financial projection program to see if she could predict wind shifts in a more localized area. Dry is an avid competitive sailor and is interested in predicting wind shifts for sailing. She placed third in the State Science

Fair, is a state finalist and an FGCU scholarship recipient.

Jash Patel, Ethan Leung and Shaan Chaudhari placed fourth in Physics & Astronomy (Senior Division) at the State Science Fair. All three young men are in the IB program. They each won FGCU scholarships for their project, Effects of Neodymium Magnetic Fields in Rhizochlonium Algae. The project used small, but powerful, neodymium magnets to generate a magnetic field around growing algae. Their project also placed second runner up in the Physical Science Division.

The Intel International Science and Engineering Fair (Intel ISEF), a program of Society for Science & the Public, is the world's largest international pre-college science competition.

Each year, approximately 1,800 high school students from more than 75 countries, regions and territories are awarded the opportunity to showcase their independent research and compete for on average \$4 million in prizes.

Intel ISEF unites these top young scientific minds, showcasing their talents on an international stage, where doctoral level scientists review and judge their work.\*

## BIG ARTS Corner

## Workshops And Seminars

BIG ARTS workshops and classes which will be starting in the month of May include:

- Instructed Life Drawing by Francesco Gillia, Mondays, 9:30 a.m. to 12 p.m., May 1 through 22.

- Constructing the Human Figure in Simple Forms by Francesco Gillia, Mondays, 1 to 3:30 p.m., May 1 through 22.

- Paint with Friends, open studio, non-instructed by Jane Hudson, Wednesdays, 1 to 4 p.m., through May 24.

- Glass Fusing by Petra Kaiser, Wednesdays, 9:30 a.m. to 12:30 p.m., May 3 through 24.

- Life Drawing, non-instructed open studio by Carol Rosenberg, Fridays, 9:30 a.m. to 12 p.m., May 5 through 26.

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](http://www.bigarts.org/workshops), or email [info@bigarts.org](mailto:info@bigarts.org).

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BIG ARTS Monday Night Film Series

Viva

by Di Saggau

The BIG ARTS  
Monday Night  
Movie for April



24 is *Viva*, an Irish drama shot in Cuba, and set in Havana's slums. The film is the story of Jesus (Hector Medina), an impoverished young hairdresser who dreams of becoming a drag entertainer at the nightclub where he coifs the wigs of the clubs many divas. His mother is dead and his father abandoned him, so he is watched over by the club's tough but caring star, an aging drag queen known as Mama, a marvelous Luis Alberto Garcia.

Finally, Jesus is given a tryout and he turns out to look, in drag, a bit like Audrey Hepburn. He has the youth and passion of a newcomer. And is a terrific dancer. His stage name is Viva. He is trying to avoid falling into prostitution.

Complicating Jesus's existence is the sudden reappearance of his father, Angel, a former boxer released from prison. Angel is not pleased with his son's homosexuality and fondness for drag and demands Jesus quit the club. However, he moves in with Jesus, without asking permission, and assumes paternal authority. Jesus stands up for himself and eventually they form an edgy bond.

The story is slightly melodramatic, but Paddy Breathnach, the director, finds ways to make things surpassingly moving at times, in the same way that he makes the Havana slums actually look beautiful.



"It's the most beautiful slum in the world," one character remarks. The film runs 100 minutes. The moderator for the evening is Mary Snyder.

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 are 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](http://www.BIGARTS.org), at the door or by calling 395-0900.✪

Poet's Corner



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Looking for Daddy

by Harriet Werfel Edwards

We sat at the window, my sister and I,  
on mommy's lap  
watching for his pick-up truck  
on the road far below.

"Daddy, daddy dumpling  
where are you?" we'd chant  
as cars passed by.

He worked hard to support us  
left early, home late  
six days a week  
Sunday til noon.

Sunday afternoon he played tennis  
and took me along

to the neighborhood park.  
I sat high above the courts,  
watching him play.  
As a child I was certain  
I was his favorite  
when he'd slip me  
a sympathetic wink  
as my mother began  
her continuous scold.

His silent wink held me,  
though there were few  
words, or gestures  
or listening ears,  
to tell me of his love.

I often glimpse him here  
walking on this island I love,  
a slightly stooped older man  
clothes crisply pressed,  
thinning gray hair  
neatly trimmed  
high cheek bones, handsome.

My dad, long gone  
reappears as a whisper,  
an echo, a dream.  
"Daddy, daddy dumpling  
where are you?"

*Harriet Werfel Edwards is a retired  
English professor at the University of  
Cincinnati.✪*

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## Book Review

# The Woman Next Door



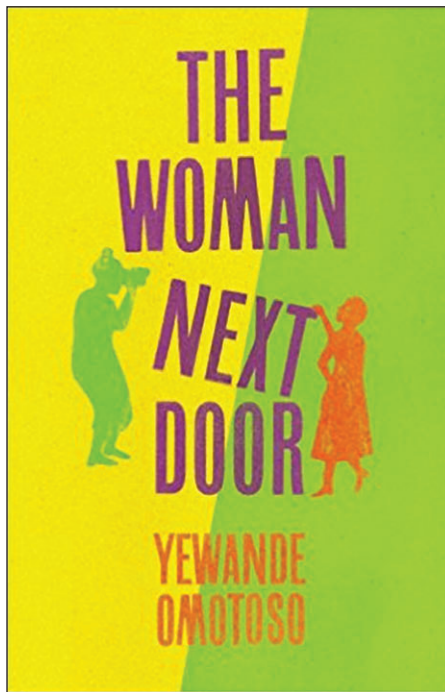
by Di Saggau

South African author Yewande Omotoso makes her U.S. debut with *The Woman Next Door*. It tells the story of two cantankerous octogenarians.

Two women, one black and one white, are neighbors who discover after 20 years of exchanging digs and insults that they might be able to help one another. Hortensia James and Marion Agostino have a lot in common. Both are in their eighties, widowed and have had highly successful careers. They are bitter and lonely and what separates them is not skin color and money, it's the fear of reaching out and making oneself vulnerable enough to connect intimately.

Hortensia, age 85, has headaches that she calls resentment. At the age of 31, she started to hate. Being the only black person living in her surroundings, she felt disgust for the white gentry and for herself as well. Hortensia did not like her neighbor but then she did not like most people. She fell in love with a white man in 1950 London, and became used to saying, "Yes, Peter is my husband." Like many marriages, theirs did not remain a happy one. He dies after a long illness, and his dying wish forces her to face some uncomfortable truths about their marriage.

Marion, age 81, is facing financial problems and about to lose her home due to her husband's financial recklessness. She remembers a painting that has been stored away for years and feels it might fetch enough money to last her until she dies. When her home is due to go on



the market, her children mention two words that together give her a fright: "retirement" and "village."

These two strong-willed women are committed enemies. They live in an affluent neighborhood in Cape Town, South Africa. One day, an accident brings them together. As they start to break down their defenses, they discover that it's never too late to seek understanding. This book will make you laugh and cry and it will stun you with its insights of shattered dreams, hidden desires, painful secrets and loneliness that many feel at one time or another as they age.

The author's observations are both heart-breaking, and humorous. She talks about one man who speaks as if his words were precious and he knew the person he was talking to couldn't really afford them. *The Woman Next Door* is a story of the common ground we sometimes find in unexpected places, told with incredible warmth and wry humor.✱

depression.

**The Teen Brain: Six Things To Know** – Did you know that big and important changes are happening to the brain during adolescence?

Here are six things to know about the teen brain:

**Your Brain Does Not Keep Getting Bigger As You Get Older** – For girls, the brain reaches its largest physical size around 11 years old and for boys, the brain reaches its largest physical size around age 14. Of course, this difference in age does not mean either boys or girls are smarter than one another.

**But That Doesn't Mean Your Brain Is Done Maturing** – For both boys and girls, although your brain may be as large as it will ever be, your brain doesn't finish developing and maturing until your mid- to late 20s. The front part of the brain, called the prefrontal cortex, is one of the last brain regions to mature. It is the area responsible for planning, prioritizing and controlling impulses.

**The Teen Brain Is Ready To Learn And Adapt** – In a digital world that is constantly changing, the adolescent brain is well prepared to adapt to new

technology – and is shaped in return by experience.

**Many Mental Disorders Appear During Adolescence** – All the big changes the brain is experiencing may explain why adolescence is the time when many mental disorders – such as schizophrenia, anxiety, depression, bipolar disorder and eating disorders – emerge.

**The Teen Brain Is Resilient** – Although adolescence is a vulnerable time for the brain and for teenagers in general, most teens go on to become healthy adults. Some changes in the brain during this important phase of development actually may help protect against long-term mental disorders.

**Teens Need More Sleep Than Children And Adults** – Although it may seem like teens are lazy, science shows that melatonin levels (or the "sleep hormone" levels) in the blood naturally rise later at night and fall later in the morning than in most children and adults. This may explain why many teens stay up late and struggle with getting up in the morning. Teens should get about nine to 10 hours of sleep a night, but most teens don't get enough sleep. A lack of sleep makes paying attention difficult, increases impulsivity and may also increase irritability and depression.

For more information on conditions that affect mental health, resources and research, go to [mentalhealth.gov](http://mentalhealth.gov), [www.mentalhealth.gov](http://www.mentalhealth.gov) or the NIMH website at [www.nimh.nih.gov](http://www.nimh.nih.gov). In addition, the National Library of Medicine's MedlinePlus service ([www.nlm.nih.gov/medlineplus/](http://www.nlm.nih.gov/medlineplus/)) has information on a wide variety of health topics, including conditions that

affect mental health. If you do not have Internet access and would like more information on the teen brain, contact the NIMH Information Resource Center at 1-866-615-6464 or 1-866-415-8051 (TTY toll-free).

National Institute of Mental Health – Office of Science Policy, Planning and Communication (Science Writing, Press & Dissemination Branch), 6001 Executive Boulevard, Room 6200, MSC 966, Bethesda, MD 20892-9663

Phone: 301-443-4513 or  
1-866-615-NIMH (6464) toll-free  
TTY: 301-443-8431  
TTY: 866-415-8051 toll-free  
Fax: 301-443-4279  
Email: [nimhinfo@nih.gov](mailto:nimhinfo@nih.gov)  
Website: [www.nimh.nih.gov/](http://www.nimh.nih.gov/)

Teen Depression Study: Understanding Depression in Teenagers. Join a research study, enrolling from around the country.

To find out if you qualify, email NIMH or call 1-301-496-8381 (TTY: 1-866-411-1010).

Online: <https://www.nimh.nih.gov/labs-at-nimh/join-a-study/trials/childrens-studies/understanding-depression-in-teenagers.shtml>

Shelley Gregg 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](mailto:smgreggs@gmail.com). Not all questions submitted can be addressed through this publication.✱

## School Smart



by Shelley M. Gregg, NCSPP

**Dear Readers,** Parenting is hard work, and having the correct information about your child's development is crucial in making important decisions

with your children and for your children. In that light, I am passing along to you a very useful and informative article from the National Institute of Mental Health (NIMH) about the "teen brain" to read and share with your teens. I have included the NIMH contact address if you would like to request additional information. Also included is a short synopsis and contact information of a NIMH research study that is currently enrolling teens, ages 12 to 17, from around the country, who already have a diagnosis of depression. This study's focus is to identify the cause(s) of teen

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## Highlights Of SCCF's Beer In The Bushes Fundraiser



Hip-hop dance team The Nobodies Dance Crew entertaining the crowd at last Saturday evening's Beer in the Bushes fundraiser for the Sanibel-Captiva Conservation Foundation (SCCF)

photos by Jeff Lysiak



Luc Century and Dee Serage-Century



Ryan Carstens and Leah Biery



From left, Marnie O'Daniel, Leigh Gay and Rebecca Mensch



From left, Kip Buntrock, Deborah Connaway, Molly Arnstrom, Jack Connaway, Heather and Horace Carr



From left, Ken Monahan, Carol Sue, James McHale, Nicole McHale, Jimmy McHale and Kielty Turner



Beer in the Bushes organizer Jeff Siwicki



Jewel and Kevin Jensen

more photos page 2B



From page 1B

Beer In The Bushes



Jim “Jimi Jazz” Prescott playing the standup bass



Robin Cook of The Sanibel Captiva Trust Company



Gary Dutton introducing his son’s band, G. Love & Special Sauce, as SCCF Executive Director Erick Lindblad reacts

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Crowds gathered at the SCCF fundraiser, which sold out days in advance



G. Love & Special Sauce, a hip-hop/blues band based in Philadelphia, was the headline act performing at Beer in the Bushes





# Phaidra McDermott

*Lifelong Island Resident*

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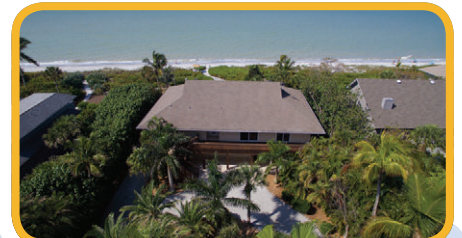
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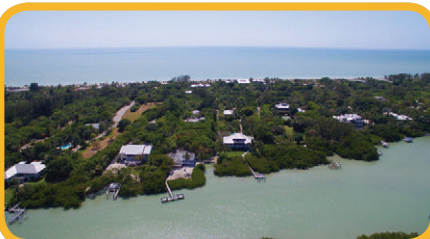
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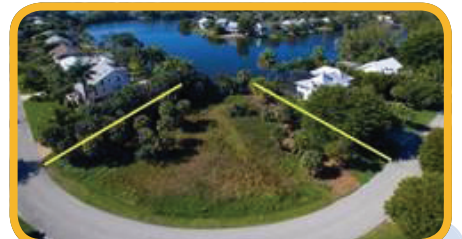
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# Program Addresses Long-Term Care

The final program of The Sanibel Captiva Trust Company's WOWPlus 2017 series was held this past week at The Sanctuary Golf Club. The presentation, entitled A Beautiful Friendship... Long-Term Care and Finance, was presented by Samira K. Beckwith, CEO and President of Hope HealthCare and Robin L. Cook, executive vice president of The Sanibel Captiva Trust Company.

Some important statistics were highlighted during the presentation:

Only 39 percent of investors discuss their long-term care wishes with their children; the chance an American woman over age 75 will live alone is 50 percent; about 68 percent of nursing home residents and 75 percent of assisted living residents are women; the annual average cost for assisted living facilities in Lee County is \$44,976.

"The best gift we can give our children is to be as self-sufficient as possible," said



Robin L. Cook of The Sanibel Captiva Trust Company and Samira Beckwith of Hope HealthCare were the speakers at the program photos provided

Cook. "It's so important to plan ahead for those elder years or times of incapacity, so you are financially and emotionally prepared." Cook shared that she and her husband had just recently purchased



From left, Lynn Schneider, director of communications and marketing at Shell Point Retirement Community; Samira Beckwith, president and CEO of Hope HealthCare; and Darlene Grossman of Hope HealthCare

long-term care insurance for the day when they may need these services themselves. LTC insurance can deflect burdening the next generation and help offset the financial drain on one's estate, allowing the individual to continue to live in a pleasant and comfortable atmosphere of their choosing, whether it is in an assisted care community or at home with in-home care.

Beckwith expounded on these vital facts and emphasized that Hope HealthCare helps people plan for their future. She had several positive stories to share, one highlighting a family that bravely faced an end-of-life discussion, which she highly recommends. "Although painful or sad for children," she said, "it's like a band aid - you say it once and get it over with, and the family is much better for it."

She recommended that people take the time to download a copy of Hope HealthCare's brochure *Five Wishes* from their website. It is a simple form that documents the individual's instructions for future medical care in the event he or she becomes unable to speak for themselves,

which includes a health care power of attorney, a living will and a declaration of an anatomical gift. It also sets in motion a vital discussion with children or a trusted advisor. "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 Beckwith.

For more information about Hope HealthCare visit [www.hopehcs.org](http://www.hopehcs.org) or visit [www.sancaptrustco.com](http://www.sancaptrustco.com) to meet with an advisor about putting a financial plan together to meet your needs.

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. The WOWPlus series will continue next season. If you are not already on the mailing list and would like to be invited, contact Frances at 472-8300 or email [fsteger@sancaptrustco.com](mailto:fsteger@sancaptrustco.com) Available for investable assets of \$2 million and higher.✧

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## Notice Of Limited Parking

Block Peace Park parking area - located at the north end of Dixie Beach Road - will have very limited parking through the fall for necessary construction of the Phase 4A Sewer Expansion Project on Woodring Road.

Work began on April 17. While vehicular access will be limited during this time, pedestrian access to this park will be available.

The public is reminded to use caution when traveling through the area until the construction is completed.

Contact the City of Sanibel's Public Works Department at 472-6397 if you have any questions regarding this project.✧



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The Charitable Foundation of the Islands' Board of Directors with 2017 Sanctuary Golf Challenge representatives, standing from left, Melissa Congress, Tony Lapi, Michael Kelly, Paul Roth, Brett Kist (Sanctuary director of golf), Al Hanser, Jackie Bingham (Sanctuary tournament committee chair), Tim O'Neill, Ralph Clark and Virginia Stringer. Seated from left, Mary Ellen Pfeifer, Cindy Brown, Chip Roach, Steve Brown and Chris Heidrick.

photo provided

## Foundation Awards Grants To Non-Profits

The Charitable Foundation of the Islands (CFI) announced the recipients of its 2017 Capacity Grants initiative. The grant monies, totaling \$44,800, were awarded to 10 non-profit organizations on Sanibel and Captiva to ensure their sustainability by assisting them in expanding their fundraising and strategic planning.

Funds for website upgrades went to the Captiva Historical Society, the Sanibel Historical Museum and Village, and Community Housing and Resources (CHR).

Funds designated for the Sanibel-Captiva Conservation Foundation (SCCF) will enable it to expand its website by adding an interactive map for its numerous preserves.

The grants to the Bailey-Matthews National Shell Museum and the Clinic for the Rehabilitation of Wildlife (CROW) support further development of their boards' fundraising skills, as well as the training of CROW staff on their own fundraising software.

Assistance for staff training was provided to BIG ARTS, Sanibel Sea School and JN "Ding" Darling National Wildlife Refuge. The Captiva Community Panel's grant will assist it in engaging a planning expert to review and strengthen the Captiva Plan's language.

The Capacity Grants committee – headed by Virginia Stringer – includes Cindy Brown, Steve Greenstein, Chris Heidrick, Mike Kelly and Chip Roach. The committee reviewed 15 applications according to a rubric developed by an outside consultant.

"We were pleased to see so many non-profit organizations on Sanibel and Captiva requesting grants in this second year of our innovative Capacity Grant initiative," Stringer said. "As familiarity with our purpose grows, organizations can better target their capacity-building needs and their measurable results. The initiative also strengthens the connection and commitment between the CFI board, the grants committee and these amazing non-profits that benefit the citizens and the environment of the islands that we love."

CFI's Capacity Grant Award is a unique undertaking designed to help Sanibel and Captiva nonprofits increase their organizational capacity and, thus, their sustainability. The grants enable organizations to hire consultants, implement new technology or improve existing technology, and equip their boards and staff with skills that further the organizations' missions.

The Charitable Foundation of the Islands' partnership with The Sanctuary Community Golf Challenge and its many generous sponsors helps it to provide continuing financial support to worthy causes exclusively on Sanibel and Captiva. CFI's primary concerns are basic human needs, arts, education, the environment and unforeseen emergencies.

CFI's mission is to promote philanthropy to help Sanibel and Captiva residents in need, and to strengthen the islands' non-profit organizations to build a spirit of community for generations to come. CFI accomplishes its goals through the distribution of annually raised funds and stewardship of reserves maintained for emergencies.

For more information on Capacity Grant giving through the Charitable Foundation of the Islands, visit [www.charitablefoundationoftheislands.org](http://www.charitablefoundationoftheislands.org).

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# Zonta Addresses Female Economic Empowerment



Karen Watson from Our Mother's Home  
photos provided

submitted by Kathleen Skubikowski

Following the Sanibel-Captiva Zonta Club's highly successful Women's Empowerment Series (WES) at BIG ARTS this winter, organizers Carol Gestwicki and Virginia Jones recently convened the first Women's



Representatives from Lee County non-profit organizations at Zonta's first Women's Economic Empowerment Collaboration meeting

Economic Empowerment Collaboration meeting. The meeting was held at the Heights Center in Fort Myers, and attending were representatives from 10 Lee County non-profit organizations, including Sanibel's Community Housing and Resources' (CHR) Kelley Riedy. Other Lee County participants were Jennifer Benton from Abuse Counseling and Treatment, Inc. (ACT), Barbara Dell and Nickole Hendra from Dress For Success SW Florida, Dorothy Browning from Goodwill Micro-Enterprise Institute, Deb Mathinos and Kathryn Kelly from The Heights Foundation, Lucy Garcia from the Organizacion Internacional de Latinos en el Exterior (OILE), Karen Watson from Our Mother's Home, Sara Jordan from PACE Center For Girls Lee County, Sarah Owen from the Southwest Florida Community Foundation, Brenda Tate from The Women's Foundation of Southwest Florida, and Nola Theiss from Human Trafficking Awareness

Partnerships (HTAP). The goal of this first collaboration meeting was to continue the fruitful conversations among service providers and funding providers that began with information exchanges during the WES events of December, January and February, and to ask, "What comes next?" and "How can Zonta help?" In Lee County, and nationally and internationally as well, Zonta works to empower women and girls through advocacy, service, and funding. Locally, economic empowerment can mean helping a woman navigate the move from rental housing to home ownership,

as CHR seeks to do, or from a series of low-paying, low-skill jobs to training and a career, as the Heights Foundation's new Culinary Arts Job Training program seeks to do. Gestwicki and Jones plan to convene future meetings, expanding the conversations to help generate collaborations among participants. "Economic opportunity has to be at the core of empowering women," said Jones. "Our goal as Zontians is to support and maximize the effect of the work that is already happening here." Gestwicki added, "We are excited about helping to facilitate coordination and communication among these dynamic organizations. A year ago, before the WES series at BIG ARTS, even we were not aware of all the opportunities for women in Lee County. Now we want to help the women who desperately need these services to find them." The next Women's Economic Empowerment Collaboration meeting is planned for May 15. For more information on local activities, visit [www.zontasancap.com](http://www.zontasancap.com). For more information on global activities, visit [www.zonta.org](http://www.zonta.org).✧

## Sheriff To Speak At Republican Caucus Meeting

Mike Scott, Sheriff of Lee County, will speak to the Sanibel/Captiva Republican Caucus on Saturday, April 22 at 10 a.m. He will discuss issues facing law enforcement in the county, and how his office handles them. The meeting will be held at the Sanibel Public Library in Meeting Room 4, and is open to the public. Scott was born and raised in Lee County, and received his bachelor's degree from the University of South Florida and master's in business from

IMPAC University. He joined the sheriff's office in 1988, was elected sheriff in 2004, and re-elected in 2008, 2012 and 2016. In 2005, the Florida Crime Prevention Association awarded Scott the 2005 President's Award, the highest honor given to any chief in Florida. His fellow sheriffs elected him to the Sheriffs Association Board of Directors in 2007. In June 2010, he graduated from the FBI National Academy in Quantico, Virginia, and was selected by his 260 classmates to give the commencement speech alongside then FBI Director Robert S. Muller, III. He is a strong supporter of Second Amendment rights. Call Rick Shewring at 579-0792 for additional information.✧

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From left, John Ammons, Kathryn Kelly, Susan Nasworthy, Kim Nyberg and Robbie Roepstorf  
photos provided

# Blues By The Bay Raises \$100,000 For Area Children

The Heights Foundation's 3rd annual Blues By the Bay event raised \$100,000 for School Success programs for at-risk children in the Harlem Heights neighborhood in Fort Myers. Bank of the Islands was the Presenting Sponsor. Additional sponsors included Chico's FAS, Entech, Jaguar of Fort Myers, the Sanibel-Captiva Islander/Island Reporter, Timi Coleman/Right Choice Realty, Vicki and Richard Pitbladdo, Lynne Bode and Susan Smith, Maria and Wayne Wiles, and Sandy and Richard Heinrich.

The evening of live music, food and drinks was held at the Blue Coyote Supper Club. Entertaining the audience with their own brand of blues and soul was the original Juice band. Gina Birch was emcee and Cindie Barker and Teri Palmer chaired the event.

Guests had samplings from some of Sanibel and Captiva's finest restaurants including Blue Coyote Supper Club, Sweet Melissa's Cafe, Bleu Rendezvous French Bistro, Summerlin Jake's Seafood and Steaks, Pinocchio's Original Italian Ice Cream, George & Wendy's, The Culinary Education Center of Sanibel, Il Cielo, Il



Nancy Siegel and Luc Century

Tesoro and The Timbers Restaurant and Seafood Market. There was a pre-event reception for VIP guests at the home of Lisa Franks with a raw bar by The Timbers. The Lighthouse Resort & Tiki Bar was the Champagne sponsor.

Guests had the opportunity to bid on auction lots including a private half-day boat tour for 10 with Bruce Neill, co-founder and executive director of



Bob Berning and Timi Coleman



Don Korn and Ingrid Korn



Jolie Black and Jeffrey Gross

The Sanibel Sea School followed by a pasta party at Matzaluna; a trip for eight to Cuba with guide Gloria Jordan; and tickets to see Bruno Mars in Miami with accommodations and three-day use of a Jaguar of choice.

"We are appreciative that the residents and businesses of Sanibel and Captiva opened their hearts and made this event a success," said Kathryn Kelly, president and CEO of The Heights Foundation. "Our



Mitch Schwenke and Cindie Barker

School Success programs include academic tutoring, after school and summer camp programs, scholarship and college access assistance, school supplies and tuition support. Each program is geared to meet the specific needs of children and young adults who seek to further their education."

For more information about The Heights Foundation and The Heights Center, visit [www.heightsfoundation.org](http://www.heightsfoundation.org) or call 482-7706.✽



From left, Luis Torres, Chef Teh, Matt Asen and Jo Bogdon



From left, Tom Jones, Lisa Franks and Debra Mathinos



## Special Delivery: Island Pizza's Outreach Efforts

This season, the City of Sanibel enlisted island businesses to help disseminate information to island residents and visitors about the Sanibel Bound Street Cam App, a new tool that provides real-time views of six island locations to help motorists plan their travels.

At Island Pizza on Periwinkle Way, staffers attach Street Cam App information cards to pizza delivery boxes en route to island homes and vacation condos. App information is also available to customers who pick up their take-out: there's a stack of ready-to-grab App cards near the door. Patrons who decide to stay for their meal while watching the game on one of Island Pizza's TVs will notice the Street Cam App ad on a video monitor in the dining room.

"As a long-time island business, Island Pizza is happy to help the city spread the word about the Street Cam App in any way we can," said restaurant General Manager Darien Arnum. "We can help reach a huge number of residents and tourists during season."

For real-time live Sanibel traffic conditions at your fingertips, go to [mysanibel.com](http://mysanibel.com) to access the Sanibel Bound Street Cam App.

The City of Sanibel's multifaceted Traffic Communications Strategy includes outreach efforts to island visitors, residents, businesses and vendors to help increase awareness of peak traffic times and reduce congestion on island roadways.

If you have a story to share about someone who practices "Bike or Hike" or a business that utilizes the Sanibel Bound App to reduce peak season traffic, email the city manager's office at [judie.zimomra@mysanibel.com](mailto:judie.zimomra@mysanibel.com).✱



Island Pizza General Manager Darien Arnum photo provided

## ISLAND SUN BUSINESS NEWSMAKERS

### Top Producers

Premier Sotheby's International Realty announced that Kara "KC" Cuscaden has been named the top producer associate and The Burns Team has been named the top producing and top listing team for the month of March.✱



Kara Cuscaden



Lynda and Kit Traverso

### Top Agents

VIP Realty Group recognized its top agents and sales teams for the month of March. Lynda and Kit Traverso were recognized as the top sales agents, Ted Benjamin was recognized as the top listing agent and Mary Lou Bailey was recognized as the top producer.✱



The Burns Team

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Ted Benjamin



Mary Lou Bailey

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George Heisler

photo provided

## New Board Member Added

George Heisler, retired attorney specializing in transfer taxation and business succession, was recently inducted as a board member of Sanibel Captiva Holdings, Inc. of Sanibel at the company's annual shareholders meeting.

Heisler focused his practice on estate and business planning with particular emphasis on the succession and transfer tax problems of families that control public and closely held companies. He continues to serve as senior counsel to

a select group of his long-time clients. Previously, he served as the chair of McDermott Will & Emery LLP's Private Client Department from 1999 through 2006 and as Partner-In-Charge of the firm's Chicago office from 2006 to 2009.

Heisler was actively engaged in the structuring of family business control and valuation devices, planning to facilitate the retention and transfer of family businesses, and multi-generational tax and estate planning for wealthy families.

"George's experience in this area and the range of clientele he served makes him ideally aligned with the goals and specialties of The Sanibel Captiva Trust Company, The Naples Trust Company and The Tampa Bay Trust Company," said Al Hanser, founder and chairman. "We are delighted to have a local Sanibel resident, such as he join our board of directors."

Heisler graduated from Harvard College in 1965 (AB magna cum laude) and from Harvard Law School in 1968 (Juris Doctor). He was a long-time member of the American College of Trust and Estate Counsel and received numerous awards during his legal career, which included being named in *Best Lawyers in America*; recognized as one of the Nation's Top 100 Estate Planning Lawyers by *Worth Magazine*; named to Chambers USA: Leading Business Lawyers, 2006-11; listed by Law & Politics as an Illinois Super Lawyer in the area of Estate Planning and Probate, and was named as a Top 10 Estate Planning Lawyer in Illinois by Leading Lawyers Network.✪

### Superior Interiors

## The Fabric Of Our Lives



by Linda Coin

A hhhh... those fabulous, fabulous fabrics. How would we ever live without them? Our environments would be quite dreary were it not for the beauty, interest, comfort and design that

fabrics bring to our lives. Fabric enhances and softens the interiors of our homes as no other design element can. Combining the two strongest elements of interior design, the psychology of color and the psychology of pattern, fabric brings human qualities to our surroundings on a very personal level.

The ultimate advantage of using fabrics in our interiors is the strong power it possesses to set a mood – from soft, quiet and sophisticated to bold and beautiful. There are literally tens of thousands of fabrics available to choose from, with new collections being introduced every fall and spring, thus assuring the perfect color and pattern for each of our tastes and needs. Our ability to apply these colors, textures and prints of fabrics gives each of us a unique opportunity to enjoy truly

personalized surroundings.

Our imaginations need not be limited to colors and patterns but should expand to include the myriad applications we can design with those fabrics. Visualize a "take-me-away" theme in tropical prints with accents of bamboo and raffia, a sunny Tuscan breakfast room in blues, yellows and corals or a Moroccan themed room in bright silks and bangles. A contemporary casual room, furnished in solids and textured fabrics in calming neutral hues, provides undemanding simplicity. Often the choice of busy people, this interior will serve them well without demanding much attention in return.

Fabrics can provide an amazing array of moods in any room, from a tented dining room ceiling to interior awnings in a breakfast room to sound proofing upholstered walls in the children's playroom. Your family can feel free to put their feet up on a large fabric-covered ottoman substituting for a coffee table in the family room. Outdoor fabrics are no longer just the blue and white stripe variety but are now available in geometric corals and multi-colored plaids, as well as sophisticated leaf patterns.

Fabrics can be beautiful, friendly and fun. They can set the mood, enhance a theme, establish a trend, soften sound, control light, provide privacy and calm our busy lives. Fabulous fabrics... indeed!

Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at [linda@coindeciden.com](mailto:linda@coindeciden.com).✪

## Basic Budgeting Workshop

FISH of SanCap, in partnership with Fifth Third Bank's Empower-U program, is holding a free basic budgeting workshop on Thursday, May 4 from 6:30 to 8 p.m. at Sanibel Community Church, located at 1740 Periwinkle Way.

Participants will learn how to create and maintain a budget, save more and spend less and become more proactive and less reactive with their financial management.

John, who attended a similar FISH workshop last quarter, said, "Personally, I found it enlightening to assess my own finances. Once you have a clear view of your overall financial picture, you can shift your focus to aggressively eliminating debts and building wealth. I certainly look forward to that."

Light refreshments will be provided, and participants will receive a certificate of completion.

For more information or to RSVP, contact Kathy Y. Monroe, MSG, program director at FISH of SanCap, at 472-4775.✪

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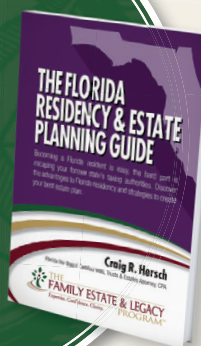
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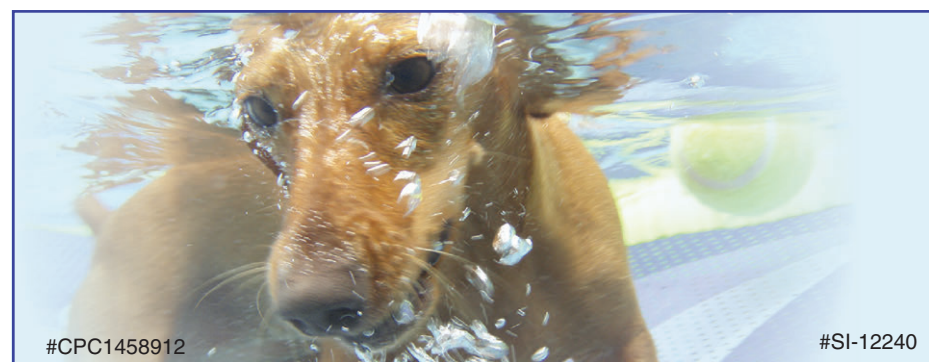
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Will Power

## Two Hats



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

When my children were young, I used to read Dr. Seuss books to them. One of their favorites was *The Cat in the Hat Comes Back*. You may remember the plot where the devious cat covers the interior of the house with pink spots while mother is away. When the kids are afraid that the mess can't be cleaned up, the cat reveals one cat after another inside ever-decreasing sized hats, one on top of the other, kind of like a Russian Matryoshka doll. All of the little cats cause an even bigger mess, eventually cleaning it up before mother returns.

Wearing more than one hat can be a problem in an estate plan as well. An example of this is when someone is both a trustee for their deceased loved one's trust and also a beneficiary of that same trust. Let me explain.

Suppose that Father's trust is held for the benefit of Victoria, his second wife. Victoria is to receive income for the rest of her life, and, if the income is insufficient for her needs, the trustee can invade the principal of the trust for her health, maintenance and support. Upon Victoria's death, the trust terminates back to Father's children, Sandy and Maria. Victoria is not Sandy and Maria's mother, but Victoria is also the trustee of the trust.

Here Victoria is wearing "two hats." As trustee of the trust, she has a responsibility not only to her own needs – to provide herself income and possibly invade the principal of the trust for her own benefit – but she is also supposed to be watching out for the needs of the remaindermen beneficiaries – Sandy and Maria. It would appear that Victoria has a conflict of interest, which is quite common in these scenarios.

A trustee would have to balance the investments for both income (which benefits Victoria) and growth (which benefit Sandy and Maria). As a beneficiary, Victoria would want to weigh the investment portfolio to maximize the income earned so that she has more money to spend every month. But when a trustee invests for income, it is usually at the expense of growth. Sandy and Maria want the trustee to invest for growth, since they want the trust to increase in value during Victoria's lifetime, if not only to keep pace with inflation.

Keep in mind that every dollar that Victoria spends – especially principal dollars of the trust – is one less dollar that Sandy and Maria will one day receive as inheritance. Even if Victoria has a loving relationship with her step-children, legally she and they have adverse legal interests. What they will want from the trust is in direct conflict.

Victoria, therefore, is vulnerable. If she acts too much in her own favor, then Sandy and Maria could sue her for breach of her fiduciary duties. What if Victoria has a true medical emergency and invades the principal of the trust for many thousands of dollars? The trust seems to indicate that this is okay, but would your opinion change if Victoria had millions of her own outside of the trust?

This is where good drafting comes into play. The trust could read, for example, that when making principal distributions, the trustee should consider the other income and resources available to the beneficiary. It may also read that the trustee is to favor the income beneficiary's needs over those of the remaindermen, or vice versa. It's not a bad idea for the grantor of the trust to direct his attorney to write an "intent" clause:

"It is my intent that the trustee first consider the needs of my wife should she survive me, over the needs of my children, even to the extent of the exhaustion of the

trust funds. In making these decisions, however, my trustee shall consider the outside income and resources available to her," for example.

Yet another good idea is to name an independent party as a co-trustee to weigh in on investment and distribution decisions. This may serve Victoria well by taking some of the responsibility off of her shoulders.

There are many ways to "skin the cat" in this type of situation. A "standard" trust that does not delve into the grantor's priorities and intent could actually cause more problems than it solves. My book, *Selecting Your Trustee*, is slated to come out later this year, and it will go into much more detail concerning this and topics similar to it. Be sure to continue reading this column for updates.

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## Rotary Happenings

submitted by Shirley Jewell

The arrival of spring is a time of renewal, rebirth, reawakening; a time for sowing of seeds and a season of hope. Many countries around the globe celebrate this season with festivals and religious holidays rejoicing new beginnings.

Our own Sanibel-Captiva Rotarian, Sanibel Congregational United Church of Christ Pastor John Danner has made a study of cultural spring festivities throughout the globe and found that many of these traditional celebrations, whether religious or secular, have shared common elements. An understanding of each other's countries religious traditions can bring about connections of commonalities between individuals and countries, leading to a purposeful and peaceful influence around the globe.

Danner highlighted two lesser known celebrations of spring – Nowruz (Persian) and Holi (India). He focused on their traditions and the similarities to two familiar spring celebrations Easter (Christian) and Passover (Jewish).

Nowruz, or "The New Day," is the Iranian New Year. The vernal equinox ushers in Nowruz, a celebration of nature's rebirth that lasts for two weeks. This celebration dates to 3,500



BCD. Leading up to Nowruz, families thoroughly clean their homes. A complete deep cleaning is known as "Shaking the House." It is a spiritual cleaning. People spend the last Wednesday before Nowruz addressing their spiritual cleanliness, jumping over fire pits, and reciting a variation of the following rhyme: "Give me your beautiful red color; And take back my sickly pallor." Sharif tells us this is a gesture of purification ahead of the new year."

They buy new clothes, representing a fresh start. Set their feast table with the seven S's – traditional symbols of the season: Subzeh – tulips and hyacinths, greenery, wheat, lentil sprouts for rebirth; Samanu – sweet pudding for strength, abundance and fertility; Seer – garlic for health; Senjed – dried fruit for love and passion; Serkeh – vinegar for wisdom, old age, patience; Seeb – apple for beauty; Somaq – sumac berries to represent purple and the colors of dawn. They decorate eggs for good luck and fertility. They may have gold fish on a mirrored table for new beginnings and a book of Rumi poetry or religious writings. It is a celebration where visiting with friends and family is meaningful for a resurrection of life.

Holi, or "Festival of Colour," in India celebrates the arrival of spring and farewell to winter. It is a festival of love, color and fun symbolized by a visual explosion of bright and bold colors. It is the awakening of spirit and renewal of life. It is a day to end and rid oneself of past errors, to end conflicts by meeting others, a day to forget and forgive. People pay or forgive debts,

continued on page 21B



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# Pickleball Facility Opens At Sundial



Pickleball in action at Sundial Beach Resort & Spa

photos provided

Sundial Beach Resort & Spa announced the completion of a 12-court pickleball stadium, adding to its lineup of resort amenities and public offerings. The Plexicushion system courts provide tournament-grade facilities in a pristine, waterfront setting accessible to both resort guests and the public.

Guests of the resort receive complimentary court access and equipment loans as part of Sundial's activity package. Lessons, clinics and open play are available under the direction of Ernesto Enriquez-Socas, IPTPA certified resident pro.

For a limited time, introductory annual memberships are being offered to the public for a fee of \$150. Public court time (based on two hours of play) is priced at \$10 and includes equipment rentals. For groups looking to hone their skills while taking an island retreat, the resort offers custom pickleball vacations.

A combination of tennis, badminton and table tennis, pickleball now claims the title of "fastest growing sport in North America." Suitable for all ages and skill levels, the sport is a game of shot placement rather than strength and may be played at a leisurely pace or highly competitive tournament level.

"We're pleased to introduce a quality, state-of-the-art pickleball facility to Southwest Florida" said Phillip Starling, Sundial's general manager. "Not only is Sundial the first area resort to offer onsite, stand-alone courts to guests, we are also a resource for local and tournament play, with one of the largest USAPA registered facilities in the state."

To kick-off Sundial's inaugural season, *Pickleball Magazine* will be hosting a series of camps headed by USAPA Nationals and U.S. Open medalist Rob Davidson. The three-day camps include 15



Ernesto Enriquez-Socas

hours of instruction, unlimited court use, video analysis and a three-night resort stay. Camp dates are May 3 to 5, 6 to 8, 10 to 12 and 13 to 15.

For more information, contact [pickleball@sundialresort.com](mailto:pickleball@sundialresort.com) or call 395-6037.✪



Scot and Melissa Congress with "Ding" Darling's Blue Goose mascot

photo provided

## Jeweler Among Tarpon Tourney Platinum Sponsors

Congress Jewelers has joined the Platinum Sponsors for the 6th Annual "Ding" Darling & Doc Ford's Tarpon Tournament on Friday, May 19. Proceeds from the "catch, care, and release" tourney, presented by "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), will benefit wildlife and conservation education at JN "Ding" Darling National Wildlife Refuge.

Because the tournament pays out 100 percent of the entry fee (\$500 per boat of up to four) as tournament awards, DDWS raises money exclusively through sponsorships and a silent auction during the captain's dinner at Doc Ford's Rum Bar & Grille Fort Myers Beach on Thursday, May 18.

For more information on the tournament, visit [www.dingdarlingtarpontourney.org](http://www.dingdarlingtarpontourney.org). To learn about becoming a sponsor or donating an auction item to raise support for the overall conservation efforts at the JN "Ding" Darling National Wildlife Refuge, including water quality and education, call Miller at 292-0566.✪



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## 1. Bay Front Views – Sanibel

- 3 BR/4 BA direct Gulf access canal with dock and lift
- Elevator, fireplace, multiple lanais with Bay views
- **\$2,895,000** EUR €2,767,276

## 2. Canal Home on Quiet Cul de Sac – Sanibel

- 4 BR/4 BA Gulf access canal home
- Spacious home with large caged pool
- **\$1,965,000** EUR €1,879,843

## 3. Dunes Golf & Tennis Community – Sanibel

- 3 BR/2 BA bright cheery beach retreat with pool
- Recently remodeled open floor plan
- **\$609,000** EUR €571,053

## 4. Sundial Gulf View Condominium

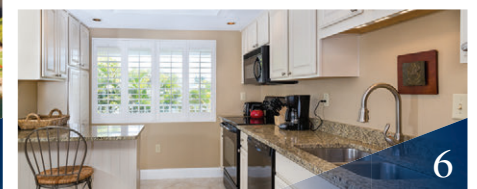
- 2 BR/2 BA beautifully remodeled
- Large cabana included, excellent rental income
- **\$849,000** EUR 796,099

## 5. Snug Harbor Town Home – Sanibel

- 3 BR/2 BA with partial Gulf views
- Updated throughout, under bldg. parking
- **\$699,000** EUR €655,445

## 6. Light House Point Condominium

- 2 BR/2 BA plus den with bay views
- Updated throughout, corner unit
- **\$659,000** EUR €623,256



## 7. Stunning Gulf Front Home - Captiva

- 4 BR/3.5 BA with expansive Gulf views
- Featuring 157 ft of beach frontage AND a boat dock on Roosevelt Channel
- **\$4,499,000** EUR €4,238,162

## 8. Ground Level Canal Home on Cul de Sac - Sanibel

- 3 BR/2 BA with private pool and boat dock
- Gulf access, sea walled canal, deeded beach access
- **\$999,000** EUR €944,279

## 9. Coral Cottage on Captiva

- 2 BR/2 BA with pool in Captiva Village
- New roof 2015, new air conditioner 2014, impact doors and windows
- **\$1,025,000** EUR €968,854

## 10. Ferry Landing - Bayfront on Sanibel

- 3 BR/2 BA with stunning Bay Views
- Community boat dock, swimming pool & tennis
- **\$1,895,000** EUR €1,778,307

## 11. South Seas Island Resort Condos

- 1 BR/2 BA Bayside Villa - **\$315,000**
- 1 BR/1 BA Tennis Villa - **\$254,000**
- 1 BR/1 BA Tennis Villa - **\$299,000**

## 12. 3 BR/3.5 BA on West Gulf Drive - Sanibel

- Steps to the Gulf, swimming pool, beach access
- Newer construction, large open kitchen
- **\$1,297,700** EUR €1,228,004



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# Ban On Women Running The Boston Marathon Defied 50 Years Ago



by Ed Frank

Last Monday's 120th running of the Boston Marathon brought back memories of the horrors four years ago when two homemade bombs detonated near the finish line, killing three people and injuring several hundred others, including 16 who lost limbs.

But the event also marked the 50th anniversary of the first woman to officially compete in the famed marathon – a landmark event that changed the face of women competition in sports.

Back in those days, women were considered too frail to compete in marathons and were banned from the world's oldest marathon. However, that didn't stop a 20-year-old journalism student at Syracuse University, Katherine Switzer, from ignoring this blatant racist ban.

She registered as KV Switzer and received bib number 261. She finished the race in four hours, 20 minutes, but not without a forcible attempt to remove her from the race. A photo sequence of the attempt has become an enduring image in the history of the Boston Marathon.

When race director Jock Semple spotted Switzer, he grabbed her bib and pulled at her, shouting, "Get the hell out of my race and give me that number." He was shoved away by Switzer's boyfriend and she completed the marathon.

On Monday, 50 years after Switzer changed history, she returned for her ninth running of the marathon wearing bib number 261. Now 70 years old, she finished under the qualifying time of 4:44:31. That bib number has been retired as part of Boston Marathon history.

## Everblades On Brink Of Playoff Elimination

Despite their 2016-17 regular season success in which they had the best record in



Katherine Switzer

photo by Stephen Savoia,  
Associated Press

the 13-team Eastern Conference of the ECHL, the Florida Everblades face elimination in the first round of the Kelly Cup playoffs after losing both home games last week to the Orlando Solar Bears, 4-2 and 3-2.

The best-of-seven series shifts this weekend to Orlando for Games 3, 4 and a possible Game 5 beginning tonight, Thursday. Florida must win two of these three games on foreign ice to force possible Games 6 and 7 back here at Germain Arena next week.

What is puzzling about the two home-ice losses is the fact that the Everblades dominated Orlando during the regular season, including a thumping 10-0 victory in the final game of the regular season before a Germain Arena sellout crowd of 7,703. It was the second biggest win in team history.

Florida, which last won the league's Kelly Cup Championship in 2012, entered

continued on page 31B



From left: Dan Alton, winner; John Lento, assistant pro; Bob Schoen, DMGA president; Don Denecke, winner; Brian Kautz, general manager; Mike Funk, winner; Jack Trautwein; and Chris Shaul, head pro

photo provided

## Dunes Men Raise Funds For Charity

The Dunes Men's Golf Association (DMGA) raised \$5,900 during their annual Charity Shoot Out Tournament for the Will To Live Foundation on April 5.✱



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## KINZIE ISLAND HOME ON SANIBEL



**KINZIE ISLAND - SANIBEL:** Recently updated and situated on the navigable canal, this Bermuda Style home offers a spacious floor plan with 3 bedrooms and 5 full baths, screen enclosed pool and spa, wonderful outdoor living, dock and boat lift. Striking in every detail. Kinzie is a gated community on Sanibel Island, beach access with cabana, association tennis, pickle ball and basketball court.

**PRICE REDUCED \$2,195,000**

## 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**

## BEST DUNES LOCATION W/ GORGEOUS LAKE VIEWS!



This is the home you have waited for - Wonderful great room design with cathedral ceilings, Florida room, 3 bedrooms, 2 baths, plus den. The screen enclosed pool and spa is elevated to the living level. They are all overlooking the 10th green with expansive water views! Enclosed garage under the whole house and separate air conditioned garage perfect for all your toys!

**PRICE REDUCED \$849,000**

## 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.

**Asking price is \$849,000**

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So close to the Gulf you can hear the waves! Adorable duplex 3 lots away from the Gulf of Mexico. Fantastic Opportunity to live in one side and rent out the other. So many options. Tradewinds offers one of the most beautiful stretch of the beach on the Island, and beach access seconds away with parking- Private and remote!

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Beautifulife:

Be Kind



by Kay Casperson

What would the world be like if everyone was just a bit more kind – not only to people we know but to people we don't know? I can tell you that, based on my experience,

you will get much more cooperation from others and will see better results in terms of getting things done when you are nice to people, especially if you are wanting them to help you with something. You will also be able to help someone have a more beautiful day if you extend a nice smile, gesture or kind words.

It is just as important to be kind to those closest to you as it is to those you know from work or social circles. It is much harder to be kind to people that don't necessarily go out of their way to be nice to you or to others. We all know individuals who have a hard time smiling or when they do smile, you know it is a stretch for them. Remember, there is a good chance that that person is struggling with something behind the scenes. The best way to respond to individuals like this is to put on a big smile, extend kindness and know that you might just help that person change their disposition.

It is obvious that being kind can have wonderful results for others, but more and more research shows that being kind can have a very positive effect on us in the following ways;

- Not only will we feel better, but it can make us stronger
- We will be much happier people
- We can experience more success in life
- We are generally more calm, clear thinking and full of love
- Being kind can result in more optimism and less anxiety
- We will have quality relationships with people and a more open mind
- Being kind can contribute to a greater sense of self worth

It is not easy to be kind 100 percent of the time, but if you surround yourself with nice people, you will most likely be encouraged to stay on top of your game or as some would say – put your game face on. The result of being unkind could potentially have a deep, hurtful impact that you may not ever see, but the emotional damage could last a lifetime. A simple act of kindness just might be impactful enough to really make a difference in someone's life. I know for sure that being kind will be another step forward in creating your most balanced and beautifulife!

My affirmation for you this week is; "I will make an extra effort to extend kindness to others and will experience more health, happiness and fulfillment in my own life."

*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](http://www.kaycasperson.com) or follow her on social media @kaycasperson.✱*

ISLAND SUN BUSINESS NEWSMAKERS



Phaidra McDermott



Kris Cardinale



Dave Russ



Jolene Hardy

Top Producers

John R. Wood Island Real Estate announced its top producing real estate associates for the month of

March. They are: Most Properties Listed for Sale, Phaidra McDermott; Written Business Recognition, Kris Cardinale; Best Closed Volume, Dave Russ; and Productivity Award, Jolene Hardy.✱

Island Seniors At Center 4 Life

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

**Trash & Treasures Sale** will return in November. The center is now accepting donations of clean, gently used items. All donations are tax deductible. You may bring them to the Center 4 Life Monday through Friday between 8 a.m. and 3 p.m. No books, clothes, shoes, computers or TVs will be accepted.

**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](mailto:oceann@comcast.net) or contact the center. The featured book for Wednesday, May 12 at 2:30 p.m. is *Our Souls at Night* by Kent Haruf.

**Aging in Place Presentation** – Friday, April 21 at 1 p.m. with Michelle La Forme, OTR/L, certified Aging in Place specialist with Ageless Living Solutions and partner with Preferred Care Home Health. Forme's focus is on creating stability and accessibility within the home, allowing greater independence. Advance registration required.

**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.  
**BINGO** – Friday, April 28 at 1 p.m.  
**Kayaking on Tuesdays and**

**Thursdays** – April 25 and May 2 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. (offered through April 25). 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.✱

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dearRPharmacist

## How Popular Medications Can Lead To Depression



by Suzy Cohen, RPh

**D**ear Readers: What I'm about to tell you has been known for years, though I'm just worried you don't personally know. So I'm going to tell you about another 'drug mugger.' This is a very important depletion because it

has to do with a popular medication and an anti-cancer nutrient you need to avoid depression.

Carbamazepine is a popular anti-epilepsy drug and works by suppressing nerve impulses that trigger seizures. It's quite effective for certain types of seizure disorders and sometimes used for diabetic neuropathy, bipolar disorder and trigeminal neuralgia, a facial pain syndrome.

According to a 2016 study published in the journal *Clinical Laboratory*, the drug seems to significantly reduce levels of both vitamin B12 (methylcobalamin) as well as natural folate, also called Vitamin B9.

1. Folate plays a huge role in cell and tissue growth. You have trillions of cells, and the crystalline DNA strands in each cell are highly susceptible to harm. Folate encourages DNA synthesis and repair of 'injured' strands. Folate is needed for red blood cells and to make iron in the body.

So if you take a drug mugger of folate like carbamazepine (and there are over 150 other medications), then you need to be aware of this depletion. I'm not

saying to take folate supplements either. I'll explain why at the end of this article. Right now, I want to make the case for what happens to you when you take a drug mugger of natural folate (B9).

2) Where folate levels fall, especially in combination with B12 deficiency, homocysteine rises and this is a known risk factor for heart attacks. Homocysteine can also act as a neurotoxin causing brain fog.

3) Your body also requires folate to convert compounds in your brain into happy neurotransmitters and sleep hormones. In particular, folate is required to make more of your happy hormones like serotonin and dopamine. Folate deficiencies definitely play a role in depression and tearfulness, pre-menstrual moodiness and suicidal ideation. There's even a drug version of folate called Deplin on the market, but it's a stronger version of the same natural folate you can eat or supplement with.

By the way, natural folate is superior to "folic acid," a synthetic form, at least in my opinion. I'll explain this and give you other medications that deplete folate if you go to my website and read the longer version of this article.

Be very careful supplementing with folate vitamins because it can block the effect of your seizure medicine. The mechanism of action of anti-seizure drugs requires suppression of folate (in some cases) so don't just go and supplement. Ask your doctor first and, if permitted, use very low doses and separate from the medication. In some cases, you will not want to supplement at all with a dietary supplement. However, it might be okay to eat leafy greens which are very high in natural folate. Again, talk to your physician.

*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](http://www.SuzyCohen.com).* ✨

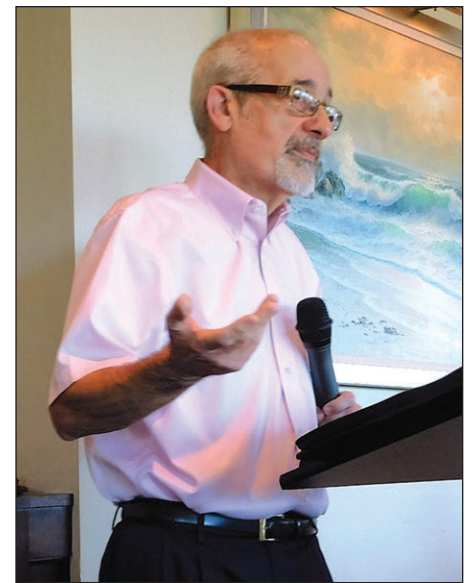
From page 14B

## Rotary Happenings

as well as deal anew with those in their lives – renewal of spirit. Holi also marks the start of spring; for many, the start of the new year.

Holi celebrations start on the night before Holi with a Holika Dahan where people gather, perform religious rituals in front of the bonfire and pray that evil be destroyed. The next morning is celebrated with a free-for-all festival of colors, a new year, a new season, a new day, where people smear each other with colors and drench each other. Water guns and water-filled balloons are also used to play and color each other. Everyone is fair game, friend or stranger, rich or poor, man or woman, children and elders, until everyone is covered with color. The frolic and fight with colors occurs in the open streets. Groups carry drums from place to place, singing and dancing. People visit family, friends and foes to throw colored powders on each other, laugh and gossip, then share Holi delicacies, food and drinks – colorful, sweet and spiced food served with a herbal intoxicating beverage. It is a celebration with people of love and inclusion, a time to smile and love, a time of changing of the mood, the renewal of life.

Danner didn't have time to go into full detail about either of these spring celebrations and their comparisons to the meaningful celebrations of Easter and Passover. Commonalities between people across borders and boundaries and their faith and hope for the future, and the



John Danner

photo provided

goodness within all of us, first must come with an opening up to the possibilities of spring eternal, remembrance of the past and hope for the future.

The challenge to readers of this column is to do some reading of your own on the rituals of spring throughout the world, and make your own comparisons. Understanding different cultures and religions will help us all have faith that we can come together in certain areas and help with world peace, a definite focus for Rotary International.

*The Sanibel-Captiva Rotary Club meets Friday mornings at 7 a.m. at The Dunes Golf & Tennis Club. Guests are welcome.* ✨

Eden Energy Medicine

## Release Neck And Shoulder Tension



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

**P**laying with Facebook all day? Watching your favorite sports teams lose? Worrying about that presentation tomorrow? Feeling your posture is like

a turtle? Ummm... Eden Energy Medicine to the rescue! This exercise is easy, and although it does not directly use EEM techniques, it works like a charm to release that tension held between the shoulder blades, top of shoulder and neck area.

1. Stand with your arms hanging down the sides of your body. Make tight fists engaging all the muscles in your arms and shoulders.

2. Lift your shoulders as high as possible while continuing to engage the muscles. While the shoulders are held high, roll your head to the right and hold for two breaths. Roll your head to the left and hold for two breaths.

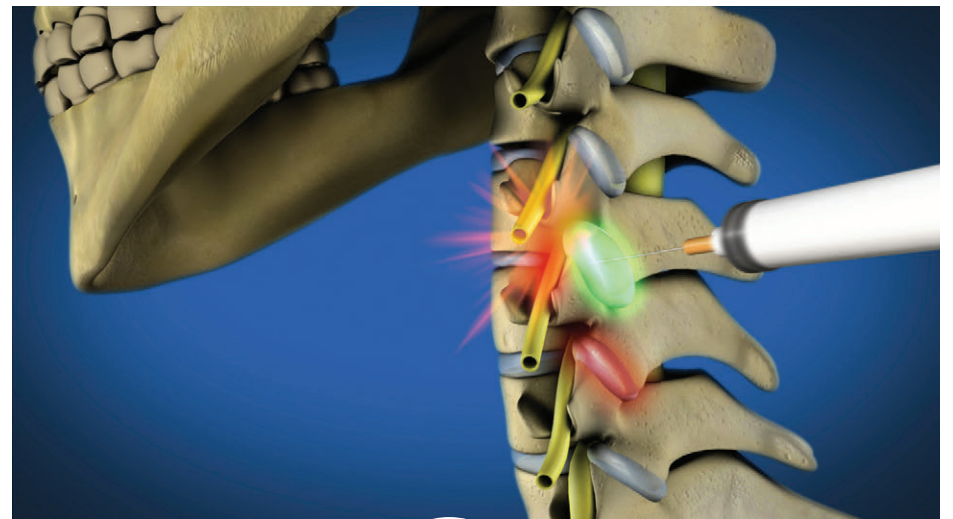
3. Repeat until you feel the muscles begin to relax.

4. Repeat several times each day as you feel the tension starting to seep back.

The benefit of this exercise is to soften knots in the muscles, to break up calcium deposits (that may be the little crackling/snapping sound you hear) and to expand the space between the cells to enable energy to move more easily. As you continue these new patterns, you are resetting the body's response to tension, and it will begin to respond more quickly each time you do the repatterning.

As a bonus, tap around the tight muscles with a bristled hairbrush. Each prong helps break up congested energy. Enjoy the relief!

*If you have a question, email Karen at [SemmEnergyCenter@gmail.com](mailto:SemmEnergyCenter@gmail.com) or visit [www.semmelmanenergy.com](http://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.* ✨



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## Doctor and Dietician

# Can A Change In Diet Help With Depression?



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

We write often about the benefits of a healthy diet, and discourage the consumption of processed and sugary foods due to its higher disease risk. But what about depression? Does the way we eat affect our mental health? Yes, it certainly does! Studies have demonstrated a link between food quality and mood.

Earlier this year, for instance, scientists in Australia showed positive results in their study utilizing the Mediterranean diet. This study was called *Supporting the Modification of Lifestyle in Lowered Emotional States* or SMILES. It included 67 patients with severe depression who were accustomed to eating a high intake

of processed, salty and sugary foods with a low intake of dietary fiber, lean proteins, fruits and vegetables. The patients were divided into two groups. The first group received nutritional counseling on a Mediterranean-style diet designed to be sustainable, palatable and satiating. It included a focus on whole grains, fresh vegetables, legumes, low-fat and unsweetened dairy, raw nuts, lean meat and eggs, and some wine. The control group received an equal number of sessions, but involving social support on topics of interest. The diet group had a 32 percent remission of their symptoms, while the social group only recorded a 8 percent decline. These results showed quite a significant reduction in symptoms of major depression with healthier eating habits.

Depression increases the risk of chronic illnesses, such as diabetes and heart disease. Healthy eating, on the other hand, not only aids in decreasing the risk of these other chronic illnesses, but also reduces symptoms of depression. Avoiding processed and sugary foods and, instead, consuming fresh fruits, vegetables, lean meats and healthy fats is an excellent way to boost your physical and mental health, with no added side effects. Never underestimate the power of food!

*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](mailto:info@caringmedical.com).*

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** I have a difficult time getting started in the morning. I just want to roll over and go back to sleep. Once I get up, I am slow to start and I have been late for work several times. I am a teacher and I am worry about getting fired. What should I do?

**A:** It is a good idea to rule out depression symptoms, so you may want to talk with a therapist or your primary care physician.

If you are not experiencing depression, check in to see if you are eating or drinking alcohol late at night especially if you have sensitivities as they could react on your brain while you are sleeping. If this is not cleared

out of your system by morning when you wake up, you will find yourself in a brain-fog fatigue state. It's important to pay close attention to your diet and eliminate anything that may be harmful to your system.

It also may be an adrenal issue and low blood sugar that could be making you tired and sluggish which is understandable why it's so difficult to get going. If you can go to bed at the same time every night and awaken the same time every morning and get at least eight hours sleep, this can be most helpful.

As you rebuild your stamina, it is OK to take a short 15 minute nap when you are tired and have the time to do so. Once you rebuild your energy levels, you won't need naps anymore.

Lastly, I must mention to keep your stress level at bay and work on keeping your life in balance from a mind, body, spirit perspective.

*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](mailto:constanceclancyfisher@gmail.com).*

## Mom And Me



and now realize older people (and I hope this does not include us) just make very light touch acquaintances – out of sight, out of mind. Is this acceptable behavior in today's society?

Edwina

### Dear Edwina,

I do not know if the behavior you describe is acceptable, it certainly is very common. Friendships are convenient and situational. Rarely are close meaningful relationships formed. It is disappointing, however, to think relationships are deeper only to find like yourself that the relationships are more situational.

I find in my travels that some older people have lifelong relationships, but fewer new relationships are formed because life can be uncertain due to moving and ever changing health status.

Pryce

### Dear Edwina,

There is no doubt that friendships in all ages are situational.

People are attracted to others with similar interests. Older people who are well and able to be on the "GO" want to be with others who can also "GO."

Years ago, people did not move around but stayed in their own areas and had the same friends for many years – sometimes very boring.

Personally, I have moved around a lot and sometimes I try to keep contacts alive, but other times I do not. I also have three women friends that I have known for over 50 years. It is fun to talk to them for about 20 minutes. Their lives have changed and so has mine, and we no longer have much in common.

Lizzie

*Lizzie and Pryce's email address is [momandmeaging@hotmail.com](mailto:momandmeaging@hotmail.com).*

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### Char-Grilled Mahi-Mahi with Vegetables

- 4 six-ounce mahi-mahi fillets
- 16 fresh okras
- 2 zucchinis, sliced into 1/4-inch rounds
- 2 large yellow squash, sliced into 1/4-inch rounds
- 2 bell peppers, sliced large
- 1 1/2 tablespoons olive oil
- 12 grape tomatoes, for garnish
- 4 sprigs fresh Florida basil, for garnish

Preheat charcoal or gas grill to medium-high. Add all the vegetables to a large mixing bowl. Add the olive oil and seasoning blend to the sliced vegetables and mix lightly until coated. Lightly season the mahi-mahi fillets with salt and pepper. Carefully place the seasoned vegetables and fish on the hot grill. The vegetables should cook rather quickly; keep checking the underside of the vegetables for grill marks. Flip over the vegetables and continue to work the grilling surface by



Char-Grilled Mahi-Mahi with Vegetables

photo courtesy Fresh From Florida

moving the vegetables around to the hot spot for even cooking.

Grill steaks over medium-high heat for 4 minutes per side or until cooked through. The vegetables should have nice

char-grill marks on them and the texture should be crisp-tender. Remove the vegetables from the grill as they become your desired doneness.

To serve, arrange an even amount of

grilled vegetables on each plate. Add a fish fillet on top of the grilled vegetables. Garnish with grape tomatoes and fresh herbs.

Yields four servings.✱

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# PETS OF THE WEEK

Lee County Domestic Animal Services

## June And Rocky



June ID# 694262



Rocky ID# 693703



Gumdrop



Molly

## Gumdrop And Molly

Hi there! I'm Gumdrop. I am such a sweet little guy just waiting for someone to take me home. I like to purr nonstop. I'm only three months old, and I have beautiful bright green eyes. Visit me at the Petco at Gulf Coast Town Center. I'm neutered and up to date on all vaccines. My adoption fee is \$125. To find out more about me, call Diane at 860-833-4472 or email Haven on Earth Animal League at havenonearthanimalleague@yahoo.com.

Hello, my name is Molly. I am a very loveable, female tortoiseshell tabby with beautiful markings. I'm four years old, and I have a very quiet disposition. I'm spayed and up to date on all vaccines. My adoption fee is \$100. I am currently residing at the PetSmart at the corner of Colonial Boulevard and Six Mile Cypress Parkway. Drop by and adopt me so I can have a home of my own. To find out more about me, call Diane at 860-833-4472 or email Haven on Earth Animal League at havenonearthanimalleague@yahoo.com.

We are being cared for by Haven on Earth Animal League. For more information, email havenonearthanimalleague@yahoo.com.✧

### PAWS Of Sanibel

## Hugo

PAWS is trying to find a temporary foster for a dog, as soon as possible, while the owner continues to undergo cancer treatment, which is taking longer than anticipated and won't be completed until July. The dog has been staying with friends since last fall, and the arrangement has been working great. However, they can only continue fostering him for a couple of more weeks. The family is staying with relatives on Sanibel, but they are in a condo that doesn't allow pets. They would love to be able to visit with the dog and walk him. They would provide all food, etc.

Hugo is around 3 years old and much like a big teenager. He is a vivacious black labrador with a little mastiff mix. He knows basic commands. He does great with other dogs, but so-so with cats. He would do well with an experienced dog owner. He is a large healthy dog. He can go in his kennel to sleep, to rest and for a time-out.

He eats two scoops of food, one in the a.m. and one in the p.m. Food, bowl, kennel and supplies will be provided.

If you can help in any way, or foster this sweet dog, call Pam at PAWS at 472-4823.✧



Hugo



## PUZZLES

Answers on page 29B

## Super Crossword

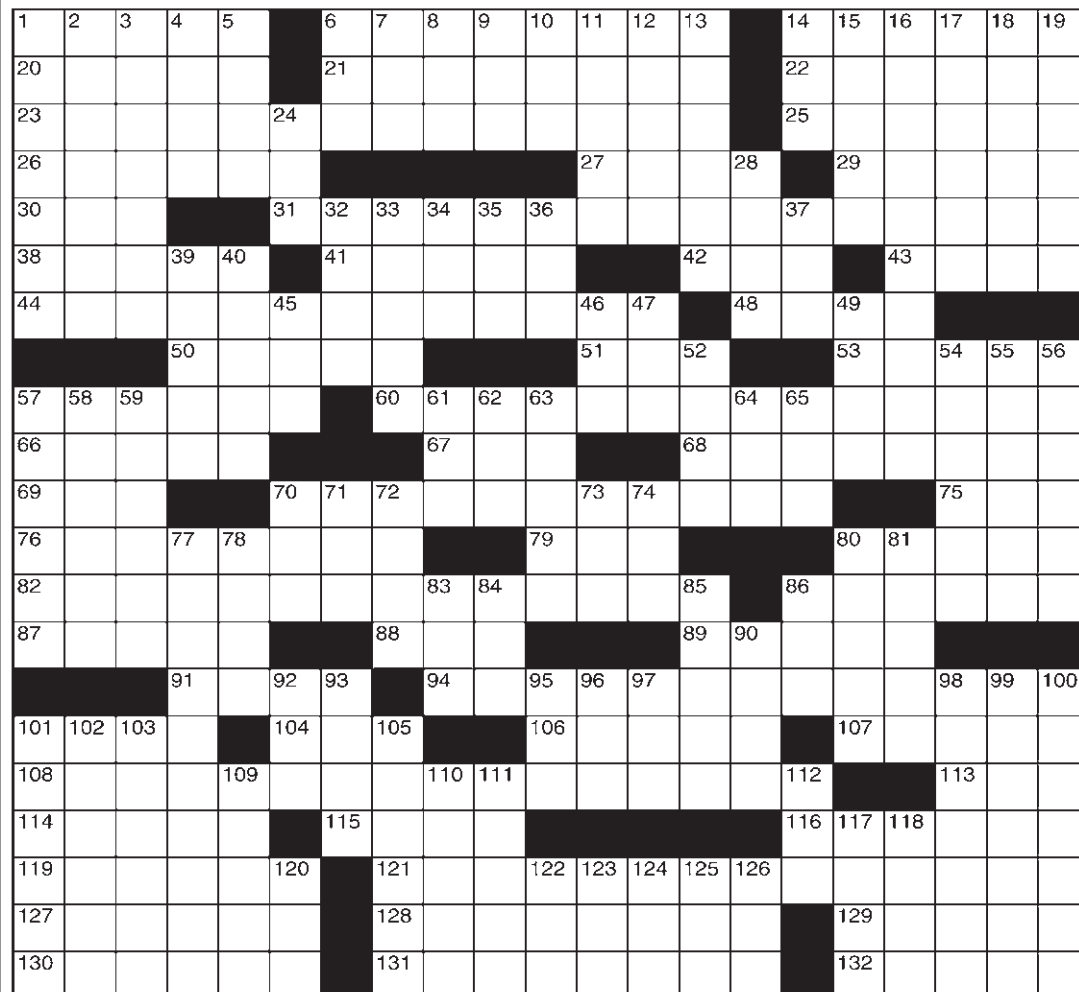
KP DUTY

## ACROSS

- 1 Sinks in mud  
6 Baloney  
14 Place to exit  
20 As a whole  
21 Information collection  
22 Jumbo size at Starbucks  
23 College for chumps?  
25 Keep in custody  
26 "The plan was OK'd"  
27 Race pace  
29 Clark of film  
30 Classic Olds  
31 Like a bathing fish?  
38 "... unless I'm wrong"  
41 "It's — bet" ("You can't lose")  
42 Musical knock  
43 "... — ye be judged"  
44 Pudgy bodies?  
48 Steeped drinks  
50 Pitcher Warren  
51 Mauna —  
53 City in Southern Iraq  
57 — -faire (tact)
- 60 House with a leaky roof?  
66 Make revisions to  
67 Sea, to Jules  
68 Obscure  
69 Wine cask  
70 Fighter giving people the willies?  
75 Santa — Mountains  
76 Some raincoats  
79 Nickel source, e.g.  
80 Frequently  
82 Drink mishap in a Silicon Valley office?  
86 Gleaming  
87 New Mexico or Colorado county  
88 Pompom user's cry  
89 Steve of country rock  
91 Stork's kin  
94 Like a piano score full of black notes?  
101 Relaxing facilities  
104 "— Na Na" (TV oldie)  
106 Stoop (to)  
107 Pop singer Cassidy
- 108 Record one's finest film scene?  
113 Org. backing arms  
114 Rival of Advil  
115 "How sweet —!"  
116 Start of a famous JFK quote  
119 Grieve for  
121 Result of a superhero's careless dressing?  
127 Card game akin to whist  
128 Peruse  
129 Hall's partner in pop  
130 Realty listing  
131 Lengthy journeys  
132 Extort (from)

## DOWN

- 1 "Number two" golf club  
2 Gestating  
3 Ice-T number  
4 Philosopher  
5 Garden pest  
6 401, to Livy  
7 Loo  
8 Consumed  
9 Hole statistic  
10 "Conan" channel  
11 Bonnie of song  
12 Houston baseball pro  
13 Mexican cactus  
14 LAX takeoff guess  
15 Kind of shorthand  
16 Marketing of goods in stores, usually  
17 Authorize  
18 Makes silent  
19 Most sound  
24 Tel. book listings  
28 "How's —?"  
32 Curse word  
33 Organized bodies: Abbr.  
34 "— -leeze!" ("Spare me!")  
35 Time span  
36 Funds added to a bank acct.  
37 Afore  
39 Director Welles  
40 Slightly warm  
45 Alpine river  
46 Giant Manning  
47 Junior, often  
49 Help in crime  
52 James with a 1958 Pulitzer  
54 Tiers  
55 "Oh, God!"  
56 Obscure  
57 Starts, as a task  
58 Charm  
59 Grand Canal city  
61 Trauma-trained pro  
62 Long, thin fish  
63 Hosp. area  
64 Wichita-to-Houston dir.  
65 Bounce  
70 "— Mir Bist Du Schön" (1938 hit)  
71 Brow's curve  
72 Romanov title  
73 Shout, in Lille  
74 Family mem.  
77 Six-time U.S. Open winner  
78 Radio tuner  
80 Eyes  
81 Bone cover  
83 — Vegas  
84 "Quiet!"  
85 Janet of "Psycho"  
86 Pound noise  
90 Year, to Livy  
92 Equal: Prefix  
93 Feng —  
95 Radio spots  
96 On Soc. Sec., say  
97 Greek letters  
98 Bitter-tasting chemical salt  
99 "Madagascar 3: — Most Wanted" (2012 sequel)  
100 "CSI" procedure  
101 More banal  
102 Kingly home  
103 Tarzan, e.g.  
105 Conductor Toscanini  
109 Gossipy type  
110 Two-legged creature  
111 Op-ed piece  
112 Large playing marble  
117 Skiing base  
118 1980s Chrysler  
120 — Aviv  
122 Carders ask to see them  
123 Two, to Juan  
124 Eden exile  
125 Actress Susan  
126 Choice words?



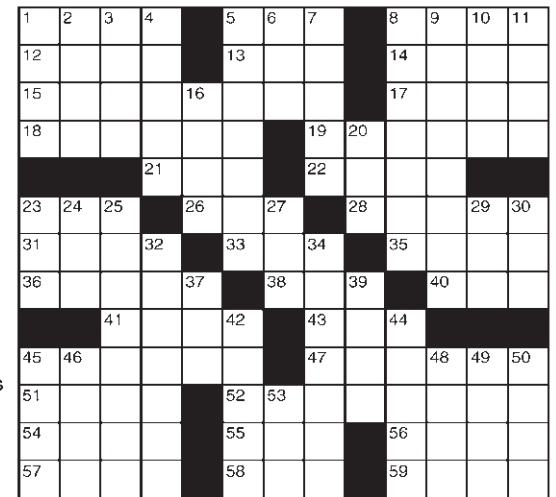
## King Crossword

## ACROSS

- 1 Emanation  
5 Comedian DeLuise  
8 Edinburgh dweller  
12 Quarrel  
13 — budget  
14 Color quality  
15 Think about  
17 Erstwhile Peruvian  
18 Mean  
19 Animal shelter  
21 Corroded  
22 H.H. Munro's pseudonym  
23 Handy Latin abbr.  
26 Bobby of hockey lore  
28 Celebrate  
31 Cheer (for)  
33 Still  
35 Guns the engine  
36 Literary category  
38 With 46-Down, shared fairly  
40 Scarlet  
41 Bound  
43 Billboards  
45 Black eye, e.g.  
47 Proof that you're who you say you are
- 51 Galley lineup  
52 Shopper, e.g.  
54 Thing  
55 Part of "to be"  
56 Part of N.B.  
57 Metallica drummer Ulrich  
58 Homer's neighbor  
59 From the start
- 4 Bewildered  
5 Unsteady, as from old age  
6 Inseparable  
7 Report card data  
8 Scoundrel  
9 Underhanded one  
10 Fairy tale starter  
11 Blue hue  
16 Grooving on  
20 Listener  
23 Work unit  
24 Pirouette pivot  
25 Magician  
27 Agt.
- 29 First lady  
30 Leary's drug  
32 Platitudes  
34 Coached  
37 Type measures  
39 Probability  
42 Pie nut  
44 Diving gear  
45 Seethe  
46 See  
38-Across  
48 Prayer ending  
49 Actress Russo  
50 Sketched  
53 Tramcar contents

## DOWN

- 1 Spore cases  
2 Word after 10-Down  
3 Carry on



## MAGIC MAZE ● — CASE

D B Y V S Q N K H E B Y W T R  
O L J G E B Y W U R P P N K E  
I G D B Z X V M S Q O M I T V  
K I G E C A Y U W U S Q T L I  
P N L W J K H M B R I E F F S  
E C A Y O N X M V I R H U S S  
Q P N O R D I Y M A E C M K E  
J H B F A E N L G T P A L E S  
C B Z Y E X W I O S P T I U S  
V U T R G Q C O W I U T F P O  
O M L K I H G E L E V A R T P

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

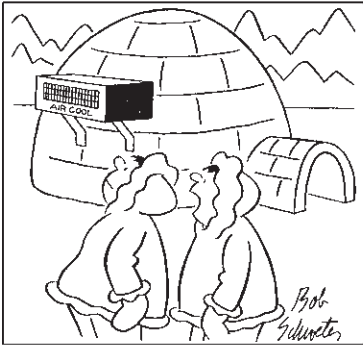
Attache  
Book  
Brief  
Cigarette

Film  
Gear  
Lower  
Mummy

Possessive  
Slip  
Stair  
Suit

Travel  
Upper  
Window





"He was the best darn \_\_\_\_\_  
I ever met!"  
answer on page 29B

**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!

Dismay  
**MARAL**

Twist  
**GLEAN**

Calm  
**BESALT**

Gone  
**STABEN**

TODAY'S WORD

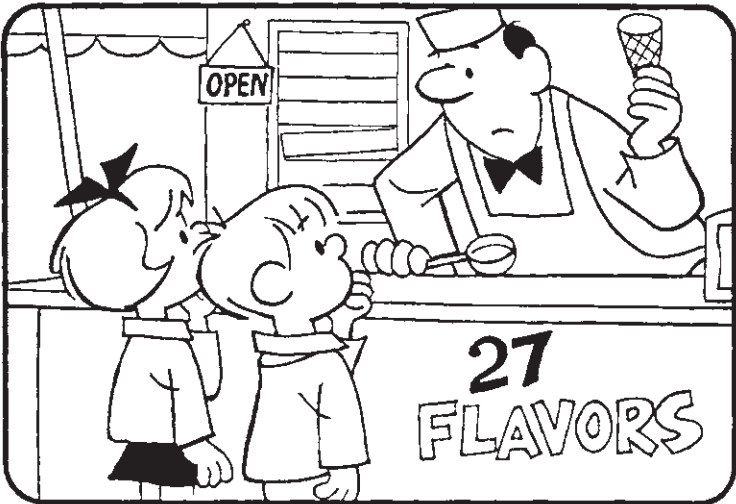
5			1				2	
		9		8		5		
	8			7	4			3
		6		3			8	
3			9					1
	7				5	4		
		7			6		5	
9			8					6
	1			2		3		

**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.

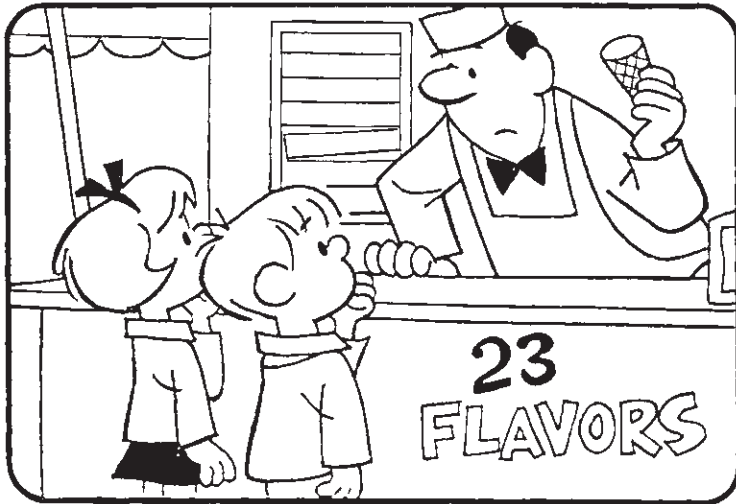
answer on page 29B

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Bow is smaller. 2. Sign is missing. 3. Jacket is slimmer. 4. Scoop is missing. 5. Number is different. 6. Ice cream cone is moved.

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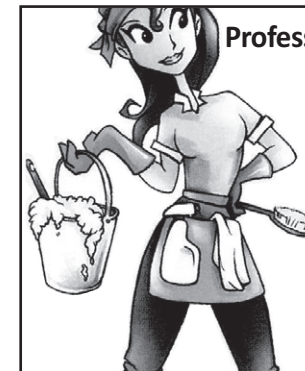
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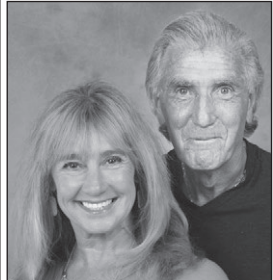
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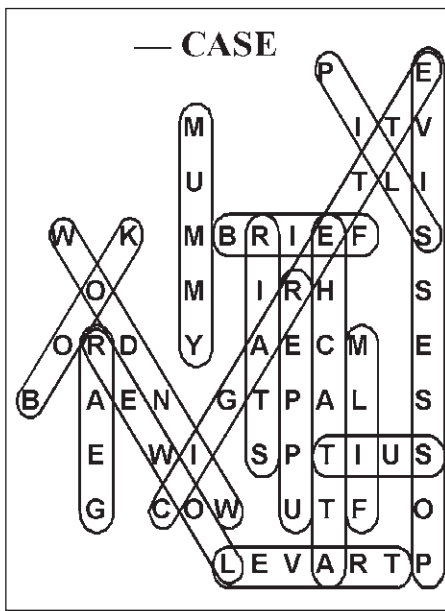
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N O G R E A T S H A P E S T E A S  
S P A H N L O A B A S R A  
S A V O I R S E E P I N G S S H E L T E R  
E M E N D M E R E S O T E R I C  
T U N B A T T L E C R E E P A N A  
S L I C K E R S O R E O F T E N  
T E C H N I C A L S P I L L A G L A R E  
O T E R O R A H E A R L E  
I B I S S H A R P I N F E S T E D  
S P A S S H A D E I G N S H A U N  
T A P E Y O U R B E S T S H O T N R A  
A L E V E I T I S A S K N O T  
L A M E N T U P S I D E D O W N C A P E  
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C O N S I D E R I N C A  
I N T E N D K E N N E L  
A T E S A K I  
E T C O R R R E V E L  
R O O T Y E T R E V S  
G E N R E P R O R E D  
J U M P A D S  
B R U I S E I D C A R D  
O A R S C O N S U M E R  
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7	3	9	6	8	2	5	1	4
2	8	1	5	7	4	6	9	3
4	9	6	7	3	1	2	8	5
3	5	2	9	4	8	7	6	1
1	7	8	2	6	5	4	3	9
8	4	7	3	1	6	9	5	2
9	2	3	8	5	7	1	4	6
6	1	5	4	2	9	3	7	8

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★ 4/21 CC 4/21



From page 18B

# Ed Frank

this year’s playoffs having recorded 97 points in the regular season with a record of 39-7-5-21. Orlando was the eighth and final team in the Eastern Conference to make the playoffs after recording 82 points with a 32-4-10-26 record.

## Miracle Lost Eight Of First 10 Games Before Sunday’s Pitching Gem

Having lost eight of their first 10 games, the Fort Myers Miracle baseball team was looking for a much-needed win last Sunday at Daytona before their long five-hour bus ride home.

And that’s exactly what they got when right-hander Randy LeBlanc tossed his second straight scoreless start in a 5-0 victory over the Tortugas. He allowed just three hits over seven innings.

The 25-year-old right-hander also produced seven scoreless frames April 10 at Tampa.

This is LeBlanc’s second season with the Miracle after going 5-7 here a year ago. Late in the season, he moved up to Double A Chattanooga where he was 1-0 in two starts.

Following four home games this week against Florida at the CenturyLink Sports Complex, the team travels to Dunedin this weekend before returning home next Tuesday for a long, 10-game homestand hosting Bradenton, Dunedin and Daytona.✪

## SPORTS QUIZ

- 1. In 2016, Colorado’s Trevor Story became the fifth major-league player since 1900 to homer in each of his team’s first four games. Name two of the other four to do it.
- 2. Which Cy Young Award winner had the highest ERA?
- 3. Since the 2000 college football season, how many Heisman Trophy winners have been running backs?
- 4. How many times has Los Angeles Clippers guard Chris Paul led the NBA in assists per game for a season?
- 5. When was the last time before 2016 that the Montreal Canadiens tallied 10 goals in a game?
- 6. Wayne Taylor Racing captured the Rolex 24 at Daytona in 2017. When was the last time the team won the race?
- 7. Who was the last British female tennis player before Johanna Konta in 2016 to reach the top 10 in the rankings?

## ANSWERS

1. Chris Davis (2013), Nelson Cruz (2011), Mark McGwire (1998) and Willie Mays (1971). 2. Lamar Hoyt of the Chicago White Sox had a 3.66 ERA in 1983. 3. Three – Reggie Bush of Southern Cal (2005 – later vacated), Mark Ingram of Alabama (2009) and Derrick Henry of Alabama (2015). 4. Four times – the 2007-08, 2008-09, 2013-14 and 2014-15 seasons. 5. It was 1990, versus Pittsburgh. 6. It was 2005, when the team was known as Sun Trust Racing. 7. Jo Durré, in 1984.

# My Stars★★★★★

## FOR WEEK OF APRIL 24, 2017

**ARIES** (March 21 to April 19) Temper your typical Aries urge to charge into a situation and demand answers. Instead, let the Lamb’s gentler self emerge to deal with a problem that requires delicacy.

**TAURUS** (April 20 to May 20) You are aware of what’s going on, so continue to stand by your earlier decision, no matter how persuasive the counterarguments might be. Money pressures soon will ease.

**GEMINI** (May 21 to June 20) By all means, have fun and enjoy your newly expanded social life. But don’t forget that some people are depending on you to keep promises that are very important to them.

**CANCER** (June 21 to July 22) You need to wait patiently for an answer to a workplace problem and not push for a decision. Remember: Time is on your side. A financial matter needs closer attention.

**LEO** (July 23 to August 22) You now have information that can influence that decision you planned to make. But the clever Cat will consult a trusted friend or family member before making a major move.

**VIRGO** (August 23 to September 22) Good news: You’re finding that more doors are opening for you to show what you can do, and you don’t even have to knock very hard to get the attention you’re seeking.

**LIBRA** (September 23 to October 22) Your gift for creating order out of chaos will help you deal with a sudden rush of responsibilities that would threaten someone less able to balance his or her priorities.

**SCORPIO** (October 23 to November 21) Congratulations. Your energy levels are coming right back up to normal -- just in time to help you tackle some worthwhile challenges and make some important choices.

**SAGITTARIUS** (November 22 to December 21) The sage Sagittarian should demand a full explanation of inconsistencies that might be cropping up in what had seemed to be a straightforward deal.

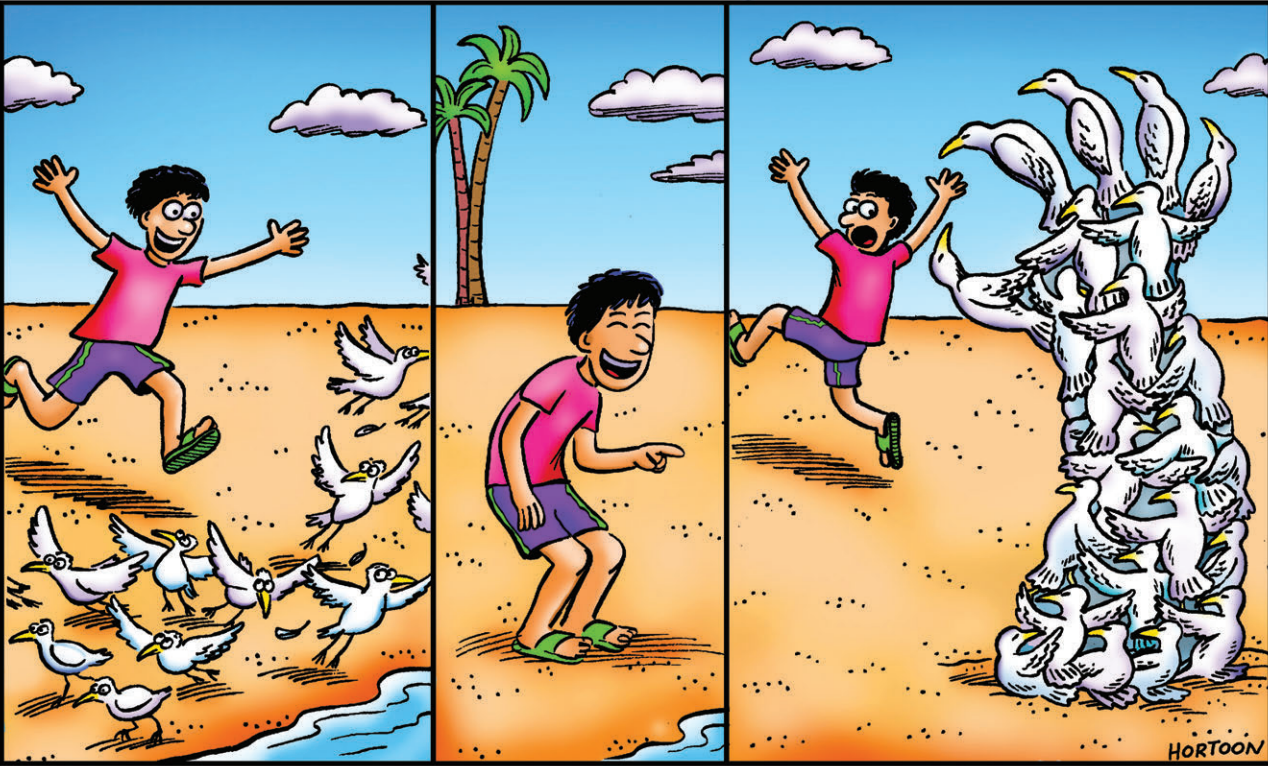
**CAPRICORN** (December 22 to January 19) A conflict between obligations to family and to the job can create stressful problems. Best advice: Balance your dual priorities so that one doesn’t outweigh the other.

**AQUARIUS** (January 20 to February 18) Don’t guess, speculate or gossip about that “mystery” situation at the workplace. Bide your time. An explanation will be forthcoming very soon.

**PISCES** (February 19 to March 20) Boredom might be creeping in and causing you to lose interest in a repeat project. Deal with it by flipping over your usual routine and finding a new way to do an old task.

**BORN THIS WEEK:** You can warm the coldest heart with your lyrical voice and bright smile. You find yourself at home, wherever you are.

# HORTOONS



# Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Gulf Harbour Yacht & Country Club	Fort Myers	2006	6,168	\$2,495,000	\$2,025,000	184
Cape Harbour	Cape Coral	2007	5,239	\$2,400,000	\$2,160,000	97
Creekside	Bonita Springs	1997	5,342	\$2,350,000	\$2,025,000	91
Creekside	Bonita Springs	1996	3,999	\$1,825,000	\$1,725,000	82
Captiva Beach	Captiva	1958	1,028	\$1,575,000	\$1,499,500	16
Verona Lago	Miromar Lakes	2002	3,633	\$1,495,000	\$1,300,000	14
Cape Coral	Cape Coral	2013	3,430	\$1,299,000	\$1,225,000	129
Dinkins Bayou	Sanibel	1987	2,498	\$1,235,000	\$1,225,000	196
Palermo	Bonita Springs	2002	2,910	\$1,249,000	\$1,200,000	71
Venetian Gardens	Fort Myers Beach	2014	3,066	\$1,195,000	\$1,100,000	310





**Beachcomber #A102**  
On Sanibel's easy-access east end.  
\$1,445,000

In one of few luxury gulf-front east-end complexes. Just 20 units here share large pool & tennis court. 2,600 sq. ft. inside, plus covered parking below & private exterior storeroom. Left view is from glass balcony that spans width of unit. Side guest balcony has pool to gulf view. Easy living here.



**239 Daniel Drive**  
Backing to conservation land in Seagull Estates.  
\$1,099,000

Desirable small community of olde-Florida-design homes with amenities: clubhouse, pool, tennis courts, & private beach access. Handy to Tarpon Bay Rd & shopping. One of largest floor plans in great room design with 3 bedrooms & office. Decorator furnished & updated. Private yet close to beach.



**Sand Pointe # 122**  
**2nd Floor Gulf-View 2 Bedroom**  
Remodeled open kitchen, both baths updated, recently-restored balcony with new tile, plus years of excellent rental income. Vacation-ready!  
\$724,000



**625 Lake Murex Circle**  
**Easy-Care Pool Home - Amazing View**  
Solid concrete-block-stucco 3 bedroom 2-1/2-bath split-plan with tile roof, xeriscape yard, lakeside screened pool, & water views down length of lake.  
\$699,000



**Cottage Colony West #119**  
**Income-Producer at Casa Ybel Resort**  
This view from screened balcony which has private stairs to lawn. In easy on-site nightly rental program with great return. Income guaranteed.  
\$674,000



**Pointe Santo #C34**  
**3rd Floor, Looking Straight to Gulf**  
Amazing water views over central lagoon to beach & years of rental history come with this whimsical fully-equipped 1 bedroom & with future bookings.  
\$599,000



**Loggerhead Cay #264**  
**Top Floor, Courtyard to Gulf View**  
Top-floor at Loggerhead Cay with gulf view, new kitchen, & income as much as \$60K/annually. This large pool, tennis, clubhouse, & more.  
\$598,300



**9441 Peaceful Drive**  
**Build Island Home in Gumbo Limbo**  
In easy on-off-island location, handy to Periwinkle, bike path, shopping, bay & gulf, this oversized lot (~170' x 155') is private with backyard facing west.  
\$274,000

**More details & weekly real estate blog at**  
**SanibelSusan.com**

**239-472-HOME (4663) & 888-603-0603**

2242 Periwinkle Way Sanibel Square, Suite #3

