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See page 21



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Angler Meets Vice President While Reeling In A 'Monster'



Vice President Mike Pence watched islander Elliot Sudal reeling in a smalltooth sawfish on April 12
photo courtesy Elliot Sudal

by Jeff Lysiak

Local angler Elliot Sudal has undoubtedly told a few “whoppers” throughout his years as a land-based shark fisherman, but his recent experience of reeling in a smalltooth sawfish has got to top them all.

After all, it isn't often that you spend more than 11 hours landing a giant endangered marine species... and meet the Vice President of the United States

of America on the same day.

During Vice President Mike Pence's visit two weeks ago to Sanibel with his wife and family, Sudal was battling a 13-foot, 500-pound sawfish.

“It was the wildest fishing day of my life,” said Sudal. “I’ve fought alot of sharks for several hours, but they were nothing like this.”

Sudal had donated a day of shark fishing as a raffle prize for this year's



Vice President Mike Pence posed for pictures with Kevin and Angela Stockmaster and their children, Jack and Dominic
photo by Shelley Cottone

Peek at the Unique, the annual fundraiser for the Zonta Club of Sanibel-Captiva. “My mom is a member of Zonta,” he noted. “The trip ended up raising \$11,000 for the club.”

The raffle winner, Shelley Cottone,

said that she was excited to share her “once-in-a-lifetime” fishing excursion with her grandchildren, Jack, 7, and Dominic, 5, who were visiting Sanibel from Fort Wayne, Indiana with their

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SCCF Hosts Environmental Awareness Cruise

by Jeff Lysiak

One day before the world celebrated the actual Earth Day, the Sanibel-Captiva Conservation Foundation (SCCF) hosted an environmental awareness cruise through Pine Island Sound with local author and Rendell Research Center volunteer Denege Patterson.

More than 100 passengers embarked upon the sold-out Earth Day cruise aboard Captiva Cruises' *Lady Chadwick*, which included presentations about the geography, archaeology and history of Pine Island Sound offered by Patterson and SCCF Education Director Kristie Anders.

According to Anders, Earth Day was founded in 1970. She and her husband, Red, displayed one of the original Earth Day flags – featuring a green-and-white stripe pattern with a green square in the upper left corner containing a gold theta



Holding the official Earth Day flag – incorporating a photo of the planet taken by Apollo XVII astronauts – are, from left, Kristie and Red Anders, Denege Patterson and Diane Neitzel
photo by Jeff Lysiak

symbol – as well as the modern Earth Day flag which incorporates a photo of the planet taken by astronauts on *Apollo XVII*.

On the 20th anniversary of Earth Day, SCCF purchased and donated Earth Day flags to every school in Lee County. “I think all but three of the

schools flew the Earth Day flag to mark the occasion,” Anders added.

Throughout the five-hour excursion, Anders, Patterson and Captiva Cruises' Richard Finkel shared their extensive knowledge about Pine Island Sound, the first settlers of the region (the Calusa Indians) and the history of hurricanes and local fishing culture.

“Pine Island Sound is only about 6,000 years old,” said Patterson, who explained that the area was once a vast pine forest. “It took 5,000 to 6,000 years after the last Ice Age for the ice to melt and fill the Gulf of Mexico.”

Following a major hurricane in 1921, Redfish Pass was formed, dividing Captiva and what is now called North/Upper Captiva.

“This is the richest and most biologically diverse environment in the world,” Patterson noted. “One acre of seagrass is more productive than a one-acre cornfield.”

Pine Island Sound is also home to the second largest contiguous mangrove forest in the state of Florida. “Without them, we couldn't survive hurricanes, have the numbers of fish we have in

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Dance of the dolphin

photos by Kate and Tom Freda

A Beautiful Sight

The Quillen family of Sanibel submitted these photos, which were taken by their guests Kate and Tom Freda from Pennsylvania. ✨



Dolphins jumping in unison



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Sanibel resident Elliot Sudal kept the smalltooth sawfish in the water while he was measuring and tagging the animal. The fish was estimated at 13 feet long and around 500 pounds.

photos courtesy Elliot Sudal

From page 1

Angler Meets Vice President

parents, Kevin and Angela Stockmaster, along with their 1-year-old brother, Anthony.

“When I contacted Elliot about picking a date (for the fishing trip), he told me that he’d check the tide charts and let me

know what day would work best.”
Cottone, her husband Sam, and her daughter’s family met Sudal at Beach Access #6 at the end of West Gulf Drive on the morning of April 12. “We showed up around 7:30 a.m. with our chairs and coolers,” said Cottone. “Elliot, who had already been there for an hour, talked with the kids about shark fishing.”
At 8:30 a.m., Sudal got a hit on one of his three fishing lines.

“I knew right away it was a monster,” he said. “I thought it might be either a bull shark or a tiger shark... an hour or two into it, I knew that it was gonna take longer (to reel in) than I’d ever had.”
Whatever “monster” was on the hook took the line to the limit.
“(Sudal) was so concerned that he was gonna run out of line or end up breaking it,” Cottone recalled. “He’d reel some in, and then the fish would run again. Then

he said, ‘Oh well, there goes another hour of work.’”
Arrival Of Secret Service Agents
Around hour five of the man vs. fish battle, Sudal noticed a pair of boats patrolling the Sanibel shoreline. At almost the same time, a group of six Secret Service agents arrived on the beach, speaking with people who had gathered to watch Sudal attempting to pull in the massive fish.
“They asked me what I was doing, and then they went through my bags,” said Sudal. “They took away my fillet knives.”
Before long, Pence, his wife Karen, a few family members and his Secret Service entourage strolled up the shoreline.
“Everybody was really friendly. Mr. Pence was shaking hands and taking pictures with people,” said Sudal. “Then he came up to me and asked ‘What’s going on here?’ I told him about my experiences as a shark fisherman. Then he told me, ‘I’m glad you’re on our team.’”
Cottone shared a similar sentiment about meeting the vice president.
“It was wonderful. He was so nice to everyone and was very friendly,” she said. “He was talking with my son-in-law who is from Indiana. They talked about some of the friends they had in common. It was an unexpected pleasure for all of us.”
At one point, Pence asked Sudal if he wanted the Secret Service boats patrolling the waters offshore to see if they could identify what kind of fish he had on the line. “I was worried that it might only be

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Vice President Visits Local Salon

by Bob Petcher

MaryAnne Banta and her staff at Sanibel Beauty Salon received an unexpected customer on April 13 when U.S. Vice President Mike Pence came in for a haircut.

The appointment was made by his wife, Karen, who was getting her nails done by Linda Immenzo, the salon's nail technician. "We didn't recognize her. She didn't look like she did on television during the inauguration," said Banta, a huge President Trump fan. "But Jill (Gagne, the master stylist who would later cut Pence's hair) noticed the other lady who accompanied her was wearing some kind of wires."

Meanwhile, Karen Pence observed Gagne cutting the hair of a man who had hair similar to that of her political husband. Without disclosing her married name, she simply asked if her husband could come in to get his hair cut. During the next hour, the salon crew noticed the parking lot at Palm Ridge Place was filling up with official-looking vehicles. That is when Secret Service agents arrived and started checking the salon's interior and exit points. Shortly after, the vice president made his entrance while eight of the Secret Service agents stayed inside and the other four went outside and blocked the front doors.

"Mr. Pence introduced himself. He was as nice as he could be," said Banta. "He talked about his upcoming trip overseas (Asia-Pacific tour began April 16) and told Gagne to take a little more hair off the top since he would be overseas for a while. Afterwards, he told me he liked his haircut



Vice President Mike Pence with master stylist Jill Gagne photos provided

and that he'd be back."

Banta wasn't sure how the famous couple came to choose her salon. It could have been the "God Bless America" or "We Support Our Troops" banners she has hanging over her front entrance, or the fact that his entourage was said to have frequented the Sanibel Deli & Coffee Factory next door.

"I'm not sure," Banta said when asked. "We were just very excited to have him here. They are super people. Since they came in, we have had a lot of gentlemen come in for haircuts. A number of them have come in wearing red shirts so they can pose with Jill as her 'second most important haircut.' We've gotten a lot of business from it."

Toward the end of their visit, Banta gave Mike and Karen Pence, along with each of their Secret Service agents, a keepsake in the shape of a heart that she has specially made for the military. It reads "Loved" on one side and has a crucifix on the other for protection. At Banta's request, Pence said he would pass one along to the president.✱



Karen Pence with nail technician Linda Immenzo

From page 4

Angler Meets Vice President

a stingray at that point, which would have been embarrassing," Sudal added with a laugh.

Persistence Pays Off

Without taking a break from his arduous battle, Sudal explained that around the 10th hour of his struggle he saw three fins along the water's surface.

"At that point, I knew it was either a lemon shark or a smalltooth sawfish," he said. "I was just hoping I'd have enough energy to pull it in the rest of the way. I was really exhausted – my hands were cramping up pretty bad. I hadn't had anything except a few Red Bulls all day long... and no bathroom breaks. I was running on adrenaline."

Finally, 11 hours and 15 minutes after hooking the fish, Sudal brought the giant sawfish into the shallows. Carefully, Sudal and his friends placed a rope on the tail of the fish and quickly tagged it. Sudal then released the rope, walking the fish by its tail back into the gulf until it swam away.

"It's incredible how hard he works to make sure the animal is safe," said Cottone, whose family visited the beach on and off throughout the day but returned in time to see the grand finale. "Elliot did a fabulous job."

News of Sudal's epic experience soon



Elliot Sudal with a shark caught off the coast of Nantucket Island

reached media outlets, both on the island and on the mainland.

"The next day, WINK came out and interviewed me," said Sudal. "I had done a bunch of local stuff before, so I kinda knew the process."

However, catching the giant fish – coupled with meeting the vice president – made the story go global.

"The Daily Mail, ABC News and Good Morning America all reached out to me," he added. "And my Facebook page received more than 800,000 shares of my pictures from that day. It's great that people are genuinely interested in and very supportive of what I do."✱

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Summer Hours At Noah's Ark Begin May 2

The Women of St. Michael & All Angels Episcopal Church, who operate the popular island thrift shop Noah's Ark, announced their hours of operation for the summer months as well as the date for the annual Bag Day sale. Summer hours begin on May 2. From May 2 to August 4, the store will be open from 9 a.m. to noon on Tuesdays and Fridays only. Furniture pickups will be discontinued

on July 14. The Ark's annual Bag Day will take place on Friday, August 4 from 9 to 11 a.m. At this highly anticipated annual event, customers purchase empty bags for \$4 each and fill them to capacity. Merchandise too large to fit in bags will reflect an 80 percent price reduction. In addition, drastic price reductions begin two weeks prior to Bag Day. Noah's Ark will be closed between August 5 and October 2 for cleaning, restocking and repair. The store will begin accepting donations again on September 1. Between October 3 and November 1, shop hours will be 9 a.m. to noon on Tuesdays and Fridays only. During the winter season, beginning

on November 1, hours of operation are 9 a.m. to noon Monday through Friday and the first Saturday of every month. In operation for more than 50 years, Noah's Ark is managed entirely by volunteers. The proceeds from Noah's Ark, coupled with monies from the parish's annual budget, are distributed to local, regional and global charitable organizations. For more information on Noah's Ark and its volunteering opportunities, contact Rector Ellen Sloan at 472 2173 or visit www.saintmichaels-sanibel.org. St. Michael & All Angels Episcopal Church is located at 2304 Periwinkle Way on Sanibel.*

National Day Of Prayer Breakfast

Sanibel Community Church will host a prayer breakfast on Thursday, May 4 at 7 a.m. to observe the National Day of Prayer in the church's Fellowship Hall. All are welcome and the event is free. The local Boy Scout Troop will lead the Pledge of Allegiance while Sanibel City Manager Judie Zimomra will offer a prayer for the City of Sanibel. Pastor Daryl Donovan will lead the participants in a corporate time of prayer for our nation.

The National Day of Prayer is an annual day of observance held on the first Thursday of May, designated by the United States Congress, when people are asked "to turn to God in prayer and meditation." Each year since its inception, the president has signed a proclamation, encouraging all Americans to pray on this day. Millions of Christians will be setting aside time to pray for America. Sanibel Community Church is an evangelical, non-denominational congregation with the church campus located at 1740 Periwinkle Way. For more information, call 472-2684 or visit www.sanibelchurch.com.*

American Legion Post 123

On Sunday, April 30, American Legion Post 123 will serve meatloaf and mashed potatoes from 1 to 8 p.m.

Tuesday, May 2 at 6 p.m. is the Ladies Auxiliary meeting and election of officers. 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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Earth Day cruise participants learning about the geography, archaeology and history of Pine Island Sound

photos by Jeff Lysiak

From page 1

SCCF Cruise

these waters or the beauty of these islands," Patterson said. "We're all very lucky to be here."

The *Lady Chadwick* made stops at both Cabbage Key and Useppa Island for passengers to take in lunch along with local ecological landmarks. On the way back to the dock at South Seas Island Resort, Anders talked about one serious concern facing residents of Southwest Florida: sea level rise.

Environmental experts are projecting a three-foot increase in ocean water

levels by the year 2050. That rise will cause frequent flooding and a disruption of or damage to infrastructure such as roads, sewers, drainage and septic systems.

According to Anders, a study conducted after Hurricane Charley struck the region in 2004 concluded that local water levels rose by four inches over the previous 80 years, which affected more than 20 feet of the local coastline. She said the time to recognize these warning signs is now.

"The Calusa could adapt to sea levels rising and falling, dry and wet seasons," she said. "So if they could adapt and



Author Denege Patterson speaking about the history of the Calusa in Pine Island Sound

survive, we can adapt and survive."

Anders also shared some stories about the effects that tropical storms and hurricanes have had on the region throughout history. Speaking about Hurricane Charley, she explained that the actions of birds, fish and other animals in the days leading up to the August 13, 2004 storm should have served as a forewarning to locals.

"The day before Charley, we didn't see any egrets," said Anders. "And scientists who were monitoring sharks tagged with sensors noticed that all of the sharks had swum out of the sound and into deeper waters just before the storm struck."



Red Anders stood in a booth showing the effects of rising tides in the next 50 years

Patterson, whose book, *A Tour of the Islands of Pine Island Sound, Florida: Their Geology, Archaeology, and History*, was released earlier this year, fielded questions from passengers while Anders invited people to take pictures in a photo booth depicting sea level rise in 2050.

"Nature is like a trampoline. It bounces back. But after an assault, it might lose a spring. It will bounce back again, but how many springs will it lose before it won't bounce back any more?" asked Anders. "I'm not a pessimist, I'm an optimist. I've got hope."✧

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Commission Makes Progress On Formula Retail Revisions

by Jeff Lysiak

Following a lengthy discussion on making recommended changes to the city's Land Development Code requirements applicable to formula retail businesses, members of the Sanibel Planning Commission approved moving the legislation forward so it can be returned for review next month as a draft ordinance.

During Tuesday's meeting, members of the commission reviewed the amended Land Development Code requirements for formula retail businesses being presented by Planning Department Director Jim Jordan. The proposed code changes would include:

- Adjusting the current formula retail stores' "review trigger" upward from 50,000 square feet to 70,000 square feet
- Giving the planning commission the authority to approve all new formula retail stores below the 70,000-square-foot "review trigger"
- Requiring city council review and approval to add new formula retail stores in excesses of 70,000 square feet
- Applying the definition of formula retail stores to any existing retail stores with less than five off-island locations.

"Retail stores that have more than one location, but that had their original location in the city, are not defined as formula retail stores," the revised definition reads, in part. "The second location of a retail store, that had its original location in the city, is not defined as a formula retail store."

Furthermore, Jordan explained that any conditional use application for a new formula retail store that results in the total commercial floor area used by formula retail stores in all of the city's

commercial districts to exceed 50,000 square feet, or as may be adjusted pursuant to section 126-1024 of this code, requires planning commission review and city council approval, subject to five additional conditions. One of those conditions would include a stipulation to "not place added demand on Sanibel's natural and human made infrastructure."

"Sanibel must protect the environment because of the responsibility entrusted to the people of Sanibel to care for these resources, but also as a component of a sound economic policy. The economic base of Sanibel is the environment," the requirement concludes.

Commissioner Chuck Kettelman asked Jordan if any feedback had been received by the city from any local business owners or chamber of commerce members; Jordan responded that no feedback had been received. Fellow commissioner Karen Storjohann hoped that prior to adoption, some island-based businesses would want to see the draft ordinance and potentially provide some helpful suggestions.

Vice chair Holly Smith, after hearing Mayor Kevin Ruane's remarks at the beginning of the meeting, offered that she would prefer to consider making changes to the city's development permit process, investigating the forms that are required to be completed by new business applicants, and consider adjusting the process itself to simplify and streamline the operation.

Commission chair Dr. Phillip Marks suggested that they schedule a meeting in the future, either as a planning commission session or separate permitting process review subcommittee, to investigate making changes to the city's forms or process itself. Storjohann called moving forward with the draft ordinance and reviewing the forms/process separately "disjointed."

"I think it's important that all of this comes out together," she added. However, Jordan said that the

process of sending the draft ordinance forward for review by the commission next month, then presumably to be introduced by city council in June and potential adoption in mid-July gives the commission ample time to review both the forms and the application process.

Kettelman made a motion to approve having the city's planning department staff begin work on the draft ordinance, which will be reviewed at the commission's May 9 meeting. Meanwhile, he will make copies of the development permit forms and other related materials available to the six-member panel in the next few days. Marks seconded the motion, which was later approved – 5 to 1 – with Smith dissenting.

In other business, commissioners approved a development permit for the construction of a swimming pool and deck, as an accessory structure to a new single-family residence located at 3723 West Gulf Drive, to be elevated higher than seven feet above the existing onsite predevelopment grade. The application was approved unanimously, with 21 recommended conditions.

Also, the commission granted variances for the roof of a new single-family residence to be constructed

above the primary angle of light height limitation; to allow an accessory swimming pool to exceed the maximum coverage and developed area limits permitted for the Mangrove Forest Ecological Zone; and allowing that pool and deck to be elevated more than two feet above the minimum required base flood elevation.

Smith recommended allowing the approved application deadline to be extended, since one of the recommended conditions dealt with the installation of a septic system unit at the property, located at 1824 Woodring Road. The city recently approved a major sewer system installation project for the subdivision, however, not knowing when that construction would be completed might complicate the matter.

After City Attorney Ken Cuyler suggested that the commission not vary the conditions required by code, offering that any potential future fees could be waived or applications expedited, City Manager Judie Zimomra explained that the sewer system project has been scheduled for completion by September.

The application was approved 5 to 0, with commissioner Chris Heidrick abstaining from the vote.*

Summer Hours Begin At Sanibel Historical Village

The Sanibel Historical Museum and Village will switch to off-season, summer hours beginning Tuesday, May 2. Summer hours are 10 a.m. to 1 p.m. Tuesday through Saturday.

The museum will be closed starting Tuesday, August 1 and will reopen Tuesday, October 17 on regular full-time hours, Tuesday through Saturday from 10 a.m. to 4 p.m.

Museum staff and board members

plan a busy off-season to work on key administrative tasks and many museum improvement projects that often take a back seat during the busy tourist season.

The Sanibel Historical Museum and Village is a nonprofit organization formed with the mission to preserve, share, and celebrate Sanibel's history. It is located at 950 Dunlop Road, next to BIG ARTS. Adult admission is \$10; those under age 18 and members are free. Single memberships are \$40, family memberships are \$60, and other levels are available. Call 472-4648 for more information or visit www.sanibelmuseum.org.*

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What's Happening At The House In 2017

Events

Saturday, April 29, 9 am - Noon

Kids Hands on Cooking \$20
"Fun with Flour"

Friday, May 5, 12, 26, 7-9 pm

Intro to the Pleasures of Wine
\$135/person for 3 part series
Eat a light dinner.

Sunday, May 7, 3pm-5pm

Resident Chef Jarred Harris Mom's Day meal you can make!
Duck Ham & Mixed Greens,
Lobster Thermidor
Hazelnut Crème Brulee \$45

Tuesday, May 16, 6 pm

Summer Social - Game Night
with Taco Buffet \$20

Saturday, May 20 "RoBot" Check in 9 am

Robot Wars, register
<http://www.sboemd.com/sign-up.html>
10 am first rounds
Donations for snacks & Bev
Spectators encouraged 10-8 pm

Sunday, May 21, 10-1pm

Chef Dwayne Bergeron
Authentic Creole Cooking
Jambalaya, Etouffee, Beignets

Classes & More

Monday

8:30 am Island Yoga & Thursday

Tuesday & Thursday

10 am Sanibel Yoga
11:15 am Sanibel Yoga
12:30 Duplicate Bridge (Tuesday Only)

Wednesday, May 3

Zonta
JR Wood meeting
Lions

Visit www.SanibelCommunityHouse.net
for more information

The Community House

SANIBEL COMMUNITY ASSOCIATION

Telephone: (239) 472-2155

info@sanibelcommunityhouse.net

www.sanibelcommunityhouse.net

2173 Periwinkle Way, Sanibel, FL 33957

"To enrich community spirit through educational,
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The Community House



Tom Uhler

photos provided

Wine Classes

Sanibel wine educator Tom Uhler will host classes, titled An Introduction to the Pleasures of Wine, to benefit The Community House on three Friday nights, May 5, 12 and 26 from 7 to 9 p.m. An Introduction to the Pleasures of Wine, which Uhler likes to call "Wines One," is an often irreverent look at the purchasing, storing, serving and enjoyment of wine, with an emphasis on the matching of wine and food.

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

Class is limited to a maximum of 30 participants. The cost is \$135 per person for all three classes. Participants are encouraged to eat a light meal prior to the class.



Chef Jarred Harris

Mom's Day Meal

All levels of home cooks are invited to attend Resident Chef Jarred Harris' class Mom's Day Meal You Can Make on Sunday, May 7 from 3 to 5 p.m. Chef Jarred will show attendees how to make Duck Ham (a curing process for duck breast) and Mixed Greens, Lobster Thermidor and Hazelnut Crème Brulee.

These interactive sessions with tastings are a great way to broaden your skills in the kitchen while meeting new friends. Recipes and a specialty beverage will be shared. Cost is \$45 per person.

Stay tuned for new summer socials with food, education, and fun and games starting Tuesday, May 16 at 6 p.m.



Robot

Small Bots Of Mass Destruction

Small Bots of Mass Destruction (SBoMD), a one-on-one combat tournament for robots hosted by KurTrox and Treasure Coast Makerspace and The Community House, is coming Saturday, May 20. Check-in begins at 9 a.m.

This event is the first of its kind on Sanibel and all ages are welcome.

There will be trophies and prizes for the top two in each weight class, as well as special awards for sportsmanship, driver abilities, and other categories. There are five separate weight classes, from 150g to 15lb. Each driver is allowed only one robot per weight class, while teams are allowed three per weight class. Everyone entering the pit must sign a waiver at check-in, and competitors and crew members under 18 must have their waiver signed by a parent or legal guardian. Match rules as well as build rules can be found at the website SBoMD.com, along with a registration link for your team's robot and builders, photos and videos of previous events, and tournament information.

Spectators are welcome from 10 a.m. to 8 p.m. by donation.

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

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BAT YAM-TEMPLE OF THE ISLANDS

The Reform Congregation of Bat Yam Temple of the Islands meets for Friday night services at 7:30 p.m. in the Fellowship Hall of the Sanibel Congregational United Church of Christ, 2050 Periwinkle Way. Rabbi Myra Soifer. President Alan Lessack 579-0296.

HISTORIC CAPTIVA CHAPEL BY THE SEA

The Rev. Dr. John N. Cedarleaf Services every Sunday 11 a.m. November 13, 2016 thru April 30, 2017 11580 Chapin Lane, Captiva 472-4646

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SANIBEL COMMUNITY CHURCH

Dr. Daryl Donovan, Senior Pastor Sunday Worship 8 a.m. Traditional in

historic Chapel, 9 a.m. Contemporary and 11 a.m. Traditional in main Sanctuary, 10:15 a.m. Courtyard Fellowship, 9 and 11 a.m. Bible classes. Childcare available at all services. 1740 Periwinkle Way, 472-2684

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Reverend Deborah Kunkel, Associate Pastor. 7:45 a.m. Chapel Service, 10 a.m. Full Service with Sunday School and nursery care. 2050 Periwinkle Way 472-0497

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Pastor Reverend Christopher Senk, Saturday Vigil Mass 5 p.m., Sunday Mass 8:30 and 10:30 a.m., May through October 9:30 a.m. only. Daily Mass Wednesday, Thursday and Friday 8:30 a.m.

Communion Service Monday and Tuesday 8:30 a.m. Holy Days call. 3559 San-Cap Road, 472-2763.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Dr. Ellen Sloan, Rector. Saturday Eucharist 5 p.m. Sunday Eucharist 9:30 a.m. Sunday School 9:30 a.m. Tuesday Morning Prayer 9 a.m. Wednesday Healing Eucharist 9 a.m. Prayer and Potluck first Wednesdays 6 p.m. 2304 Periwinkle Way, saintmichaels-sanibel.org, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS

Meets 5 p.m. on the first Sunday of each month from December through April at the Sanibel Congregational Church. A pot luck is held at a member's home on the third Sunday of each month. 2050 Periwinkle Way, ryi39@aol.com, 433-4901.*



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Shell Crafters Give Back To Supporters

submitted by Sue Schoenherr

Last May, The Community House on Sanibel was closed for extensive restoration and renovation. Everything housed inside the historic structure had to be removed and stored off the premises. The Sanibel Congregational United Church of Christ provided a room where the Sanibel Community Association's Shell Crafters could continue to create their shell art every Monday and have access to their supplies. The church's Bookery Rookery was used to store the finished products.

The Community House project, with its change in parking configuration and new landscaping, required the relocation of the Shelling Bee's Shell Shed. Again, everything in it had to be removed and stored. Alan and Edina Lessack graciously offered part of the lower level of their home to store the many boxes of shells and other materials.

As a token of appreciation, one of the Shell Crafters, Bev Visnesky, created a special shell art piece for each. Sanibel Congregational United Church of Christ was given a large wooden cross made by Bill Jordan and artfully decorated with beautiful shells by Visnesky. Last week, Rev. Dr. John H. Danner accepted the cross on behalf of the church.

On April 14, the Lessacks were



From left, Rev. Dr. John H. Danner of Sanibel Congregational United Church of Christ, shellcrafter Bev Visnesky and Margie Lee of the church house committee

photo by Jeff Lysiak

presented with a mailbox covered with a variety of beautiful shells. The mailbox was installed while Edina Lessack was out on an errand. Upon her return, she drove past her driveway not recognizing her new mailbox as her old landmark mailbox had been replaced.

The Shell Crafters, the Shelling Bees and The Community House board of directors and staff appreciate the generosity of the Lessack family and the

church.

The Sanibel Shell Crafters meet every Monday at The Community House in the Great Room from 9:30 a.m. to 2:30 p.m. Artistic creations using shells and other marine life are crafted to sell: floral arrangements, Christmas ornaments, jewelry, animals and other items. The shells, marine life and the vases are donated to the group. At 10 a.m. each Monday, free lessons are provided at the teaching table to learn to make a flower and/or an animal. There is a small donation requested for materials if one desires to keep their creation. Children accompanied by an adult are welcome. The monies generated support the not-for-profit Community House, the meeting place of approximately 65 organizations and activities.



From left, shellcrafter Bev Visnesky with Edina and Alan Lessack

photo courtesy Sue Schoenherr

The Shell Shed is where the Shelling Bees meet during season on Thursdays from 9:30 a.m. to 1:30 p.m. and during the Sanibel Shell Festival. Many of the shells are bagged and priced for selling. The majority of the shells are local to Sanibel as well as some donated "foreign" shells from around the world. Florida fossil shells are also available to purchase. Donations of shells are always welcomed at The Community House. The monies generated support The Community House.

We invite anyone with an interest in shell art and/or shells to join us not only to learn new skills, learn about mollusks and have fun but also make new friends. For more information, contact Sue Schoenherr, shell chair, at 815-674-8871 or tschoen@mchsi.com.

In Memoriam by Anne Joffe

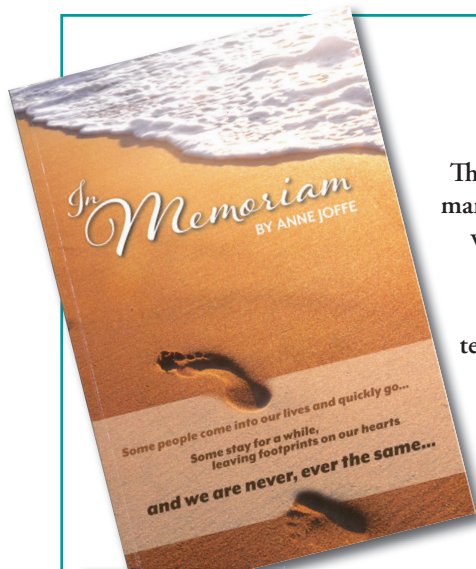
This 187 color page book is a tribute to many wonderful people in the shell world who have departed this world and are in the great shell heaven above.

All were my good friends, mentors, teachers, scientists, volunteers, all sharing one common interest, the love of mollusks. Each one has a special memory in my heart.

I wrote this as a tribute to their memories, and for all readers to learn about them in a small vignette, each with a shell that was special to them.

Many were Sanibel residents you may know. Almost all were visitors.

Books are available at either She Sells Sea Shells location for \$19.95 or online at Sanibelseashells@aol.com. A portion of the book sales will be donated to the Conchologists of America.



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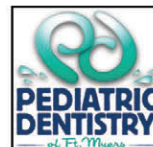
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A very big hug and special thank you to the generous parents of our school and the teachers who made this event so great!



Plant Smart

Not Native, But Friendly To Butterflies

by Gerri Reaves

The three plants pictured here qualify as "Florida friendly," the next best thing to native. As the Florida Yards and Neighborhood's program defines it, a Florida friendly landscape is both beautiful and environmentally responsible – and wildlife friendly to boot.

The key to creating a Florida friendly yard is "right plant, right place." Failing to consider criteria such as maintenance requirements, water use, and soil characteristics, can result in a less-than-thriving yard.

Choose golden dewdrop (*Duranta erecta*), scarlet milkweed (*Asclepias curassavica*) or pentas (*Pentas lanceolata*) and you've taken a step toward creating a low-maintenance landscape that also is wildlife friendly.

Golden dewdrop is known for often fruiting and flowering simultaneously, which enhances its ornamental appeal.

Some plant experts believe that this member of the verbenaceae family, is in fact native to the Florida Keys.

The name refers to the golden-yellow fruit, and another common name, skyflower, refers to the blue flowers.

The nectar in those five-lobed tubular flowers attract butterflies and hummingbirds. Songbirds like the clusters of fleshy fruit, and the thorny foliage makes good cover for birds.

For the most robust shrub or small tree, give it full sun and some organic material. It is moderately drought tolerant.

Golden dewdrop is toxic if ingested and can cause skin irritation.

Although not native, scarlet milkweed is the most common milkweed species in Florida yards. It is a staple of butterfly gardens because it is a nectar and



Golden dewdrop's fleshy fruit, blue flowers, and thorny foliage are beneficial to wildlife
photos by Gerri Reaves

host plant for the monarch (*Danaus plexippus*), queen (*Danaus gilippus*) and soldier butterflies (*Danaus eresimus*).

In addition, the nectar attracts various insects and hummingbirds, too.

The scarlet and orange clusters of flowers top the stalks that contain a milky sap that can irritate the skin and be toxic if ingested.

This naturalized wildflower spreads easily via wind-borne fluffy seeds and couldn't be easier to grow. Very adaptable to almost any conditions, it prefers sun and moist, well-drained soil.

South Florida has resident and migratory populations of the monarch, so consider this when choosing scarlet milkweed over native milkweeds: So prevalent has scarlet milkweed become that there is concern that the constant availability of its nectar disrupts the monarch's migration patterns.

Detrimental effects can result if the breeding cycle extends into the cooler months.

Pentas, so named for the five-petaled flowers, comes in a variety of colors.



Scarlet milkweed is appreciated for attracting butterflies, particularly the monarch. It is perhaps over-planted in South Florida, so consider planting native milkweeds instead.



Pentas are a nectar source for butterflies and hummingbirds throughout the year

Those star-like flowers give it another pretty name, Egyptian star-cluster.

The tubular flowers are a nectar source for butterflies and hummingbirds throughout the year.

Pentas are fast growing and easy to care for. They can grow in partial shade, but for the most profuse blooms, give these colorful flowers full sun, plenty of water and fertile, well-drained soil.

For a successful butterfly garden, avoid using toxic chemicals (e.g., pesticides, herbicides) lest you lure butterflies to an early demise.

Also be prepared to tolerate caterpillars munching the leaves of the

host plants. They will quickly re-leaf.

Learn more about the principles of the Florida friendly landscape by investigating the Florida Yards and Neighborhoods program online at <http://lee.ifas.ufl.edu/FYN/FYNHome.shtml>.

Sources: *Florida, My Eden* by Frederic B. Stresau; *The Shrubs and Woody Vines of Florida* by Gil Nelson; *Waterwise* by the South Florida Water Management District; floridagardener.com; floridata.com; ifas.ufl.edu; and nababutterfly.com.

Plant Smart explores the diverse flora of South Florida.✱

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Teen Scene Night At The Speedway

Teens, get ready to start your engines with a trip to the 4-17 Southern Speedway in Punta Gorda on Saturday, April 29. Catch all the thrills and excitement of live auto racing on a quarter-mile race track. Races will range from a variety of car and truck categories like modified, stock, mini and more.

Tickets will be purchased by teens at the gate upon arrival for \$8 per student. The city van will depart from the Sanibel Recreation Center at 4 p.m. and return at approximately 10:30 p.m. Registration is \$5 for members and \$6 for non-members. Bring additional money for a dollar menu dinner pit stop before the event. Food will also be sold at the speedway.

For more information, call 472-0345 or visit the website at www.mysanibel.com.

Committee Members Sought

Are you interested in the preservation of Sanibel's unique history?

Would you like to help provide residents and visitors reflections of the island's history and the pre-historic period up to and including the incorporation of the City of Sanibel?

Responsibilities include attending committee meetings on the first Thursday of each month at 9 a.m. in MacKenzie Hall at Sanibel City Hall.

Any resident wishing to serve may apply online at mysanibel.com. The deadline for submission is Wednesday, May 17 at noon.

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

Apply To Join Contractor Review Board

Sanibel City Council is currently accepting applications to fill a contractor review board partial term appointment for a Florida licensed air conditioning contractor with an expiration

date of December 7, 2018.

Responsibilities include attending board meetings, which are held on the first Thursday of every month at 4 p.m. at Sanibel City Hall (MacKenzie Hall), 800 Dunlop Road

Any resident wishing to serve may visit www.mysanibel.com to access the online Advisory Committee Application. After opening the hyperlink, click the green "Apply" button and continue to complete the online application. At the end of the application process, click the green "submit" button, which will allow submission of your application to the City Clerk.

The deadline for submission is Wednesday, May 14 at noon. If you have any questions, call the City Manager's office at 472-3700.

Student Exhibit

Artistic creations from students at The Sanibel School will be on display during the month of May at Sanibel Captiva Community Bank, located at 2475 Library Way.

The public is invited to meet and greet teacher Tylor Stewart and her students at a reception on Thursday, May 18 from 4:15 to 5:45 p.m. at the bank. These monthly art exhibits are organized by Sanibel-Captiva Art League President Jim Storer.

For more information, visit www.sancapart.com.

Top Ten Books

1. *Lilac Girls* by Martha Hall Kelly
2. *Big Little Lies* by Lianne Moriarty
3. *Sweetbitter* by Stephanie Danler
4. *This Fight is Our Fight* by Elizabeth Warren
5. *Mangrove Lightning* by Randy Wayne White
6. *Britt-Marie Was Here* by Fredrik Backman
7. *The Light of Paris* by Eleanor Brown
8. *Remarkable Women of Sanibel & Captiva* by Jeri Magg
9. *Deep Blue* by Randy Wayne White
10. *News of the World* by Paulette Jiles

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The Greatest Fish Ever



by Capt. Matt Mitchell

Our long wait is finally over – it's tarpon time again. The annual arrival of these migratory fish has begun with the spring migration now very close to getting into

full swing. Over the next few months, thousands of these fish invade our local waters and bring the emotional roller coaster of excitement, happiness and often the frustration that we call tarpon fishing.

Come May 1, I'm lucky enough to exclusively chase these amazing fish for more than six weeks. Breaking out my tarpon gear this week to spool new line and get the terminal tackle together always gets me fired up. This fishing is not only about switching species but the change of lifestyle to tarpon fishing mode. In less than a week, I will be back to making my long-awaited daily

rounds by hunting tarpon in the places they frequent every year. It won't take long until I have retrained my eyes to spot rolling and free jumping fish from hundreds of yards away.

Obsession is a mild way to describe the next few months for many of us tarpon fishermen that spend almost every waking moment thinking about and living tarpon fishing. Vampire-like schedules, bait deliveries and daily phone calls and texts with other captains become part of a normal day.

Tarpon can be caught by a wide variety of methods from cut-bait fishing to fly fishing and every way in between, so they appeal to a wide variety of fishermen. The fact that they gulp air also makes it possible to read their behavior and sight fish them. That only adds to the mystique. Simply put, there is not a more perfect gamefish.

With the start of each tarpon season, I know I'm going to continue to learn more about what is a very challenging, complex puzzle. Every year, I see these fish do something I have never seen them do before. The more and more seasons I chase these fish I realize I know very little about these prehistoric fish even though I spend so much time in and around them. This season conditions are starting off better than we have seen



Doing battle with a hooked tarpon

in years with clean, clear water and lots of bait around. Everything is lining up just right for what should be some of the best tarpon action we have seen in years.

We all know tarpon are big, extremely strong and hard fighting, but hooking and feeling the power of a six-foot-long angry fish going totally nuts while airborne has to be seen and felt to be

understood. The easiest way to describe it is "tarpon fever."

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

Send Us Your Fish Tales

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

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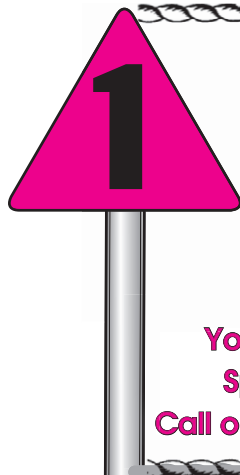


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Shell Of The Week

Purplish Semele



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

The Purplish Semele, *Semele purpurascens* (Gmelin, 1791), is one of the

most distinctive bivalves found along the coast of Southwest Florida. It may reach about 1 to 1.5 inches and is easily distinguishable from other local clams by, among other shell features, its maroon, purplish or sometimes orange color, and presence of a central area of more intense coloration inside the shell valves. The external sculpture consists of very fine commarginal ("concentric") striations, which impart a dull aspect to the shell, and the internal surface is smooth, glossy. 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.



The Purplish Semele, *Semele purpurascens*, from Sanibel

photo by José H. Leal

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.✪

City Of Sanibel Vegetation Committee

Openings On Vegetation Committee

The City of Sanibel Vegetation Committee is looking for members to help educate residents, visitors and landscape professionals about the city's vegetation standards and benefits of native plants. Responsibilities include:

- Attend committee meetings on the first Thursday of each month at 1:30 p.m. in MacKenzie Hall at Sanibel City Hall
- Appointees must earn a passing score on the city's Vegetation Competency Exam
- Assist in the administration of the city's Vegetation Competency class and exam for landscape professionals. The class and test are offered four times per year in January, April, June and October, on the first two Fridays of the month
- Assist the city's Planning and Natural Resources Departments with vegetation inspections.

Any resident wishing to serve may go online to mysanibel.com. The deadline for submission is Wednesday, May 17 at Noon.

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



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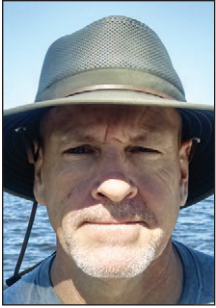
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CROW Case Of The Week:

Young Armadillo

by Bob Petcher



The nine-banded armadillo (*Dasypus novemcinctus*) is one of the most fascinating looking animals on this planet. Named for its armor, the South American

native saw a quick growth rate once it crossed the Rio Grande from Mexico into the U.S. during the late 19th century. Having a hard shell covering much of its body (back, sides, head, tail and outside surfaces of its legs) to repel natural predators helped in the population spike.

Known as the state mammal of Texas, the nine-banded armadillo is the most widespread and largest of all armadillos and is the only one of the 20 species that is found in this country. A solitary animal that is mostly nocturnal, the nine-banded armadillo feeds on insects, ants, termites and similarly related animals. It is so-called due to the typical number of bands on its armor, but the actual number varies by geographic range.

Armadillos are adaptable to different climates and can live in a range of terrains such as tropical rainforests, open prairies and in different plant communities.

Interestingly, the armadillo has some

hops with an ability to jump three to four feet in the air when spooked. Another unexpected fact is that the armadillo can hold its breath for six minutes either to burrow in soil during foraging or in water to hide from attackers. Burrowing is aided by very long claws on their middle toes, and its "swimming" ability actually requires either inflating its intestines and floating across bodies of water or sinking and trudging quickly along riverbeds.

This particular species of armadillo reaches sexual maturity at age 1. They reproduce annually during their 12- to 15-year average lifespan.

At CROW, a juvenile nine-banded armadillo was admitted to the clinic last week from Cape Coral. CROW officials stated the young mammal was found in a driveway with no apparent injuries and no adult armadillo around to care for it.

Like in most cases, it is best to call a wildlife rehabilitator like CROW before trying to "rescue" an animal. Sometimes, the interference causes an animal to be orphaned from its natural parents, who do a much better job at raising their young than humans could ever do. A rehabilitator can inform the finder what is the best course of action.

"It is always best to contact CROW first for more information before handling a wild animal," said Dr. Heather Barron, CROW's hospital director. "In this case, young armadillos like this one are usually not far from the adult, and it is likely the adult was not around to care for it."

Medical personnel at the clinic say the patient could present a challenge to the CROW staff because armadillos



Patient #17-1136 will be given to an educational home when fully healthy

photo by Brian Bohlman

are susceptible to infections and vitamin deficiencies. Dr. Barron said that is not the case with this particular patient so far.

"At this point in time, it does not have any infections or vitamin deficiencies," she said.

Patient #17-1136 will remain at the Sanibel clinic and will be introduced to food other than its mother's milk.

"It will be raised to weaning age and then an educational home will be found," said Dr. Barron. "It cannot be released due to the classification as a non-native species by FWC (Florida Fish and Wildlife Conservation Committee)."

During its stay, the armadillo will receive nutritional and supportive care. After nearly a week at CROW, the patient is adjusting.

"It is being fed two to three times a day and is doing well," added Dr. Barron.

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

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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 or 472-3644 ext. 229 to register. Hours are 10 a.m. to 4 p.m. Monday through Saturday (closed Saturdays beginning May 1). CROW is located at 3883 Sanibel-Captiva Road.

Friday, April 28, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Opossums at CROW (daily presentation).

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

Friday, April 28, 2 p.m., adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Florida Snakes (daily presentation).

Of Florida's 46 native species of snakes, 34 are found in South Florida. Snakes play important roles in our natural ecosystems and should be respected rather than feared. They are important

predators that help control rodent populations that can spread disease to humans. They are also important prey for birds, mammals, alligators, and even other snakes. One of CROW's animal ambassadors will be present.

Friday, April 28, 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 29, 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.

Saturday, April 29, 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.

Monday, May 1, 11 a.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, May 2, 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.

Tuesday, May 2, 11 a.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.

Wednesday, May 3, 11 a.m. to 12:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour). Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with

a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

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

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

Thursday, May 4, 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, May 4, 11 a.m. adults \$7, teens \$5, 12 and under no charge – Birds of Prey, presented by CROW staff (daily presentation).

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



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2017 Sea Turtle Nesting Season Guidelines Issued

submitted by the City of Sanibel
Natural Resources Department

With the "official" start of sea turtle nesting season just around the corner, the City of Sanibel, in partnership with the Sanibel-Captiva Conservation Foundation (SCCF), is asking all residents and visitors to do their part in protecting these threatened and endangered species.

The nesting ritual of the loggerhead sea turtle is one of the most remarkable natural phenomena occurring on Sanibel's Gulf beaches. This natural process has happened on Sanibel for centuries and our eleven miles of Gulf shoreline have more nesting activity than any other beach in Lee County. Sought by predators and susceptible to dehydration, sea turtle hatchlings have only a one in one thousand chance of survival. Human activities can further reduce that chance.

By following these simple guidelines, you can do your part to ensure the survival of these magnificent creatures:

- Turn off or shield lights near the beaches. Artificial beach lighting can inhibit female sea turtles from nesting and disorient hatchlings. Most beachfront lighting issues can be addressed by turning off all unnecessary lights, repositioning or modifying light fixtures, or closing blinds and drapes.

- Remove furniture and other items from the beach and dune area, when not in use, between the hours of 9 p.m. and 7 a.m. Items left on the beach including beach furniture, toys and trash may provide barriers to nesting or result in entanglement and predation of hatchlings.

- Level all sandcastles and fill any holes dug during play. These are fine during the day but may pose additional hazards at night. Please leave the beach as you found it, so that sea turtles and hatchlings are not hindered on their

way to nest or to the water.

- Pick up all trash. Sea turtles mistakenly eat debris, especially plastic, which results in death.

- Honor the leash law. All dogs on the beach must be on a leash and not allowed to disturb nesting turtles or hatchlings.

As a reminder, the city's Dark Skies and Beachfront Lighting standards are applicable and enforced year-round. Gulf-front property owners should make sure that their properties are in compliance with the city's sea turtle protection ordinances and ensure that artificial lighting from the property is not illuminating the beach (Sanibel Code Section 74-181-74-183, Section 126-996-126-1002).

An easy way to test if your property is in compliance is to stand on the beach on a moonless night and look seaward. If you can see your shadow cast towards the water, there is too much light behind you. This light could potentially deter female turtles from nesting or disorient hatchlings as they emerge from the nest.

In 2016, a record number of nests were laid on Sanibel. Of the 636 nests laid, 336 hatched, and it is estimated that over 22,000 sea turtle hatchlings successfully made their march into the ocean.

We look forward to another successful sea turtle nesting season and hope to uphold Sanibel's reputation as having one of the darkest and most "turtle friendly" beaches in the state. We ask for your continued compliance with city's sea turtle protection ordinances and remind all residents and visitors that violations of these ordinances may be subject to city, state and/or federal fines and penalties. Violations should be reported immediately to the Sanibel Police Department at 472-3111, Sanibel Code Enforcement at 472-4136 or Natural Resources at 472-3700.

For more information regarding sea turtles on Sanibel, visit <http://mysanibel.com/Departments/Natural-Resources/Protecting-Our-Beaches/Sea-Turtles>.✱

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Shells Found



Sue, Carmine and Nick Petito photo by A. Ziehl
Sue, Carmine, Nick and Angelica (not shown) Petito found four huge horse conchs on the beach at Pointe Santo, where they were staying.✱

Bike Or Hike A La Bleu Rendez-Vous

It didn't take long for Chef Christian Vivet of Bleu Rendez-Vous French Bistro to learn that hopping on his bike would get him to the restaurant faster than driving during season. Vivet said he feels he's doing his part by biking to the restaurant. "It's good to take a car off the road, and I get here faster than I would if I drove," he explained. "It's good for me, it's good for the environment, and it doesn't hurt my health."

Vivet also emphasized the importance of proper cycling safety when returning home by bike at night, stressing that a headlight is an essential accessory.

While the rest of the staff does not bike to work, they often wear Sanibel "Bike or Hike" buttons. The Vivets also help support the city's traffic mitigation efforts by sharing information about the Sanibel Bound Street Cam App.

The Sanibel Bound Street Cam App provides real-time views of six strategic island locations to help motorists plan their travels.✱



Chef Christian Vivet photo provided

Matt Asen with Spike Lee

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ISLAND FARE

BAILEY'S GENERAL STORE

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

2477 Periwinkle Way, 472-1516

BEACH PIEZ

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

2441 Periwinkle Way, 472-3224

THE BLUE GIRAFFE

The Blue Giraffe, under new ownership, offers casual island dining for "no wait" breakfast from 7 a.m. to noon daily as well as lunch and dinner seven days a week until 8 p.m. Dine outside in the garden atmosphere of Periwinkle Place or inside at hand-painted tables, inspired by local artists. The new menu is full of traditional and unique breakfast items, signature burgers, custom sandwiches, fresh and local seafood, salads, steaks, pork and vegetarian options. There is a full liquor bar and various local beers on tap.

2075 Periwinkle Way (Periwinkle Place), 472-2525

CIP'S PLACE

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

2055 Periwinkle Way, 472-0223

DOC FORD'S RUM BAR & GRILLE

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

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

DUNES GOLF & TENNIS CLUB

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

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

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

949 Sand Castle Road, 472-3355



From left, Bryan Zambuto, Carolina Bartaburu and Emma Perez-Meta of Matzaluna Italian

Kitchen

photo by Bob Petcher

GRAMMA DOT'S

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

634 North Yachtsman Drive, 472-8138

GREEN FLASH

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

15183 Captiva Drive, 472-3337

IL CIELO

Il Cielo offers creative American cuisine and internationally inspired specials in an upscale casual atmosphere. From locally caught fish, American lamb and grass-finished beef to farm-fresh organic produce, there is a thoughtfully prepared dish on the menu for everyone. Il Cielo is open Tuesday through Sunday from 4:30 to 9 p.m. Happy hour is from 4:30 to 6 p.m. and features signature small plates, appetizers and half-priced house wines, domestic beers and well drinks. There is live piano music by Scott McDonald Tuesday through Sunday nights beginning at 7 p.m.

1244 Periwinkle Way, 472-5555

ISLAND COW

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

2163 Periwinkle Way, 472-0606

ISLAND PIZZA

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

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

1619 Periwinkle Way, 472-1581

JERRY'S RESTAURANT AND DELI

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

1700 Periwinkle Way, 472-9300

JOEY'S CUSTARD

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

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

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

MATZALUNA ITALIAN KITCHEN

Are you in the mood for pizza? Matzaluna Italian Kitchen has a wood-fired oven to bake authentic pizzas, including gluten-free ones. That's in addition to a big menu, involving over 20 combinations of pasta dinners from \$11.95 (including soup or salad and fresh baked bread), affordable veal, tender chicken, choice steaks and seafood (Italian style) in a casual market-like setting.

Gluten-free pizza is also available. Matzaluna offers a large selection of Florida craft beer, both on draft and in cans and bottles. Enjoy \$5 apps at the bar from 4:30 to 5:30 p.m. Hours are 4:30 to 9:30 p.m. daily and happy hour is 4:30 to 6 p.m.

1200 Periwinkle Way, 472-1998

MUCKY DUCK

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

11546 Andy Rosse Lane, 472-3434

OVER EASY CAFÉ

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

630 Tarpon Bay Road, 472-2625

PASTURE & PEARL

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

The Village Shops, 2340 Periwinkle Way, 810-5514

PECKING ORDER

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

2496 Palm Ridge Road, 472-2534

SANIBEL BEAN

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

2240 Periwinkle Way, 395-1919

SANIBEL DELI & COFFEE FACTORY

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

2330 Palm Ridge Road, 472-2555

ISLAND FARE

SANIBEL GRILL

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

703 Tarpon Bay Road, 472-3128

SANIBEL SPROUT

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

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

SUMMERLIN JAKE'S

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

choices that are locally sourced, hand-selected and artfully prepared. Summerlin Jakes is open Monday through Friday 11 a.m. to 10 p.m. and Saturday and Sunday 8 a.m. to 10 p.m. (Breakfast served 8 to 11:30 a.m.). Happy Hour is 3 to 6 p.m. daily. Live music on Friday and Saturday 5:30 to 10 p.m.

17501 Harbour Pointe Drive, 466-5377

SUNDIAL BEACH RESORT & SPA

Voted 2016's Best New Restaurant and Best Sushi, discover an authentic experience at Shima Japanese Steakhouse & Sushi Bar featuring hibachi dining and expertly rolled sushi. For sushi-to-go, visit Shima Grab N Go for the same award winning sushi selection.

Panoramic Gulf views await at the Gulf-front Sea Breeze Café where the menu celebrates fresh local produce and seafood. Enjoy breakfast, lunch or dinner on the outdoor terrace or in the dining room.

Sanibel's favorite tiki bar, Turtle's Pool & Beach Bar, serves up frosty drinks and favorite fare at the bar and family-friendly patio.

Visit sundialresort.com for menus, restaurant hours, daily happy hours and reservations.

1451 Middle Gulf Drive, 472-4151.

TIMBERS RESTAURANT & FISH MARKET

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

703 Tarpon Bay Road, 472-3128

TRADERS GULF COAST GRILL & GIFTS

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

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

1551 Periwinkle Way, 472-7242

TRADITIONS ON THE BEACH

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

3111 West Gulf Drive, 472-4559

Read us online at
IslandSunNews.com

LIVE ON THE ISLANDS

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

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

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

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

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

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

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

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

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*Delivery to job sites, businesses AND
beach access from open to close!*

2018 Nature Calendar Now Available

Jim Fowler recently announced the publication of the 30th edition of The Sanibel-Captiva Nature Calendar. The cover of the 2018 calendar features a pod of American white pelicans photographed by Al Hoffacker, one of Florida's most renowned wildlife photographers.

This edition of the calendar spotlights 11 of Sanibel's often observed birds in all their splendor. March, June and October photos show green herons, black skimmers and yellow-crowned night herons nesting with young. May, August, November and December depict a black-bellied plover, snowy egrets, a semipalmated plover and a sanderling foraging on the beach. February shows a pair of courting wood storks photographed in the JN "Ding"

Darling National Wildlife Refuge. Also, photographed in the refuge is the centerfold shot of a roseate spoonbill. Rounding out the calendar are dolphins off Point Ybel, spotfin butterflyfish off Upper Captiva and a Punta Rassa sunrise.

Fowler said, "This edition not only shows the amazing talent of the contributing photographers but depicts the different and interrelated habitats of the islands and surrounding marine environments. The concise and in-depth narratives by the contributing writers are enlightening and fascinating."

Photographers featured in this edition are Theresa Baldwin, Marianne Bargiotti, Cliff Beittel, Angela Brain, Dick Fortune, Al Hoffacker, Robert Kimbrell, Sara Lopez, Lorraine Sommer and Don Thompson.

In addition, there are informative photo narratives by islander Betty Anholt and former islander Charles LeBuff. Each month features a shell sketch by the late islander Sue Stephens and a turtle



Jim Fowler with his 2018 Sanibel-Captiva Nature Calendar photo provided

Dine on Captiva with Colorful Water Views



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graphic during the sea turtle nesting months. Again this year, the calendar will be available, upon request, with a shipping envelope made from trash. The make-ready sheets were saved from the press set-up and created custom-fit mailing envelopes. This paper is usually sent through the printing press once then on to recyclers or the landfill. Now this paper will be used a second time as

envelopes, further reducing waste. The calendar retails for \$14.95 and is sold throughout Southwest Florida in book stores and gift shops. For mail orders, send \$14.95 (plus \$2 shipping and handling) to: Sanibel-Captiva Nature Calendar, PO Box 356, Sanibel Island, FL 33957. For the custom Blind Pass Tide edition, send \$17.95 (plus \$2 shipping and handling).✱

THE GROG SHOP

Wine • Spirits • Liqueurs • Cigars • Gift Items

This Week's Featured Items

Ketel One Vodka 750 ml. \$26.99 Reg. \$29.99	Seaglass Sauvignon Blanc 750 ml. \$9.99 Reg. \$11.99
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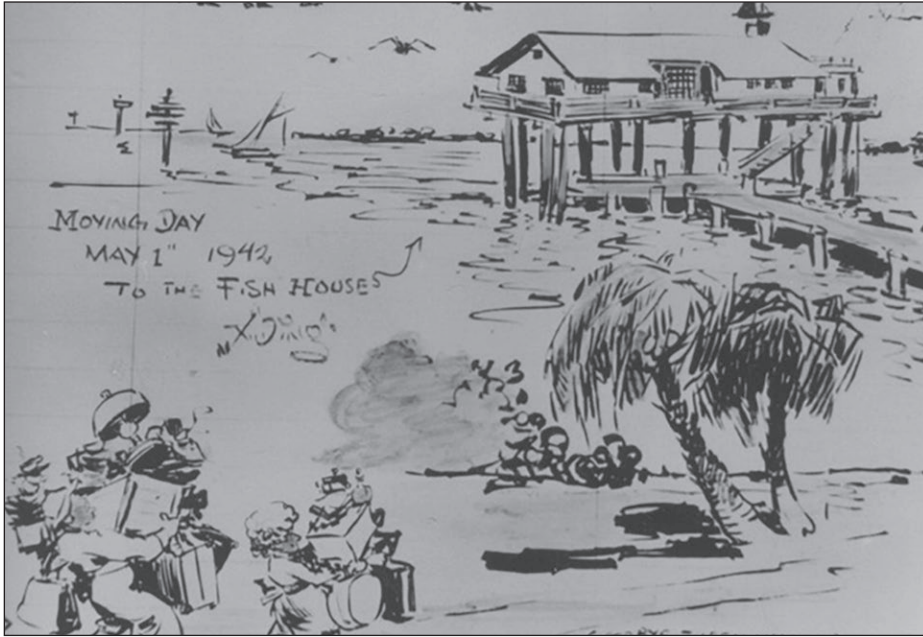
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Captiva Island Historical Society

Landmark: Darling's Fish House



Fish House cartoon drawn by Jay Norwood "Ding" Darling

photo courtesy Captiva Island Historical Society Archives

This week's image features a cartoon of the iconic Fish House, located on the bay off of Captiva and built in 1942.

Jay Norwood "Ding" Darling was famous for his cartoons and is best remembered on Captiva for his pioneering conservation efforts.

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.captiva-island-historical-society.org/archives/research to view many more images to bring you closer to Captiva.✱

Garden Club
Busy Beautifying
The Island

submitted by Jane Holder

The Shell Islands Garden Club is part of what makes Sanibel a great place to live. The club, which has a membership of 92 women, makes a positive impact on the island in many different ways.

When you check a book out of the Sanibel Library and see the lovely floral arrangement on the desk, have you ever wondered who is responsible for it? Well, every week from October through May, a club member creates this arrangement. In December, a Christmas tree is decorated. For several years, the theme has been birdhouses, handcrafted by the committee. This project has been ongoing for over 15 years.

The club, which meets monthly at The Community House, was also a contributor to the recent Community House renovation project and in the past has done plantings around the building.

The latest club project has been a beautification project in the Sanibel Historical Museum and Village. The front of Rutland Cottage, which is the first building you see as you enter the village, has become overgrown over the years and has been in need of a fresh look. A



Rutland Cottage at Sanibel Historical Museum and Village

photo provided

dedicated band of gardeners led by Mimie DiRico cleaned out overgrowth, weeded, planted native flowers and mulched on a very hot April Day. The transformation is nothing less than stunning.

Once again, the Shell Islands Garden Club has contributed to the island of Sanibel through their caring attitude and talents.

For more information about the club, contact Gerri Perkins at 201-400-2078.✱

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Celebrate Mother's Day Sunday, May 14 with a brunch buffet overlooking the Gulf at Sundial Beach Resort & Spa.

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Fluffy Scrambled Eggs

Hickory Smoked Bacon and
Whole Hog Link Sausage

Baked Crab & Orecchiette Pasta

Chef Carved, Pepper Crusted
Prime Rib of BeefChicken Breast with
Piccata Cream SaucePan Flashed Mahi-Mahi
with Tropical SalsaDouble Baked Herbed
Red Bliss Potatoes

Fresh Seasonal Vegetables

Breakfast Breads,
Pastries, Muffins

Miniature Cakes

Chocolate Bourbon Pecan Pie

Hot Fruit Cobblers



**To view the full menu visit sundialresort.com.
For reservations, call 239.395.6017.**

1451 MIDDLE GULF DRIVE, SANIBEL ISLAND

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley,
My son is going off to college in the fall and I am worried about him managing his ADHD medication. What can I do?
Cheryl S., Fort Myers

Cheryl,

College is a time for kids to try out living on their own, and as parents we want them to enjoy their new freedom sensibly. For some kids it will be a struggle; there is so much to learn about taking care of yourself, not to speak of college-level schoolwork. And for kids who are taking medication, part of being independent means being responsible for managing their meds. The first weeks of college are full of change and excitement. It is not the time to start figuring out how to manage medications. Instead, allow your child to build his skills well in advance so that by the time he's on campus, he is used to the routine of taking his medication. Dr. Baker, a child and adolescent psychiatrist, recommends that beginning junior year kids start learning to manage their own medication. "When kids are comfortable and

familiar with managing their own meds, including calling the pharmacy or their therapist to ask for a refill, they're much more skillful and likely to maintain good practices when they get to college." Dr. Baker recommends the following steps to foster independence by putting kids in charge of making sure they take their meds everyday, but with safeguards in place:

- "To start with, I ask families to get one of those days-of-the-week pill minders," says Dr. Baker. "Then I have the kid dispense their own medication for the week. That way parents can check to be sure the meds have been taken."
- Smartphone alarms are great for meds that need to be taken at a certain time of day. Use a unique tone for the reminder so it can't be overlooked or mistaken for a call or text.
- Make them hard to miss. "Try putting the pills right by your toothbrush," suggests Dr. Baker. "Or by anything you know you'll use everyday." The harder they are to miss the easier they are to remember.

College is a time for socializing and experimentation, which may mean parties and other gatherings where drinking is the norm. So part of this process of preparing you child to be independent is to have conversations about the dangers of their medication if it's mixed with alcohol and drugs. For kids who take medication that reacts badly with alcohol, this can be a serious issue. Conversations about making

responsible choices are vital and kids need to know if their medication will make alcohol affect them more than it does other kids. Discuss the dangers of mixing medication and alcohol, but don't be sensational. "Be realistic," says Dr. Baker. "Be transparent and above board. Fear tactics don't work." Be frank and specific about the potential for harm, not just saying don't do drugs or alcohol. Having details and clear reasons to fall back on can help kids make good decisions when potentially dangerous situations arise. You must also talk to your son about the consequences of sharing his medications, which is a huge problem on most campuses now. Here are some of the major consequences he could face if he were to share his meds:

- Taking other people's meds can be really dangerous. Medications have different effects on different people. That's why you need to go through a trained professional for a prescription. If someone is taking conflicting meds or has a bad reaction, they could be hurt or even killed.
- If you are caught sharing or selling meds you could be kicked out of school or face legal action.

- You just don't have enough! "There is a good reason that refills are timed," says Dr. Baker. You have enough pills to last you. It helps to discourage sharing and can be a motivator to be cautious about losing or misplacing meds."

According to Dr. Baker, one of the most important factors in kids feeling competent and independent at college is the way their parents handle the transition. It's natural as a parent to feel worried when your child goes off to school, especially when a kid has struggled with health or learning problems, but parents must learn to manage their own worries about kids leaving the nest and have faith in their child's abilities to succeed. Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.✧

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Poet's Corner



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

selected by Tanya Hochschild

I Will Lift Up Mine Eyes Unto The Hills

by Tanya Hochschild

One block from Ground Zero,
St. Paul's spire
barely reached the seventh floors
of the two brothers who once towered over her.

*"I will lift up mine eyes unto the
Hills from when cometh my help"*

The chapel, still intact.
But now her brothers gone – struck down
on that cloudless blue day.

What has happened, has happened.
We do not know what will happen next.

*"My help cometh from the Lord,
Which made heaven and earth."*

In the worst of times,
the best of help given
to souls suspended in silence.
Those half-alive watching over
those half-dead, comforting
the known and unknown, weeping over
the found and unfound.

*"The sun shall not smite thee by day,
Nor the moon by night."*

Within the white wooden chapel,
grace and peace flourished where
banners photos candles
love poems notes garlands
bloomed.

Nellie Bass Durant,
from Farragut, Tennessee,
embroidered a wallhanging with
the names of all the dead –
and phrases –
"there's a void in the New York skyline,
a hole as big as the one in our hearts.
To the 343 firefighters who died,
thank you New York heroes
thank you for watching over our family.

To New York City and all the rescuers:
keep your spirits up. Oklahoma loves you."

*"The Lord shall preserve you from all evil;
He shall preserve thy soul."*

From the mangled steel and debris,
men gripping shovels gas masks

rosaries face shields –
recovery workers
with burned eyes and choked throats
came in to friendships
forged in loving arms,
ate soups and stews cooked with care,
shoulders massaged on narrow pews
where scuff marks of heavy work boots
welcomed worshippers to services.

*"The Lord is thy keeper:
The Lord is thy shade upon thy right hand."*

Tables groaned under boxes of
Chapsticks wet wipes Bic razors
Excedrin earplugs eyedrops.

Nothing ran out of what was being given:
Love smiles hugs
unconditional friendship
to every race color creed gender.

Every house-rule broken in St. Paul's
now renamed, "The chaotic hotel of radical hospitality."
Podiatrists worked in the George Washington pew.
A kitchen and doctors' offices were set up –
sounds of flutes and cellos filled the chapel.

But spaces still for quiet and reflection
and Waterford chandeliers to dazzle the peaceful oasis –
you could not imagine you were on earth.

"I will lift up mine eyes unto the hills,

*Tanya Hochschild is member of a Sanibel Writers
Group, has participated in Artpoems and Writer's
Reads on the island, and had two books published.**

Sculpture Raises \$115K For Two Island Charities

The life-size sculpture *Ding's Darlings – Two Tri-colored Herons* by famed island wildlife sculptor Jim Sprankle sold for \$115,000 in a live auction for SanCap Cares' 17th annual Island Celebration on April 9. Proceeds will be split 50-50 between Golisano Children's Hospital of Southwest Florida and the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS).

Brenda and Dewey Tate, former Sanibel Island residents, donated the 3-foot high sculpture to SanCap Cares, a non-profit that raises money for the children's hospital.

"I'm confident 'Ding's Darlings' are flapping their wings with joy to help benefit two of our favorite causes – Golisano Children's Hospital and 'Ding' Darling," said Brenda Tate.

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

"The SanCap Cares committee and wildlife society share not only a place in Jim's and the Tates' hearts, but also a philosophy that island non-profits work better by combining forces," said Amanda Cross, this year's honorary chair of the SanCap Cares fundraiser. "Sanibel and Captiva are incredibly



Jim Sprankle's tri-colored herons sculpture that sold for \$115,000 at the SanCap Cares fundraiser photo by Skipp Tutor

philanthropic communities, and we know that many islanders support multiple organizations. We are happy to include 'Ding' Darling in this effort."

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

continued on page 30

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Book Review

The Inhibitionist

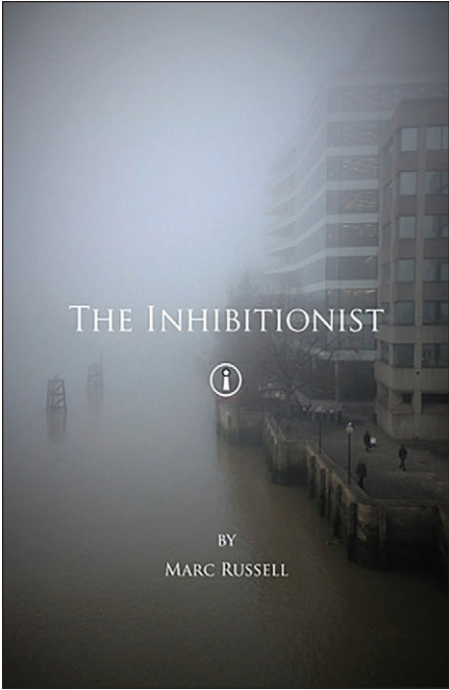


by Di Saggau

Local author Marc Russell has crafted a unique book, a strange but enlightening book called *The Inhibitionist*. In it, Russell involves himself and his wife Lucia in a drug conspiracy to find a cure for Alzheimer's disease. It's a sinister world of corruption, madness and drugs and as they struggle within the global medical system, they realize that there are only two questions that matter. How far must we go? And what lines must we cross?" It's the answers that count.

The main character is Marc. He has Alzheimer's and a cocaine habit. As bad as this habit is, somehow the coke stimulates a gene called CART (Cocaine and Amphetamine Regulated Transcript), which actually exists. Google it for more information.

The book is told in three voices, Marc's, Lucia's and the Inhibitionist's. The latter is also Marc's voice when he's affected by his illness. With the help of his clever wife, the couple finds out about an Alzheimer's medical trial, but Marc is denied to take part in it. Bit by bit, they discover corruption by big Pharma and questionable scientists and they use this information to their advantage. It's clever how they put



everything together and make it work. You'll meet some interesting characters and will travel to London and Serbia as Marc and Lucia work their way into the medical trial. The love that exists between the two main characters is what moves them forward, and their journey is a rewarding experience for the reader. There is a chapter that contains web hacking and a lot of techno verbiage, which pulls everything together. The last chapter, *Postscript: Extracts from Marc's Notes*, is absolutely fascinating.

In a cover letter, Marc told me that he is British, still living over in the United Kingdom, but increasingly dividing his time between London and Southwest Florida. He says, "As an author, the great majority of my work has been crafting the words and arguments that inform UK national policy in a number of areas, notably technology. Now I've changed my drift, applying the same incisive thought and expression to the part of the story, albeit delighting in my newfound role of entirely unreliable narrator." You can find him on Facebook at www.facebook.com/The.Inhibitionist.*

From page 29

Sculpture

we have had the honor to auction in our 17 years." "Jim's contributions to 'Ding' Darling are immeasurable," said Birgie Miller, DDWS executive director. "He served as board president for many years, has volunteered since 1997, and has donated dozens of sculptures and his famous 'Sprinkle Feather Club pins' for charity auction. In addition, a showcase full of his hand-carved duck decoys, each sold for sponsorship, and a whole flock of his bird sculptures decorate and educate at our 'Ding' Darling Visitor & Education Center. We are so thankful to him, the Tates, SanCap Cares, and the sculpture's buyers for adding a whopping \$57,500 to refuge coffers at a time when federal budget cuts are really strapping the work force here."*

Disabled Artists Works On Exhibit

Artwork by participants in Lee Health's Arts in Healthcare program – Art by the disABLeD – will be on display from Wednesday, May 3 through Tuesday, May 30 in the BIG ARTS Phillips Art Gallery, located at 900 Dunlop Road. As part of this show, an artists reception will be held at the BIG ARTS Phillips Art Gallery on Saturday, May 6 from 5:30 to 7 p.m.

Art by the disABLeD is a program for individuals with disabilities who are looking for showcase and exhibition opportunities for their creative works. Each of Lee Health's hospitals maintains a gallery to display their artwork and the health system arranges an annual juried art show and assists disabled artists in participating in local art shows like the one at BIG ARTS. Arts in Healthcare is led by the program coordinator with the support of more than 75 volunteers, and the Art by the disABLeD program is funded by donations.

If you would like more information about the Lee Health's Arts in Healthcare or the Art by the disABLeD program, contact program coordinator Doug MacGregor at 343-2633 or email art@leehealth.org.

Contact BIG ARTS at 395-0900 for directions, hours or more information.*

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- 1 medium onion
- 2 garlic cloves
- 3 medium vine-ripened tomatoes
- 2 tablespoons olive oil
- 1 tablespoon white-wine vinegar
- 1 tablespoon chopped fresh flat-leafed parsley leaves
- 1 cup crumbled feta (about 6 ounces)

Fill a 4-quart kettle three fourths full with salted water and bring to a boil for beans and orzo.

Chop onion and mince garlic. Quarter and seed tomatoes. Cut quarters lengthwise into 1/4-inch-thick slices. Trim beans and cut into 1-inch pieces. In a large skillet cook onion and garlic in oil over moderate heat until onion is softened. Add tomatoes and cook, stirring, until tomatoes are softened, about 2 minutes. Remove



Orzo with Feta, Green Beans and Tomatoes

skillet from heat.

Have ready a bowl of ice and cold water. In boiling salted water blanch beans 1 minute. With a slotted spoon transfer

beans to ice water to stop cooking. Drain beans well in a colander and pat dry. Add beans to tomato mixture and return water in kettle to a boil. Boil orzo until al dente

and drain in colander. Add orzo to bean mixture with vinegar, parsley, feta, and salt and pepper to taste, tossing to combine well.✱

photo courtesy Fresh From Florida

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Base Honored By Chamber At Annual Meeting

by Jeff Lysiak

Last week, members of the Sanibel & Captiva Islands Chamber of Commerce assembled at the Sundial Beach Resort & Spa for their annual meeting, where awards were handed out, the yearly "State of the Chamber" address was delivered and longtime president Ric Base announced his intention to retire at the end of 2017.

Board chair Donna Puma, who will continue in the same capacity for another year, recapped her first year at the helm.

"The challenges we faced this year were not miniscule as we geared up for high season," Puma told the crowd. "Successfully communicating the availability of our traffic mobile application in the hopes of alleviating some traffic issues, continuing to advocate for clean water in our state capital and making our voice heard on the importance of marketing tourism in our state – both domestically and globally – are a small list of highlights that impacted our business community."

Puma also took time to honor Paul



From left, John Lai, chamber member services manager; Donna Puma, board chair; and Ric Base, president

photos by Jeff Lysiak

McCarthy, the owner of Captiva Cruises who passed away last year, along with acknowledging the chamber's board of directors, staff and Visitor Center volunteers.

"Your never-ending support continues to amaze me," she added. "Thank you for making this a wonderful year of transition and growth."

Chamber president Ric Base offered his annual review of the chambers' accomplishments, goals met, a number of

statistics and government affairs initiatives. He praised the group's member retention rate of 92 percent – far exceeding the national average of 79 percent – 12 ribbon-cuttings, more than 1,200 attending member luncheons and over 1,100 attending after hours gatherings during the past year.

In addition, Base noted the 1.3 million visitors to the chamber's newly revamped website and their ranking of number eight among chambers represented on Facebook,



Aaron Pruss giving Ric Base a commemorative bell in honor of his 11 years with the chamber

with more than three million visits and over 50,000 followers on the social media platform.

"Out of 200 chambers on Facebook, we were ranked number eight... and we're very proud of that," said Base, who pointed out that over three million people have visited the chamber's Facebook page, with more than 29,500 followers.

Financially, Base detailed that total income (for Fiscal Year 2016) was

continued on page 8B

Heed Warnings Throughout Hurricane Season

by Jeff Lysiak

Respect the wind, but fear the surge. "That's the phrase I want all of you to remember from today," said Jim Bjostad, chief of Lee County Emergency Management, speaking at the Captiva Hurricane Preparation & Response Committee's annual hurricane seminar last Wednesday afternoon. "The wind will hurt you, but the water's gonna kill you."

About 50 residents and business owners gathered at the Captiva Civic Center on April 19 to learn about forecasts for the upcoming hurricane season, how to prepare before, during and after a tropical storm or hurricane, and ways to keep their families, pets and property safe.



Participants at last week's 2017 Hurricane Seminar, sponsored by the Captiva Hurricane Preparation & Response Committee, included, from left, Sgt. Mike Sawicki, Kristen Kirchhaine, Jim Bjostad, Nathalie Pyle, Chief Rich Dickerson and Lance Henninger photo by Jeff Lysiak

According to Kristen Kirchhaine, NBC-2 meteorologist, experts are predicting that the 2017 hurricane season may be "slightly below" what a normal season would bring.

Earlier this month, hurricane researchers from Colorado State University cited the potential development of El Niño, as well as recent anomalous cooling in the tropical Atlantic, as

primary factors for a slow season.

Colorado State's experts have forecast 11 tropical cyclones, four hurricanes and two major hurricanes during the 2017

continued on page 2B

From page 1B

Hurricane Season

hurricane season, which officially begins on June 1. In an average year, the Atlantic region sees about 12 tropical cyclones, six hurricanes and two major hurricanes.

“Last year was the costliest hurricane season since 2012 and the deadliest in 10 years,” said Kirchhaine, who noted 13 tropical cyclones, seven hurricanes and three major hurricanes struck in 2016. “There was a lot of activity, but most of the storms stayed well off the coast.”

This year, Kirchhaine explained that western portions of the Gulf of Mexico could see higher storm activity based upon the water already being warmer than usual. She also said hurricane experts are keeping a close eye along the east coast of the United States for increased activity.

The Colorado State report also includes the probability of major hurricanes making landfall:

- 42 percent for the entire U.S. coastline (average for the last century is

- 52 percent)
 - 24 percent for the U.S. East Coast, including the Florida peninsula (average for the last century is 31 percent)
 - 24 percent for the gulf coast from the Florida Panhandle westward to Brownsville (average for the last century is 30 percent)
 - 34 percent for the Caribbean (average for the last century is 42 percent)

During his presentation, Bjostad discussed the hazards associated with hurricanes – including wind, tornados, rainfall and storm surge – along with tips for building a disaster supply kit and planning for an evacuation.

“Anybody who thinks they want to ride out a hurricane here on Sanibel or Captiva... just don’t do it,” he said, noting that three-quarters of people who are killed during hurricanes drown. “Nobody should every die during a hurricane, because we usually give you three to five days advanced warning to get out of town.”

He then pointed out a number of emergency personnel, fire department and police department staff attending



Captiva Fire Chief Rich Dickerson and LCSO Sgt. Mike Sawicki photo by Jeff Lysick

the seminar. “If all of these guys leave, you’d better leave, too.”

Bjostad also suggested that after June 1, people should fill their vehicle’s tank with gas and never let it ever get below half a tank. He also noted the importance of microchipping your pets. “During major disasters, one in three pets are lost. Pets without a microchip or ID tags, 90 percent of them are never returned to their homes,” he added.

For more information on disaster planning, visit leeecoc.com.

And while the upcoming hurricane season is not expected to be busier than normal, Bjostad insisted that people heed the warnings issued by members of the media and local officials.

“The last time that Lee County was struck by a major hurricane was 1960,” he told the crowd. “Back then, the population here was 24,500; today, we have about 700,000 people not including visitors. Nobody knows how

an evacuation is going to go – have a plan and be ready to go.”

Other participants at last week’s seminar included Rich Dickerson, chief, and Jeff Pawul, deputy chief of the Captiva Fire Control District; Sgt. Mike Sawicki of the Lee County Sheriff’s Office; Lance Henninger, emergency management specialist and Lt. Elizabeth Buikema of the Sanibel Police Department.

Sawicki stressed the importance of filling out a Homeowners Authorization Letter, which will allow a designated person/persons access to their home in the event of an emergency evacuation order. All information should be kept up to date. Henninger also explained the process of filling out a Hurricane Re-entry Pass. The hangtags issued in 2016 will also be valid for the upcoming season; to apply for one, go to www.mysanibel.com or visit Sanibel City Hall, 900 Dunlop Road, and fill out a form at the Police Department.✱

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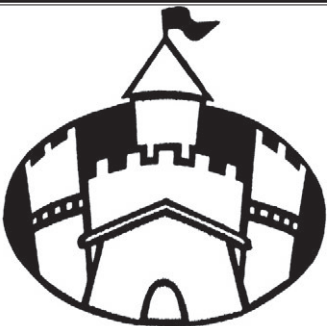
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Bailey's General Store Manager Calli Johnson and staff member Debbie Ousley

photo provided

Bailey's Offers Street Cam App Outreach

With thousands of the islands' residents and visitors shopping at Bailey's General Store each week, co-owners Richard and Mead Johnson knew the store was in a unique position to help the city's outreach efforts for the new Sanibel Bound Street Cam app, a handy tool designed to help motorists better plan their trips during peak travel times.

During season, the store's clerks keep stacks of Street Cam app information cards handy at the checkout counters to add to grocery bags or offer to guests. Bailey's staffers also slip cards into online grocery orders delivered throughout Sanibel and Captiva islands.

Bailey's General Store Manager Calli Johnson added that Bailey's human resources representative also shares the App information with all new hires – some of whom commute from as far as North Fort Myers – to help employees calculate their commute in season.

"We really like using the app since it lets us see the real-time details instead

of just the red line on Google maps," said Johnson. "People really like to have tangibles... it makes a big difference."

Bailey's staff member Debbie Ousley, who has been working at Bailey's through two seasons, commutes from Cape Coral. "The app helps me manage my time more efficiently," she said. "Our regular customers have been talking about the app a lot. It's a good talking point with visitors, too."

Caffeine-seeking customers are also introduced to the app first thing when they enter the store: The app ad is prominently displayed on the Bailey's Coffee Bar monitor. Bailey's General Store is including the Sanibel Bound Street Cam app information in each "Vacation Starter," grocery deliveries and on their website.

Sanibel Street Cams are strategically positioned in six island locations to show east and west views of Periwinkle Way and Casa Ybel Road; north, south and east views of Periwinkle Way and Tarpon Bay Road; and Span C of the Sanibel Causeway.

If you have a story to share about someone who practices "Bike or Hike" or a business that utilizes the Sanibel Bound Street Cam app or carpools to reduce peak season traffic, email judie.zimomra@mysanibel.com.✱

CHR To Hold Annual Meeting

Community Housing and Resources (CHR) invites the Sanibel community to attend its 2017 annual meeting, to be held on Wednesday, May 10 at 5 p.m. in the large community room in the Center 4 Life building, located at 2401 Library Way.

Current members of the organization will vote on board members up for

reelection and all in attendance will have the opportunity to learn more about CHR through brief board and staff presentations on the organization's fiscal year 2016 accomplishments as well as short testimonials from current residents on how CHR's program has impacted their lives.

CHR's new Executive Director Melissa Rice will address the crowd and several new board members will be introduced. Light refreshments will be provided by Bailey's General Store and guests can enter to win raffle prizes.✱

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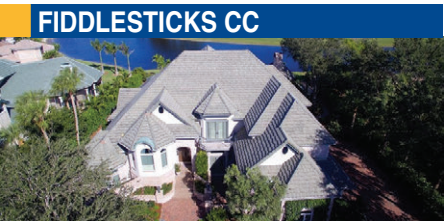
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- Elevator, Private Gym, Playroom
- Southern Exposure, Exquisite Detail
- Great Boating Location - Dock and Lift

Price \$2,180,000



CAPTIVA ISLAND COMPOUND

- <http://www.listandtour.com/16537nb.html>
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- http://www.listandtour.com/937_3512.html
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New CHR Board Vice President

Community Housing and Resources (CHR) has a new vice president in place on its board of directors after officially electing Norm Essey at last week's board meeting. The vice president slot had been open for quite some time after the unfortunate passing of the previous vice president and one of the integral founders of CHR, Ray Pavelka.

Essey is an attorney and former national manager in the commercial real estate and title business. He previously served as a member of the Coast and Islands Community Land Trust board, the entity that oversees CHR's affordable home ownership program. He joined CHR's Board Of Directors in February and is excited to increase his involvement and organizational leadership through his new role.

"From the beginning, Norm has brought value to both the Coast and Islands Community Land Trust and Community Housing and Resources boards. Filling the vacancy left by Ray Pavelka is a daunting task and he is up to it," said board president Richard Johnson. "Norm has shown that he is great leader and will help guide our organization to continued success in his new role as vice president of CHR."



Board president Richard Johnson, right, welcomes Norm Essey as the board's new vice president photo provided



From left, Deb Szymanczyk, Kyle Szymanczyk, Christine Szymanczyk, Mary Lou Bailey, Renata Bailey and Patrick Bailey at Octifest 2017 photo provided

Fundraiser For Sanibel Sea School A Success

Sanibel Sea School's annual fundraiser, Octifest, was held on April 8 in a big top tent on Causeway Island A. The event was attended by more than 200 guests, and raised funds that will support ocean outreach programs, provide scholarships to students in need, and help the 501(c)3 non-profit organization purchase important equipment for its field-based classes and camps.

"We are so thankful to be supported by such a generous community," said the Sea School's Development Director Chrissy Basturk. "It's wonderful to live in a place where people are passionate about taking care of the ocean and making meaningful learning experiences available to everyone."

This year's event raised more than \$245,000, a 15 percent increase over last year, which will make it possible for Sanibel Sea School to grant additional scholarships and provide ocean education to even more kids in 2017.

"We partner with a number of schools and partner non-profits

throughout the year to offer learning opportunities to underprivileged children in our region," added Basturk. "We receive so many requests from teachers, parents, and others who want to join forces with us, and we make every effort to say yes. The money raised at Octifest is going to help us share the magic of the sea with lots of children this year."

Sanibel Sea School's educators have already started to deliver the good news to groups and individuals who have requested scholarships to attend the organization's programs in the coming months.

"I called one teacher last week to schedule a field trip for her class before the school year ends, and she couldn't wait to tell her students," said Nicole Finnicum, director of education. "There are so many kids in our area who live close to the sea, but hardly ever get to learn about it in a hands-on way," she added. Finnicum also said that she is looking forward to replacing broken and worn-out equipment like masks and snorkels, surfboards, and life jackets – all essential items for ocean exploration and enjoyment.

Sanibel Sea School's mission is to improve the ocean's future, one person at a time. To learn more, visit www.sanibelseaschool.org.

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Earning \$60K/Annually

Loggerhead Cay gulf-view top-floor 2 bedroom. Handy to causeway. Community clubhouse, Olympic-sized pool, tennis, shuffleboard, bbq areas, & more. This unit views tropical courtyard to gulf. New kitchen & fully equipped to maximize rentals. \$598,300



Build on Sanibel

One of last vacant lots in Gumbo Limbo where homeowners include year-'round residents & snowbirds. On back circle of community on Peaceful Dr. Oversized (~170' x 155'), backing west to preserved land. Bay beach nearby at end of Dixie Beach Blvd. \$274,000



Direct View Over Lagoon

3rd floor Pointe Santo 1 bedroom with amazing water views looking straight over tropical courtyard with water features to gulf. Decorated in whimsical beachy décor & with years of rental history. Easy vacation rental or 2nd home with great amenities. \$599,000



East-End Luxury

Small enclave of 20 units in four buildings, Beachcomber #A102 is half the floor over covered parking on west side of east-most building. Unit is 2600 sq. ft. with expansive glassed balcony facing beach. 2nd balcony off guest suite too, so all rooms view gulf. \$1,445,000



Investor's Delight

Beachfront condo at Casa Ybel Resort. Recently updated 1st floor unit with private stairs from screened balcony to gulf-side lawn. Guaranteed lease program handled by the resort offers nightly rentals & no-hassle ownership. Grossing \$80-100K annually. \$674,000



Seagull Estates

Updated professionally-decorated olde-Florida-style 2-story, now 3 bedroom with den/office. Could be 4 bedroom. In desirable private community, on back circle, next to preserved land. Amenities = pool, clubhouse, & tennis, with beach access across street. \$1,099,000



Near-Beach & Lake-Front

Ground-level easy-living concrete-block home with tile roof. Long water views down length of lake in Lake Murex, just off West Gulf Dr. Split-plan 3 bedroom 2-1/2 bath with lakeside pool. Deeded beach access path is along western edge of West Wind Inn. \$699,000

The market continues to improve, so if you are thinking of listing your property, consider experience.

Below are the number of completed SanibelSusan island transactions by community from east-end to west. They total \$286,454,475.

SanibelSusan Realty is looking for new listings & would appreciate your consideration. No-obligation, FREE proposals offered.

Lighthouse Point 5	Loggerhead Cay 18	Lagoon Estates 1	Tarpon Beach 1	Lake Murex/Little Lake Murex 8
Shell Island Beach Club 3	The Dunes 17	Gumbo Limbo 15	Sedgemoor 1	Windrow 1
Colony Resort 1	Richardsons 3	Woodring 1	Seagull Estates/Long Acre 11	Sanibel River Estates 7
Captains Walk 5	Coquina Beach 1	Gulfside Place 6	By-the-Sea 1	Sea Oats 4
Beachcomber 5	Sanibel Surfside 2	Sanddollar 1	High Tide 1	Rocks, East & West 7
Sandalfoot 13	Pelicans Roost 1	Foley aka Sanibel Place 2	Kings Crown 5	Gopher Walk 3
Eastwood Landings 2	Sanibel Shores 2 (condos)	Island Woods 7	Sand Pointe 4	Gulf Pines 2
Sanibel Estates 22	Sanibel Shores 7 (homes)	Mitzi 1	Nutmeg Village 3	Gulf Shores 6
Sanibel Arms 1	Bayshore Village 4	Sanibel Lake Estates 6	Villas of Sanibel 1	Chateau Sur Mer 2
Shell Harbor 14	Donax Village 2	Periwinkle Properties 1	Janthina 1	Seaspray 3
Seawind 4	Beachview Country Club 13	Sandpiper Beach 3	Seashells 5	Blinds Pass 4
Sanibel Arms West 3	Sanibel Isles 2	Sanibel Highlands 4	Breakers West 2	Sanibel Bayous 2
Sanibel Moorings 4	Water Shadows 2	Southwinds 2	Palm Lake 1	Heron's Landing 2
Mariner Pointe 36	Compass Point 4	Cottage Colony West 5	Tantara 1	Caloosa Shores 1
Tennisplace 4	Sunset South 4	Butterknife 1	Poinciana Circle 1	The Sanctuary 4
Yacht Haven 1	Moon Shadows 1	Island Beach Club 7	Wedgewood 1	Dinkins Bayou 1
Harbour Cottages 1	Sandpebble 3	White Sands 2	Seascape 1	Del Segá 5
Beach Road Villas 1	Sundial 22	Lake Palms 1	Somerset at the Reef 3	Castaway Estates 6
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Sanibel businessman and former councilman Marty Harrity accepting the Citizen of the Year Award

photos by Jeff Lysiak

From page 1B

Base Honored

\$865,748 and total expenses were \$786,985, leaving \$78,763 for reserves.

Prior to announcing that he would be stepping down as chamber president in December, Base thanked his fellow chamber employees and visitor center staff and volunteers. He also acknowledged the work of Steve Ehrhart, the chamber's director of operations, who will also be retiring in the fall.

"Thank you for another successful year," added Base during his emotional farewell. "We could not do what we do without our great members."

After chamber board member Aaron Pruss presented a commemorative marine bell in honor of his many years of service, the audience gave Base a standing ovation.

"Ric, your passion for the chamber is evident in your efforts to competitively position Sanibel and Captiva on social media and in the relationships you built over these 11 years with each of us here today," Puma added.

Several chamber members were recognized for their long-time service, including Barry Solomon (15 years), Allen Myers, Jim Slattery and George Veillette



From left, David Staver and Shannen Hayes of the *Santiva Chronicle*

(five years each). Puma and Pruss also handed out the chamber's annual awards, including:

- Sue Rosica Gray Volunteer Award – Ed and Lynn Riddlehoover
- New Business of the Year Award – *Santiva Chronicle*
- Business Person of the Year Award – The Dahlmann Family
- Citizen of the Year Award – Marty Harrity

Following the meeting, chamber members mingled at a cocktail reception in the Sundial ballroom.✱



From left, George Veillette, Allen Myers, Ric Base, Jim Slattery and Barry Solomon



From left, Andy Dahlmann, Ben Dahlmann, Ric Base, Dennis Dahlmann and Aaron Pruss



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Busy emptying her egg stash, Hazel DeCosta was shocked that the Easter Bunny came over to her and knew her name
photos provided

Spring Festival Fun

The Children's Education Center of the Islands (CECI) held its 23rd annual Spring Festival on April 15 at Sanibel Community Park. The festival, established for the children of



Angelina Roa was thrilled to ride her first unicorn
the community, attracted the largest turnout in the history of the event. The morning began with the traditional Easter egg hunts for the little and not so little ones. Children ages 3 and under took their time collecting eggs while the older kids, in different areas, gathered eggs in record time. The egg hunts were followed by a variety of games, crafts, pony and unicorn rides, and music. The highlight



Jack Kemper is a bit unsure about having his picture taken with the Easter Bunny
for the children was a visit from the Easter Bunny and an opportunity to have their pictures taken with him. Coming a close second in popularity were the unicorn and pony rides. The center thanks all the families who came out to support them and all the local businesses that sponsored the festival and donated items for the silent auction. Proceeds benefit the Children's Education Center scholarship fund. The Children's Center is a non-profit parent co-op supported by the communities of Sanibel, Captiva and Fort Myers. Children ages 18 months to 5 years old are welcome. For more information, call 472-4538.✧



A young girl meets the Easter Bunny



From left, current CECI students Steele Floyd and Charlee Armstrong with CECI alumni Gia Lackenby



From left, Julia Lemmon, Olympia DeCosta and Jenna Cook, all alumni of CECI, pose with a special someone



Isobel and Guy Costello check out the goodies they found among over 4,000 eggs



From left, Lisa Heidrick, Jack Heidrick, Holli Martin, Chris Heidrick and Charlie Emerson
photo provided

Rotary Happenings

submitted by Shirley Jewell

Last week, the Sanibel-Captiva Rotary Club/ Non-Rotarian Vocational Service Award for 2017 was presented to community business leader Chris Heidrick of Heidrick & Co. Insurance.



Sanibel Rotary District #6960 Vocational Service Chair Bill Rahe had the floor first last Friday morning, with a focus on vocational service. His talk was basically reminding club members on what is meant

by vocational service in Rotary. First, Rotary International's motto is "Service Above Self." Rotary International's five avenues of service are club, vocational, community, international and new generations.

A quote by a British Rotarian in 1935, "The unique feature of Rotary is vocational service; everything else that we do can be repeated by other organizations. If we are unique, if we have a special message or mission in the world that is unique to ourselves, it lies in the realm of vocational service." With 33,000 Rotary Clubs in over 200 countries with 1.2 million members, think of the impact Rotarians make by applying their professional skills to projects that improve the lives of others.

Rahe's PowerPoint presentation included qualities describing Rotary's continued on page 19B

Sanibel Sea School Receives Award

Sanibel Sea School was recently awarded first place in its TripAdvisor category for Sanibel Island. Listed under Classes and Workshops, the nonprofit organization currently has 218 five-star reviews from past clients, and its educational ocean experiences for kids and families are a favorite activity among visitors to our area. TripAdvisor provided Sanibel Sea School with an engraved plaque to commemorate the occasion.

"The Sanibel Sea School is an awesome place for experiential learning for people of all ages. The whole family enjoys the shell walks, and our two sons love going to the kids' classes," wrote one reviewer. "The instructors have all been super knowledgeable as well as friendly and fun. This school is a special place, and we are so fortunate to have it here on the island. It truly is a world-class place to learn about ecology."

Many TripAdvisor reviewers also commented on summer camps, and wrote about the memorable, field-based experiences their families enjoyed together at Sanibel Sea School. Seining for seahorses, surfing, and the organization's private land and boat-based programs were mentioned frequently as highlights.

"We're so grateful for every single review our clients have written for us,"



Dr. Bruce Neill, Sanibel Sea School's executive director, and marine educator Spencer Richardson with the nonprofit's TripAdvisor award photo provided

said Dr. Bruce Neill, executive director. "I am very proud of our team for going above and beyond to make sure every student has an outstanding, meaningful experience."

Sanibel Sea School offers a variety of field-based programs for children, families and adults to choose from throughout the year. Visit www.sanibelseaschool.org to learn more and view the current schedule.*

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Seashells of Sanibel # 6



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\$395,000

Pointe Santo C36



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\$819,000

Sandalfort 4C3



GULF VIEWS! Steps to beach. Furnished 2 BR, 2 BA top floor unit. Pool, tennis, on site Mgmt.
\$669,000

Loggerhead Cay # 463



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Don't Write In The Margins



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

While attending law school, I used to take a yellow highlighter and pen, writing in the margins of my textbooks to annotate what I viewed as the important passages related to that day's assignment. When a professor called on me in class, I found these highlights and marginalia invaluable.

Many of us are used to taking notes in the margins of written papers. My wife jots down adjustments and additions on her recipe cards. My retired law partner, John Sheppard, writes down his thoughts in the margins of biblical passages.

Nevertheless, I'm here to warn you against putting anything in the margins of your estate planning documents. From time to time, I see wills or trusts that have crossed-out provisions with handwritten changes in the margins. While some may think that this is an easy (and inexpensive) way to amend or change provisions in your legal documents, those handwritten changes usually cause more problems than they solve.

A few years ago, a client tried to amend her documents by making handwritten changes. She deleted some beneficiaries, reduced some of the gifts to other beneficiaries and added new beneficiaries that didn't appear in the typed provisions of her documents.

She had also taken the time to initial next to the changes, and – in one change – went so far as to have someone notarize the page. We didn't know what she intended to do.

When she died, these handwritten changes were discovered. The trustee of her trust wasn't sure what to do with these handwritten changes, especially since many of them were witnessed and at least one appeared to be notarized.

Florida law is clear on how to change a will or a trust. In order for a codicil to a will or an amendment to a trust to be valid, it must be signed by the testator at the end of the document and two witnesses must also witness the testator's signature in the presence of the testator and in the presence of each other.

As an example, assume that Denise signs a will in the presence of William. William signs as a witness and then goes home. Denise then takes the will to Beatrice – her neighbor across the street – and tells her that "this is my signature on the will." Beatrice signs the will as Denise's second witness. This is not a valid will. While Denise's will was signed by two witnesses in Denise's presence, the document was not witnessed by William and Beatrice in each other's presence.

Returning to the story about the lady who wrote changes in her trust – once those handwritten notations were discovered, the beneficiaries hired lawyers to determine whether these notations changed the original provisions. After several thousands of dollars in legal fees and about a year's worth of depositions and court hearings, the court ruled that the handwritten notations had no legal significance because they were not signed with the legal formalities required by Florida law.

The moral of this story is not to make handwritten changes in your legal documents. If you want to amend your will or your trust, you should have a separate document that is signed and witnessed in accordance with the law.

In order to admit the will into probate without the testimony of the witnesses, it is also necessary that the signatures of the testator and the witnesses be "self-proofed." In other words, the signatures should be notarized with special language found in the statutes. That language requires that the notary be a person who is not one of the witnesses and that the notary acknowledges that the testator signed in the presence of the witnesses who signed in the presence of the testator and of each other.

If a proper self-proof does not appear at the end of a will, then it will be difficult, time consuming and more expensive to admit the will into probate. Since each state's self-proof statutory language is different, it makes sense to update your documents to comply with the state law in which you currently reside so as not to cause headaches for your loved ones.

This is one of the many reasons why an attorney will tell you to update your legal documents when you move from one state to another. While the documents remain valid so long as they were signed with the formalities that the state in which they were created requires, that doesn't mean that the documents will be simple or easy to administer upon your death.

So don't write in the margins of your will or trust. Instead, get a valid amendment in compliance with the state law where you currently reside. For more information for about Florida's laws and residency requirements, consult my website www.felp.estateprograms.com and request your free copy of *The Florida Residency & Estate Planning Guide*.

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FISH Home Healthcare Provider Meeting

The importance of home healthcare providers is growing. In-home caregivers travel to individuals' homes to provide services and living assistance, for seniors, disabled or those recovering from illness or surgery. Care and support can be provided when family members or friends just can't be there, and may include respite, meal preparation and grooming in addition to the medical, physical and emotional needs of the individual. Caregivers can be companions, LPNs, CNs or RNs, and may work independently or with an agency.

The annual FISH Home Healthcare Meeting will be held on Thursday, May 11 from 8:30 to 11:30 a.m. at the United Way offices, located at 7273 Concourse Drive in Fort Myers. It will be a gathering of on- and off-island

healthcare representatives who meet to share information and network with one another regarding resources in Lee County. Guest speakers include:

- 9:15 to 9:45 a.m. – Jessica MacDonald, MSW, LCSW, social worker, Alvin A. Dubin Alzheimer's Resource Center. Topic: Memory impairment: Dementia & Alzheimer's Disease
- 9:45 to 10:15 a.m. – Linda Convertine, RN, BSN, CMSRN, FCN, parish nurse, Sanibel Congregational United Church of Christ. Topic: Optimum Functionality: Seniors Staying Mentally, Socially & Physically Engaged
- 10:15 to 10:45 a.m. – McKenzie Millis, Shell Point Retirement Community. Topic: Services and Amenities
- 10:45 to 11:15 a.m. – Mabel Lopez, PhD. Topic: Mind and Brain Care – Combatting Depression and Social Isolation, Brain Fitness/Wellness.

In addition to sponsoring the home healthcare meeting, FISH maintains an ongoing list of individual and agency home healthcare providers. Those wishing to be included on this list must obtain a background check and provide references, and be licensed and insured (where applicable). Applications for inclusion are accepted year-round. The FISH Home Healthcare Provider list is available to anyone requiring resources within Lee County.

For more information on the meeting or to be included in the Provider List, contact Kathy Y. Monroe, MSG, program director, FISH of SanCap, at 472-4775.✱

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Highlights Of 13th Birthday Bash For Lily & Co. Namesake



From left, Lily & Co. co-owners Karen Bell and Dan Schuyler with customer Cecilia Tweedy and her dog, Murphy, during Saturday's 13th birthday bash for the jewelry store's namesake, Lily the Labradoodle

photos by Jeff Lysick



Jacki Saunderson with her pet, Cici



The Dog Resort's Gayle Gosnell with her pooch, Ted



Birthday party participants were on hand during the check presentation to the Animal Refuge Center

photo courtesy Lily & Co.



Betty Hughes from the Animal Refuge Center with rescued pet, Panda



Sally Hanser and Lyn Morningstar with dogs Morel and Morgan



From left, Stephanie Ebbelaar, Angie Gooman and Dr. Mark Mathusa of Beachside Animal Clinic



Jordan Bornhorst, 2, having her caricature drawn by artist Michael White



Al and Sally Hanser with new Sanibel Captiva Trust Company board member, attorney George Heisler photos provided

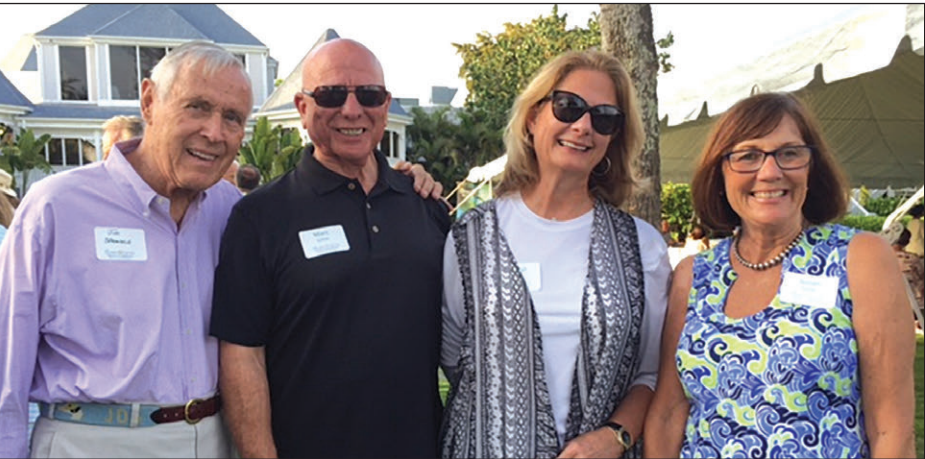
Trust Company Celebrates With Community

Each year, The Sanibel Captiva Trust Company team hosts a spring celebration to thank its clients, community partners and friends. On April 20, more than 200 guests took part in the festivities overlooking the Gulf of Mexico at Casa Ybel Resort. In addition to appetizers and libations, the party included music by John McLane, who moved between steel drums, acoustical guitar and saxophone, providing an ideal

background to the tropical setting. Founder and Chairman Al Hanser said, “The Sanibel Captiva Trust Company values everyone at the event and all of our clients. We’re grateful for their confidence in us at the trust company, as well as their support of this community.” He went on to say, “That confidence is one of the reasons our firm has reached another milestone this year in managing \$1.5 billion in assets under management.” A striking sunset provided the perfect close to another event that many in the community see as their signal to take a breath after a bustling season.✱



From left, David Port, director of fiduciary services at the trust company, with Ginny Stringer and Janice Smart



From left, Jim Sprankle, Marc and Cheryl Giattini and Susan Heisler



Dorrie Hipschmann, director of the Bailey-Matthews National Shell Museum with trust company president Dick Pyle



Eleanor Dalton with trust company executive Phyllis Gibson



From left, Tim O'Neil, Chris Heidrick and Chauncey Goss



Trust company executive Robin Cook, center, with Harold and Shirley Miller



Trust company executive Steve Greenstein, center, with Pat Sprecht and Carolyn Johns



From left, Willy Ocasio of Bank of the Islands, CROW Executive Director Linda Estep, winner Weston Palmer and Darrin Grotrian of Bank of the Islands photo provided

CROW Receives Bank Donation

Bank of the Islands recently made its latest non-profit donation through its We Love Our Islands program. The winner, Weston Palmer, was spotted with a We Love Our Islands decal on his vehicle, winning him the right to select which local non-profit group would receive a charitable contribution from Bank of the Islands. Palmer chose to donate his winnings of \$400 to the Clinic for the Rehabilitation of Wildlife (CROW). That donation marks \$72,900 given away to date through Bank of the Islands' We Love Our Islands program.

"Our bankers love when CROW wins," said Willy Ocasio, Bank of the Islands assistant vice president and Sanibel-Captiva office manager. "Bank of the Islands has been the Presenting Sponsor of CROW's Taste of the Islands for many years, and our banking staff is committed to supporting their mission through their volunteer efforts. We're so happy Mr. Palmer chose CROW as the most recent We Love Our Islands' beneficiary."

All islanders are invited to stop by the bank's Sanibel and Captiva offices to get a free We Love Our Islands decal and details on how you and your favorite charity can become their next lucky winners.✱

Premier Sponsor For 'Ding' Darling And Doc Ford's Tarpon Tourney



Capt. Dave from Team Raiser's Edge has donated to the 6th annual "Ding" Darling & Doc Ford's Tarpon Tournament at the premier level. He is pictured aboard his fishing boat with refuge mascot, the Blue Goose, and Birgitte Miller, executive director of the "Ding" Darling Wildlife Society-Friends of the Refuge, which co-hosts the tournament. The tournament takes place on May 19 to benefit refuge conservation, education and research programs.

photo provided

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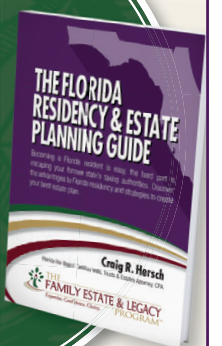


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5. Pointe Santo Best Buys

- Unit E6, Gulf front - **\$1,250,000**
- Unit B25, Gulf view - **\$749,000**

6. Best of Loggerhead Cay 2BR/2 BA Furnished Units

- #592-Beautifully updated, partial view **\$635,000**
- #402-Updated interior, partial view **\$595,000**



NEW LISTING



1. Ferry Landing - Bayfront on Sanibel

- 3 BR/2 BA with stunning Bay Views
- Community boat dock, swimming pool & tennis
- **\$1,895,000** EUR €1,772,104

2. Captiva - "Villa Elena"

- 4 BR/3 BA Mediterranean style home
- Updated, swimming pool, beach & dock access
- **\$1,699,000** EUR €1,605,936

3. Gulf Front Tarpon Beach Unit

- 2 BR/2 BA plus den with gorgeous Gulf view
- Covered parking, 57k+ rental income
- **\$799,000** EUR €749,214



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. Heart of Captiva Village; "Belle Mar"

- 5 BR/ 5.5 BA stunning courtyard pool home
- Concrete construction, Steps to the beach
- **\$2,599,000** EUR €2,486,367

9. Spacious Ground Level Home In Beach View

- 3 BR/2 BA with separate living and family rooms
- Screen enclosed lanai with pool, easy ground floor living
- Views of the Sanibel River, updated kitchen with granite
- **\$729,000** EUR €683,576

10. Gulf Front, South Seas - Captiva

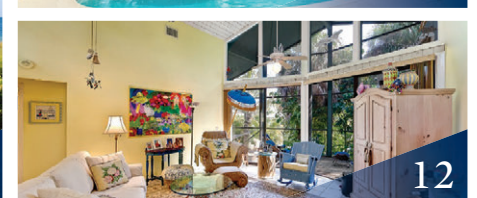
- 4 BR/3 BA completely renovated & decorator furnished
- Nightly rentals, excellent income
- **\$3,495,000** EUR €3,340,805

11. East End Canal Home - Sanibel

- 4 BR/3.5 BA with boat dock & lift
- Updated throughout, stainless appliances
- **\$870,000** EUR €831,616

12. Captiva Village Haven

- 3 BR/2BA surrounded by lush landscape
- Very close to beach and village amenities
- **\$1,049,000** EUR 977,795



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Pirates All-Star Is 88th Player Caught Using Performance Enhancing Drugs



by Ed Frank

You've got to wonder if it will ever stop – that is baseball players getting caught using performance enhancing drugs? The latest came just last week when Pittsburgh All-Star left-fielder Starling Marte was suspended 80 games after testing positive for the performance-enhancing substance Nandrolone. It will cost Marte \$2.5 million in lost wages. Like most of the other 87 major leaguers who have been caught since baseball instituted the drug-testing program in 2005, Marte apologized for his “mistake.”

While Marte's suspension is the first in the young 2017 season, a total of nine were suspended last season, including a lifetime ban for New York Mets pitcher Jenrry Mejia after his third transgression, and a 162-game suspension for Cleveland's outfielder Marion Byrd for his second positive test.

Also on last year's 80-game suspension list was Florida Marlins gold-glove second-baseman Dee Gordon, who earlier in the year had signed a five-year, \$30 million contract extension. He lost \$1.65 million in the suspension.

Closer to home, Hudson Boyd, a fire-balling pitcher out of Bishop Verot High School in Fort Myers, was a first-round draft choice of the Minnesota Twins in 2011. Heavily scouted, Boyd got a \$1 million signing bonus. The 235-pound right-hander with a 95-mile-an-hour fastball struggled with weight issues and a number of disciplinary actions during a five-year minor league career. Twice he was tested positive for steroid use and received a 50-game suspension in 2015 after which the Twins cut him loose. He never advanced beyond Low A Cedar Rapids during his less than distinguished professional career.

When Major League Baseball announced Marte's suspension last week, the Chicago Cubs Anthony Rizzo said drug testing is not done often enough – an indication there are PED users not being caught.

He may be right. But you would think that the stiff penalties leveled against those that are caught would serve as a lesson to these cheaters.

Everblades Stay Alive In Playoffs

By winning two of three games last weekend on the road against the Orlando Solar Bears, the Florida Everblades kept their Kelly Cup Playoff hopes alive by forcing a Game Six in the best-of-seven series back here at Germain Arena Tuesday night.

The local hockey team had their backs to the wall after losing the first two games in the ECHL South Division Semi-Finals at Germain Arena.

Should the Everblades have evened the series 3-3 with a victory Tuesday, the seventh and deciding game in the series was played Wednesday also at Germain.

Miracle Win Seven Of 10

After a slow season start, the Fort Myers Miracle started playing winning baseball by winning seven of 10 games to move within two games of first-place in the Florida State League South Division.

The Miracle will be home at CenturyLink Sports Complex for the next week with a 6:35 p.m. game tonight, Thursday, against Bradenton followed by a weekend series with Dunedin. Then Daytona moves in Monday for a four-game series.**



Front row from left, Susan Newton, Bonnee Strunc, Joyce Sirkin, Sharon Miller, Donna Leahy, Anna Bralove and Jonatha Castle. Back row from left, Jan Alden, Georgianna Sorensen, Nancy Niesel, Edie Ethridge, Cheryl Clark (captain), Jean Bilsbury and Elaine Parente. Not pictured are Pat Santucci and Julia Tupper. photo provided

Beachview Women Claim Copper Title

Last week, the Beachview Tennis Club won the championship in the Lee County Women's Tennis League (LCWTL) Copper Division for the 2016-17 tennis season after placing first in a field of a dozen teams from throughout the county.**

SPORTS QUIZ

1. When was the last time before 2016 that the Cincinnati Reds were no-hit in a regular-season game?
2. What team did the Baltimore Orioles defeat to end their season-opening 21-game losing streak in 1988?
3. In an NFL game in 2015, New Orleans' Drew Brees and Eli Manning of the New York Giants set a record for most combined touchdown passes in a game (13). Who had held the mark?
4. When was the last time before 2016 that the men's basketball teams for Oklahoma and Oregon met in the NCAA Tournament?
5. Seven NHL players have tallied at least 700 goals for their career. Three others finished with at least 690 goals, but did not break the 700 mark. Name the three.
6. Toronto set an MLS record in 2016 for most goals in the playoffs. How many did Toronto score in six games?
7. Who was the first light-heavyweight champion to remain undefeated during his time as champion?

ANSWERS

1. Rick Wise of Philadelphia no-hit the Reds in 1971. 2. The Chicago White Sox. 3. New Orleans' Billy Spinks (1981-85).
4. It was 1939, in a semifinal game. 5. Mark Messier (694), Steve Yzerman (692) and Mario Lemieux (690). 6. Seventeen. 7. Michael

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District Governor Addresses Club



Sanibel-Captiva Lions Club President Debi Almeida, far left, with District Governor John Geary and his wife Doris at a recent Lions Club meeting. Geary discussed what has been taking place at the International Conventions. photo provided

From page 11B

Rotary Happenings

vocational service: networking with other professionals to recognize problems and needs in their communities or throughout the world that may have solutions and using their professional skills to help find resolutions. Of course, there are many opportunities to put "Service Above Self" in action, but it is a true leader that not only finds these opportunities but acts on them.

Sanibel-Captiva Rotary Club President Charlie Emerson made the announcement that next on the agenda would be the awarding of Sanibel-Captiva Rotary's Non-Rotary Vocational Service Award 2017 to Heidrick. Committee member Barbara Ellis introduced Heidrick to the members by reading a shortened version of his recommendation for this esteemed award by Rotary Club President Holli Martin, a member of the staff at Heidrick & Co.

The agency principal of Heidrick & Co. Insurance, his vocational experience has been in the property and casualty insurance vocation since graduating with a bachelor's degree in economics from Penn State University in the early 1990s. In early 2007,

Heidrick relocated his family to Sanibel. He immediately began to get involved in the community as a Sanibel School Fund board member and with Kiwanis. He noticed a need for a resident-owned insurance agency to focus on the unique insurance needs of residents and businesses specifically on Sanibel and Captiva Islands and forged Heidrick & Co. Insurance in 2009. His staff includes six full-time and one part-time employee.

In 2013, Heidrick read an industry bulletin about impending changes in the National Flood Insurance Program (NFIP). Without much information available about these changes, he recognized that any changes to the NFIP would greatly impact not only his clients, but also island residents and businesses. As the Biggert Water Act of 2012 came to fruition, Heidrick was on the front-line for the community, educating his clients, community groups, individuals, insurance industry organizations and local government officials.

Heidrick is highly regarded in the community and is known as a "go-to" guy, ready to lend a hand when needed. He is a true proponent for supporting the community and currently serves in a number of ways: as past vice chair and current member of the Sanibel Planning

Commission; member, Community Housing Resources Tenant-Landlord Committee; board member and past chair, Sanibel-Captiva Islands Chamber of Commerce; chairman, Flood Insurance Task Force for the Independent Ins. Agents & Brokers of America; board member, Florida Association of Insurance Agents; board member, Charitable Foundation of the Islands; president, Kiwanis Club of Sanibel-Captiva; member, Sanibel Traffic Committee; and member, Sanibel Flood Plain Management Planning & Mitigation Advisory Committee.

Heidrick is now working with Congressman Francis Rooney and is

coordinating an upcoming town hall meeting for insurance agents from Lee and Collier counties.

In addition to serving the community personally, Heidrick applies a company culture that supports and encourages his staff to be involved in the community in time, talent and treasurers and as a perfect example of that Sanibel-Captiva Rotary is lucky enough to have Heidrick staff member Holli Martin as our 2017-18 club president.

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

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Life Insurance

Term Policy
Outlives Its
UsefulnessJ. Brendan Ryan,
CLU, ChFC, MSFS

I think it is valuable every so often to present a case study involving a life insurance policy that may not be doing its intended job any more or that has become –

or is about to become – too expensive. And sometimes, even better-designed policies should be reviewed.

I believe that people close to the age and sex of the client in a given case study can interpolate or extrapolate and thus approximate if the case study can apply to a question or a problem that they have.

I recently received a call from a reader who, at age 68, wanted to review and evaluate his term policy that he got back in the 1970s.

I remember those policies. They were fairly priced, one-year renewable policies. The premium went up every year in modest steps in early years and bigger and bigger steps as the insured grew older. There were no huge steps in price, and they were designed to allow people to keep their insurance for decades.

Compare that to today's common term policies. These policies have a low, level premium for a set number of years. At the end of that initial period, the premium takes annual leaps, eventually to horrendous levels. These are designed to provide protection at a modest cost in the early years when there is little chance of the insured dying. Then later, when the risk of

dying increases, the premium increases to unaffordable levels, forcing the client to drop the policy when the risk of dying has never been greater.

But, even the 1970s policy was not adequate for the long haul because it was just term insurance with escalating premiums that eventually became too expensive. Only three percent of term policies ever pay off. They are dropped before most people die.

Back to the case study. He had a \$150,000 term policy from the 1970s that cost \$2,300 per year at the present time. Again, that premium will increase every year until it is unaffordable, probably in about 10 years, and he will probably be alive long after that.

Since he is healthy and thus insurable, I can write a new \$150,000 term policy for \$1,800 per year and the premium will not increase for 10 years. In the 11th year, it goes to \$17,000, the next year \$20,000 and so on. So, he would have to drop it.

He does not want to have to drop the coverage in 10 years. He wants it to provide a financial legacy for his family. And, he cannot count on dying within 10 years.

So, he decided that the only reasonable choice was a universal life policy wherein the death benefit and the premium stay the same for life. That way he can be assured that the legacy will be passed on at his death.

And he chose to include a long-term-care rider, which makes the whole death benefit of \$150,000 available to cover his nursing home and home health care costs if the need arises. (Every dollar used for this purpose reduces the death benefit dollar-for-dollar.) This policy carries a level annual cost of \$3,600.

In summary, by spending a little more money now, he can be assured of leaving a legacy for his family, however long he lives, at an affordable cost.

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

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 or contact the center. The featured book for Wednesday, May 12 at 2:30 p.m. is *Our Souls at Night* by Kent Haruf.

Patty's Patch Blueberry U-Pick, Honey Company and Lunch at Alva Diner – Tuesday, May 2, departing at 9 a.m. Cost is \$5 for members and \$10 for non-members. Take a trip for some blueberry picking at Patty's Patch, located in LaBelle just down the road from Harold P. Curtis Honey Company. Then lunch at the Alva Diner on your own for some down home southern cooking. Advance registration required. Carpool transportation.

Trip to IKEA – Tuesday, May 9. Cost is \$5 for members and \$10 for non-members. Trip includes round trip transportation. Lunch is on your own at the IKEA Café. This is an all-day shopping spree at IKEA in Plantation, Florida. Advance registration required. Registration deadline is Friday, May 5.

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 – May 9 and 23 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.

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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Superior Interiors

What Does 'Custom Decorating' Mean



by Marcia Feeney

I am often asked what I mean when I use the expression "custom decorating." Here are some of the benefits of going custom.

Home furnishings play a vital role in setting

the mood and atmosphere for everyday living. Custom furnishings help express the homeowner's personality. For a husband and wife, custom will blend their tastes, it will bring the wishes of each into a room that both can enjoy.

Each sofa and love seat you order is upholstered in your personal choice of fabric, the finish of every table and chair has been specified by you, and your draperies are designed to coordinate with the style and colors of the room and fabricated to fit the size of the windows.

Window fashions are often a focal point of a room and it's easy to see the benefits of custom-made drapery. They will have extra fullness because the fabric is usually two and one-half to three times the width of the window. If it's pleated drapery, the pleats are closer together at the top, allowing for the extra fullness to fall gracefully in elegant folds. The pleats of ready-made drapery, on the other hand, are further apart, and since less material is used, the drapery can actually appear rather skimpy.

A custom treatment will use corner weights to allow the fabric to hang straight, and prevent flaring at the hem. Special linings also may be used to avoid sun fading and add additional body to the treatment. Linings contribute to the energy-efficiency of the treatment, providing

an insulating layer between the fabric and the window. The lining should be chosen with the type of fiber used in a decorative fabric in mind. There are even black-out linings available to darken the room for daytime or late morning sleepers.

Finally, the extra touches you get from a custom treatment are endless. Detailing, such as banding, cording, trims and coordinating colors and fabrics, makes custom treatments truly individual and reflective of your style and taste. Designing the perfect window treatment for your home says a lot about you and your lifestyle. Perhaps nothing adds more drama and pizzazz to your home's overall design plan than custom designed window treatments.

Custom bedding is another example. In addition to coordinating with what you already have, or what you are changing in the room's décor, it will fit your bed the way you want it to fit. You won't have to settle for only what you can find online or in a catalog.

Let's not forget color, the canvas of your room. There are no bad colors, just bad decisions about using them. A designer can help with those choices. The goal is to provide beauty, comfort and good design within a realistic budget.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coincdecden.com.✽

New Business Reception

Local business owners and employees are invited to attend a New Business Reception on Wednesday, May 3 from 9 to 11 a.m. at Sanibel City Hall, located at 800 Dunlop Road. The gathering will be hosted by Mayor Kevin Ruane, Vice Mayor Mick Denham and City Councilmembers Chauncey Goss, Jim Jennings and Jason Maughan.

Please RSVP to Lynda.Swart@mysanibel.com or 472-3700 by Monday, May 1.✽

Beautifulife:

Realize Your Achievements



by Kay Casperson

It is human nature to set goals, achieve them and move right on to the next without even stopping to notice what you have just accomplished and to give yourself some credit. How many of you are already looking for the next challenge without even taking the time to celebrate the things you have done? I am guilty of this and have to remind myself every once in awhile of the things that I have already done and to appreciate and be grateful for the achievements that I have made so far in my life.

Time passes so quickly and we are always moving on to the next task, goal or accomplishment waiting to be conquered, but every so often we need to stop, take a deep breathe, give ourselves a pat on the back and celebrate all the things that we have done up to right now.

A suggestion that I would make would be to sit somewhere quite and write down your accomplishments in a journal, notepad or even your phone, going back as far as you can remember. There are so many things to look back on, but it is necessary to do this to truly understand

how far you have come and all the beautiful things you have done in your life!

From school accomplishments to work goals that you have met as well as relationships, sports, arts, music, kids, family, church, health and wellness. Every good thing in your life should be celebrated big or small including, promotions, completing projects, ending bad relationships, achieving goals, overcoming obstacles, raising children, sticking to workouts, eating right, being a role model, giving back and so on.

You may want to call this journal or notebook your "brag" book! Keep adding to it when you think of accomplishments and you will feel so good finally realizing all the great things you have done! I promise you that the feeling of achievement and satisfaction will fill your heart and you will continue to enjoy a more balanced, beautifulife!

My affirmation for you this week is:

"I am taking the time to realize the achievements that I have made in my life and will celebrate the hard work and dedication that I have put into making things happen everyday!"

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

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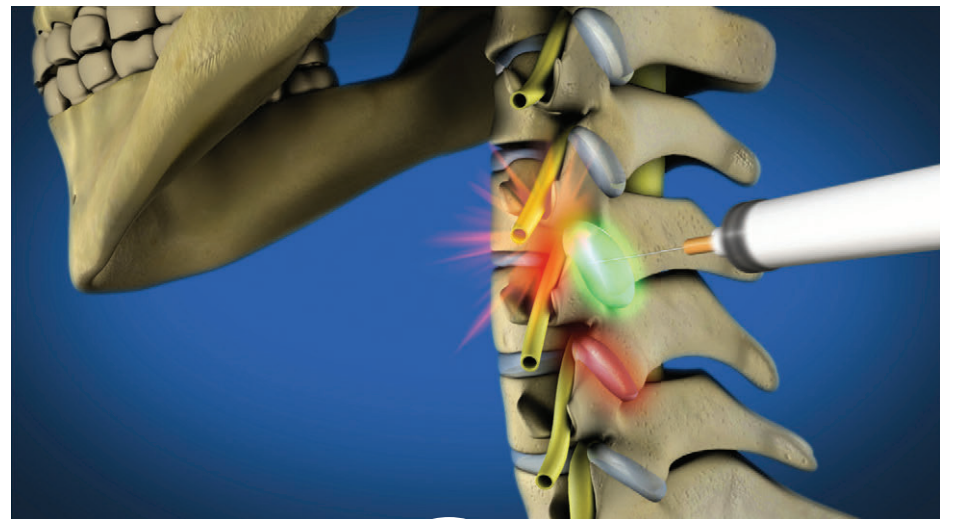
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dearRPharmacist

Gluten's Impact



by Suzy Cohen, RPh

Dear Readers: There are billions of pills swallowed each year, with the sole intent to reduce stomach acid. I'm referring to the category of acid blockers and antacids. Medications in this category play a huge role in gluten-related

illness due to their well-documented interference with the digestion of your food. Undigested food proteins like gluten can leak into your bloodstream and cause problems all over your body.

I think these medications are causing a lot of gluten sensitivity (not celiac which is autoimmune). With acid blockers, how are you supposed to fully digest your meals without your stomach acid? You can't. Soon I will tell you about three common symptoms that come from eating gluten-based bread, pasta, cookies, muffins, bagels, soy sauce and so forth.

When the protein gluten breaks into smaller proteins (gliadin for example), it leaves your digestive tract through microscopic holes and gets into your bloodstream. Therein lies the problem. Your body makes antibodies to gliadin and attacks whatever tissue that gliadin has attached itself, to. Your immune system is just doing its job, attacking the invader, but it's your body that pays the price.

For years we've heard anecdotally about people who test negative for celiac disease but whose symptoms dramatically improve when gluten (and preferably all grains) are eliminated. We are now starting to get some answers, because a separate condition called Non-Celiac Gluten Sensitivity (NCGS) has recently been officially identified. Patients with NCGS will absolutely test negative for the autoimmune condition of celiac disease, because they don't have a classic allergy to wheat. But people with NCGS experience all the same unpleasant symptoms, and respond favorably to a gluten-free diet. NCGS is more common than celiac.

I'm sure you know that gluten sensitivity contributes to irritable bowel problems, obesity as well as rapid transit time (ie you probably have diarrhea and gas soon after eating). But there are other common symptoms you've probably not considered. So with that said, I'd recommend six months off gluten (and preferably all grains) if you have any of the following:

- Brain fog. Perhaps you keep forgetting thoughts mid-sentence and word finding difficulties? Cognitive dysfunction is extremely common among gluten sensitive folks.
- Skin problems. A painful rash called dermatitis herpetiformis (DH) is unique to celiac disease, but NCGS can also drive other common skin conditions, itchy unexplained rashes, rosacea and eczema.
- Bad moods. Gluten can impact your neurotransmitters. Our brains are exquisitely sensitive to fluctuations in our environment and our body's general health. The neurotransmitters serotonin and GABA are more prevalent in your

gastrointestinal tract than in your brain. If your gut lining is damaged due to extended use or misuse of potent acid blockers, or gluten, then your brain chemicals are imbalanced. This leads to depression and anxiety.

If you think you have problems with gluten, the simplest, most inexpensive thing to do is reconsider your antacids, and

stop eating gluten for six months and see how you feel.

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

Eden Energy Medicine

Headache Free In One Minute



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

We all get headaches from time to time, so learn this ancient technique, based on using points from Traditional Chinese Medicine,

located at the back of your skull and free the pain of the headache, plus get the added bonus of a "buzz" as you bring fresh energy to the brain and head. On top of these benefits, it only takes one minute to achieve this relief. Give it a try; you have nothing to lose but the headache.

1. Place both middle fingers on either side of the vertebrae at the base of the skull where the skull attaches to the neck. From the middle of the neck,

move your fingers out over the large tendon and you will feel small indents on both sides of the neck that are tender. Rub these points with pressure that takes you to your edge. Now move out from the center along the ridge of the skull, continuing with firm circling motion.

2. Place all fingers together with the index fingers positioned at the base of the neck right above the shoulders, with each hand on either side of the vertebrae. With pressure, circle the area and pull your fingers from the center of the neck to the outside edge of the neck.

3. Move your fingers up another several inches and repeat, pulling from the center of the neck to the outside edge. Continue moving up the neck until you reach the bottom of the skull.

Congratulate yourself on a job well done – now you can go dance with your significant other... or the dog!

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



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Library Receives Books On Cancer Treatment

Mary Beth Gonzalez has donated copies of her late husband's books *Nutrition and the Autonomic Nervous System* and *Conquering Cancer: Volume One – 50 Pancreatic and Breast Cancer Patients on The Gonzalez Nutritional Protocol* to the Sanibel Public Library collection for patrons to borrow.

Mary Beth Gonzalez is a part-time island resident who is working to spread the word about the doctor's alternative cancer treatment. The Gonzalez Protocol is described as "evidence-based, natural, and primarily food-based solutions with pancreatic enzyme therapy." His *Conquering Cancer: Volume One* provides an in-depth analysis of the protocol in both theory and practice. The book includes histories of 50 patients

diagnosed with a poor prognosis or terminal malignancies who did well under Dr. Gonzalez's care.

Dr. Nicholas J. Gonzalez graduated from Brown University (Phi Beta Kappa, magna cum laude). He worked as a journalist before pursuing premedical studies at Columbia and medical school at Cornell. He completed a postdoctoral fellowship in cancer immunology, and subsequently opened a private practice in New York City in 1987. Dr. Gonzalez died at his home in New York City in July of 2015.

Dr. Gonzalez spent much of his medical career forging alternative therapies for cancer and other degenerative diseases. At his death, much of the data that he had collected was left unpublished. The books are a collection of case studies based on his protocol.

The Sanibel Public Library is located at 770 Dunlop Road. For more information, call 472-2483 or visit online at www.sanlib.org. ✨

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Mom And Me



by Lizzie and Pryce

Lizzie and Pryce answer your questions and give advice about aging concerns from a two-generational perspective. A mother and daughter team, Lizzie is a retired RN and health educator, and Pryce is a licensed psychotherapist in private practice who specializes in the care of elders and people with chronic illnesses.

Dear Mom & Me,

We are in the market for another house. The real estate broker took us to a house yesterday and we saw something we had never seen before. On the beautifully finished lower level, there was a very large private room, completely set up like a mini-supermarket. Shelf after shelf of food stuffs, canned goods, dried foods, candy, bathroom stationary, paper towels, cleaning supplies and boxes and boxes of the contents of we did not see. There certainly was enough food for a family of four to last at least two years and maybe more.

We are interested in this house and when we talked to the owner, he said his wife had grown up with parents who had suffered greatly during the great financial depression. They never wanted to be without food again, so they had always had food on reserve.

When we married 25 years ago,

my wife just kept doing what was her family's tradition. What is this all about?

Nora

Dear Nora,

Some religions expect their following to have at least one year supply of food in their home for themselves and for sharing with other families in case of famine or drought.

Food used to be very expensive as a part of the total family income, but times have changed. In modern America, because of our advanced technology, food is cheap as compared to other countries. It is in abundance everywhere, and it is no longer necessary to hoard.

I think it is wonderful for good traditions to be passed along to generations, but in this case I question this tradition. Canned goods and dried foods do have a shelf life and unless they are constantly cycled, they could lose their taste and nutritional value. Personally, I prefer to let the grocery stores do the storing.

Lizzie

Dear Nora,

The "depression" left very deep impressions on many people. To a much smaller degree, my family has been through some terrible weather. There are things we store in the house just "in case" so we do not re-experience what we have experienced in the past.

I am sure if you look at your life, there are things you do now that you do based on not wanting to have a repeat of a very bad time. I am convinced people carry AAA insurance based on not wanting to repeat a bad experience, for example, being broken down on the side of the road without assistance. These folks could also be wise consumers and shop in bulk.

Pryce

Lizzie and Pryce's email address is momandmeaging@hotmail.com.✧

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: What would you say the greatest prevention is these days to reduce the risks of aging?

A: It's essential to maintain healthy functioning of your mind, body

and spirit. Let's explore the physical component first:

1. Eat a balanced diet cutting back fats, sugar and processed foods. The preferred diet is the Mediterranean: olive oil is preferable to butter, fish instead of red meat, whole grains, legumes, mixed nuts, fresh vegetables and fruits. Avoid overeating.

2. Exercise moderately for at least one hour three times a week. Select exercise that you enjoy.

3. Drink alcohol, preferably red wine in moderation.

4. Do not smoke, chew tobacco or take drugs.

5. Get a good night's sleep. It's OK if you have time to take a short afternoon nap.

6. Keep stress at a minimum. Choose love instead of fear. Practice managing your stress.

7. Have meaning and purpose in your life.

8. Surround yourself with those who are kind and supportive of you.

9. Take time for reflection and contemplation. Read, get out in nature and make time for relaxation.

10. Tune into yourself through self-awareness and pay attention and honor your bright light within.

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.✧

Doctor and Dietician

Ehlers-Danlos Syndrome



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

May is National Ehlers-Danlos Syndrome Awareness Month. This syndrome is considered a rare disorder, but over the past couple of decades, we have seen many Ehlers-Danlos Syndrome patients in our office. Frequently, they are young women, and oftentimes athletes, suffering from chronic pain and joint subluxations due to instability.

Ehlers-Danlos Syndrome (EDS) is a group of connective tissue disorders that have joint hypermobility as the central character, but which can also cause symptoms and complications of the skin, joints, blood vessels and other organs throughout the body. When this instability is present in the cervical spine, the vertebrae can compress blood vessels or irritate nerves, causing symptoms like dizziness, facial pain, arm pain and

numbness, and migraine headaches. The various disorders are characterized by a defect in the collagen, a protein that provides strength and elasticity to the majority of our body parts from our ears to our toes.

Those with EDS are often misdiagnosed because the array of systems involved often presents a challenge to physicians unfamiliar with the condition. Patients can suffer numerous dislocations and injuries because their ligaments, the soft connective tissue that connects bone to bone, are too elastic. While this can be an edge for some gymnasts, allowing them to bend and twist in amazing ways, this same feature makes their joints unstable and prone to injury.

The traditional treatment recommendations can include wearing numerous joint braces and discontinuing activities. This can be crushing to the spirit of a young person. Treatments directed at ligament repair are often the most successful at alleviating pain and regaining a normal level of activity and social engagement. Regenerative treatment options – including Prolotherapy – can provide a strengthening effect directly to the loose connective tissue, and therefore, effectively treat the various sequelae of EDS, including joint dislocations and the associated symptoms.

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.✧

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PETS OF THE WEEK

Lee County Domestic Animal Services

Hayden And Jelly Bean

Hayden is a 2-year-old female hound mix who is an energetic gal with a sassy personality. Volunteers are working on good manners training with her and they report that she is smart as a whip and picking things up quickly. She was picked by ACS Beatrice as her "staff favorite" because of her fun-loving nature. Her adoption fee is Pick Your Price, \$5 to \$30 (pick an Easter egg and the price is inside).

Jelly Bean is a 2-year-old female sharpei/pit mix who is another of the staff favorites. ACS Leah loves this pint-sized cutie. She is a ball of energy and needs a home where her new family will continue with the training volunteers have started at LCDAS. Her adoption fee is Pick Your Price, \$5 to \$30 (pick an Easter egg and the price is inside).

For information about this week's pets, call 533-7387 (LEE-PETS) or log on to Animal Services' website at www.LeeLostPets.com. When calling, refer to the animal's ID number. The website updates every hour so you will be able to see if these or any other pets are still available.

The shelter is open for adoptions from 10:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter is located at 5600 Banner Drive in Fort Myers, next to the Lee County Sheriff's Office off Six Mile Cypress Parkway.

All adoptions include spay/neuter surgery, age-appropriate vaccinations, rabies vaccination and county license if three months or older, flea treatment, worming, heartworm test for dogs six months and over, feline AIDS and leukemia test for cats, training DVD, 10-day health guarantee, and a bag of Science Diet pet food.

The adoption package is valued at \$500.*



Hayden ID# 693697



Jelly Bean ID# 695001

PAWS Of Sanibel

Prince Harry

This handsome guy needs a forever home. Prince Harry is approximately 1 year old. He is a beautiful light orange Ocicat mix with a beautiful coat. He has a lot of attitude and personality. He loves to jump, run and play. He was picked up by the Sanibel Police on East Lake Road in January. He has been neutered, microchipped, combo tested, and had all his immunizations. He seems to do fine with cats, but he does not like dogs. PAWS of Sanibel would love to find him a forever home, however, a foster would really help for now. As with all of the cats at PAWS, he must be kept inside. Call Pam at PAWS at 472-4823 with questions, or to foster/adopt Prince Harry.*



Prince Harry

Haven on Earth Animal League

Betty Boo And Amber

Hi there! I'm Betty Boo. I'm a spayed female, about two years old. I am up to date on all vaccinations. I am very sweet and have beautiful green eyes. I even have a white spot on my chest that makes me different from other black kitties. I am currently at the PetSmart at Colonial Boulevard and Six Mile Cypress. come see me and take me home. My adoption fee is \$75.

Hi, my name is Amber. I am a really sweet girl at about five years old. I am extremely lovable with dogs, other cats and all people. I am a beautiful black, long-haired kitty that is front declawed. I'm up to date on all vaccinations and spayed. My adoption fee is \$75. I am currently residing with a foster mom. Call to make an appointment to see me.

We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email Haven on Earth Animal League at havenonearthanimalleague@yahoo.com.*



Betty Boo



Amber



Hairless pups photos provided

Pet Festival

The Gulf Coast Humane Society (GCHS) will be hosting its 2nd annual Adopt a Shelter Pet Festival on Saturday, April 29 from noon to 3 p.m.

The event will include a variety of vendors available to talk about their specialties such as pet care, pet boarding and pet food and treats. There also will be a microchip clinic, as well as raffles and agility demonstrations of GCHS shelter pets.

This year will be the debut of the vegan bake sale, which will feature vegan dishes, many of which will surprise attendees' taste buds.

Attendees will have the opportunity to

continued on page 31B



Halo

PUZZLES

Answers on page 29B

Super Crossword

X MARKS
THE SPOT

ACROSS

- 1 Between
6 Cartoon thud
9 Snively cries
15 Film format
18 Chat session
20 The Bruins' Bobby
21 Author — de Balzac
22 Aussie leaper
23 "You only have so much time"
26 Ron of "Tarzan"
27 Quaint suffix with poet
28 Virgil's 61
29 "How sad"
30 Entwined anew
32 Den furniture
33 Swimmer also called a blueback
36 Scheduled mtg.
39 "+" or "-" atom
41 Take — (cab it)
42 Wee child
43 Boggy area
45 Possess
47 Campbell's product, in Spanish
49 Netherlands cheese
52 Forts made of squared timbers
- 55 Any "50" time
58 Slo- — fuse
59 One of the Greys on "Grey's Anatomy"
60 Emailer's "incidentally"
61 Gun of Israeli design
63 "The Waste Land" poet
65 Suffix with trick or hatch
66 New Nintendo system of 2012
68 Bingham of "Baywatch"
70 Proverbs
71 Where all eight X's appear in this puzzle
74 "No —, Bob!"
77 Greek island near Paros
78 "Time —" (1990s sci-fi series)
79 Blabber
82 Trunk gunk
84 Actress Farrow
85 Pronounce
86 Bella — (British Columbian native)
88 CPR-trained pro

DOWN

- 89 Be dozing
91 Has a frank discussion
94 Heavy hammer
96 Old Pontiac muscle cars
98 TV scientist Bill
99 On deck
100 Turnip, e.g.
103 Regal crown
105 Sis or bro
107 Royal name of Norway
108 "Gravity" actress
112 — -T-Pak (Wrigley's gum unit)
114 Worry-free
115 Nerve cell extension
116 River islet
117 Devilkin
120 Broadway's Hagen
121 "A Treatise on Money" economist
126 Click in Morse code
127 "Crack a Bottle" rapper
128 Dr. — ("Crack a Bottle" rapper)
129 Wields
130 I, to Johann
131 Really uncool types
132 Nile snake

DOWN

- 1 Part of a French play
2 — scale of hardness
3 Individuals
4 16-team grid gp.
5 Noted family name in wine
6 — choy
7 Opera solos
8 "Entertaining —" (Joe Orton play)
9 Cat food brand
10 Ad —
11 Pen filler
12 Bête —
13 Borgnine of film
14 Self-balancing two-wheeler
15 Had lofty aspirations
16 Saab rival
17 Senior group member
19 Puffer's cousin
24 "Bye now!"
25 Savoir-faire
31 Sommer of the screen
32 Actress Keanan
34 Unusual foreign objects
35 "Criminy!"

DOWN

- 36 Stroll along
37 Gondola guider
38 Authorized substitute
40 Sign banning 180s
44 Statistical asymmetry
46 Compass pt.
48 Toiling insect
50 Salve plant
51 Verbal gems
53 Big Apple stage award
54 Tunic worn over armor
56 Port of Japan
57 Annual PGA Tour event
62 Drummer Starkey and screenwriter Penn
64 Secular
67 Perfect
68 Poison: Prefix
69 Entry points on pipes
71 Suffix with press
72 Kerosene
73 Abstainers from alcohol
74 Flower stalk
75 "— la Douce"
76 Address that bounced email is delivered to

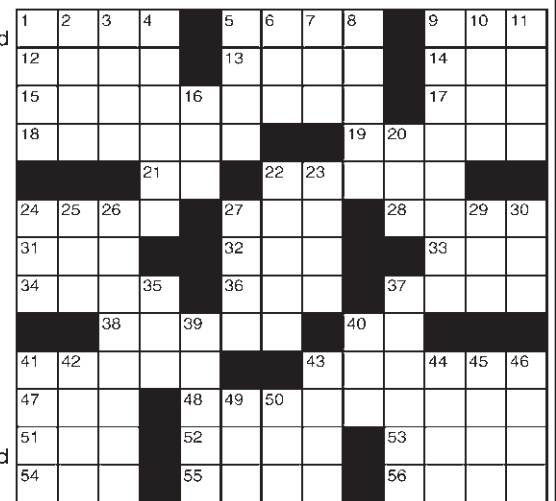
DOWN

- 79 Rustic sort
80 Vega of "Spy Kids" films
81 Cable shows, e.g.
83 Tent securer
85 Clever
87 "Smoking —?"
90 Reproach to Brutus
92 Big boa
93 Resembling a vat
95 Ore deposit
97 Low bows
101 Toothache relief brand
102 City near Seattle
104 Old Big Apple theater
106 Apple tablet
108 — Arabian
109 Garret
110 Vikki Carr's "It Must —"
111 Knots on tree trunks
113 Digital book, e.g.
117 As to
118 Dole (out)
119 "Hey, you"
122 Dir. 135 deg. from 46-Down
123 Sea, in Caen
124 Sales —
125 Hedge bush

King Crossword

ACROSS

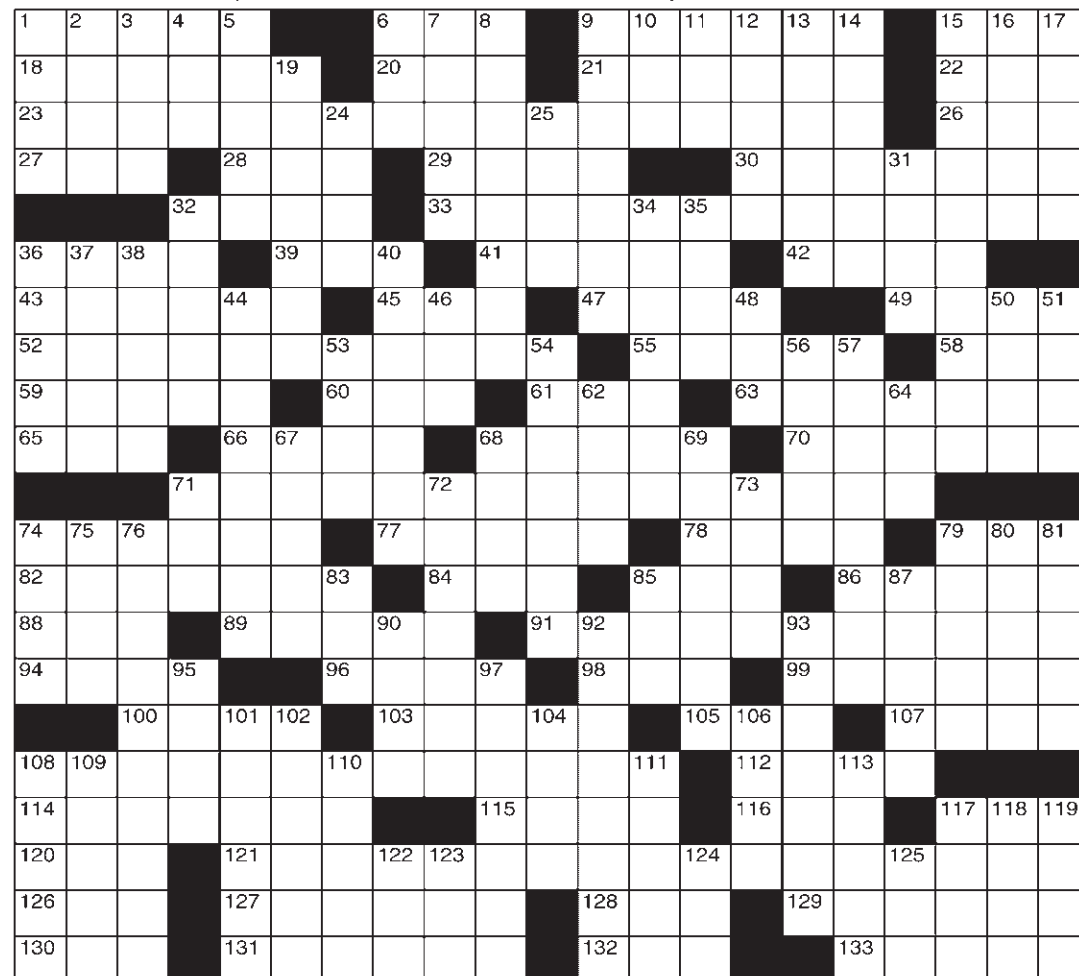
- 1 From one end to t'other
5 Egg
9 Potential syrup
12 Vast time period
13 Water barrier
14 Biz deg.
15 Fast
17 Foreman foe
18 Diamond round- trippers
19 Stair part
21 Qua
22 Weak soup
24 Present
27 Island garland
28 Buy stuff
31 Lubricate
32 Past
33 Rage
34 Use an old phone
36 DIY buy
37 Leftovers recipe
38 Lucky number
40 Accomplish
41 California-Nevada lake
43 Propels
47 That guy
48 Landfill, essentially
51 Commotion
52 Swindles
53 Pond organ-ism



- 54 Symbol of intrigue
55 Ardor
56 Despot
8 Paris subway
9 Big success
10 Competent
11 Twosome
16 Storefront sign abbr.
20 "Monty Python" opener
22 Start
23 Laugh-a-minute
24 Deity
25 "Richard —"
26 Sudden assembly that some find entertaining
27 Michigan, for one
29 Raw rock
30 Church seat
35 Writer
37 "Who cares?"
39 Fodder plant
40 Simpson's interjection
41 Dissolve
42 Assistant
43 "Hey, you!"
44 Congers
45 Stairist's rendition
46 Mast
49 Fish eggs
50 Literary collection

DOWN

- 1 Rotation gauge, for short
2 Villain's adversary
3 Wander
4 Oust from office
5 Likelihood
6 See 38-Across
7 Guitar's cousin



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

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

Airplane
Bicycle
Cart
Dolly

Golf caddy
Moped
Motorcycle
Rickshaw

Rototiller
Scooter
Segway
Sulky

Tricycle
Unicycle
Wheelbarrow



"The inflation must be cooling off — George still gives me the same grocery money as last year and I'm still gaining _____ !"

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!

Vast
GAME

Enamor
TWIBECH

Brief
TREES

Grasp
CHARE

TODAY'S WORD

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

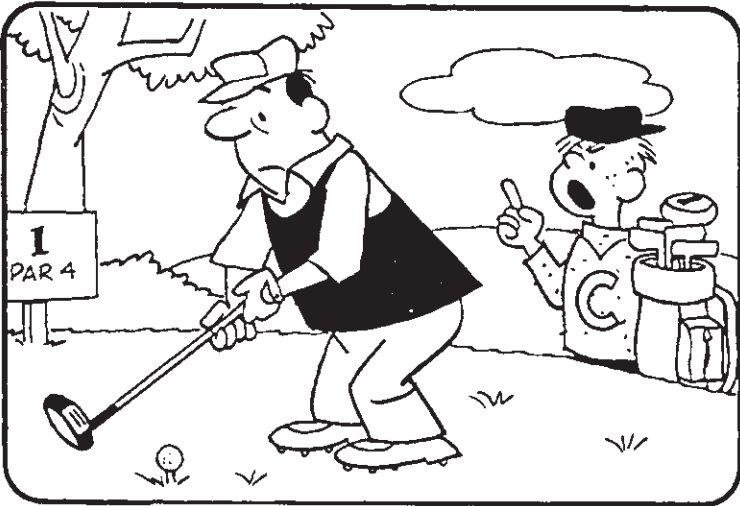
SUDOKU

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. Sign is smaller. 2. Club head is different. 3. Sleeves are shorter. 4. Cloud is smaller. 5. Letter C is missing. 6. Strap is missing.

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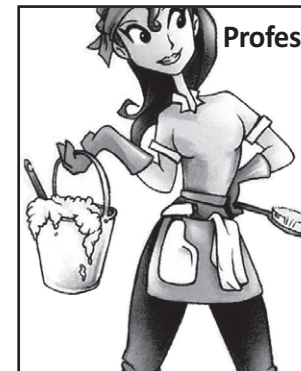
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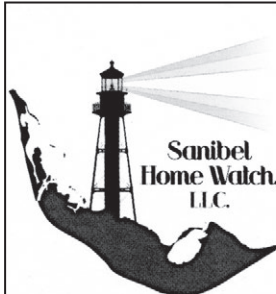
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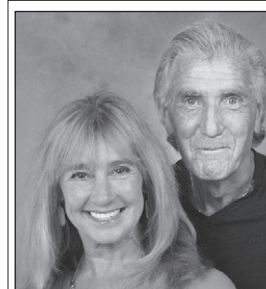


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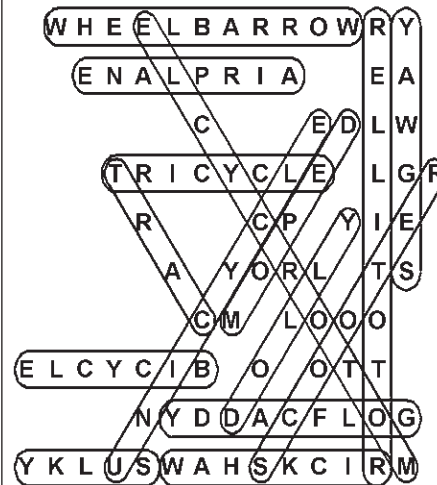
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 TAHOE POWERS
 HIM TRASHHEAP
 ADO CONS ALGA
 WEB HEAT TSAR

MAGIC MAZE

FOUR WHEELS NOT NEEDED



SUDOKU

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

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Cycling
Safety Notes

Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous



SANIBEL BICYCLE CLUB



From page 24B
Pet Festival



Layla

“Ask the Trainer” and see demonstrations of agility and other types of pet-related areas. Food and drink vendors will be available, as well as fun contests and a garage sale.

“We want the public to know that we are a great resource in finding the right companion pet,” said GCHS Executive Director Jennifer Galloway. “We are also an educational and animal care resource. By having this event, we can showcase our great adoptable pets,



Tank

partner with area businesses and provide information to the public about the importance of spaying and neutering, microchipping and heartworm prevention.”

For more information on GCHS, visit, www.gulfcoasthumanesociety.org. GCHS is located at 2010 Arcadia Street in Fort Myers.*

My Stars★★★★★

FOR WEEK OF MAY 1, 2017

ARIES (March 21 to April 19) The often-skeptical Aries might find that an answer to a question is hard to believe. But check it out before you chuck it out. You might well be surprised at what you could learn.
TAURUS (April 20 to May 20) Your resolute determination to stick by a position might make some people uncomfortable. But if you’re proved right (as I expect you to be), a lot of changes will tilt in your favor.
GEMINI (May 21 to June 20) You might feel conflicted between what you want to do and what you should do. Best advice: Honor your obligations first. Then go ahead and enjoy your well-earned rewards.
CANCER (June 21 to July 22) That financial matter still needs to be sorted out before you can consider any major monetary moves. Pressures ease midweek, with news about a potential career change.
LEO (July 23 to August 22) A workplace problem threatens to derail your well-planned project. But your quick mind should lead you to a solution and get you back on track without too much delay.
VIRGO (August 23 to September 22) An opportunity opens up but could quickly close down if you allow pessimism to override enthusiasm. A trusted friend can offer the

encouragement you need.
LIBRA (September 23 to October 22) You’ve come through a difficult period of helping others deal with their problems. Now you can concentrate on putting your energy to work on your own projects.
SCORPIO (October 23 to November 21) Forget about who’s to blame and, instead, make the first move toward patching up a misunderstanding before it creates a rift that you’ll never be able to cross.
SAGITTARIUS (November 22 to December 21) Good news for the travel-loving Sagittarian who enjoys galloping off to new places: That trip you put off will soon be back on your schedule.
CAPRICORN (December 22 to January 19) A mood change could make the gregarious Goat seek the company of just a few friends. But you charge back into the crowd for weekend fun and games.
AQUARIUS (January 20 to February 18) A decision you made in good faith could come under fire. Best advice: Open your mind to other possibilities by listening to your challenger’s point of view.
PISCES (February 19 to March 20) You can avoid being swamped by all those tasks dangling from your line this week by tackling them one by one, according to priority. The weekend brings good news.
BORN THIS WEEK: You have a fine business sense and a love of the arts. You enjoy living life to its fullest.

HORTOONS

HORTOON

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	2017	4,646	\$5,975,000	\$5,800,000	28
Hermitage	Cape Coral	1996	4,453	\$1,549,000	\$1,549,000	120
Anchorage at Bonita Bay	Bonita Springs	1998	4,692	\$1,399,999	\$1,225,000	348
Shell Harbor	Sanibel	1972	2,310	\$1,199,000	\$1,115,000	215
Woodlake at Bonita Bay	Bonita Springs	1988	4,216	\$999,000	\$890,000	91
Town and River	Fort Myers	1984	2,815	\$999,000	\$975,000	47
Georgetown	Fort Myers	1967	2,287	\$899,900	\$855,000	116
Riverwalk	Bonita Springs	1992	3,864	\$875,000	\$840,000	27
Arezzo	Bonita Springs	2006	3,500	\$849,500	\$798,500	117
Cape Coral	Cape Coral	1984	3,267	\$800,000	\$747,000	381

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GulfShore Magazine



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DUNES

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