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SANIBEL & CAPTIVA ISLANDS, FLORIDA

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Video Promotes Effort To Clear Fishing Gear

Clear Your Gear, a collaborative effort among several Sanibel-based conservation organizations to reduce wildlife injuries caused by improperly discarded fishing gear, has released a new educational video. Produced by Mark Meyers of TradeMarky Films, the video is meant to encourage viewers to think about what happens to their fishing gear when they are finished with it.

"This short, fun video clip helps people learn and remember what we can all do to preserve the safety and beauty of our waters," said Dr. Heather Barron, hospital director at the Clinic for the Rehabilitation of Wildlife (CROW) and Clear Your Gear steering committee member.

Barron treats numerous wildlife injuries caused by fishing gear, and birds and sea turtles are common victims. Fortunately, there are a few easy steps that individuals can take to help solve this problem.



In the video, Sarah Lathrop, associate director of the "Ding" Darling Wildlife Society, and Supervisory Refuge Ranger Toni Westland demonstrate how to properly discard fishing gear photo provided

"We love that so many people enjoy fishing and other water-based activities in Southwest Florida, and we know that the majority of them care deeply about the health of our ecosystems. Clear Your Gear aims to provide friendly reminders and

easy tips to help residents and visitors fish responsibly and protect our wildlife," said Barron. "This video is one example of how we are doing that."

The video is set to a cleverly re-written version of a popular Irish folk song, called

Drunken Sailor, and features a variety of local characters and scenery. It is available on the Clear Your Gear Facebook page and at clearyourgear.org. The group chose a humorous approach to keep things lighthearted, and to ensure that the video would be appropriate for all ages.

"We wanted to create something that would illustrate the seriousness of the problem, appeal to a broad audience, and make people laugh. Mark was able to help us make that happen successfully with his ideas and talent," said Sanibel Sea School's Leah Biery, who is also a member of the Clear Your Gear committee.

Clear Your Gear participating organizations include the City of Sanibel, CROW, "Ding" Darling Wildlife Society, JN "Ding Darling National Wildlife Refuge, Monofilament Busters, Sanibel-Captiva Conservation Foundation and Sanibel Sea School. The partnership is funded by grants from the West Coast Inland Navigation District, San-Cap Solutions To Avoid Red Tide and The Sanibel-Captiva Fishing Club.

Clear Your Gear members are grateful for the many volunteers who support this project. To learn more, visit www.clearyourgear.org.✧



From left, Beautification Committee chair Mimie DiRico, Peg McGann, Barbara Wilgus, club president Gerri Perkins and Jeannine Brinkerhoff photos provided

Garden Club Beautifies Village

Members of the Shell Islands Garden Club recently took on a big project at the Sanibel Historical Village. They worked for approximately eight hours over two days to beautify the area in front of historic Rutland House, near the entrance to the village.

"The ladies of the garden club did a wonderful job, more than we could have

hoped for," said Emilie Alfino, executive director. "It was sweltering hot, but they kept raking and digging and planting until the whole area was transformed. It's beautiful."

The 92-member Shell Islands Garden Club is celebrating its 25th year and has taken on this project with gusto. "I would like to see this be our project, our place to beautify," said club president Gerri Perkins. "This is just a start."

Perkins explained that club members considered other worthy locations but



From left, Martha Langbo, Anita Smith, Nancy DeBenedictis and Harriet Pattison

decided on the historical village as a place where they could really make a difference.

The club's Beautification Committee, under the direction of chair Mimie DiRico, planned and supervised the work. The plantings are all native and include blanket flower, dune sunflower, back-eyed Susan and porter weed.

"We are so grateful for the work and for the donation of the garden club," Alfino added. "The club paid for the plants and mulch and soil. We're absolutely thrilled."

The historical village is open from 10 a.m. to 1 p.m. Tuesdays through Saturdays. The village is located at 950 Dunlop Road (next to BIG ARTS). Admission is \$10 for adults 18 and older; those under 18 and members are free. Docent-guided tours are available at 10:30 a.m. and 1:30 p.m. at no extra charge, based upon docent availability. There is handicap access to all buildings.

For more information, call 472-4648 during business hours or visit www.sanibelmuseum.org.✧



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The Community House



All the toppings for the perfect taco
photos provided

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 Brûlée.

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.

The next class with Chef Jarred will be held Sunday, May 28 from 4 to 6 p.m. It will be all about crispy pork belly, beef wellington and chocolate tart.

Game Night And Tacos

Meet your neighbors and catch up with island friends at the summer social buffet and game night. The first is scheduled for Tuesday, May 16 at 6 p.m. There will be a taco buffet with choice of grilled chicken, ground beef



Chef Dwayne Bergeron

or fish, black beans and rice, and all the toppings. Chef Jarred will be there to share his recipes. Following dinner, there will be a variety of games such as Social Bridge, Mahjongg, 21, Hand and Foot, Canasta and Dominoes. Prepaid registration is \$20 per person.

Creole Cooking Class

On Sunday, May 21 from 10 a.m. to 1 p.m., Chef Dwayne Bergeron will hold a hands-on Authentic Creole Cooking class. Learn how to make jambalaya, etouffée and beignets. Cost is \$95 per person.

Bergeron is a New Orleans native who has a love for cooking and teaching others about authentic creole cuisine. He enjoys creating fusion dishes as well.

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

Bailey's Partners With Edison Ford For Wine Pairing

On Friday, May 12 from 5:30 to 8:30 p.m., Edison & Ford Winter Estates is teaming up with Sanibel Catering Company by Bailey's to host Music, Wine and Bailey's, a special wine pairing evening. The event is part of the Rhythm on the River series and offers live music and a river view sunset.

The wine tour will start in the Moonlight Garden with acoustical guitar, tropical sangria and appetizers. Guests will move into the Caretaker's House to listen to a dulcimer, sample J. Vineyards Chardonnay and a variety of cheeses. The final stop will be in the River Pavilion, where DJ Robert will play dance songs while guests sip sweet wine paired with desserts.

Tickets are \$38 for Edison Ford members, \$50 for future members and may be purchased online at



Have a glass of wine and watch the sunset over the Caloosahatchee photo provided

EdisonFordWinterEstates.org, at the Edison Ford ticket counter or at The Marina at Edison Ford.

For more information contact Edison & Ford Winter Estates at 334-7419.✱

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Sediment In Motion

submitted by Ken Gooderham, ASBPA Managing Director

The story of our coastlines is a tale of sediment in motion. How it moves, where it moves, why it moves – all chronicle the forces that shape our shorelines.

At its heart, this is a (not so) simple tale: waves, winds, water and weather work together (most of the time, at least) to keep coastal sediment in constant motion. These forces ensure the coast is an ever-changing environment, albeit with changes that can be minutely subtle some days and drastically shocking on others.

Amid this fluidity, however, there are some coastal constants when it comes to sediment:

- Sediment typically moves from north to south along the coast, at least right up until it intersects
- Inlets are usually the major source of disruption for sediment flow
- A coastline is a constantly changing place, both above and below the water
- Nonetheless, coastal systems and sediments always seek an equilibrium to whatever change occurs

While sediment works to continue its southward slog, inlets – through both interruption and hydrology – interrupt that flow, pushing sediments both seaward into shoals and landward

into the inlet and the back bay. Often, efforts are undertaken – jetties, groins, channelized dredging, for example – to keep an inlet open and/or in place, which can further exacerbate the natural flow of sediment along the coast.

There are a variety of options to alter and affect the flow of sediment – all with benefits and risks. That’s where the advent of modeling – the ability via data collection and computer simulation to reasonably predict the consequences of coastal changes on sediment movement – has proven a boon to inlet management and a benefit to adjacent beaches.

Once the current movement of both sediment and water in and around an inlet is captured for analysis, numerical models can be run to predict (with all the usual caveats) how altering the inlet or shoreline will affect the coast. Variables such as dredging, channel depth and alignment, sediment placement or removal, adding or subtracting coastal structures and other changes to the shoreline or tidal inlet can all be run through the model, with simulation results that can be fine-tuned and improved using field data to ground-truth the model results.

The model results can tell you what should happen, if conditions evolve as predicted. Of course, nothing is ever so simple along the coast. Unanticipated changes to the conditions wrought by waves, winds and water – usually driven by weather – bring unexpected changes to the sediment they shape – and that

means major changes to coasts and inlets.

The impacts from storm events can be most dramatic, opening new passes or reshaping existing ones almost overnight. Once these shock waves subside, the coastal system begins its endless quest toward equilibrium once more but these large episodic changes in sediment movement take a long time to return to “normal,” if they ever do.

This adjustment usually plays out most prominently on the adjacent beaches and inside inlets, where the always-moving sediments try to adapt to the changes to their distribution. Shoaling and erosion reshape the shoreline on both sides – all four sides, actually – of an impacted inlet. Sometimes, these radical reshaping events resulting from storms can alter a larger hydrologic system, changing the way water moves from the back bay to open ocean along a series of inlets in ways that will affect the functioning of each one.

All of this ignores the upland changes that can affect not how sediments moves, actually, but what that movement means the further you go in from the water and waves. Look at images of inlets over decades or even longer, from their formation or wanderings when allowed to move at will, then later to how those changes are modified once the inlet’s upland is hardened to limit how much it is allowed to roam.

The coast doesn’t care if there’s a bulkhead or a building or a bridge there. Sediment still wants to move, and the inlet still impacts how all that happens.

While the science and engineering to predict what could happen gets better and better, it can never tell you what will happen over the years. That ultimately falls to waves, wind, water and weather, and how they all work to keep that coastal sediment moving along.✧

Sanibel Hurricane Seminar May 26

The City of Sanibel will sponsor the 2017 Hurricane Seminar in an effort to educate residents, property owners, business owners and island workers. The free seminar will be held at the BIG ARTS Center, located at 900 Dunlop Road, on Friday, May 26 from 1 to 3 p.m.

Main topics being covered are the 2017 hurricane predictions, family hurricane planning, the use of social media in emergencies, and Sanibel’s building codes. It is important that everyone receives the current information by either attending the seminar, or watching the seminar video that will be on the city website (www.mysanibel.com) a few weeks afterwards.

Featured speakers at the seminar will include:

- Jim Bjostad, Lee County Emergency Management Program manager, will explain the county’s responsibilities, review family hurricane planning, and discuss the role of social media in emergency management.
- Maggie Goldsmith, FISH of SanCap’s director of operations and grants, will discuss special needs issues on Sanibel.
- Harold Law, City of Sanibel Building Department official, will review city building codes.
- Lt. Elizabeth Buikema, Sanibel Emergency Management director, will lead the seminar and discuss the city’s plans.
- Also, Sanibel Chief of Police William Dalton will be in attendance and available to residents, businesses and the community for any other discussions.

For questions or more information, contact Sanibel Emergency Management Director Lt. Elizabeth Buikema at 472-3111.✧

with different categories of hurricanes, and the dangers of storm surge.

• Dave Roberts, the City of Sanibel’s weather consultant, will provide weather related information on hurricane formation, dangers associated

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Cuban congregation at one of 30 churches visited

photos provided

Church Mission Team Returns From Cuba

Recently, nine members of Sanibel Community Church (SCC) joined another 25 people with Rick Bonfim Ministries out of Athens, Georgia to minister to some of the most remote and poorest churches in Las Tunas, Cuba. With an emphasis on teaching and prayer, the team ministered to over 30 churches in the district.

One of the pillars of Sanibel Community Church is its focus on mission work both locally and globally. SCC originally partnered with Rick Bonfim Ministries in Cuba in 2012 when the ministry was invited by the Methodist Bishop of Cuba to serve throughout the country's Methodist churches. Hundreds of people have been transformed by the gospel of Jesus Christ over the course of five years, including conversions to Christianity, both physical and spiritual healing, and relational reconciliation.

Sanibel Community Church has committed to contribute 27 percent of its annual budget to local and global gospel-centered mission work. Contact the church if you would like more information regarding its missions efforts.

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.



SCC team members included, from left, Crystal Mulder, Christ Cervinsky, Yari Mendez, Nola Kilgore, Maureen McMenemy, Sandi Spencer, Pastor Brad Livermon, Courtney Livermon and Anthony Scorelle



Team members pray for healing

Captiva Island Historical Society

Looking Back: Xandra Kalman

This week's image features Xandra Kalman and the post office snake. Kalman's home was the former Moonover House, once used for honeymoons, and situated next to Tween Waters Inn from 1937 through 1998.

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

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



Xandra Kalman greeting the snake

photo courtesy
Captiva Island Historical Society Archives

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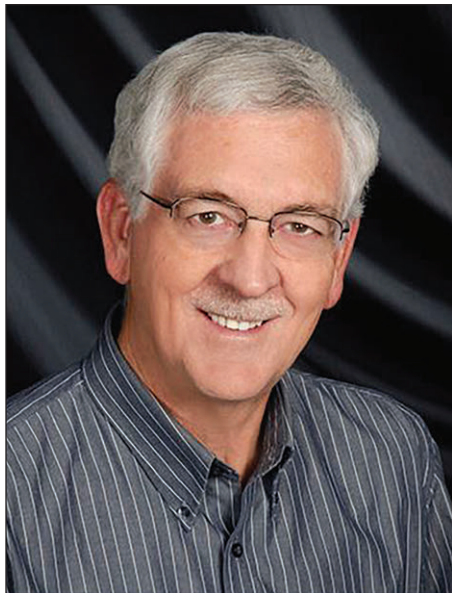
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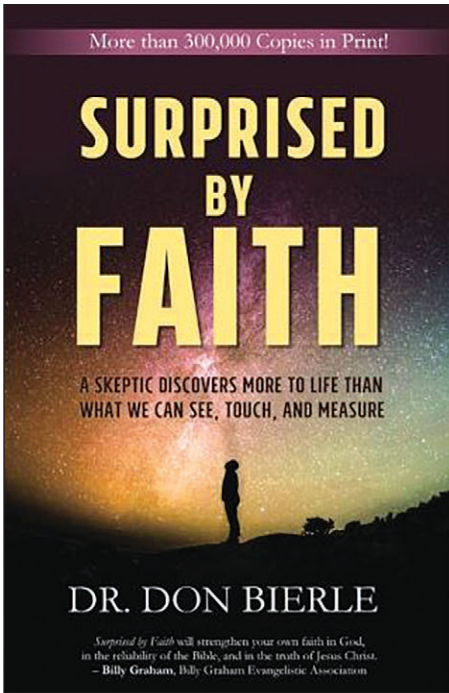


Dr. Don Bierle photo provided

Church To Host Seminar

Sanibel Community Church will be hosting a creation seminar with Dr. Don Bierle, PhD, on Sunday, May 7 from 4 to 7 p.m. Dr. Bierle is the author of *Surprised by Faith*, a book that tells the story of his life-changing discoveries about God, the Bible and personal fulfillment.

Dr. Bierle was an agnostic who, in his quest to disprove God, met Him. The seminar presents the compelling evidence



that the Bible is all true. Dr. Bierle will preach on Sunday morning, then share in a seminar from 4 to 7 p.m. on May 7. Dinner will be provided. Childcare is available for nursery and preschool. Discipleship and care will be available for children kindergarten age to 10 years old.

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.✧

Artist's Works On View At Church

Every month throughout the year, Sanibel Congregational United Church of Christ highlights a different artist or group of artists. In May, the paintings of Suzanne Bennett are on view.

Bennett grew up in Cleveland, Ohio. Her parents encouraged her childhood love of painting and drawing with a good early art education at the Hathaway Brown School and the Cleveland Institute of Art. She attended Rollins Collins and then Parsons School of Design, where she received a degree in graphic design.

Bennett worked in the field of graphic design for 37 years, starting as a designer in book publishing in New York City and moving on to open her own graphic design studio in New Jersey. In 2000, she started a position with the State of New Jersey as a designer for a government agency doing transportation planning.

Before retiring and moving to Fort Myers with her husband in 2010, Bennett actively revived her fine arts interests as a painter and pastelist with the Guild of Creative Art in Shrewsbury, New Jersey. It is this passion she continues to pursue today.

She is currently affiliated with the Sanibel-Captiva Art League and occasionally teaches drawing at Shell Point Retirement Community's art



This painting by Suzanne Bennett captures sunlight sparkling on the courtyard at Sanibel Congregational United Church of Christ photo provided

studio. The exhibit is on display in Fellowship Hall at Sanibel Congregational Church of Christ, located at 2050 Periwinkle Way, across from Periwinkle Place shopping area. The public is welcome during office hours, when meetings are not in progress, and on Sunday mornings. Paintings are for sale, with a portion of sales benefitting the church.

For more information, call the church office at 472-0497.✧



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Summer Sunday Seminar Series



Rev. Dr. John H. Danner



Rev. Deb Kunkel

The Sanibel Congregational United Church of Christ will once again hold its Summer Sunday Seminar Series. The weekly program, which runs from May 7 through October 29 at 9 a.m. each Sunday, features class presentations on a variety of topics. The classes are facilitated and taught by the Rev. Dr. John H. Danner and the Rev. Deborah Kunkel.

The first eight weeks of the program that begins on Sunday, May 7 will feature the Living The Questions curriculum. In a

series of video presentations, theologians and others address a variety of theological matters from a progressive Christian stance. Presenters include the late Marcus Borg, Hans Kung, Walter Brueggemann, Brian McLaren, Matthew Fox, Diana Butler Bass, Emilie Townes and many others. Additional materials will also be presented, and there will be time for discussion.

The topics to be addressed in May and June include:

May 7 – The Prophetic Jesus

May 14 – A Kingdom without Walls

May 21 – Social Justice: Realizing

God's Vision

May 28 – Incarnation: Divinely Human

June 4 – Prayer: Intimacy with God

June 11 – Compassion: The Heart of

Jesus' Ministry

June 18 – Creative Transformation

June 25 – Embracing Mystery

All sessions are free and open to the public. Classes will be held in Heron Hall on the church's lower level.

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way. For more information, contact the church office at 472-0497 or visit www.sanibelucc.org.

Enrollment Open For Christian Preschool

Preschoolers learned about simple machines like pulleys recently at Summit Christian Preschool at Sanibel Community Church. Learning, applying and creating are a part of each day for the youngsters.

Sign up is now open for the 2017-18 preschool classes beginning in August. Classes are available for 3-year-old and 4-year-old VPK students. Call Andy at 452-7007 to register or for more information.

Sanibel Community Church is located at 1740 Periwinkle Way.✱



Kelyse Schafer, Keeva Clark and Jase Foster working a pulley system on the playground photo provided

Ride Of Silence Returns May 20

Matzaluna Italian Restaurant on Sanibel will be hosting – in conjunction with the Sanibel Bicycle Club and Billy's Bike Shop – the annual Ride of Silence, scheduled to take place on Saturday, May 20.

Riders are encouraged to arrive for waiver signing and equipment check by 6:45 p.m. The ride will begin at 7 p.m. and cross over the first two bridges of the Sanibel Causeway. Turnaround will be under the main span with return to the restaurant's parking lot.

Matzaluna will provide discounted food and drink for all riders.

Since 2008, the Sanibel Bike Club has hosted a local Ride of Silence to honor fellow cyclists who have been killed or injured in cycling accidents and

to raise awareness that everyone should share the road.

The Ride of Silence is a worldwide event that takes place at 7 p.m. on the third Wednesday of May each year. Club members, friends, neighbors and the community are invited to ride in this short, silent, slow ride. Helmets are required for all riders, and front and tail lights are required if you plan to ride your bike home after dinner.

The initial Ride of Silence in 2003 in Dallas, Texas drew 1,000 cyclists in response to the death of Larry Schwartz who was hit by a school bus mirror earlier that same month.

For more information, contact Mark Blust of Matzaluna Restaurant at 560-5305 or mblust@prawnbroker.com; Mike Miller of the Sanibel Bike Club at millerlawfl@embarqmail.net; or Salli Kirkland of Billy's Bike Shop at salli@sanibelbike.com.✱

Reception For Student Artists

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 11 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.✱

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Mayor Kevin Ruane presented the Distinguished Budget Presentation Award for Fiscal Year 2017 to the city's Finance Director Steven Chaipel during Tuesday's council meeting

photo by Jeff Lysiak

Council Appoints Commissioner, Board Member

by Jeff Lysiak

During Tuesday's Sanibel City Council session, appointments were made to the city's planning commission and general employee pension board of trustees, however, an appointment to the recreation financial assistance committee was delayed by request.

Barry Allan Roth, chair of the city's recreation financial assistance committee, petitioned the council to extend the application deadline. Speaking just before the council was about to vote upon making their appointment to fill the committee's seat, left vacant following the passing of former committee member Lynn Riddlehoover, Roth explained that a number of qualified candidates had approached him expressing their interest in serving. Prior to the previous deadline, only two candidates – Christos Economakis and Kassie Witte – had submitted applications to join the committee.

Mayor Kevin Ruane initially stated

that he didn't want to establish a new precedent in extending the application deadline, noting that there would not be a full council in attendance during the June 6 meeting (during which councilman Jason Maughan will be excused). Roth, who had requested an 18-day extension for applications to be submitted, offered that the seat could remain vacant until after the council's July meeting without any detrimental effect.

Following some additional discussions, councilman Jim Jennings made a motion to extend the deadline, which was unanimously approved.

Earlier, members of the council approved the appointment of Richard Healey to the general employee pension board of trustees, replacing the retiring Dan Wexler.

A total of nine candidates had submitted applications to join the city's planning commission, whose seat was vacated after Maughan's election to serve on the council. During the first round of voting, Dirk deWerff received two votes while Thomas Foley, Timothy Garmager and Larry Schopp received a single vote each. Other being considered for appointment included Chloe Bowman, Kenneth Colter, Kenneth King, William Mills and James Urbelis.

With a majority vote required,

members of the council stated why they voted for each of the applicants. During the second round of voting, deWerff received the required four votes, with a single vote cast for Foley.

"This was a tough vote," said Ruane. "We're blessed to have this pedigree of qualified people under consideration."

In other business, Ruane requested that the city assemble a seven-member charter review subcommittee for the purpose of reading, analyzing and making recommendations for updates and/or changes to the city charter. Both the mayor and city manager would serve as liaisons to the panel.

Maughan suggested that an emeritus member be appointed to the subcommittee as a non-voting member from amongst one of the "founding fathers" of the city. His recommendation was joined with Ruane's motion to assemble the subcommittee, which was later unanimously approved.

City Manager Judie Zimomra noted that applications will soon be accepted for candidates to submit their names for consideration. One resident in attendance during Tuesday's meeting, Steve Maxwell, stated that he intends to submit his candidacy for appointment to the subcommittee. Several members of the council added that they hoped some of the planning commission candidates would also consider serving.

Also, during his update of the traffic communications work group, Ruane asked to make a formal request of the Metropolitan Planning Organization on a timeline for the roundabout study currently under way throughout Lee County. A roundabout on the intersection of Causeway Boulevard and Lindgren Boulevard on Sanibel has been identified as the number one site the count is considering, with a target date for construction previously estimated in 2022.

"This will be a rather expensive project," said Ruane, who added that he had heard estimates as high as \$30 million to fund the installation of a roundabout on Sanibel, which would likely require restructuring a large portion of the causeway.

Ruane also suggested that the city open a dialog with the county on implanting a cash toll increase for the causeway during peak traffic periods.

That would require a modification of the interlocal agreement.

While a cash toll hike up from \$6 to \$10 had been put on the table for discussion, a number of options may also be considered.

During public comment on the topic, resident Karen Storjohann offered that the county should consider collecting larger fees at the Sanibel toll plaza for tractor-trailers and other large trucks. "Our roads are taking a beating," she said, noting that larger vehicles slow traffic on the island when negotiating turns. COTI member Mike Miller suggested that toll increases be put in place during peak periods of the year (i.e. February and March) rather than during peak times of the day.

After some deliberation, Ruane was authorized to arrange a meeting with members of the Lee County Board of County Commissioners to open discussions on adjusting the cash toll fee structure.✱

American Legion Post 123

On Friday, May 5, American Legion Post 123 will serve tacos and chicken enchiladas for Cinco de Mayo. On Sunday, it's hot dogs and hamburgers with live music by Tanya & the Patio Daddios beginning at 5 p.m.

Wednesday, May 10 is the American Legion elections meeting at 6 p.m.

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

The Ladies Auxiliary has cookbooks available.

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

For more information, call 472-9979.✱

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OBITUARY



JERRY N. BOSNAK

Dr. Jerry N. Bosnak, age 90, of Wooster, passed away Thursday, April 20, 2017 at his residence in Wooster, Ohio following a period of declining health. His daughter, Lynne, and his best feline friend, "Chuck," were by his side.

Jerry was born on September 24, 1926 in McKeesport, Pennsylvania to George Nelson and Signe (Walborg) Bosnak and has been a lifetime resident in the Wooster area.

He graduated from Clairton High School in Pennsylvania on June 25, 1944.

He proudly served in the U.S. Air Force during World War II from July, 1944 to October, 1945.

He received his bachelor of

science degree from the University of Pittsburgh in 1949 and then his doctor of medicine degree in 1952 and then received his MD license in 1953.

On June 25, 1956, he served his internship at St. Lukes Hospital in Cleveland and started practicing in the state of Ohio in 1957 and with the American College of Obstetrics and Gynecology. He was then certified as a fellow at the American College of Surgeons in the arts and science of surgery in 1961.

After coming to Wooster in the late 1950s, he worked at the former Beeson Clinic and was the first specialty OBGYN in town.

He then was in the core group of men that founded the Wooster Clinic and also worked at the Wooster Community Hospital as chief of staff for many years.

After many years of practicing at the Wooster Clinic, he opened what is currently the Viola Startzman Clinic with two other doctors and became the first fertility specialist in Wooster. He practiced there until he retired in the early 1990s.

Besides his family, his greatest gift in life was the joy he received in helping women to conceive who had fertility issues and to experience the joy of motherhood. He delivered well over 4,000 babies during his career.

He was active in the Wooster Lion's Club for many years and traveled to Japan as the International Ambassador for the U.S. in 1969.

He was one of the co-founders of the Wooster Swim Team and was active in the Wooster Men's Tennis Association and was a former Wooster Elk member.

For many years, Jerry enjoyed boating and fishing at Pleasant Hill Lake in Ohio and Lake Erie at the

Foxhaven Marina. He and his wife Joanne enjoyed many weekends with his grandson, Ben, who also helped captain the boat for the family.

Jerry loved spending time at his second home on Sanibel Island in Florida. He loved the beach, nature and photographing wildlife.

He is survived by his children, Jeffrey Nelson Bosnak of Acworth, Georgia, Lynne C. (Kip) Carroll Bryant of Wooster and Jennifer Lee Bosnak also of Wooster; grandchildren, Sarah, Jeffrey, Rast, Ben and Elizabeth; great-grandchildren, Christian and Toben. Jerry also loved spending time with his special friend DeeDee and enjoyed the many travels and good times together.

"At this time we would like to especially thank Robin Shamp, housekeeper and friend of 35 years, and her husband, Ev Shamp, Allison and Jay Graves, Lori Decker, Chrissy Swartzentruber, Kara Conn, Deb Stephenson, Tina Pater, Kimberly Carmel, Chris Fry and Beth Entsminger. Thanks for all your love, support and help."

In addition to his parents, Jerry is preceded in death by his wife, Joanne, and a sister, Rita Remster.

It was his wishes there be no services or visitation.

In honor of Jerry's memory, his daughter Lynne is asking that contributions be made in lieu of flowers to Wooster Community Hospital for the OBGYN Dept. for much needed equipment, 1761 Beall Ave., Wooster, OH 44691. Attn: Angela - "Bosnak Fund."

Words of comfort may be shared with the family at: www.custerglenn.com. Custer-Glenn Funeral Home in Wooster is honored with serving the family. ✨

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The Reform Congregation of Bat Yam Temple of the Islands meets for Friday night services at 7 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.

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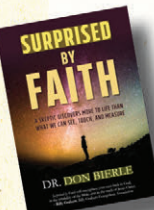



Fourth grade students from Orangewood Elementary School in Fort Myers visited the JN “Ding” Darling National Wildlife Refuge on Sanibel last week, where they hiked along trails with Supervisory Refuge Ranger Toni Westland and took a bus tour, stopping at several points along Wildlife Drive. The class had been studying Florida’s ecosystems and used the April 27 refuge tour to enhance their learning experience.

photo by Jeff Lysiak


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Fish Caught



Chris Cook photo provided

Chris Cook, visiting from West Bloomfield, Michigan, caught both a 24-inch and 26-inch redfish while fishing with Clarence Reed of Sea Reed Charters. Cook and his family were in town visiting his grandmother, Sanibel resident Anne Kuhnle.✱

Plant Smart

Slender Amaranth

by Gerri Reaves

Slender, or green, amaranth (*Amaranthus viridis*) can pop up almost anywhere – in vacant lots and sidewalk cracks or fertile fields or yards.

There is some disagreement over whether this very common weed is native to the state.

Although usually classified as a weeds in South Florida, in other parts of the world, this plant and similar ones in the genus *Amaranthus* are consumed as a leaf vegetable, a use to which the common name African spinach alludes.

Amaranthus are also called pigweed – an oddity, since it's poisonous to pigs.

Like quinoa, amaranth is not a true grain, but a nutritious pseudo-grain that can be ground into flour. It is cultivated as a pot herb and also valued as an ornamental.

Slender amaranth has erect stalks one to three feet tall that can be reddish. The alternate ovate leaves are distinctly veined with rounded tips.

The name amaranth derives from Greek and means “does not wilt or wither,” a reference to the dense terminal flower spikes.

The flowers are yellowish or green, and male and female flowers are intermixed. In South Florida, the plant flowers all year.

It self-propagates with the tiny round



Slender amaranth, a common weed in South Florida, is used in other parts of the world as an herb, salad green and medicinal plant

photo by Gerri Reaves

dark brown or black seeds.

Slender amaranth has medicinal uses and is used to make soap.

Sources: cabi.org, efloras.org,

newworldencyclopedia.org, and wildflower.org.

Plant Smart explores the diverse flora of South Florida.✱

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Taking Care Of Our Snook Resource



by Capt. Matt Mitchell

Targeting snook, redfish and trout without scheduling any tarpon charters this week turned out to be the right decision after the strong winds that we experienced

almost every day. These overly windy conditions are nothing new for the month of April although these last few weeks do seem windier than usual. Although it's certainly not impossible to tarpon fish during rough windy conditions, it just makes it a whole lot harder to locate the fish and really limits the places you can look for them.

After catching my shiners daily by sunrise and before the winds ramped up, it was just a matter of getting around the sound to fish areas that the wind and tide were moving in

the same direction to find outstanding fishing. The strong morning incoming tide pattern had the snook fired up once you located them. Our changing wind directions did make it a little tougher than normal to pattern these fish, and some days it took me a few stops before I located them. While targeting snook, we also caught a few quality redfish, trout, some bigger mangrove snapper and even hooked into two small tarpon.

Looking back at this snook season as it comes to a end May 1, I think warmer water and the abundance of shiners we had basically all winter long were the major factors for this action being better than the past few years. This last week of season, my clients caught three slot-sized fish along with two over the 33-inch slot. We released them all unharmed. On most half-day trips, we caught at least 20 snook of all different sizes. This snook fishery that we are lucky enough to enjoy is a amazing resource. Take care of it, and it only gets better and better.

Snook fishing is catch and release only until September as these fish begin there annual spawn. It's more important than ever to handle them as little and carefully as possible. Do whatever you can to ensure that they can swim off



Larry from Lexington Country Club with his first snook, a 34-incher caught while fishing with Capt. Matt Mitchell this week

unharmed to not only fight another day but to complete there spawn. Nothing is worse than watching an angler drag a big female snook up on the beach and then swing it around holding it only by the bottom jaw for a picture or selfie. Odds are they killed that fish. Swinging any fish on a gripping tool or by the bottom jaw that you intend to release is just not good for the fish.

After catching a snook, it's always best to remove the hook without removing the fish from the water using a hook-out tool. If you do want that photo, wet your hands first then reach into the water holding the bottom jaw with one hand while supporting the belly with your other hand. Keep the

fish in the water until your ready to get your picture taken then gently and quickly lift the fish out. When releasing, hold the snook in the water letting it grip your thumb with its mouth until its fully revived and kicks off. Keep your eyes open too for that hungry dolphin that will charge in for a free snook dinner. If we all do our best to take care of this awesome resource, snook fishing will only continue to improve.

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

Send Us Your Fish Tales

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

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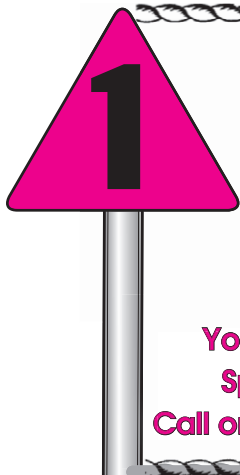
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Dave Doane



Paddleboarding is an excellent way for families to experience the ocean together
photos provided

Sea School Offers Paddling Programs

Sanibel Sea School has added to its regularly scheduled Stand Up Paddleboard-based ocean adventures to its list of programs. The non-profit organization now offers Discover Paddling classes, private guided paddling for families and groups, and SUP rentals on Sanibel. Sanibel Sea School is also an authorized dealer for BOTE, Body Glove, and Kialoa boards and accessories.

Weekly Discover Paddling classes are led by Spencer Richardson, an ACA-certified SUP instructor with a degree in marine biology. These programs begin at Bunche Beach, which is located just over the bridge, and include a short paddling lesson, which covers the basic skills needed for a successful paddle, followed by a guided SUP trip through some of the area's most interesting marine habitats.

"Stand up paddling is my favorite way to explore the ocean," said Richardson. "You have an incredible view of the water, it's quiet enough that you do not disturb wildlife, and it's a great form of exercise. In my opinion, Bunche Beach is one of the best paddling areas in the state."

Richardson added that they often see birds, dolphins, manatees and stingrays during these classes.

Richardson also leads private

paddling programs for families and groups that are looking for a more intimate, customizable experience. Private sessions allow for tailored skill instruction, and participants can choose which marine science topics and creatures they are most interested in learning about.

"Paddling is the perfect activity for families with older children," she added. "It's easy to learn and it's an adventurous, fun way to spend a day on the water."

All of the organization's guided paddling programs are open to participants 18 and up. Children who are 13 or older may join if they are accompanied by a parent or guardian.

Sanibel Sea School also offers hourly, daily, and weekly SUP rentals, which can be delivered to any location on Sanibel.

"Renting a board is a great way to hone your paddling skills and see more of the island while you are on vacation," said Richardson.

Once participants fall in love with the sport, the nonprofit can also help them select and purchase the perfect inflatable or rigid board of their own, and all profits from rentals and sales support its mission to improve the ocean's future, one person at a time.

To learn more or schedule your paddling adventure, visit www.sanibelseaschool.org or call 472-8585. Richardson is also available to answer questions directly via email at spencer@sanibelseaschool.org.*



A Discover Paddling participant enjoys paddling through the mangroves at Bunche Beach



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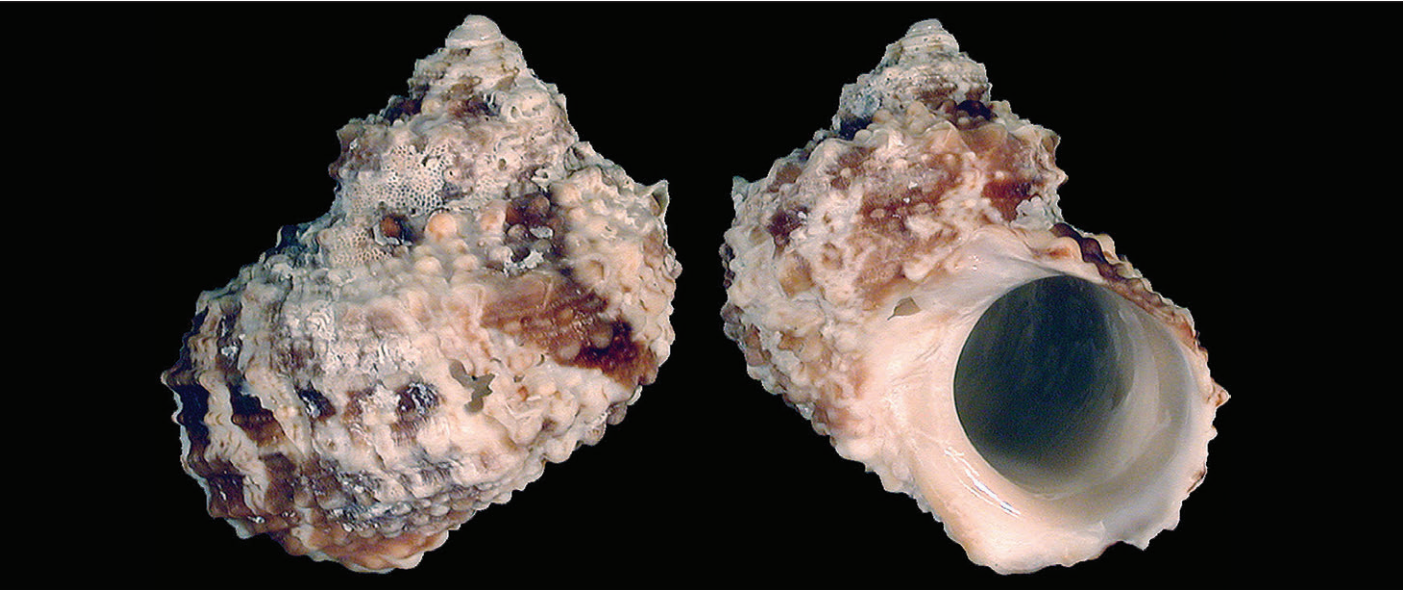


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The chestnut turban, *Turbo castanea*, from Sanibel. The shell has not been cleaned, to show the “patina” of algae and colonial animals growing on it. photo by José H. Leal

Shell Of The Week
Chestnut Turban



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

The Chestnut Turban, *Turbo castanea* Gmelin, 1791, is a relatively

common species of gastropod mollusk from the shores of Southwest Florida. The shell may reach about 1 to 1.5 inches, and is clearly distinguishable from other local gastropods by, among other shell features, the very opening (the *aperture*), and its sculpture with rows of small, triangular spines. The color is typically of chestnut- to light-brown markings on a white background, but there is a local variety with bright orange shell. Learn more about local mollusks at <http://shellmuseum.org/shells/southwest-florida-shells>.

Shell Museum Events
Daily programs are included with paid admission:
Live Tank Talks – Presented by a marine biologist throughout the day.
Mollusk Matinéés – Talks presented by staff every Wednesday from 2 to 3 p.m.
Arts & Crafts – 1:30 to 2:30 p.m.
Please check our arrival board in the main lobby.
The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit www.shellmuseum.org.

Shells Found



April Cropper photo provided

April Cropper from Provo, Utah found a junonia at Blind Pass on April 27 along with other finds like nutmegs, a huge shark eye and chestnut turbans. This is April's third visit to Sanibel. She said, "I'm in love with shelling! I never knew I loved the beach until I visited Florida. Sanibel is a great place where you can find a lot of other shell enthusiasts and kind people from all over enjoying the beauty it has to offer."

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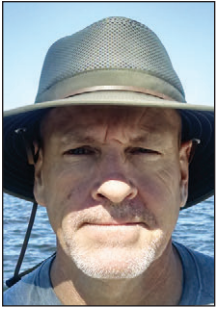
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CROW Case Of The Week:

Great Blue Heron



by Bob Petcher

The great blue heron (*Ardea herodias*) can be deceiving in its appearance. While impressive in its length and graceful in its slow methodical wing beats, the large thin bird can appear motionless and unassuming before striking quickly on prey with its long, S-shaped neck and dagger-like bill. Its grayish-blue plumage also

blends into many landscape scenarios, allowing the heron to sneak up on its prey with long, calculating steps.

Great blue herons breed in colonies of mixed wading birds or within their own species. While single, the male bird may attract a mate from a chosen nest site. With mate, the male heron delivers material for nest while the female builds their home. Though it is monogamous during breeding season, the great blue heron may decide to choose a new mate for next season.

This type of heron can grow to be four-feet tall. When flushed, its warning croaks are often sounded right before take-off. This mainly occurs when the bird is hunting, which can be up to 90 percent of its waking hours. An average lifespan is roughly 15 years.

At CROW, an adult great blue heron was admitted to the hospital on April 22 from Captiva Island. It was brought in sporting a large fishing lure with a three-barb hook embedded in its right elbow and another three-barb hook embedded in its right leg. Medical officials cut the hooks with wire cutters to aid in the



Patient #17-1215 with its two bandaged areas

photo by Brian Bohman

removal of the embedded pieces. The wounds were flushed and bandages were applied.

While CROW officials do not know how the embedded lures entered the heron, it does appear the injuries could have been the result of an irresponsible fisherman, discarded fishing equipment or someone who did not have the knowledge to remove the hooks from the bird.

Dr. Heather Barron, CROW's hospital director,

remarked there should be an attempt at removing hooks that get embedded in birds. She also cited a website to help in the process.

"Anglers can view an instructional video at www.ClearYourGear.org on how to properly remove hooks," she said.

The Clear Your Gear project was established in 2014 as a collaborative effort among Sanibel-Captiva conservation organizations partly due to an increase in wildlife injuries caused by fishing equipment and entangling monofilament line. The website shares a video to show the proper handling of a bird after it has been hooked and the removal of the hook. There is also an easy-to-follow list on what to do and what not to do procedures.

When admitted, the heron was found to be "dehydrated with a thin body condition." Due to the patient's weakened status, Dr. Barron agreed the heron's injury may not have occurred recently.

"It does appear that the hooks had been embedded in the bird for some time," she said.

The great blue heron has been receiving fluids and will continue to receive nutritional support and fresh bandage changes until the wounds have healed. After last weekend, the patient appears to be improving to the point that it could be back in the wild soon.

"The number of bandage changes can vary based on the severity of the wound and the length of time it takes to heal. Bandages are typically changed every 24 hours," added Dr. Barron. "The heron was moved to a larger enclosure over the weekend. The next step will be release, likely in the coming week."

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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Indigo Trail hikes lead families through uplands habitat to the Wildlife Education Boardwalk
photo provided

Free Summer Programs At 'Ding' Darling

Wildlife Wonders talks, weekly walks and nature crafts highlight the free summer programming to be offered June 7 through August 5 at JN "Ding" Darling National Wildlife Refuge.

Summer programming is made possible by support from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS).

The schedule of weekly activities follows. No pre-registration is necessary.

- Reading at the Refuge, every Wednesday at 10 a.m. Attendees of each

45-minute reading-and-crafts session learn about a refuge animal and make a take-home craft related to it. Meet in the Visitor & Education Center classroom.

- Indigo Trail Hike, every Thursday at 10 a.m. Join refuge naturalists as they lead a one-hour tour to the Wildlife Education Board to identify and discuss the ecosystem's plants, mammals, birds and reptiles. Fun for adults and children alike. Bring water, sunscreen and bug spray. Meet at the flagpole in front of the Visitor & Education Center.

- Family Beach Walk, every Friday at 9 a.m. The one-hour program convenes at Gulfside City Park to explore the refuge's gulf-front Perry Tract. City parking fees apply. Bring water, sunscreen and bug spray.

- Wildlife Wonders, every Saturday

at 11 a.m. Refuge education staff lead this 30-minute indoor program about the mysteries of manatees, alligators, crocodiles and birds in the Visitor &

Education Center auditorium.

For more information, call 472-1100 ext. 237 or visit dingdarlingsociety.org/articles/free-refuge-programs.✱

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 Friday. CROW is located at 3883 Sanibel-Captiva Road.

Friday, May 5, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Why Animals Come to CROW (daily presentation).

Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital.

Monday, May 8, 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 9, 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 9, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW Staff (daily presentation).

After a patient stabilizes in the hospital, CROW's rehabilitation staff provides them with a combination of balanced

diet, husbandry and physical therapy. This supportive care is necessary to ensure success during the final step in the rehabilitation process. Ask the staff how they work their magic.

Wednesday, May 10, 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 10, 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 11, 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 11, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Sea Turtles (daily presentation).

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

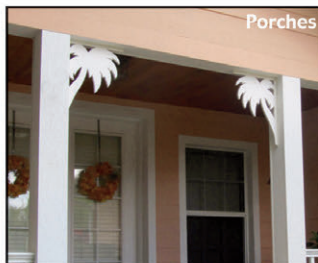
One of CROW's animal ambassadors will be present.✱



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Sanibel Sea School campers practice canoeing in San Carlos Bay photo provided

Explore The Caloosahatchee

This summer, Sanibel Sea School will offer a unique opportunity for teens to canoe the Caloosahatchee, from Lake Okeechobee to Sanibel. The expedition is open to campers ages 13 to 18, and will include five days and four nights of paddling and camping. Participants will explore off-the-beaten-path areas of Southwest Florida, and will learn paddling and survival skills, river and estuary ecology, and discuss some of the water quality issues facing the region.

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"This is going to be a once in a lifetime experience, and not many people get to see Florida from this perspective," said camp coordinator Nicole Finnicum, who has been planning the expedition. "There is some absolutely beautiful scenery along the river, and we have seen so much wildlife during our recon trips. On one paddle, there were hundreds of stingrays swimming under us, and we also saw plenty of manatees and interesting birds that are less common on Sanibel."

Riverside campgrounds will provide the perfect place for paddlers to eat, socialize and rest at the end of each day. One highlight of the trip will be

passing through a series of locks between the lake and San Carlos Bay.

"For those who have not used locks before, it's an interesting and fun experience," said Finnicum. She added that this camp will not be for the faint of heart. "We are looking for strong paddlers who are ready for a challenge."

Participants will bring only what they can carry in their canoes. It will be hot, and there will be bugs – but it is sure to be a week that everyone will remember. A chase vehicle will follow the canoes, carrying extra food, water and supplies.

To register for Canoeing the Caloosahatchee Camp, visit www.sanibelseaschool.org or call 472-8585.✱

The Waterman's Corner Microfibers



submitted by Megan Duncan, Solutions To Avoid Red Tide (START)

Microbeads. Microplastics. Have you heard of them? Microbeads are manufactured plastic particles less than 5mm in size and in

2015 the federal government banned them from cosmetics and personal care products (toothpaste, face wash) because of the ease at which these beads were making their way into our waterways and oceans. Microplastics are similar in size but have broken away from larger plastics such as, bags, buckets and other plastic products. It is important to note that plastics do not biodegrade; they physically break down into smaller and smaller pieces.

We've known of the problems that these tiny plastics create for a few years now and will revisit this topic; however, today's article is about microfibers. Another type of microscopic plastic becoming an ironically huge problem in our oceans and food chains.

Rick Bartleson with SCCF's Marine Laboratory and his colleagues have been collecting and analyzing water samples throughout the Pine Island Sound for years studying phytoplankton (microscopic marine plants) to better understand red tide.

I sat down with Bartleson to look at samples they collected last week because he had mentioned finding microfibers. I entered their lab and saw nineteen 17 ounce brown bottles full of water collected from around the islands. He took one and deposited a few water droplets onto a slide and slid it under the microscope. In less than a minute, he found a microfiber. I was shocked that we found one so fast but this was common for Bartleson.

Where are these microfibers coming from? They originate from synthetic fabrics containing polyester and nylon and are released when washed. All of these materials are petroleum-based plastics. Each time you wash them, fibers come off which is obvious when

we clean out the lint tray from our dryers but when in the washer, these fibers don't get collected by a screen. Instead, they flow to water treatment facilities and to our rivers eventually reaching the ocean.

A study done by UCSB and Patagonia found that the types of clothes releasing the most fibers are yoga pants, fleece, and sweat-wicking clothes. After this study, Patagonia committed to fund more research and making this information available to consumers.

The University of Florida conducted a study throughout Florida to measure the extent of microbead distribution. The study collected 712 samples from 256 sites and they found that 89 percent of the samples contained plastic but microbeads were not the most abundant; 82 percent of the plastics discovered were microfibers.

Other research in the Gulf of Mexico have studied juvenile fishes (filefish, sergeant major, triple tail, Bermuda chub) and zooplankton (food of juvenile fishes) and found microfibers in their stomach contents. These are either fish that humans consume directly, or are eaten by species consumed by humans.

This problem is extensive and widespread, but there are ways we can help. A company, Guppy Friends, has designed a mesh bag to wash clothes in that traps microfibers. After the wash you just clean out the fibers in the bag and put it directly into the trash.

Another idea from the Rozalia Project has designed a microfiber-catching laundry ball that you can also just toss into the washer. These products are still being developed but we will inform you when they become available.

Until new technology is available, we can strive to be responsible, selective consumers by wearing more natural fabrics and steering clear of synthetic ones.

START (Solutions To Avoid Red Tide) is a non-profit organization founded in 1996 whose goal is to improve the quality of our marine waters through research and public education that restore marine habitats, preserve marine species and promote healthy beaches and coastal waterways. For more information, visit www.start1.org.✱

Birds Of Prey Are Common Visitors At CROW



Amy Kowalski with Lola, an American kestrel and one of CROW's animal ambassadors photos by Jeff Lysiak

by Jeff Lysiak

Last week at the Clinic for the Rehabilitation of Wildlife (CROW), more than a dozen people attended a presentation on Birds of Prey, which featured an overview of which species are included, which species are common to the region, how they are treated at the wildlife hospital and what people can do to help.

According to Certified Veterinary Technician Amy Kowalski, the most distinctive characteristics of birds of prey include hooked bills (beaks), large talons and their ability to hunt for their food.

"Birds of prey include hawks, eagles, falcons, owls, vultures and osprey," said Kowalski, who noted that the most common species cared for at CROW include eastern screech owls, burrowing owls, red shouldered hawks, Cooper's hawks, osprey and American bald eagles.

At CROW, most raptors are admitted due to injuries including vehicle collisions, accidental poisoning, attacks by predators, entanglement in fishing line, electrocution and being shot. In other cases, they are brought in after being abandoned by their parents or falling from their nests.

Upon being brought to the wildlife clinic, staff will perform an initial examination and weigh-in. Patients are often taken for X-rays/radiographs as well as bloodwork to determine the extent of their injuries and/or sickness. Once they are assessed by a veterinary technician, they may be put on appropriate medications and fluids. Throughout their stay, patients are closely monitored at the hospital's ICU (intensive care unit).

"When animals come in here for treatment, they're usually very stressed," said Kowalski. "If they're showing signs of stress, such as open mouth breathing, then we'll give them 10 to 20 minutes to calm down before we do anything."

Once the patients have responded well to treatment, they remain in CROW's care until they are ready to be released back into the wild. The hospital campus includes several large outdoor enclosures



CROW veterinarians wearing camouflage veils while feeding an eaglet



Lola preparing to eat a mouse as her afternoon snack

where birds can fly, nest and feed in an environment which mimics their natural surroundings.

"When we're raising baby birds, we have to feed them four to seven times per day, spread out over several hours," added Kowalski, who explained that veterinarians and volunteers have to wear camouflage veils in order to avoid imprinting. "We try to move them outside as soon as possible so they can start exercising and get ready to be released."

Kowalski noted that when birds are released, they are often set free by the person/people who brought them in for treatment, either where they were found when injured or in a more suitable environment. She also stressed the importance of CROW's motto "If You Care, Leave It There," and using alternatives to traditional traps/rodenticides.

"If you happen to find an injured bird, you can call the clinic at 472-3644 and somebody will walk you through the process of what to do," said Kowalski before introducing the audience to Lola, an American kestrel who is one of CROW's animal ambassadors. Lola was admitted due to a broken and arthritic wing that can't be repaired.

CROW's Birds of Prey presentation will be offered again at the Visitor Education Center on Thursday, May 18 at 11 a.m. For more information about upcoming animal presentations at CROW, call 472-3644 or visit www.crowclinic.org.✧

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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



Julian Cadavid and Natalia Molinary of Over Easy Café

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

To advertise in the
Island Sun
Call 395-1213

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 Dexter. On Saturday, it's Woody Brubaker and Kathy Buda. Mike Arnone plays on Sunday and Tuesday. Barbara Dexter plays on Monday. On Wednesday, it's Dusk Duo. Woody Brubaker and Barbara Smith play on Thursday.

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

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

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Chef Publishes Sanibel-Inspired Cookbook

by Jeff Lysiak

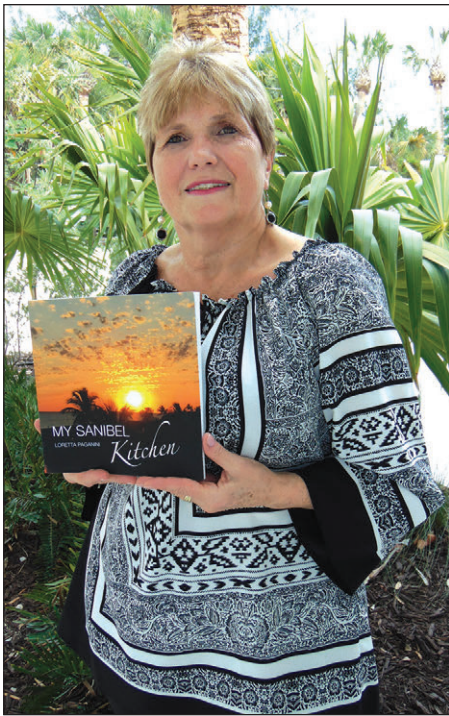
One of the island's best known and beloved culinary icons, Loretta Paganini, held her fourth cooking class at the recently refurbished Community House on April 20, sharing some of her most popular recipes and personal stories with participants.

And while the amicable cook has already departed Sanibel for her off-season home in Ohio, local fans and followers of the standout chef can pick up a copy of her third cookbook, which was inspired by her 20 years as a part-time island resident.

"This cookbook is very special to me because it's been 20 years since I started teaching cooking classes on Sanibel," said Paganini. "I thought it would be a great way to celebrate that anniversary."

Released in March, Paganini's *My Sanibel Kitchen: A Collection Of My Favorite Recipes*, is filled with 167 of the Italian native's most beloved appetizers, salads and soups, pasta, seafood and vegetable main and side dishes as well as desserts. In addition, the cookbook shares some helpful chef tips and features illustrations created by her friend, Doris Turner.

During her career teaching cooking classes on the island – which included



Chef Loretta Paganini recently published her island-inspired cookbook, *My Sanibel Kitchen* photo by Jeff Lysiak

stops at The Jacaranda, Il Cielo, The Timbers and The Community House – which are almost always sold-out well in advance, Paganini stated that many of her students have asked if she would put together a cookbook of the recipes she's shared.

"Not only were people asking for a cookbook, but they wanted to know

some of the insight of creating the dishes... I share a lot of tips during my classes," she explained prior to a book signing/cooking demonstration at The Community House two weeks ago. "Many of the recipes in this book are quick and easy, but some of them are a little more challenging."

Because islanders love to entertain their guests, Paganini has included 35 appetizers, six soups and 28 salad recipes. "People on Sanibel love to entertain, so I included a good variety of small dishes that aren't too hard to make," she said.

One of the uncomplicated appetizer recipes included in the book is mascarpone, gorgonzola and walnut pinwheels. It's an easy to follow and tasty dish featuring only five ingredients, can be completed in just a few simple steps and makes 20 servings.

"One of these delicious pinwheels is never all that I taste when I make them," Paganini tells the reader. "Make sure you make plenty for your next party or gathering."

Among the other favorite recipes included in the cookbook:

- Appetizers – Brie Kisses with Raspberry Preserves, Bruschetta with Fresh Tomatoes and Basil, Chorizo Stuffed Mini Sweet Peppers, Hoisin Chicken Egg Rolls with Honey Mustard Sauce
- Soups – Potato Soup with Scallions and Crispy Pancetta, Chilled Mojito Soup, Pasta e Fagioli with faro
- Salads – Crispy Calamari Salad, Grilled Steak Salad with Blood Orange Dressing, Melon Caprese Salad with Honey Vinaigrette
- Vegetables – Charred Brussels Sprouts Slaw, Corn and Bean Succotash, Eggplant Rollatini Parmesan, Vegetable Pizza with Cauliflower Crust
- Fish and Seafood – Roasted Shrimp, Cherry Tomatoes and Herbs, Scallops Saltimbocca, Spicy Mussels alla Diavola
- Main Dishes – Baby Back Ribs with Balsamic Barbecue Sauce, Beef Wellington Wrapped in Puff Pastry with Demi-Glace Sauce, Chicken Pot Pie with Lemon-Rosemary Potato Crust, Cannellini Bean and Chicken Chili
- Desserts – Buttermilk Panna Cotta, Carrot-Pineapple Cupcakes, Biscotti al

Limone, Vanilla Bean Crème Brulee.

Paganini began her culinary career in the family pastry shop ("pasticceria") owned by her mother, a renowned chef in Bologna, Italy. She later studied culinary arts in Bologna under the Simili Sisters and at the Cordon Bleu in Paris, France. In 1989, she opened The Loretta Paganini School of Cooking in Chesterland, Ohio. Certified by the International Association of Culinary Professionals, she published her first cookbook, *Bologna Mia*, in 1999.

My Sanibel Kitchen, priced at \$29.99 and available locally at MacIntosh Books & Paper and online at Amazon, also features some photography that is quite personal to Paganini.

"The cover photo is the view from outside my kitchen window on West Gulf Drive... we get the most amazing sunsets," she noted. "And I took the four photos that are on the back cover... a rainbow, some birds and my family walking on the beach. I'm happy that I could include those."

Once Paganini returns to the island in November, she plans on conducting cooking classes at The Community House every month or so. Teaching hand-on sessions with students eager to learn ways to improve their culinary skills has long been her passion.

"The last time I taught a class here, I brought some copies of my new cookbook with me... and people were buying four or five copies at a time," said Paganini, who added that a portion of sales from *My Sanibel Kitchen* is being donated to the Sanibel Community Association. "I asked them, 'Why are you buying so many?' And they told me that they wanted to give the cookbooks as gifts to their family and friends."

In addition to her cooking classes, Paganini is planning to co-host a bourbon-inspired dinner at The Community House with her husband, Emil, a bourbon aficionado. "They've got a great facility here," she added. "I'm just happy that I can do something to give back to Sanibel."

For more information about upcoming classes, visit www.sanibelcommunityhouse.net or call 472-2155.✪

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Fishing Benefit Casts Off June 3

Port Sanibel Marina is gearing up for the inaugural Royal Palm Coast Classic Fishing Tournament to be held Saturday, June 3 to benefit Valerie's House. The tournament is presented by the Royal Palm Coast Realtor Association and its Young Professionals Network.

The captain's meeting will take place Friday, June 2 at 6 p.m. under the tent at Port Sanibel Marina located at 14341 Port Comfort Road in Fort Myers. The meeting will review the rules and tournament structure and is followed by dinner and drinks.

The next day's tournament is a shotgun style start. Prizes will be awarded based on longest snook and redfish caught. Prizes and an auction/raffle will be followed by dinner and drinks after the tournament.

The catch-and-release tournament entry fee is \$100 per angler, with a maximum of five anglers per boat. There is a \$300 Club, which is optional – longest snook takes 80 percent of the pot, with the remaining 20 percent going to Valerie's House. Reservations and sponsorships are available by contacting Alexander Henderson at

940-2856 or alexsells239@gmail.com. Donations and raffle items go to the Royal Palm Coast Realtor Association, Attention: Chris Lopez, 2840 Winkler Avenue, Fort Myers, FL 33916. Pickup can be arranged.

Part of the tournament proceeds will be donated to Valerie's House, a nonprofit that supports children and their families grieving the loss of a close family member. Valerie's House is a 501(c)3 not-for-profit organization and is fully supported through community support. For more information, visit www.valeriahouseswfl.org or call 841-9186.✱

Kids Fishing Tournament

Reel in some fun with Ronald McDonald at the Offshore Rodeo Kids Fishing Tournament & Expo on Saturday, June 10 at Salty Sam's Marina, located at 2200 Main Street on Fort Myers Beach.

The event kicks off at 10 a.m. with various stations where young anglers will learn to hook and catch different types of fish. Lunch and a magic show with Ronald McDonald will follow at



There will be plenty of interactive displays for kids to explore

photo provided

11:30 a.m. The tournament is open to the first 100 kids 12 and under who are pre-registered.

Registration is \$25 per child and includes tournament entry, T-shirt, a fishing rod, compliments of Fish Florida, trophy, lunch with Ronald McDonald and a Stow Away pass on the Pieces of

Eight Pirate Cruise. There will also be educational, interactive displays.

To register, visit www.rmhcswfl.org – Offshore Rodeo. For more information, call 437-0202. All donations benefit Ronald McDonald House Charities of Southwest Florida.✱

Cinco de Derby Weekend

FRIDAY, MAY 5th - SATURDAY, MAY 6th



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School Smart



by Shelley M. Greggs, NCSP

Dear Readers, Out of the personal tragedy of her husband's untimely death, Sheryl Sandberg, Facebook's COO has brought the topic of resiliency back

into the spotlight. Her new book takes us through her journey of grief and her search to help herself and her children heal from this devastating loss. In an effort to support her children, Ms. Sandberg along with psychologist, Adam Grant, set out to learn everything they could about how kids persevere through adversity and have written a book on this topic, "Option B: Facing Adversity, Building Resilience and Finding Joy", which has received critical acclaim.

Several years ago I wrote a series of articles about resiliency in children. Given the renewed interest in this topic I am bringing these articles to you again. While some children are more resilient than others it is an attribute that can be encouraged and developed. These articles will assist you in learning how to work with your children to become resilient individuals. Resiliency research teaches us to understand the factors that allow children to develop into mentally healthy adults, even if growing up in disadvantaged

circumstances. All children have the same needs for care, competence, self-esteem, autonomy, and the other components of resiliency.

Shelley

Promoting Resiliency in Your Child Resiliency is essential to success. Resiliency gives us the ability to deal with life's challenges and adapt to new or difficult circumstances in a positive, productive manner. There are a number of ways that adults can help children become more resilient.

Be loving and supportive. Feeling cared for and safe builds resiliency in children.

Foster positive attitudes. Help children believe that they can succeed if they try. Frame failure as a learning opportunity. Teach them to re-evaluate and adjust strategies that may not be working.

Nurture positive emotions. Demonstrate and give children the chance to practice positive emotions such as optimism, respect, forgiveness, and empathy. Praise them for successes and avoid judgmental or harsh criticism for failure.

Reinforce emotional intelligence. Listen to and validate children's feelings. Label emotions in words they can understand. Teach appropriate ways to express positive and negative emotions and how to problem solve and deal with upsetting experiences.

Develop their competence. Feelings of competence come from success in school and other activities. Ensure regular attendance and homework completion. Help them develop a menu of homework and study strategies. Encourage them to develop talents in activities they enjoy.

Teach them to set realistic goals and obtain necessary resources.

Promote positive social connections. Children need a variety of friends, relatives and adults with whom they feel connected. Different people meet different needs and having a social network helps children feel supported and learn to develop and maintain healthy relationships.

Provide consistent clear expectations. Set, explain, and enforce rules and expected behaviors consistently and fairly.

Encourage helping others. Social competence and resilience are fostered by helping others at home, in school, and in the community.

Teach peace-building skills. Learning how to be appropriately assertive without being aggressive, stand up to bullies, and avoid violent games and entertainment fosters resilience.

Ensure healthy habits. Good physical health prepares the body and mind to be more resilient. Help children get good nutrition, adequate sleep, and exercise.

Reduce stress. Controlling stress encourages resiliency. Practice positive stress control strategies such as meditation, controlled breathing, yoga, exercise, developing talents, and other "relaxation responses."

Adapted from "Resiliency: Strategies for Parents and Educators," Virginia Smith Harvey, in *Helping Children and Home and School II: Information for Parents and Educators*, NASP, 2003.

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.✱

New Security Measure For Hospital Visitors

Visitors to HealthPark Medical Center and Golisano Children's Hospital of Southwest Florida will encounter a change when they enter the hospitals. To enhance security, a Fast Pass identification system has been installed at the public entrances. Visitors will be required to show state issued identification or passport and will be issued a photo name badge to wear while in the hospitals. The badges are each good for just one day.

Fast Pass is an identification system that rapidly prints an adhesive photo badge. Lee Memorial Hospital and Gulf Coast Medical Center currently use the Fast Pass system, and similar systems are often used in school systems and by cruise lines.

"We continually evaluate our security protocols to provide the safest environment possible for our patients and visitors," said Steve Marz, director of security. "This system will allow us to know who is coming into the hospital and the reason for their visit." ✱

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Book Review

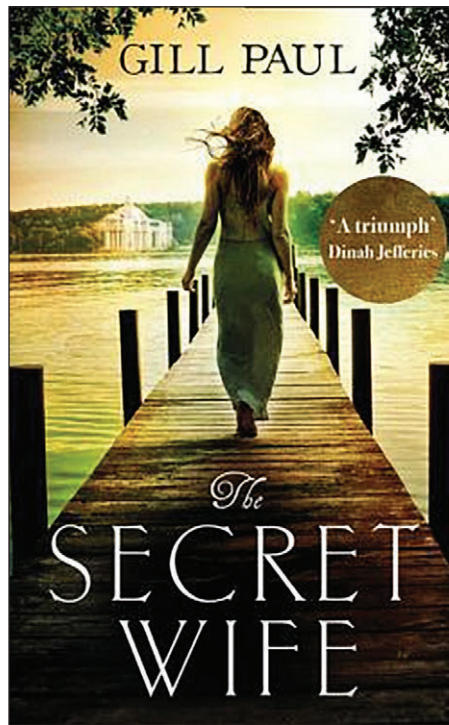
The Secret Wife

by Di Saggau

I love good historical fiction, and *The Secret Wife* by Gill Paul definitely falls into that category. A Russian grand duchess and an English journalist are linked by one of the world's

greatest mysteries. The book begins in 2016 with Kitty Fisher leaving her husband in London and traveling to Lake Akanabee in New York State to look for the lakeside cabin she'd inherited from her great-grandfather. Kitty falls in love with the property immediately. Finding an expensive piece of Faberge jewelry under the steps leads her on a mission to discover a long-buried family secret.

The book switches back and forth from 2016 to 1914. Not long after the start of World War I, cavalry officer Dimitri Malama is injured on the Russian front and sent to a hospital near St. Petersburg to recover. One of his nurses is Grand Duchess Tatiana, the second daughter of Tsar Nicholas II. Dimitri, who is of aristocratic birth, had been one of the royal family's imperial guard before the war. In these new



surroundings, Tatiana and Dimitri fall in love. Through war and revolution, he does all he can to love and protect Tatiana as the threats against the imperial family increase daily.

The Secret Wife moves between the stories of Dimitri and Kitty, and the reader becomes enthralled with its emotional and powerful story of love and loss. The story of the Tsar and

his family is well-known, and Paul tells the full horror of events along with the appalling conditions ordinary Russians faced under Romanov rule. It's the love affair between Dimitri and Tatiana and the choices Dimitri is forced to make that are at the heart of the story.

Paul, along with many others, has long been fascinated by the tragic story of the Romanovs. A friend told her about a BBC documentary focusing on Tatiana and Dimitri's love affair, and it was then she decided to read other books about the Romanovs. The plot of *The Secret Wife* fell into place. She incorporates entries from Tatiana's 1914 diaries. It is well known what happened to the Romanov family, but Paul raises the question, what if Tatiana escaped?

Far fetched as it is, *The Secret Wife* is an engrossing historical novel that skillfully combines fact with fiction. Once you start reading it, you'll find it hard to put down.✱

Top Ten Books On The Island

1. *Lilac Girls* by Martha Hall Kelly
 2. *Florida's Living Beaches 2nd Ed.* by Blair and Dawn Witherington
 3. *Mangrove Lightning* by Randy Wayne White
 4. *Sanibel & Captiva Postcard History* by Deb Gleason and Charles LeBuff
 5. *Sanibel Sunset Detective* by Ron Base
 6. *The Nest* by Cynthia D'Aprix Sweeney
 7. *Strong Is the New Pretty* by Kate T. Parker
 8. *A Man Called Ove* by Fredrik Backman
 9. *A Gentleman in Moscow* by Amor Towles
 10. *Book of Joy* by Desmond Tutu and Dalai Lama
- Courtesy of MacIntosh Books and Paper.✱

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

In The Streets Of Old Delhi

by Tanya Hochschild

The blare of Old Delhi,
gossip and hum,
where drift of curry, coriander
leak from labyrinth of lanes.

Untouchables – the honorably dirty,
sweep streets,
break stones,
carry basins of rocks.

Gears grind in dusty potholes,
Gods faces flash on auto-rickshaws,
Family Patel, five on a scooter
wave as they roar by.

Women in shocking pink saris
weave curtains of silky black hair
with hennaed hands, exorbitant
smiles

blind, like a lover's.

A walking zoo in Old Delhi,
bells chime on solitary sacred cows
mahouts ride tikka powdered painted
elephants
past divinely decorated camels.

Swarms of monkeys swerve
from cobras who dance in round
baskets.

Goats prance,
water buffaloes plod.

Bicycle rickshaws pedal
past stalls
where vendors meddle,
with samoosas in cast iron bowls.

Holy men, shrouded in shawls
devotees, pray
to 320 million Gods,
not all at the same time.

Faces press at car windows
hungry eyes, rich in patience and
hope,
beg to be noticed;
With long fingernails peck-peck the
car window's glass
chickens scratching for grain.

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.✱

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Derby Viewing Party At Traditions On The Beach

Get out your floppy hats and bow ties and join your friends and neighbors for the 143rd annual Kentucky Derby on Saturday, May 6 from 4 to 6 p.m. at Traditions on the Beach Bar & Lounge.

During the two-hour event, sip on

Carlo's version of the traditional mint julep cocktail and indulge in a selection of featured tapas while guests gear up to watch "the most exciting two minutes in sports" live from inside Traditions' bar and lounge. Derby attire is encouraged and recommended.

Traditions on the Beach is open from 4 p.m. until late; live entertainment starts at 6:30 p.m. To make reservations, call 472 4559. For more information, visit www.TraditionsOnTheBeach.com.*

Featured Artist At Sanibel Library



Joan Marsh Mikelsons

photos by Anita Force Marshall

Florals is the theme of the May art exhibit, sponsored by Sanibel Captiva Art League (SCAL) and showing throughout the month at the Sanibel Public Library, located at 770 Dunlop Road. The exhibit features paintings by local Sanibel artist Joan Marsh Mikelsons. Under the guidance of SCAL volunteer library exhibits coordinator Rita Tarr McLain, this exhibit was hung by Sanibel Captiva Art League members Jim Storer, Judy Clark and



Bird of Paradise by Joan Marsh Mikelsons

Anita Force Marshall.

"Particularly important to me is using powerful colors and impressionistic style rather than detail," said Marsh Mikelsons. "I have learned not to become so consumed with my work that I overwork my paintings and lose the spontaneity that I started with." Marsh Mikelsons enjoys painting with acrylics, oils and watercolor. She chooses different mediums and subjects to create her works. She is a member of the by Sanibel Captiva Art League and BIG ARTS. Her art has been included in numerous private collections and she exhibits regularly all over the islands.

All exhibits are free to attend and the artwork can be purchased.*

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- 1 onion, coarsely chopped
- 1 pound carrots, peeled and grated
- 1 tablespoon vegetable oil
- 2 eggs
- 3 tablespoons flour
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 4 tablespoons fresh cilantro, chopped
- 1 tablespoon lemon juice
- 1/2 teaspoon grated lemon zest
- 2 ounces goat cheese* crumbles
- 1 tablespoon vegetable oil for frying

Heat 1 tablespoon oil in a large skillet and add onion; sauté until translucent, but not browned. In the same pan, add the grated carrot and continue cooking until softened, about 5 minutes. Remove from heat and allow mixture to cool. In a large mixing bowl, combine eggs and flour and mix thoroughly. Add the cooled carrot and onion mixture, salt, pepper, cilantro,

Carrot Fritters

lemon juice, zest and goat cheese; mix well. Form into small patties and fry until brown on both sides. Serve warm with Spicy Fritter sauce.

*Use a creamy goat cheese like

chèvre for a milder flavor, or feta for a little more tang.

Spicy Fritter Sauce

- 1 cup chili sauce
- 1/2 cup orange juice

photo courtesy Fresh From Florida

Combine chili sauce and juice in a medium sauce pan and simmer for 25 to 30 minutes, or until mixture is reduced by almost half. Serve with fritters.

Yields 24 servings.✱



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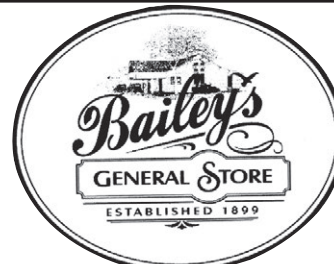
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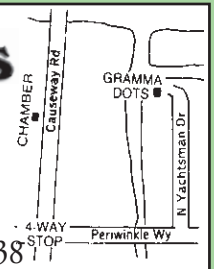


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Blue Ribbon Classic Next Saturday

The Sanibel School Fund's 11th annual Blue Ribbon Classic Golf Tournament will take place next Saturday, May 13 at The Sanctuary Golf Club, located at 2801 Wulfert Road. Cost is \$200 to play a round of golf plus the post-tournament party with heavy hors d'oeuvres and an open bar.

Registration begins at 11 a.m. followed by the shotgun start at 12:30 p.m. The 50/50 cash prize helicopter ball drop will take place at 4:30 p.m.; buy one golf ball for \$25 or five balls for \$100, on sale at Bank of the Islands and Sanibel Captiva Community Bank. Attend the ball drop and post-tournament party for \$50. At the party, guests can bid in a live auction for items including an original Leoma Lovegrove painting, a week-long stay on Prince Edward Island, an excursion to Useppa Island, a South Seas Island Resort vacation package, a beer-making experience and party with Point Ybel Brewery and Mission BBQ.

For more information, contact Christian Fautz at christianfautz@aol.com, Barbara Maughan at Barbara@Maughan.com or Veronica Powers at veronica.powers@gmail.com.*



From left, Ken Kouril, Christian Fautz, Jason and Barbara Maughan, Rob Lisenbee and Veronica Powers

photo by Jeff Lysiak



Students from The Sanibel School who participated in this year's Florida Junior Duck Stamp art contest include, front row from left, Anna Anderson-Kilgore, Adeline Von Wowern, Sofi Lee Varmuza, Ava Selby and Sophia Schroy; back row from left, Ethan Mathusa and Nicholas Underwood with teacher Tylor Stewart

photo by Jeff Lysiak

Students Celebrate Success At Duck Stamp Contest

by Jeff Lysiak

Last week at The Sanibel School, the middle school's media production class filmed a Sea-TV segment recognizing the seven students who were given honorable mention awards for participating in this year's Florida Junior Duck Stamp Art Contest.

On April 28, third graders Anna Anderson-Kilgore, Ava Selby, Sofi Lee Varmuza and Adeline Von Wowern, fourth grader Sophia Schroy and fifth grader Ethan Mathusa were honored for their artwork submitted for this year's competition. In addition, sixth grader Nicholas Underwood was given an award for his conservation message.

According to Tylor Stewart, gifted and art teacher, this year's contest – which was judged on March 30 at the JN "Ding" Darling National Wildlife Refuge Visitor & Education Center auditorium – yielded 2,882 entries from 39 Sunshine State schools. They included:

- Group I (kindergarten through third grade) – 1,519 entries

continued on page 6B

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Front, from left, Don Taylor, Gator Gates and J. David Truby. Back, from left, Tracy Tremen, Marcia Roberts, Charlie Kiel and Bob Smith.
photo by Lori Bolling

Award Presented At American Legion Post 123

American Legion Post 123 recently had an unusual but memorable award ceremony honoring Gator Gates, one of the Legion's popular employees. The award was presented by a group from another local icon, the Original Sanibel Arms.

Gates was honored for teaming with two Original Sanibel Arms seasonal residents to present another colleague – a military veteran and member of the local Legion – with a historical item from the French and Indian War.

J. David Truby was given a pair of period moccasins from the era of Seneca Chieftain Guyasuta by Gates and Legion members Owen Van Brocklin and Walter Schmidt, also

military veterans. Truby's ancestor in America, Col. Christopher Truby, was a Hessian mercenary who fought in the French and Indian War at the siege of Fort Pitt and also for the Continental Army against the British. Truby plans to present the moccasins to the McGeary, Brittles and Harper Museum in Reichlin, Idaho. The museum is located within a mile of American Legion Post 67 in Salmon, Idaho.

Gates' mother, Marcia Roberts, also of Sanibel, was there for her son's award. The award to Gates is now displayed on Post 123's Wall of Honor.

Those honoring Gates and Truby were all from the Original Sanibel Arms of East Gulf Drive, which has always been active with Post 123. They included Owen Van Brocklin (who designed Gates' award), Walter Schmidt, Don Taylor, Tracy Tremen, Al Reigal, David Atkins, Charlie Kiel and Bob Smith. Members Bobbie Houchins and Dan Winters were unable to attend.*

Contractor Review Board Seeks Applicants

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), located at 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.*

CHR Annual Meeting May 10

Community Housing and Resources (CHR) invites the Sanibel community to attend its annual meeting 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.*



Phaidra McDermott

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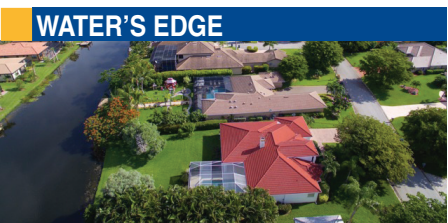
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Current Outlook

by Richard E. Pyle,
CFA, President

Just as we were getting comfortable with a “new normal” of lower growth potential following the “Great Recession” of 2008-09 and an interest rate environment of “lower for longer,”

along comes the surprise upset election of Donald Trump and the re-constituted Republican majorities in both the U.S. House of Representatives and U.S. Senate. The ripple effects of this tectonic shift in the U.S. and world economic order created more uncertainties. Investors are attempting to gauge which uncertainties will be positive for economic growth and asset values and which uncertainties will be negative.

The new “America First” agenda for the U.S. government seems to emphasize domestic production, international trade protectionism, increased military spending, lower taxes, higher spending on infrastructure, and political isolation. Taken as a package, these measures could lead to a shifting emphasis toward higher economic growth, higher fiscal deficits, and higher inflation and interest rates. Already, we are seeing the first signs of this changed outlook with improved consumer and business confidence – a

likely precursor of higher economic growth as 2017 unfolds.

In addition, with the unemployment and inflation rates having met the stated goals of the Federal Reserve Board, short-term interest rates are on the rise. We expect at least two more increases of 0.25 percent in 2017 and as many as four increases of like amount in 2018. This would cause short-term rates to nearly double by the end of next year to 3 percent after staying near 0 percent for the previous eight years. Reversing the direction of interest rates could result in some friction developing between the head of the independent Federal Reserve and the politicians, impairing the central bank’s ability to properly manage the economy. This is just one more uncertainty to deal with.

We expect the transition going forward – a gradual tightening of monetary policy on the one hand; a meaningful easing of fiscal policy on the other – to drive the real economy and asset pricing well into 2018. In addition, interest rates around most of the world now look to rise from the unusual negative rates that were experienced throughout 2016. After eight years of low interest rates and rising equity prices, we may see a reversal of these dominant trends this year. We are cautioning against too much exuberance as we are reminded of the axiom “Don’t fight the Fed.”

Given this outlook, we again are being careful about portfolio construction. While our clients own many wonderful companies in their portfolios, we are ever mindful that the valuations of many asset classes are closer to business cycle highs rather than lows.

We look forward to the opportunity to add fixed-income securities to the mix as interest rates rise. We still expect moderate economic and profit growth around the world this year and next with

relatively low inflation. Stabilization in both the value of the U.S. dollar and the price of oil will go far to act as a tailwind to profit growth this year after their negative effects in 2015 and 2016.✱

Captiva Community Panel To Meet

The next meeting of the Captiva Community Panel is set for Tuesday, May 9 beginning at 9 a.m. in the meeting rooms by Chadwick’s Square at South Seas Island Resort. This meeting is open to all islanders and the public.

Among the agenda items:

- Discussion of county meetings and next steps for proposed Captiva Plan

update.

- A legislative update on state issues under consideration.
 - Update on priority committees including wastewater, invasive species, Captiva Drive bike/pedestrian improvements and island rentals.
 - A Captiva Erosion Prevention District update.
 - A Captiva Fire District update.
 - Other business as necessary.
- Public participation is invited and encouraged. The next meeting will be June 13. Information and background documents are available online at www.captivacommunitypanel.com.✱

From page 1B

Duck Stamp

- Group II (fourth through sixth grade) – 947 entries
- Group III (seventh through ninth grade) – 337 entries
- Group IV (10th through 12th grade) – 79 entries

Faith Noelle Malfa, 15, representing the Pasco Fine Arts Center in Palm Harbor, was selected this year’s Florida Junior Duck Stamp Art Contest winner. “The panel of judges had a difficult time choosing the top 100 winners due to the high degree of talent,” said Stewart.

Following their appearance on Sea-TV, each honorable mention winner shared their thoughts about participating in this year’s contest, how they selected the duck species featured in their artwork, and how it felt to be recognized.

“I drew a wood duck because it wasn’t just one color,” said Schroy. “And I think that this is the first award I’ve ever gotten for my art. It’s nice to get an honorable mention in such a big contest.”

Mathusa explained that it took him four days to decide and draw his entry, also a wood duck. “I really wanted to capture the image and get the most realistic look as possible,” he added.

Selby, who drew a green wing teal in last year’s contest, drew a blue wing teal for the 2017 competition. “I saw

a bunch of pictures (of the duck) and I thought it looked really pretty,” she said. “My parents were really excited and impressed with my artwork.”

Von Wown thought her entry looked “really cute” while Anderson-Kilgore said that it took her “about a week” to draw her entry, a mallard.

“I liked all of the colors I used,” added Varmuza, who also depicted a mallard in her art. “I had a lot of fun drawing it.”

Underwood explained that he was surprised to win this year’s Conservation Message Award, and that he wanted his motto – “Waddle We Do Without Wildlife?” – to be both playful and inspiring.

Stewart also noted that the honorable mention award-winning artwork will be on display at Sanibel Captiva Community Bank, located at 2475 Library Way, through Friday, May 19. A reception with the participating student artists will be held at the bank on Thursday, May 11 beginning at 4:15 p.m. All are welcome to attend.

“All of the kids love taking part in this contest every year, and I think this is the first time that we’ve had so many third graders recognized with awards,” added Stewart. “It’s a win-win for everybody – ‘Ding’ Darling raises funds to buy more lands for conservation and the students learn about protecting the environment... and they’re our future leaders.”✱

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Talent Contest Winner To Perform Poolside May 5

Taylor Hicks, *American Idol* winner of season five, will perform an intimate poolside concert at the Sanibel Harbour Marriott Resort & Spa on Friday, May 5 from 7 to 9 p.m. The concert is part of the Champions 4 Children's Southwest Florida charity weekend to benefit Blessings in a Backpack Southwest Florida. Limited general admission and VIP tickets are available online.

Taylor Hicks took the world by storm with his original take on southern soul, R&B, country and blues. Since his *American Idol* victory, Hicks has released a platinum label album, topped *Billboard's* Hot 100 and was named *People Magazine's* Hottest Bachelor of the Year.

General admission tickets are \$35 and grant access into the concert with food and beverage available for purchase. VIP tickets are available for \$100 each and grant access to the VIP viewing area, which provides complimentary food and beverages as well as an opportunity to meet additional celebrity champions who are former Olympians, professional athletes and collegiate athletes.

The Champions 4 Children Southwest Florida charity weekend will include scenic day cruises, Texas Hold 'Em Poker Tournament, golf



Taylor Hicks

photo provided

tournament at The Dunes Golf & Tennis Club, Kentucky Derby party, live auction and a meet-and-greet with celebrity athletes.

To purchase tickets, view a full celebrity list, view a full list of weekend events, visit www.Champions4ChildrenSWFL.com/.

Proceeds from the charity weekend will go directly to Blessings in a Backpack of Southwest Florida, which feeds more than 3,200 children at schools and programs across Lee and Collier counties.✱

Students Invasive Species Exhibition Opens Downtown

The Sidney & Berne Davis Art Center (SBDAC) is hosting an opening night celebration for a student exhibition called Invasive on Friday, May 5 at 6 p.m.

Invasive is a collaborative exhibition at SBDAC created in partnership with the Lee County School System and the Foundation for Lee County Schools. The exhibition will be made up of artwork depicting invasive exotic plant and animal species created by Lee County students.



Invasive web

image provided

The free exhibition celebration is part of May's Art Walk. Students were asked to unite art and design with science, and had to adequately research the biology and ecology of the invasive species and the local Southwest Florida ecology in order to make their artistic renderings. They had to think critically and creatively about controlling and lessening the destructive impact of invasive species on the native ecosystem.

The exhibition, which is a part of the STEAM initiative, will be on display until Wednesday, May 24. Art Walk operates the first Friday from 6 to 10 p.m. and Saturday from 11 a.m. to 4 p.m. of each month.

The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District. Visit www.sbdac.com for more information.✱

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Children waited for the sound of the horn to begin the hunt photos provided

Crowds Came Out For Easter Fun At Island Inn

On April 19, the Island Inn hosted its 6th annual Easter EGGstravaganza by the beach. The egg hunt, open to both Island Inn guests and the community, drew more than 200 children. Easter excitement was in the air as families gathered inside Traditions on the Beach, the inn’s restaurant, bar and lounge, prior to the start of the egg hunt. Keeping with tradition, group photos of the children were taken on the historic beachfront steps of the Island Inn as they awaited the sound of the horn.

The Easter egg hunt included over 3,000 eggs plus 10 Golden Eggs, each having a crisp \$20 bill tucked inside. The children discovered all the eggs, including the Golden Eggs, in less than 20 minutes. In addition to the hunt, participants had the opportunity to experience some new activities such as beachfront pony rides and the Bailey-Matthews National Shell Museum’s



Don and Betty Abbott joined in the festivities

live mollusk touch tanks. Children were also surprised by a visit from the Easter Bunny. Face paintings, balloon animals and a birthday celebration with Sanibel’s celebrity, Trouper the blind raccoon, were also highlights of the event.

“The Island Inn has hosted Easter festivities for families since it was established in 1895 and we look



This young man found a Golden Egg containing a \$20 bill



Balloon animals were part of the fun



Pony rides on the beach were a hit with the children

forward to continuing this increasingly popular tradition,” said Chris Davison, Island Inn general manager. “We’re always eager to find new ways to partner with other island organizations and give back to our local community.”

The crowd of over 300 people included newborns to children 12 years of age as well as their parents and family members. Children and



There was a birthday celebration for Trouper the blind raccoon

families went home with baskets full of eggs and candy, creatively painted faces, and happy memories of an “eggstraordinary” afternoon.

For more event photos or for details about the 7th annual Easter event, follow Island Inn Sanibel on Facebook. To learn more about the Island Inn, visit their website at IslandInnSanibel.com or call 472-1561.✽



Children of all ages searched the grounds for Easter eggs



The Bailey-Matthews National Shell Museum brought live mollusk touch tanks

Maestro Extends Contract With Symphony

The Southwest Florida Symphony recently announced that Maestro Nir Kabaretti has signed a three-year contract extension and will continue to serve as the orchestra's music director and conductor. Maestro Kabaretti burst onto the Southwest Florida cultural arts scene in 2013 after the symphony conducted an extensive search to fill its vacant music director position. In addition to his vibrant conducting style and engaging pre-concert conversations, Maestro Kabaretti won the hearts of the symphony's board, staff, musicians and patrons with his warm personality, humble nature and forward-thinking vision for the symphony's future. "Nir is an absolute treasure," said Amy Ginsburg, Southwest Florida Symphony's executive director. "It's no wonder he's in such high demand elsewhere. Our community is beyond fortunate to have this caliber of talent in our midst." The symphony's board



From left, Nir Kabaretti, Amy Ginsburg and Tom Uhler

chairman, Tom Uhler said, "The trustees, staff and loyal patrons of the symphony are all thrilled that Maestro Kabaretti has agreed to a three-year extension of his contract. When the announcement about his contract extension was made from the stage at the final concert of the symphony's 56th season, it was met with enthusiastic cheers from the entire audience. It's clear that he's adored by this community."

In addition to Maestro Kabaretti's directorship with the Southwest Florida Symphony, he continues to serve as the music director of the Santa Barbara Symphony in California, where he will commence his 12th season this year. He is also in high demand as a guest conductor both nationally and internationally, and guest lecturer at some of the most prestigious universities in the country. Most recently, Maestro Kabaretti conducted the Kalamazoo Symphony in Michigan on April 1, then went on to lecture on the art of conducting at Western Michigan University. During that tour of the Midwest, he also worked with conducting students, then led the orchestra at Indiana University.✱

Preservation 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.✱

Weight Room Training Offered At Rec Center

Weight Room 101 is back and will be offered on Tuesday, May 9 at 1:30 p.m. for Sanibel Recreation Center members.

Weight Room 101 includes weight room orientation, specific instruction on upper and lower body exercises and cardiovascular training tips. Instruction and guidance on how to properly train your entire body safely and effectively will help participants to gain muscular strength and cardiovascular endurance.

For safety purposes, this class is limited to 10 participants. Register in advance for individual sessions at

the front desk. Closed toe footwear is required. For more information, contact the Sanibel Recreation Center at 472-0345.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly and annual memberships are available. Visit www.mysanibel.com.✱

LCEC Manager Honored At Awards Banquet

Karen Ryan, APR, CPRC, was recently recognized as the 2017 Unsung Hero for the Southwest Florida Chapter of the Florida Public Relations Association (FPRA) at the LCEC's annual Image Awards Banquet. The Unsung Hero Award was created in 2013 to recognize the contributions of Southwest Florida FPRA members for their hard work and dedication to the chapter behind the scenes by helping to enhance and promote the public relations profession.

Ryan, public relations manager at LCEC for the past 21 years, has been an FPRA member for more than 22 years. During that time, she has served as the chapter president, secretary, media chair, newsletter chair, membership chair, image chair, and public relations university chair. In 2002, Ryan was recognized as the PR Professional of the Year for the Southwest Florida Chapter of FPRA. For the Unsung Hero award, FPRA members nominated Ryan to shine light on her mentoring of PR professionals, her work behind the scenes to judge local PR award competitions such as the Image Awards and her willingness to help other PR professionals in the development of entries for such competitions by providing guidance, comments and suggestions. ✱

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Salli Kirkland, center, addresses the audience gathered at The Community House last Wednesday evening for the Sanibel Community Association's annual meeting and potluck dinner
photos by Jeff Lysiak

Community Association Elects New President

by Jeff Lysiak

During the Sanibel Community Association's annual organization meeting, held last Wednesday evening at The Community House, members gathered to review the group's accomplishments over the past year, detailed financial and attendance statistics, elected new board members and appointed a new leadership team for 2017-18.

"This is a unique time in the 90-year history of this place," said Tom Sharbaugh, the retiring president of the SCA Board of Directors. "Everybody involved should be very proud of this."

During his President's Report, Sharbaugh spoke about the SCA's mission – "To enrich community spirit through educational, cultural and social gatherings in our historic Community House" – and told the group of more than 50 members that during 2016-17, some 62 island organizations and more than 65,000 visitors utilized the facility.

"SCA's Capital Campaign exceeded our original \$3 million goal and continues to bring in capital funds," he noted. "This demonstrates the important place The Community House has in the hearts of island residents."

In addition, Sharbaugh took time to thank a number of families, groups, businesses, service organizations and SCA supporters for their contributions over the past 12 months. He also noted the work done by SCA staffers Teresa Riska-Hall, Jan Rimmel, Jarred Harris, Lance Lambert and Nick Gleason, along with SCA volunteers for their contributions and enthusiasm.

Treasurer Bill Sartoris noted that it was an "unusual" operating year for SCA, since The Community House was shut down from May 6, 2016 to January 16, 2017 for construction. "Being closed for eight months had an impact on operating finances, but less than expected," he said.

Total income during 2016-17 was \$283,758 while total expenses were



New SCA Board President Bill Sartoris

\$244,034, leaving a net income for the SCA of \$39,286. The total cost for construction and furnishing the new Community House totaled \$3,529,685; funds raised for the project totaled \$3,122,561, leaving a \$407,124 deficit.

"Capital Campaign funding remains about \$400,000 short, but we're going to continue to seek funding to help close that gap," Sartoris added.

During the meeting, members heard about some of the repeat and new classes, activities and special events that were held at The Community House, including the early success of the Culinary Education Center led by Resident Chef Jarred Harris. In addition to classes and cooking demonstrations, the center is promoting healthy "farm to fork" eating, recipe sharing, cooking for families, singles and kids as well as diet and nutritional training.

Following a brief recess, SCA members appointed their new leadership team for the upcoming year:

President – Bill Sartoris

Vice President – Richard Johnson

Secretary – Nicole McHale

Recording Secretary – Bill Schecter

Co-Treasurers – Beth Weigel and Darrin Grotrain

Also, SCA honored retiring board members Friedrich Jaeger, Michael Kelly and Tom Sharbaugh while board member Marge Meek received the Gordon Schopfer Lifetime Achievement Award.✪



SCA members presented Tom Sharbaugh with a gift of appreciation while Marge Meek received the Gordon Schopfer Lifetime Achievement Award



New SCA board members, from left, Daniela Jaeger, Darrin Grotrain and Barbara Maughan

League Of Women Voters Meeting Report

submitted by Mary LaVelle

The League of Women Voters (LWV) of Sanibel held their annual meeting and luncheon program on April 20 at Sundial Beach Resort. This was the last in a successful series of programs held throughout the season covering issues from the state of mental health care, to civic engagement in Florida, to managing fresh water. The business session took place following an inspiring presentation by James Murley, chief resilience officer for Miami-Dade County.

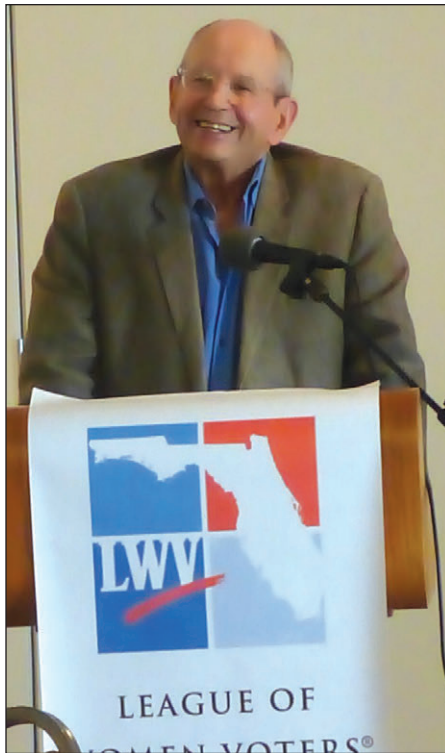
The business session of the meeting included the election of the board of directors officers and directors for 2017-18. They are: Robyn Cook, president; Barbara Joy Cooley, vice president; Robin Krivanek, treasurer; Maria O'Brien, secretary; and Nancy Elting, Christine Schluter, Ellen Strobel and Robert Terry, directors. Also announced were the program topics for the 2017-18 season. Following the summer hiatus, the LWV of Sanibel will commence its new luncheon series in November. Details will be available in the coming months.

Highlights From The Speaker

Most of us relate to "resilience" as coping with life's unexpected and potentially devastating setbacks. But in today's world of rising temperatures and sea level change, infrastructure resilience is critical for a sustainable quality of life – and it can be expected and planned for.

That is what James Murley, Miami-Dade County's chief resilience officer, has been doing for the past nine years. Murley traveled to Florida's West Coast to share his insights about the process with the Sanibel League of Women Voters at their annual meeting in April.

"Florida's environment is its economy – its estuaries, springs, islands, the Everglades," he said. "There are difficult long term issues in this state that must be recognized and dealt with. There have been cycles in the past – such as times when there were glaciers in Cleveland and Florida's dry land stretched into what is now the Gulf of Mexico – but the great preponderance of scientific evidence now points to an unprecedented human-driven temperature rise, and with it sea level



James Murley

photo courtesy Maree Elowson

rise as glaciers retreat and the water itself expands. If you are sick and 90 percent-plus of doctors give you the same diagnosis, you'd better pay attention."

How did Miami/Dade and the three other regional counties on the East Coast begin to face the issues of land subsidence and sea level rise? Almost 10 years ago, planning began, funded in part by the Rockefeller Foundation, the Kresge Foundation, and the Institute for Sustainable Communities. Local officials from mayors on down, not waiting for state or federal governments to act, started with facts. They listened carefully to cutting edge scientists from the many fine universities on Florida's southeast coast. Murley's resiliency office gathered peer-reviewed

information to amass an independent report that projected impacts not only to streets and buildings, sewage systems including treatment plants, but also to water supply. One threat that perhaps not many of us had grasped is that in Florida's porous limestone, such as the Biscayne aquifer, salt water intrusion can cause not only loss of drinking water, but also flooding, because fresh water floats on top of salt water. Basic chemistry.

Miami Beach is raising streets three feet and installing pumps to deal with "king tides" and rainwater, as gravity no longer takes tidewater or stormwater to the bay or ocean. Regional sewer and water plants are on the edge of the ocean, and plans are to raise those facilities more than six feet, planning for hurricanes and huge rains as well as changes to the levels of land and sea. Pumps, not gravity feed, will be needed everywhere. Those facilities will be paid for by rate payers and taxpayers, perhaps not happily, but without water and sewer, urban civilization cannot continue to exist. How does approximately \$13 billion over the next 20 years sound to you?

The resiliency group headed by Murley has just hosted its 9th annual summit where scientists and engineers exchange latest information. One group of experts especially listened to are from the Netherlands. The Dutch have been dealing with the sea for centuries, and innovative for-profit companies have grown up there. Other experts are from insurance and reinsurance companies. Once the risk to homes and businesses, and to infrastructure, becomes too great, those companies can abandon whole areas. They cannot pretend that risk does not exist.

In Florida, hurricanes are a "force multiplier." Start with baseline sea level rise, add a high tide driven by a full moon, and flooding amplified by a hurricane storm surge and an attendant deluge, and all bets are off.

What can we do? As citizens, it is our job to question our leaders: Do you recognize the issues, and what plans are you making to deal with them? Are you starting with facts, and soliciting university involvement? Are you making use of free satellite data? Are you working with the U.S. Geological Survey ground water models? And is the business community involved? We know from working on Everglades restoration that the involvement of that community is very important.

While some may simply cross their fingers and pray, the League of Women Voters will stay active in seeking resilience on the local, state and national levels.

Contact LWV of Sanibel at lwvsanibel@gmail with comments or questions; lwvsanibel.org for information related to LWV of Sanibel activities and membership opportunities.✱

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Sarah Ashton

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Setting Expectations



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

Like many of you, over the past few weeks, we entertained guests from northern locales looking for sun, beaches and good weather. While we enjoy having friends and family in our guest room, it's also a very busy time of year for me and my practice, so I don't get to take as much time with them as I would like. Consequently, when we first make plans, we often make it a point to set expectations about how much time we'll be able to spend together and suggest activities that our guests can enjoy on their own.

It's all about setting expectations. Early communication usually sets the stage for a favorable experience for all.

Expectations are also important when communicating with your loved ones about your estate plan. Discussing one's private legal and financial affairs is never easy. Consider the burden you could place on whoever is responsible to fill the legal role when you become disabled and are not able to manage your checkbook, investments and other day-to-day affairs.

I therefore encourage my clients to sit down with the party or parties who will serve as an agent under a durable power of attorney document, as your successor trustee of your trust and as personal representative under your will to brief them on your legal, tax and financial situation. This includes where your accounts are held and how you go about managing your assets. It's a good idea to introduce your lawyer, accountant and financial advisor to your loved ones who you named to fill these important roles.

If you named a bank or trust company to serve as your successor trustee, it's always a good idea to form some sort of relationship with them prior to requiring their services. If you are an investment do-it-yourselfer then you might consider working with your named bank or trust company on some portion of your portfolio to determine if you're a good fit for one another.

To do otherwise with any of my above suggestions risks having a "transition in a time of crisis." In other words, if the parties and professionals that need to be involved in the event of your disability are only called upon at the moment of your disability, everybody must get up to speed very quickly so that things don't fall through the cracks.

When you name a financial firm as a trustee, for example, and they have no prior history with you then they have no idea as to your investment goals, your risk tolerance, and your general philosophy. Once you become disabled, then you may have no way of communicating these facts to them.

If you've named a son, daughter or other loved one to fill this role, it can become equally difficult for them, especially if they have no idea as to your net worth, your estate plan, or any tax or other investment issues that you deal with on a day-to-day basis.

Many clients fear sharing this confidential information, even with their closest relatives. A major concern is that in revealing your wealth, certain gift or other financial expectations arise. If this is an issue, then perhaps you haven't named the right parties as your durable power of attorney or as your successor trustee.

More delicate issues arise in blended family situations. When your will or trust continues to benefit your spouse with the remainder interest left to family members not of your current marriage, then you are financial marrying these individuals to each other, often for the remainder of the surviving spouse's lifetime. Setting expectations in this situation is crucial. If your spouse is your primary concern, it always helps to voice your intent to those affected while you are alive, healthy and competent. Don't just leave it to the cold words of a legal document. If you aren't comfortable revealing the extent of your finances, then at least express your intentions in broad terms to squelch future problems.

Communicating and getting ahead of any difficulties is always a good idea. And what's good for the goose is good for the gander. The conversation should be just that – a dialogue rather than a lecture. Take the time to listen to any concerns that your loved ones might have. After learning of those concerns, it might mean a needed adjustment to the course.

Now that summer-like weather is almost upon us, our guests have fled. But that means we may spend a little time up north to enjoy their nice weather. I wonder who might have an available guest room.

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Register Early For Fourth Of July Road Rally

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

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

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

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

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

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

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Rotary Happenings



Al Kinkle photo provided

submitted by Shirley Jewell

One hundred million dollars, now that's a pretty big financial figure. Yet, that is the amount raised through philanthropic giving from our local community members and one businessman, B. Thomas Golisano, in 2012 with a match pledge of \$20 million in private donations for the construction of the new Golisano Children's Hospital at HealthPark. Ten million of those matched funds were raised by the efforts of Barbara's Friends already involved in the Children's Hospital Fund for Lee Health, specifically dedicated to the health and well-being of children diagnosed with cancer.

On April 28, our Rotary club had as our guest speaker, Al Kinkle, manager of Lexington Country Club, who is a close friend of the founder of Barbara's Friends, Frank Haskell, current chairman of Barbara's Friends.

Haskell and Kinkle have much in common including grieving the death of a loving daughter from cancer at the age of 35. Each wanted to honor their daughter's life – Barbara Haskell and Kimmy Kinkle – in a way that would focus on their love of children. Haskell founded Barbara's Friends 25 years ago and, in that time, has seen the need in pediatric medical care grow along with the growth of our community.

The Barbara's Friends organization helps finance: Total pediatric hematology/oncology patient care, emotional and psychosocial care for child and family, child life care, medical equipment and supplies, family financial aid, and hospital family meals while a child is hospitalized.

While working with Haskell, serving as a board member of Barbara's Friends, Kinkle saw the need to support parents and families of young cancer patients and, with Haskell's help, he established Kimmie's Angels Family Assistance Fund. This fund will support and enhance Barbara's Friends in providing families with financial assistance while in treatment as Golisano Children's Hospital.

Each year, more kids die of cancer than any other disease, average age of children diagnosed with cancer is 6, three out of five who survive children's cancer may suffer long-term effects. Kinkle said in 2014, the children's cancer center at HealthPark had 4,000 treatment visits – 300 children with cancer and over 1,100 with hematology blood disorders. Published

predictive information from 2015 indicated that 10,380 children (15 and under in the U.S.) would be diagnosed with cancer in 2015. Past annual figures at the Children's Hospital at HealthPark: 5,000 inpatients and 41,000 pediatric outpatient cases of which 1,200 inpatient and 4,000 outpatient surgeries are performed each year.

The need for a children's hospital was evident and our community members met the challenge presented by Lee Health to build one – Golisano Children's Hospital of Southwest Florida. On April 1 of this year, Golisano Children's Hospital opened its doors.

The National Cancer Institute reported: "In 2014, it was estimated that 15,780 children and adolescents ages 0 to 19 years would be diagnosed with cancer

and 1,960 would die of the disease in the United States. The most common types of cancer diagnosed in children and adolescents are leukemia, brain and other central nervous system tumors, lymphoma, rhabdomyosarcoma, neuroblastoma, Wilms tumor, bone cancer, and gonadal (testicular and ovarian) germ cell tumors." Kinkle told us, "Today, 90 percent of children suffering from cancer survive."

The Barbara's Friends Cancer Unit is housed on the fifth floor of the new children's hospital. Patients have their own rooms with space for parents or guardians stay with them. Treatment is performed by the professional staff but the 1,200 Barbara's Friends volunteers concentrate on the well-being of these young cancer patients and their families. To do this,

Barbara's Friends and the Kimmie's Angels Fund are constantly fundraising to support their activities at the hospital and beyond; providing comfort and granting special wishes are part of their mission. Comfort care also includes physiological help and grieving groups.

Golisano Children's Hospital serves children and families from Lee, Collier, Charlotte, Hendry and Glades counties. Kinkle said, "70 to 90 percent of the pediatric cancer patients at Golisano Children's Hospital don't pay a dime. Financial means is not the measure of medical care given at this medical facility."

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

38th ANNUAL ROAD RALLY

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The Sanibel Captiva Optimist Club 2017 Official Entry Form

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Sanibel Captiva Optimist Club

P.O. Box 1370 Sanibel, Florida 33957

Additional Info (area code 239) Randy @ 699-8739 or Richard @ 292-4631 Dani @ 472-0836

on-line @ www.sancapoptimist.org

Contact - e-mail Sanicapoptimist@comcast.net



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Registration from end of Parade to 12:00 Noon Monday, July 4th,
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The Sanibel - Captiva Optimist Club is a 501(C)3 Corporation and your donation is fully tax deductible. Please note that we are an all-volunteer, not-for-profit organization and all of the funds go directly to Helping The Kids

ISLAND SUN BUSINESS NEWSMAKERS



Senoagh M. Cox



Craig Cunha



Dana Foster



Matthew Moore

Agents Join Firm

The following realtors have joined the team of agents at John R. Wood Island Real Estate:

Senoagh M. Cox – Cox has experience in selling new construction, pre-owned homes, condo conversions and commercial real estate.

Craig Cunha – With over a decade in the real estate industry, Cunha finds his fulfillment in providing for his clients.

Dana Foster – Foster has over 20 years of experience in sales and customer service.

Matthew Moore – Moore enjoys working with different kinds of people to come up with solutions for their individual needs.✪

Superior Interiors

Ceilings Take Center Stage



by Jeanie Tinch

While the general belief is that all ceilings should be painted white, it's simply not true. There is no reason why a ceiling can't take center stage in your room. After all, it's the fifth "wall" in every room.

Ceilings do affect us. While a soaring ceiling in a spacious room raises our spirits, in a small room, it can be disconcerting. Some people feel low ceilings cause feelings of heaviness. And

to other people, a low ceiling gives them a cozy and inviting feel.

If you want your ceiling to appear "higher" then using a lighter tone color than your walls will do the trick. And conversely, if you wish your ceiling to appear a bit darker and more dramatic, your color selection should be a bit darker than your wall color.

Two more excellent ceiling options are wall covering, and texturizing. The right wall covering pattern would add just that touch of visual interest to your ceiling. Perhaps a mural design on your ceiling would add more drama and excitement to your room. And texturizing your ceiling with a decorative paint treatment will be sure to add another dazzling dimension to your room.

Whatever you try, don't forget the fifth wall – your ceilings – and have some design fun making them center stage.

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

FISH Of SanCap Honored To Assist Island Youth

submitted by FISH of SanCap

The bell has rung and busses lined up, indicating the end of another school day. But for several students at The Sanibel School, the fun part of school is just about to begin. It's the youth After School Program, where students can complete assignments, work on friendships and build self-esteem, in what is known as "The homework club."

FISH of SanCap provides financial assistance to households through scholarships for the After School Program, facilitated by The Sanibel School. Run four days per week, this program provides a safe, secure setting where students can work on homework, read a book, and get computer time, all under the supervision of school staff. It is designed for boys and girls in grades K to 8 who require academic, social and emotional support. The program is offered before school (for middle school) or after school (for elementary) for one hour, Monday through Thursday and follows the normal school calendar. During the 2016-17 school year, FISH has assisted over 20 students so they could attend sessions of the program throughout the school year.

FISH, along with parents, evaluate students' progress through review of report cards, progress reports and testimonials. This past quarter, three students enrolled in the After School Program made Honor Roll, some for the very first time. One parent said, "I was shocked, literally shocked, when Lucas came home with an A in both math and reading. It's been a struggle with the homework; when he gets

home, he is too easily distracted to focus on his studies. Obviously, this program is working. I'm just thrilled for him."

Students at The Sanibel School were asked what they enjoyed about the program and some of their responses included: I love to read with my friends. I have a better understanding of math. I like to play on the computers. My grades are improving.

FISH financial assistance for the After School Program helps families succeed in many ways. "With three kids, all who use the program, it can get expensive. I just don't have that kind of extra money each month to contribute toward 'extras' like this program. I am grateful FISH is able to provide assistance so our children can get the most out of their education," said another parent.

"I feel fortunate as a school principal to have the support of FISH for my students. The program allows my students the extra time they need to master skills in both reading and math. As the school's newest principal, I am highly impressed by the support of this awesome organization. Kids are at the core of their hearts and minds. It is evident in all that they do," said The Sanibel School Principal Chuck Vilardi. "FISH is very fortunate to have the support that we do to assist with this program, and it couldn't be provided without the partnerships we have with The Sanibel-Captiva Rotary Club, Ronald McDonald House Charities, generous donors, and The Sanibel School," said Maggi Feiner, FISH president and CEO. "We are thankful for their support in helping our island youth reach their potential and proud of all students participating in the program."

For more information on FISH programming, Kathy Y. Monroe, MSG, program director, at 472-4775.✪

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Center Director Peter Blaze Corcoran with two grant recipients

photos provided

Students Shine At FGCU Research Day

submitted by Zoë Spanbroek

Florida Gulf Coast University students and faculty gathered to celebrate Research Day and Civic Engagement Day on April 18 and 20. Among those involved were Student Association for a Greener Environment (SAGE) grant recipients. SAGE is a treasured grant program of the Center for Environmental and Sustainability Education at FGCU that pairs faculty mentors with students who are pursuing research, civic and educational projects focused on sustainability.

Working with organizations as various as the Golisano Children's Hospital of Southwest Florida and Community Cooperative of Fort Myers, this year's SAGE recipients are dedicated to creating real-world solutions to the needs in their communities. The Sustainable Garden Project at the Community Cooperative of Fort Myers has helped the students' ambitions flourish, allowing them to build a composting system for an organization

dedicated to ending hunger and homelessness in Lee County.

The Intravenous Lily Pads project has funded several students' dream to bring the joy of nature to children in the Golisano Children's Hospital by creating special seating attachments for intravenous poles. Each attachment is decorated with illustrations of native flora and fauna and is accompanied by informational cards that explain the importance of Florida natives.

If you believe in the value of projects such as these, there is still time to show your support by participating in the center's Haffenreffer Challenge. All gifts given at this time will be matched up to a total of \$6,000 thanks to Sanibel residents and long-time center supporters Mallory and Peter Haffenreffer and an anonymous donor. Donations go directly to center programs such as SAGE that matter to, and make a difference in, your local community. Every gift counts, and the center is greatly appreciative of its supporters.

To make a contribution to the Haffenreffer Challenge, call Director Peter Blaze Corcoran at 590-7166 or email pcorcora@fgcu.edu. For more information about the Center for Environmental and Sustainability Education and SAGE, visit www.fgcu.edu/cese. ☆

Register For The Captiva Triathlon

Registration has opened strong for the 7th annual Galloway Captiva Triathlon, which has sold out every year since its inception in 2011 and is limited to 750 participants for the Sunday adult sprint-length race. Proceeds will again benefit the Community Cooperative's Healthy School Pantry program, as it has since the race's inception.

"We are surprised at how strong both registration for the tri and reservations for hotel rooms on Captiva are," said Kate Gooderham, one of the race directors. "This year, the biggest change is that two of our sponsors – Trek Bicycle Stores and Billy's Bicycles – are planning roadside repair clinics. It's a great opportunity to learn things such as changing a flat tire or derailleur repair. Also, Coach Angie is offering special fee-based clinics including ongoing private lessons and open water swim clinics; July and August."

The adult race is scheduled for Sunday, September 10 at South Seas Island Resort on Captiva and includes a quarter-mile open-water swim, 10-mile bike (on closed island roads) and 3.1 mile run along

the gulf and Redfish Pass. Registration is available online at www.CaptivaTri.org. The nonrefundable cost to register is \$75 for individuals, \$85 for elite amateur athletes and \$180 for relay teams of two or three people. Registration fees increase May 31 to \$85, \$95 and \$200 respectively through July 31. If the race has not sold out by August 1, registrations will increase to \$95, \$105 and \$220 respectively.

The Captiva Tri also presents a shorter Children's Fun Tri (sponsored by attorney Jason Gunter) on Saturday, September 9, also at South Seas. The race is not timed, and all finishers earn a medal. Children will compete in three age groups – 6 to 8, 9 to 10 and 11 to 13 – with the distances of each race varying. Registration is \$25 through May 31 and \$30 beginning June 1. All three age groups are limited in size and have sold out even before the adult event in years' past.

Information and event registration for both races is available at www.CaptivaTri.org. The Galloway Family of Dealerships is the title sponsor of the event. Community Cooperative uses the event proceeds to benefit a program providing backpacks of food to children who otherwise may not have easily accessible meals at home. ☆



SAGE student with her Lilypad Project



Organizers, mentors and grant recipients celebrate SAGE achievements at FGCU

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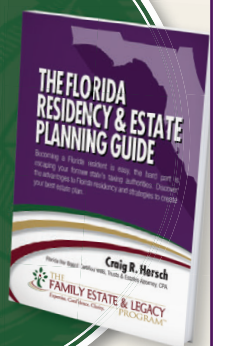
**Craig R. Hersch**

Florida Bar Board Certified Wills, Trusts & Estates Attorney, CPA
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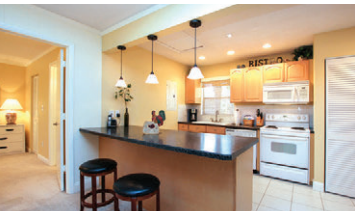
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5. Light House Point Condominium - Sanibel

- 2 BR/2 BA plus den with bay views
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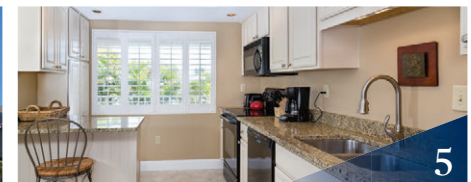
6. Bay Front Views – Sanibel

- 3 BR/4 BA direct Gulf access canal with dock and lift
- Elevator, fireplace, multiple lanais with Bay views
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NEW LISTING



4



5



6

NEW PRICE



7



8



9

7. Stunning Gulf Front Home – Captiva

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- Featuring 157 ft of beach frontage AND a boat dock on Roosevelt Channel
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8. Gulf Front Tarpon Beach Unit

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9. Dunes Golf & Tennis Community – Sanibel

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- **\$609,000** EUR €571,053

10. East End Canal Home - Sanibel

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

11. Sanibel Bayous

- 3 BR/3 BA with deeded beach access
- Large private pool and spa with 2 story enclosure
- Bright open floor plan with soaring ceilings, wood floors
- **\$749,000** EUR €702,330

12. Canal Home on Quiet Cul de Sac – Sanibel

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



10



11



12

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With First Pick In June Baseball Draft, Will Twins Take Teenage Sensation?



by Ed Frank

It was 16 years ago when the Minnesota Twins had the very first pick in the Major League Baseball Draft. And now, 16 years later, the Twins have that same opportunity – an opportunity to draft a youngster from California that *Sports Illustrated* labeled “Baseball’s LeBron” or “The New Babe” on the cover of last week’s edition.

That first overall pick by the Twins in 2001 of St. Paul native Joe Mauer has paid big dividends over the years as he is the only catcher in baseball history to win three batting titles along with six All-Star selections. An eight-year contract extension he signed in 2010 for \$184 million remains as the largest contract ever given a catcher.

Now, in 2017, the big question is whether the Twins, with their No. 1 overall pick, will sign 17-year-old Hunter Greene from Sherman Oaks, California, which *Sports Illustrated* devoted its cover and eight pages describing this unbelievable talent.

He’s unbelievable because he throws 102 mph as a pitcher but many Major League scouts say he’s an even better shortstop.

So if the Twins or another team drafts Greene, they will have to decide whether they want him to pitch or play the infield. At either position he will be a high draft choice, but if he is drafted as a pitcher, he would be the first high school right-hander to go No. 1.

And his power with the bat has scouts shaking their heads in amazement. At 6-foot, 4-inches and 210 pounds, he can drive a ball 450 feet. In fact, when taking batting practice at his high school field, outfielders shout warnings to soccer players on an adjacent field to watch out.

Here are a few quotes from the *Sports Illustrated* story:
“A Dodger scout saw him pitch when he was nine and deemed his mechanics flawless.”

“Several scouts agree he is the best two-way amateur prospect they have ever seen, a first-round pick as a shortstop with comparisons to Noah Syndergaard on the mound and Alex Rodriguez in the field.”

In 500 words or less, we can’t do justice to the long, eight-page *Sports Illustrated* description of Hunter Greene. But, as the article points out, he is much more than a baseball player.



Hunter Greene
photo courtesy Notre Dame High School

He plays the violin, is an accomplished artist, deeply devoted to his family, ardent fisherman and has received numerous awards for community service. As the article points out, “Hunter Greene is the star that baseball needs.” Baseball’s Major League Draft is June 12. Minnesota drafted Joe Mauer No. 1 as a high school teenager in 2001. Will they draft Hunter Greene out of high school 16 years later? We will know in a few weeks.

Everblades Advance To Division Finals
Coming back from a three-games-to-one deficit to Orlando, the Florida Everblades defeated the Solar Bears in the ECHL South Division semi-final series to advance to the division finals against South Carolina. Florida split the first two home games with the Stingrays at Germain Arena with the series moving to South Carolina for Games three, four and five. If sixth and seventh games are necessary, the series will return to Germain tomorrow, Saturday and Monday.✪

Sanibel Island Golf Club Men’s League Final Tournament



Gene Taylor, staff professional, center, presents the winnings to Rene Lohser, left, and Dave Buggy
photo provided

On April, the Sanibel Island Golf Club Men’s League had their final tournament of the season on the newly renovated, environmentally friendly golf course with blooming wildflowers and lots of wildlife. The results were:

- 1st place with 87 points – Dave Buggy and Rene Lohser (with season best 54 net)
- 2nd place with 81 points – Mick Denham and Roger Cogswell
- 3rd place with 79 points – Rich Rompala and Roger Triftshauser.✪

SPORTS QUIZ

- Three times during the 1960s, a major-league pitcher won at least 20 games one season and lost at least 20 the next. Name two of the three.
- Who was the first pitcher to finish in the top three of Cy Young voting for five consecutive seasons?
- Cal’s Jared Goff set a record in the 2015 college-football season for most TD passes (43) by a Pac-12 quarterback. Who had held the mark?
- Three players have led the NBA in minutes played during their rookie season. Name two of them.
- Which team holds the record for the longest winning streak in NHL history?
- In 2016, American Kim Rhode (women’s skeet) became the second athlete to earn an individual medal in six consecutive Olympics. Who was the first to do it?
- Jay Haas became the second-oldest event winner (62) in PGA Tour Champions history in 2016. Who holds the record as the oldest?

ANSWERS

- Larry Jackson of the Chicago Cubs (1964-65), Mel Stottlemyre of the New York Yankees (1965-66) and Cleveland’s Luis Tiant (1968-69). 2. Clayton Kershaw of the Los Angeles Dodgers (2011-15). 3. Marcus Mariota of Oregon threw 42 TD passes a season earlier. 4. Wilt Chamberlain (1959-60), Elvin Hayes (1968-69) and Damian Lillard (2012-13). 5. The Pittsburgh Penguins, with 17 wins in a row in the 1992-93 season. 6. Italian luger Armin Zöggeler, who did it in 1994-2014. 7. Mike Fetlick was 63 when he won the Seniors Invitational in 1985.

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Golfers ready for shotgun start at 2016 United Way Golf Classic at River Hall Country Club photo provided

United Way Golf Classic Fundraiser

United Way of Lee, Hendry, Glades, and Okeechobee will host the United Way Golf Classic at River Hall Country Club on Saturday, June 24. The four-person scramble will begin with an 8:30 a.m. shotgun start.

The tournament being held at the Davis Love III Championship Course will feature a hole-in-one contest, mulligans and buy-a-drive opportunities, a 50/50 raffle and more. Tickets are \$75 per player or \$300 for a foursome.

Lunch is included. This is the fourth year that the tournament will be held at River Hall.

"We are thrilled to be bringing this event back to River Hall," said Community Resource Manager Madison Mitchell. "The course is beautiful, and we are really looking forward to a fun event."

Sponsorships are also available and range from \$100 to \$5,000. Individuals interested in playing or sponsoring may register at www.unitedwaylee.org/events/2017-Golf-Classic or call Mitchell at 433-2000 ext. 269.

River Hall Country Club is located at 3500 River Hall Parkway in Alva.✱

Trust Company Supports Child Care Center

The Sanibel Captiva Trust Company participated in Tee It Up FORE Kids, a golf tournament benefiting the Gladiolus Learning and Development (GLAD) Center, with sponsorship of the first hole. The foursome representing the trust company in the tournament were Bill Lejune, Craig Holston, Rob Strong and Joel Johnson.

The tournament, held at Shell Point Golf Club, helps provide educational and developmental child care for the children of low income working families. The trust company has been a longtime supporter of GLAD's efforts to provide social, emotional, economic and developmental needs for the 160 children and their families.✱



From left, Bill Lejune, Craig Holston, Rob Strong and Joel Johnson photo provided



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Lifeguard Certification Course

An American Red Cross Lifeguard Course will be held at the Sanibel Recreation Center on Friday, May 5 from 3 to 8 p.m., Saturday, May 6 from 8 a.m. to 5 p.m. and Sunday, May 7 from 8 a.m. to 5 p.m. Upon completion of the three-day course, participants will be certified in lifeguarding, first aid, as well as adult and pediatric CPR/AED for the professional rescuer.

The American Red Cross now offers course manuals online. Course material will not be provided. Participants must

print a copy of the manual or download it prior to the class beginning. For step-by-step instructions for downloading and printing the course manuals, contact the recreation center. Course cost is \$210 for recreation center members and \$275 for non-members. You must be at least 15 years old to register and able to attend all class sessions. Call for swimming ability prerequisites. Class size is limited.

For more information contact Tasha Maddix, aquatics manager, at Tasha.maddix@mysanibel.com or call the Sanibel Recreation Center at 472-0345.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. For more information, visit www.mysanibel.com.✱

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Sam Bailey's Islands Night
Wednesday, May 17th
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Gates Open at 5:30 PM

Pre-Game Parade & Ceremony Starts at 6:00 PM

Game to follow

Sponsors Wanted - Call Bailey's 472-1516

*** BUSINESS AND INDIVIDUALS WELCOME ***

All Proceeds Go To Help Local Charities

Catching Up With CESE's New Assistant Director

submitted by Zoë Spanbroek

Florida Gulf Coast University is home to the Center for Environmental and Sustainability Education – a small, local organization that works toward realizing the dream of a sustainable and peaceful future for Earth. The center relies on its dedicated staff to help realize that dream through scholarship, education and action.

One of these visionary individuals is Dr. Maria Roca, who was recently appointed assistant director of the center. We caught up with Dr. Roca at the end of FGCU Research Day on April 18 to discuss her assistant directorship and her perspective on the university's trajectory over the years.

Dr. Roca's decision to join the Center for Environmental and Sustainability Education was closely tied to her decision to work at Florida Gulf Coast University as a founding faculty member.

"One of the reasons I came (to FGCU) was for the environmental mission," she said.

Dr. Roca quickly recognized the center as a place full of "people who were really committed to trying to live that mission even more fully created a Senior Faculty Associates designation," said Center



Dr. Maria Roca and David Webb, center board member photo by Carol Orr Hartman

Director Peter Blaze Corcoran.

"Neil Wilkinson, Sharon Bevins and I were the first three senior associates," Dr. Roca added.

Regarding her new role as assistant director of the center, Dr. Roca expressed that she is "deeply honored. I think that the center has so much potential to do so many great things."

Six years ago, she spearheaded Student Associates for a Greener Environment (SAGE), a thriving mini-grant program that gives students the chance to pursue research, civic, and educational projects related to sustainability. Having seen the program grow over the years, she remarked, "I'm so happy with the SAGE

program. I've just been so impressed with what students have been able to do with very little money. They really have stretched their small grants a long way."

Our interview fell on Research Day, an annual FGCU function that gives students from many majors a venue to present their scholastic research projects. Dr. Roca was excited to see the results of several SAGE projects featured at Research Day. SAGE is "an important thing that we do each year," Dr. Roca said. It allows "young scholars and individuals engaged in the community to go out and live the FGCU sustainability mission – to live a personal sustainability mission – and to know that there are people out there who support them."

Yet, as a founding faculty member, Dr. Roca recognizes the difficulties of consistently honoring FGCU's original mission of environmental sustainability.

"We came here with a lot of very idealistic thoughts about who we could be and what we could do (as a university)" she said. "I think there are elements of that [vision] that are still very much alive. We're still trying to do some of those things, to realize them – certainly in places like the Food Forest, which is such an impressive installation. But, as a part of a state university system that is answerable to state government, that has to deal with state funding, there are just certain things that we couldn't avoid. We took a more traditional path than I thought we would, but there are still corners that are keeping that innovative spirit alive."

It is clear that Dr. Roca still believes in the power of that spirit even as "we're on the eve of new leadership" with President Bradshaw's approaching retirement. "I'm praying that our new president is going to have the kinds of thinking to launch us into a good, healthy future" – a future that honors the principals that FGCU was built on while guiding it sustainably forward.

"It's important that people recognize that the center really is a place where we're trying to keep that sustainability mission alive in very rich ways, particularly from that perspective of environmental education," Dr. Roca stated. From her experience, "If we don't teach people how to live a more sustainable life, they won't do it. It sounds so simplistic, but we have to come up with ways to have people embrace this as part of their lifestyle. Education is one of the first steps to be able to do that. So it's an honor to be affiliated with a center that's dedicated to that."

Corcoran added, "I am delighted to have Dr. Roca join the staff as assistant director. She has played several important roles at the center over the years. I particularly welcome her experience with integrated studies and her scholarship on spirituality in education."

For more information about the Center for Environmental and Sustainability Education, visit www.fgcu.edu/cese. For additional questions, contact Center Director Peter Blaze Corcoran at 590-7166 or pcorcora@fgcu.edu.

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.

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.

Original Miami South Beach Tour – Thursday, May 18. Cost is \$69 for members and \$79 for non-members. Trip includes round trip transportation, guided walking and riding tour of the historic Art Deco District, lunch (on your own) and free time on Lincoln Road, and guided sightseeing boat cruise around Biscayne Bay. This is the center's most popular tour. Bus departs from Fort Myers at 6:30 a.m. (transportation on your own). Advance registration required.

Friday Collage Classes with Bea Pappas – May 12, 19 and 26 from 12:30 to 3:30 p.m. Cost is \$15 for members and \$25 for non-members. Pappas will be teaching an easy approach to collage, both figurative and abstract. Collage can be worked from torn magazines, found papers like book pages or handmade papers. Bring a pint of fluid matte premium, scissors, papers, magazines and substrates (watercolor paper, canvas, canvas board or mat board).

Games

Cost for all games is \$2.50 for members and \$5 for non-members. Prizes will be awarded.

Bridge – Monday and Wednesday. Register by noon; the game begins at 12:30 p.m.

Mahjongg – Monday and Thursday at 12:30 p.m.

Hand & Foot – Thursday at 12:30 p.m.

Hearts – Friday at 12:30 p.m.
Kayaking on Tuesdays and Thursdays – 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. (11 a.m. available through May 12). 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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Nathan Asks To Step Aside As Lee Health President

At a recent Lee Health Board of Director's meeting, Jim Nathan asked the board to accept his request to relinquish his position as president/CEO and finish the remaining two years of his contract as a resource to the board of directors and senior administration. The new role would become effective June 1 and continue through the end of Nathan's contract, March 19, 2019. Nathan will retain benefits and accrued benefits but will not be paid any additional compensation.

In this new role, Nathan would be "on call" to perform duties as determined by the board or president/CEO. Nathan asked the board to approve his new role as part of his succession plan and due to a desire to work at a different pace than he has for the past 40-plus years. "The timing feels right to make this transition. I am proud of the impressive team we have assembled and feel that Lee Health is prepared for the challenges of a rapidly changing health care delivery system and the "future world" of coordinated care and population health," Nathan said.

"Jim's legacy to this community cannot be overstated. It was his leadership and vision that grew Lee Health from a single hospital to one of the nation's largest public health systems," said Sanford Cohen, MD, chairman of the Lee Health Board of Directors. "Jim has expertly piloted Lee Health to significant success during his tenure and has assembled a talented management team. We are pleased that his new role as a resource to the board and administration allows Lee Health the continued benefit of his strategic leadership."

Nathan joined Lee Memorial Hospital in 1975 as an administrative resident and was promoted to vice president for institutional services in 1976. He was appointed as president of Lee Memorial Hospital in 1982. In 1997, Nathan temporarily left the health system to take a consulting role in pursuit of national health care reform and to assist senior leadership teams. He returned to the role of president/CEO of Lee Health in 2000.

Nathan's legacy is one of innovation, vision and accomplishment. Career highlights include:

- Opened America's newest children's hospital, Golisano Children's Hospital of Southwest Florida and expanded pediatric services throughout the region
- Completed a \$100 million fundraising campaign for Golisano Children's Hospital of Southwest Florida, the largest capital campaign completed in the history of Southwest Florida
- Improved access to health care in a growing community through expansion of Lee Physician Group, skilled nursing facilities, home health services and



Jim Nathan photo provided

outpatient facilities

- Acquired Cape Coral Hospital, Southwest Florida Regional Medical Center and Gulf Coast Hospital, which improved coordination of care and secured a solid financial footing to enable the health system's mission to provide care, regardless of ability to pay

- Added high-risk safety net programs to keep care close to home, such as the Regional Perinatal Intensive Care Center and the Regional Trauma Center

- Formed LeeSar and Cooperative Services of Florida, group purchasing and supply chain management organizations that drive down health care costs in Southwest Florida

- Developed the Regional Cancer Center, which is now being expanded

- Expanded Gulf Coast Medical Center in 2009 with a further expansion now under way

- System-wide implementation of Epic, a state of the art comprehensive electronic medical record

- Created Lee Community Healthcare, one of Florida's first Federally Qualified Health Center – Look Alike programs, providing primary care access to the uninsured and underinsured

- Founded Healthy Lee (Health Visioning 2017) including nationally recognized programs like the Bob Janes Triage Center and We Care, the nation's largest volunteer physician program

- Established the Healthy Life Center at Coconut Point, a fresh concept for wellness and prevention

- Grew hospital auxiliary programs to more than 4,000 members/volunteers

- Positioned Lee Health to pursue population health initiatives such as a Medicaid provider service network and Medicare Accountable Care Organization

- Developed HealthPark Florida and HealthPark Medical Center, which were innovative concepts and designs when they were being developed in 1991.

Nathan has been recognized many times for his leadership and has been active in many civic activities. Current and past board member

positions include the Florida Gulf Coast University Foundation, Foundation for Lee County Schools, American Heart Association of Lee County, Red Cross of Lee County, Southwest Florida Community Foundation and the Coalition for a Drug-Free Southwest Florida of which he was the founding chairman.

Nathan has also been active in industry associations, including board

and committee positions with the Hospital Safety Net Alliance of Florida, Florida Hospital Association and the American Hospital Association. He is a Fellow of the American College of Healthcare Executives.

The board of directors is in the process of discussing Nathan's request, the appointment of an interim president/CEO and a plan to appoint a successor.✱

Over \$775K Raised For New Operating Room

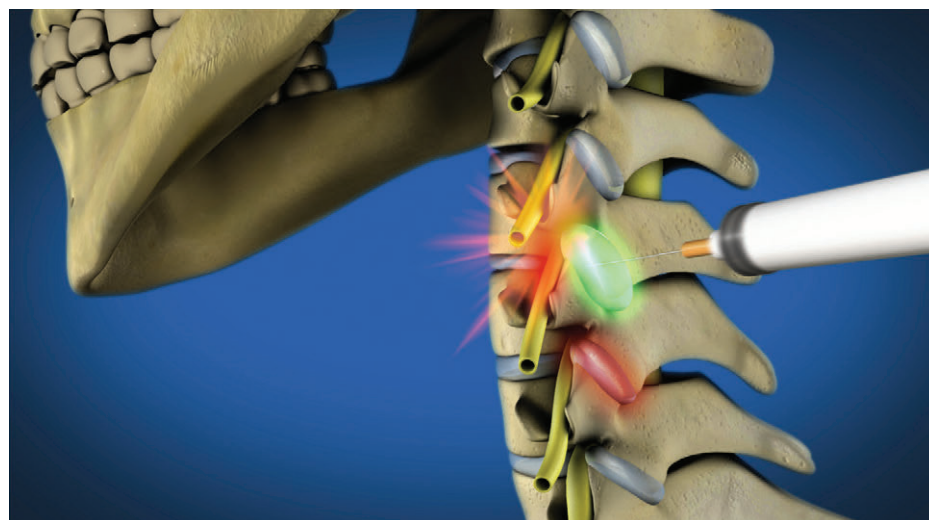
The 17th annual SanCap Cares Island Celebration was held at The Sanctuary Golf Club with more than 250 members of the Sanibel and Captiva communities in attendance. Supporters of Golisano Children's Hospital (GCH) of Southwest Florida joined together to raise more than \$775,000 for the new hospital. Susan Ryckman, vice president of patient care services at GCH commented, "I am forever grateful and amazed by the generosity of the Southwest Florida community helping us do what we are trained to do to take care of the most important people in the world, our kids."

With the new hospital opening on May 10 of this year, SanCap

Cares' priority has now moved from supporting the capital campaign to outfitting the new facility with state-of-the-art equipment and instruments. Specifically this year, the event raised funds to outfit a new pediatric orthopedic operating room. The hospital agreed to fund the balance of the \$1,400,000 operating room if SanCap Cares could raise \$700,000. This will ensure that the children of Southwest Florida can stay close to home when they require complex surgery. Skip Leonard, Lee Health chief foundation officer, made a surprise announcement that the new operating room will be named "Amanda's Room" in honor of SanCap Cares co-founder and champion Amanda Cross.

With this year's funds, SanCap Cares has raised more than \$14 million since its founding in 2001.

For more information, visit SanCapCares.org or contact Lee Health Foundation at 343-6950.✱



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Beautifulife:

Opposites Attract



by Kay Casperson

It always amazes me to see how people that are so different from each other can be such good friends, lovers, companions or business partners. There can be this crazy chemistry between two people who are so different

in many ways, but actually end up bringing balance to the other person.

My family and I recently saw the Broadway play *The King and I*, and this was another illustration of how two individuals from completely different backgrounds could actually start to understand one another and learn from each other.

In a relationship, if two people are the same in many ways, it can be hard to find a balance. For example, if one person likes to spend money and the other likes to save, there could be conflict at times, but reality is that the money will last longer if at least one person is saving. Quite the opposite if both were frugal and never spent any money, there would be lots of wonderful and fun things missed over time.

In friendship, it is better to seek out

individuals that are not exactly like you, but more importantly people that could bring something interesting to your life. Individuals with different interests, goals, dreams and accomplishments would bring much more to learn and share and therefore the friendship would continue to thrive. Of course in relationships you will need to find some common ground on certain issues but you get the point.

If we understood that being different from someone instead of trying to be the same is what actually makes that relationship continue to grow and stay balanced, I believe we would see more relationships last longer and remain strong.

Sometimes the reason we are drawn to people that are opposites are because there are needs and desires in our own lives that are unfulfilled such as a strong sense of security, love, comfort and support. There may also be things missing such as adventure, risk, challenge and positivity.

Whatever the reason is that we are attracted to our opposites, it can be a rewarding and wonderful experience if you grasp the opportunity to understand each other and to learn and grow from every moment. Again, this is just another step in the right direction for your most balanced and beautifulife.

My affirmation for you this week is:

"I will embrace the unique qualities of the people in my life and will cherish the differences that exist between us."

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.**

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.*

dearPharmacist

Parabens Found In Thousands Of Cosmetics



by Suzy Cohen, RPh

Dear Readers: Parabens are a category of preservatives used in cosmetics, medications and foods. If you read labels, you'll see them listed by their name or an E number such as methylparaben

E218), ethylparaben (E214), propylparaben (E216), heptylparaben (E209) and butylparaben.

Parabens may or may not be associated with cancer; there's a lot of controversy. It has been reported in the past that parabens are found in 99 percent of breast tumors. However, there is no evidence that they cause breast cancer. Also, keep in mind many issues have to collide in order to develop cancer. There was a 2013 study entitled, "Combinations of parabens at concentrations measured in human breast tissue can increase proliferation of MCF-7 human breast cancer cells."

Parabens mimic estrogen, the female hormone. They're sticky too; they don't seem to let go of the tissue once inside it. This is why they are best avoided especially in hormone-driven diseases.

The argument for parabens is that

your foods and personal care items should be resistant to bacteria, mold and yeast so a preservative is crucial. The food, pharmaceutical and cosmetic industry frequently rely on strong synthetic chemicals like sulfites, propionates, EDTA, formaldehyde, alcohol or a paraben chemical. They are trying to protect us from germs. Here's how you get exposed.

You eat them:

It's common to find parabens in some brands of sauces, chutneys, jams, pickles, ice cream, soft drinks, desserts, broths or processed vegetables and flavoring syrups. Read the labels, you'll see!

You slather them on:

Whether you use antiperspirants, make up, toothpaste, face creams or moisturizers, you are for sure exposing yourself to parabens. But how many? Is it every product? You do have choices. They are not in everything. You should begin reading labels and researching. There's a website that exposes the ingredients of dental products, fragrances, cosmetic and skin care products and much more: Skin Deep. I told you about this site (www.ewg.org/skindeep) about 12 years ago, and it's gotten considerably more comprehensive.

I searched the word "paraben" and it picked up over 30,991 products just in their database. It's easy today to avoid this preservative; you just have to look harder and read labels. There are trustworthy brands out there.

You take them unknowingly:

Parabens are in hundreds of medications as a preservative, but they do not have any pharmacologic activity. They're commonly found in some asthma and steroid inhalers. They say parabens

are completely absorbed upon ingestion and broken down to para-hydroxybenzoic acid, and metabolites are supposedly sent out from your urine. Depending on who you ask, or what lab test you read, there may be no evidence of accumulation. Parabens are obviously regarded as "safe" by the United States FDA. I wouldn't concern yourself with parabens if they're in your medication(s) since the actual medication itself is just as synthetic as the paraben. You can

Eden Energy Medicine

Anger Relief With Earlobe Pull



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

Tugging gently around the edges of the ears is great for kids and adults. Try it as you read this column and experience the

immediate sense of buzzing and energetic release.

So, what is happening?

We all are subject to stress, which has an immediate and cumulative impact on our energies. Tight shoulders, an inability to concentrate, a desire to throw the phone that stopped working – all natural and part of our lives. Unfortunately, our bodies are wired to respond to the

certainly limit your exposure by looking for products labeled "paraben-free." Many cosmetics manufacturers have found effective alternatives to parabens to prevent microbial growth in personal care products.

*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.**

stresses of life as if the tiger is ready to jump on us in the jungle.

So when we pull on our ears, we are releasing energies, activating acupuncture points and suggesting to Triple Warmer, our Commander of Energies, that it is OK to calm down. Here are the specifics:

1. Use both hands, right hand with right ear and left hand with left ear. Start at the edge of the fold of the ear closest to the temple and gently tug at the fold, literally unfolding it.
2. Move from the temple area the entire way around the ear until you get to the earlobe.
3. Hold and pull gently on the ear lobe several times as you take two or three deep breathes.

Say "good morning" – it is now a beautiful one, just waiting for your big smile.

*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.**

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 were a very happy family. Our four children, three daughters and a son, all were happy achievers. I hate to admit it, but the youngest daughter, the baby of the family, was my favorite child.

Suddenly one day, my wife had a very bad pain, and that was the beginning of what became her terminal illness. I cared for her and raised our children through their teen and college years. I was alone for five years and then I met a delightful lady who became my wife. Two daughters and my son refused to

accept my new wife. My special daughter was married and living in Scotland, so I decided we should go to Scotland for our honeymoon so my wife could meet Susan. We planned to stay with them for a week. Susan took an instant dislike to my wife and treated her terribly. On the third day, I said to Susan, "We are leaving; take a good look at me because I never want to see you again."

Five years have passed, and my wife and I are very happy. I do not see my children or grandchildren, and at times it is troubling.

Why can't my adult children accept my choice in a wife and be happy for me? I accepted and never interfered in their choices... but I guess that is different.

Todd

Dear Todd,

Most children are always very selfish and self-centered, but it is sad when they mature and become adults that they remain selfish and self-centered.

Frequently, the motivating force for their anger is the fear of not getting the inheritance they think they deserve. Many adult children think that it is just automatic that they get their parents' money, but this is not true.

The parents are free to give their hard earned money to whomever they decide, providing, of course, there is not proven mental impairment or that the parent has been victimized by a con artist. You have done your best by your family. You and your wife deserve to enjoy your retirement years without interference of uncaring adult children. Best of luck.

Lizzie

Dear Todd,

Not all adult children are out for their parent's money. Many adult children find it difficult to accept second spouses of the surviving parent because of their loyalties to the deceased parent. Some question the motives of the second wives or husbands; still others – loyalties for inheritance of sentimental items aside

– do not like the second spouse.

Nothing complex or deep. The personalities just do not mesh. It is unfortunate when differences cannot be put aside for visits between parents and adult children.

Pryce

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

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I suffer from a lot of daily anxiety. I don't want to take medication, so do you have some suggestions to help reverse this naturally and create inner calm?

A: Be aware of your behaviors and learn to catch the early warning signs of your anxiety so you can squelch it.

Awareness helps you take control of your warning signs so you can prevent your emotions from taking control of you. Make a courageous decision to shift your fear. This will require a change of your thinking and behavior. Rational Emotive Therapy can help you stop horribilizing, awfulizing, catastrophizing, and improve

the situation at hand.

You will want to set a positive intention such as, "I am getting that raise as my creativity and efforts will be recognized." Get a feel in your body of what that is like for you. Is there an opening in your heart center? Is there a sense of comfort? Begin to get a clear idea of how the energy of courage works and feels for you. Be in the ever present now. When you can be more present, you will lessen your anxious thoughts as that occurs when you are out in the future.

When anxiety grips you and doesn't let go, say a prayer. Here is a 2,500-year-old Buddhist loving-kindness practice you may want to try: May I be free of worry, May I be well, May I feel safe and at ease, May I be at peace. Breathe and you will begin to feel peace.

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

Drinks, Strokes And Alzheimer's



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

In an effort to lose weight, many folks turn to diet soda in a seemingly health-conscious choice to save all of those unwanted calories. A new study published in the American Heart Association's journal *Stroke* showed that those who drink artificially sweetened drinks daily have almost three times the risk of having a stroke and developing Alzheimer's disease. The study covered a period of 17 years, comparing daily consumption of artificially sweetened drinks to drinking less than one a week, and involved 2,888 people over age 45 for the stroke analysis and 1,484 people over age 60 for the Alzheimer's part of the study.

If you haven't already reconsidered

your diet soda habit, you should. This study isn't the only one to raise red flags about artificial sweeteners. Others have shown that artificial sweeteners may interfere with the gut bacteria that play a key role in healthy metabolism, altering gut microbes, glucose intolerance and metabolic syndrome (both precursors to Type 2 diabetes) in mice and humans.

Oddly, the new study in *Stroke* didn't find an association between sugary beverages and stroke and dementia. Keep in mind, however, that there is a host of literature linking added sugars to conditions that lead to cardiovascular disease, the number one cause of death in the world. Diets high in added sugars have also been connected to obesity and high blood pressure, and elevated blood pressure increases the stroke risk. The message, therefore, is not to switch to sugary drinks.

Diet soda is simply not a healthy choice. It does not do your body any good. Stick to purified water or natural sparkling water for those who crave the fizz. There are many interesting flavors available, or try adding your own fresh lemon or other fruit.

*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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Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
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City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
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Post Office - Sanibel (toll free)	800-275-8777
Post Office - Captiva	472-1674
Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	472-6197
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
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Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc.	565-7872 or 433-7798
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
Democratic Club of the Islands	Demclubislands@gmail.com
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH. OF SANCAP 24-hr service	472-0404
Sanibel Island Fishing Club	472-8994
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Horticulture and Tea Society of Sanibel and Captiva	472-8334
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Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus	395-1202
Sanibel-Captiva Shell Club	facebook.com/sancapshellclub
Sanibel Youth Soccer	www.sanibelsoccer.org
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

To be listed in calling card email your information to:
press@islandsunnews.com

PETS OF THE WEEK

Haven on Earth Animal League

Olivia And Sophia



Olivia

Hi there! I'm Olivia. I'm only eight weeks old and just a cute little ball of black fluff. I am really special because I have extra toes on one front paw. My foster mom has been taking good care of me, and I am just now ready for adoption. My adoption fee is \$125. To schedule an appointment to see me, call Diane at 860-833-4472 or email Haven on Earth Animal League at



Sophia

havenonearthanimalleague@yahoo.com.

Hi, my name is Sophia. I am a really sweet girl, less than a year old. I am a Maine coon mix with a beautiful bushy tail and bright green eyes. I'm up to date on all vaccinations, spayed and micro-chipped. My adoption fee is \$100. I am currently residing with a foster mom. To make an appointment to see me, call Diane at 860-833-4472 or email Haven on Earth Animal League at havenonearthanimalleague@yahoo.com.

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

Animal Services Dual Promotions

Lee County Domestic Animal Services (LCDAS) will feature two promotions in May. In honor of prom season, adoption fees for senior pets will be \$20 all month. Adult dogs and cats will cost \$30.

The adoption package valued at \$500 includes: spay/neuter surgery, age-appropriate vaccinations, Lee County pet license, microchip ID, de-worming, heartworm test for dogs six months and over, feline

Homeless Count: 2,785 Estimated

Once per year, the Lee County Homeless Coalition conducts a Point in Time (PIT) census to count the homeless and provide data to the U.S. Department of Housing and Urban Development (HUD). The PIT count is also used to gather information that allows local service providers to target services to meet the specific needs of the homeless in local communities.

The PIT count, which asked people where they slept the night of January 21, included both sheltered and unsheltered homeless individuals and families. The PIT count was able to document 431 homeless persons, of which 65 (15.08 percent) were considered to be chronically homeless. Among the 431 persons surveyed, 35.50 percent

AIDS and leukemia test for cats, Pet Behavior Helpline and a 10-day pet guarantee.

On May 20, a special "kitten shower" event will be held noon to 3 p.m. on Saturday, May 20 to help with kitten season. Several groups will join LCDAS, and presentations are planned on topics such as fostering and adoption.

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. The adoption center is open 10:30 a.m. to 3:30 p.m. Monday to Saturday. Available pets can be viewed online at www.leelostpets.com; also visit the Facebook page. Call 533-7387 for more information.✱

reported having a disabling condition. Also among the 431 were 38 families with 70 children. Veterans made up for 3.25 percent of those surveyed. Data obtained through the Lee County Homeless Management Information System (HMIS) and PIT count found that during the course of the year, there are an estimated 2,785 homeless individuals within Lee County.

Although there has been an overall decrease in the number of homeless individuals surveyed during the PIT count, there is an increase in the estimated number of homeless individuals within Lee County. This is due to the fact more homeless individuals have been served in programs throughout the year. The success of the programs led to a decrease in the PIT figure.

The Lee County Homeless Coalition thanks the volunteers who assisted with this year's count. ✨

PUZZLES

Answers on page 29B

Super Crossword

FOWL
TASTING

ACROSS

1 Kitchen head
5 Sail holders
10 Belt locale
15 Swedish auto
19 Verdi slave
20 Greek market of old
21 Act announcer
22 Big, wild cat
23 Start of a riddle
26 See 129-Across
27 In a way, informally
28 Tour crew member
29 Awaiting
31 Sit-up muscles
33 Below zero: Abbr.
34 Cozy retreat
36 Ear-related
37 Cheering words
40 Riddle, part 2
45 Et — (and others, in Latin)
46 Like — of sunshine
47 Like half the integers
48 "— culpa"
49 Nation south of Kenya

51 — tai

(cocktail)

53 Feline zodiac sign

55 Titanic call

58 Riddle, part 3

63 "The Good Wife" airer

65 Bucks and bulls

66 Attach

67 Lt.'s

underling

68 Bandit-hunting band

69 Keys hitting piano keys

71 Heckling

73 Giggle sound

74 Scoundrel

75 Sharp left or right in a ring

76 Carry- — (plane totes)

77 Shearable male

78 Little kitchen raider

79 Riddle, part 4

84 Well-suited

85 Special time span

86 Hurly-burly

87 Masses near tonsils

90 Big tippler

92 Ring king Muhammad

94 Students at Yale

95 Small cut

96 End of the riddle

102 Like quiche

103 "No men" palace area

104 Longtime delivery co.

105 Wrestler's win

106 Alley- — pass

108 Cuts into the surface of

110 Juárez wife

113 "The Lorax" author

117 Concealed obstacle

118 Riddle's answer

122 "Citizen" of film

123 Pass on

124 Slip away from

125 Gillette brand name

126 — -Pei (kind of dog)

127 ISP customers

128 Fix, as a bow

129 With 26-Across, skills of the past

DOWN

1 Raven calls

2 Old Ritz rival

3 German river to the Fulda

4 Daydream

5 — -jongg

6 Stress or sun, to some

7 Big Apple district

8 Hooky-playing

9 Smoothing machine

10 Existed

11 Grant with six Grammys

12 I, to Hans

13 Perceiving

14 Memphis loc.

15 Patty flipper

16 Northern lights, e.g.

17 Acela offerer

18 In a low way

24 Diner's bill

25 Prefix with byte or watt

30 In no peril

32 Welsh city and county

34 Pulled off

35 Opposite of crosswise, archaically

37 Traitor type

38 Menu phrase

39 Retrospect

41 Ovine zodiac sign

42 Coal-rich German region

43 Make null

44 With frenzy

50 More wan

51 Fashioned

52 Rival of iOS

54 Canon shooter line

55 Gliding like a supermodel

56 Gridiron great

Merlin

57 Clay target sport

59 Judo-like cardio fad

60 Anxious

61 Hypothetical missing links

62 Trouble

63 Magna — (document of 1215)

64 Weakly hit fly ball

70 Give a line to

71 Many a Net game

72 Grooving on

73 Likes at once

75 Rattle

77 Base of a number system

80 Crumbly cheese

81 Drizzle, e.g.

82 Barn bundle

83 Sachet bit

88 Cutting barb

89 KGB figure

90 Actor Rod

91 Resistance measures

93 "— Misérables"

94 Make heroic

96 Scrambling kitchen tools

97 ESPN's Storm

98 Mysteries

99 Shoves

100 Duel blade

101 Evening meal

107 —Kosh

B'Gosh (clothing brand)

109 Pale tan

110 "The — the limit!"

111 Lick soundly

112 German auto

114 Until

115 Quaint letter starter

116 See 120-Down

119 —

-de-France

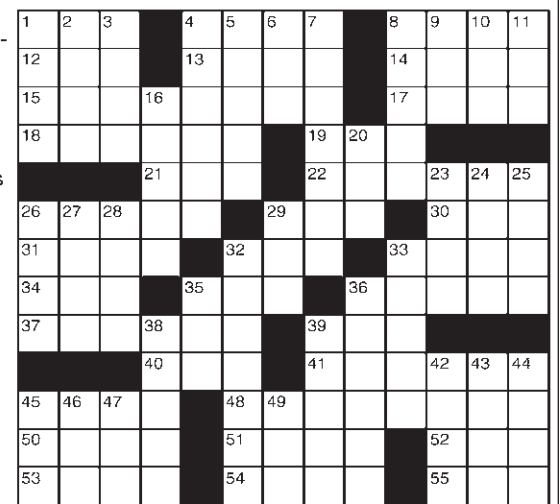
120 With 116-Down, a tot travels in it

121 "Well, I'll be!"

King Crossword

ACROSS

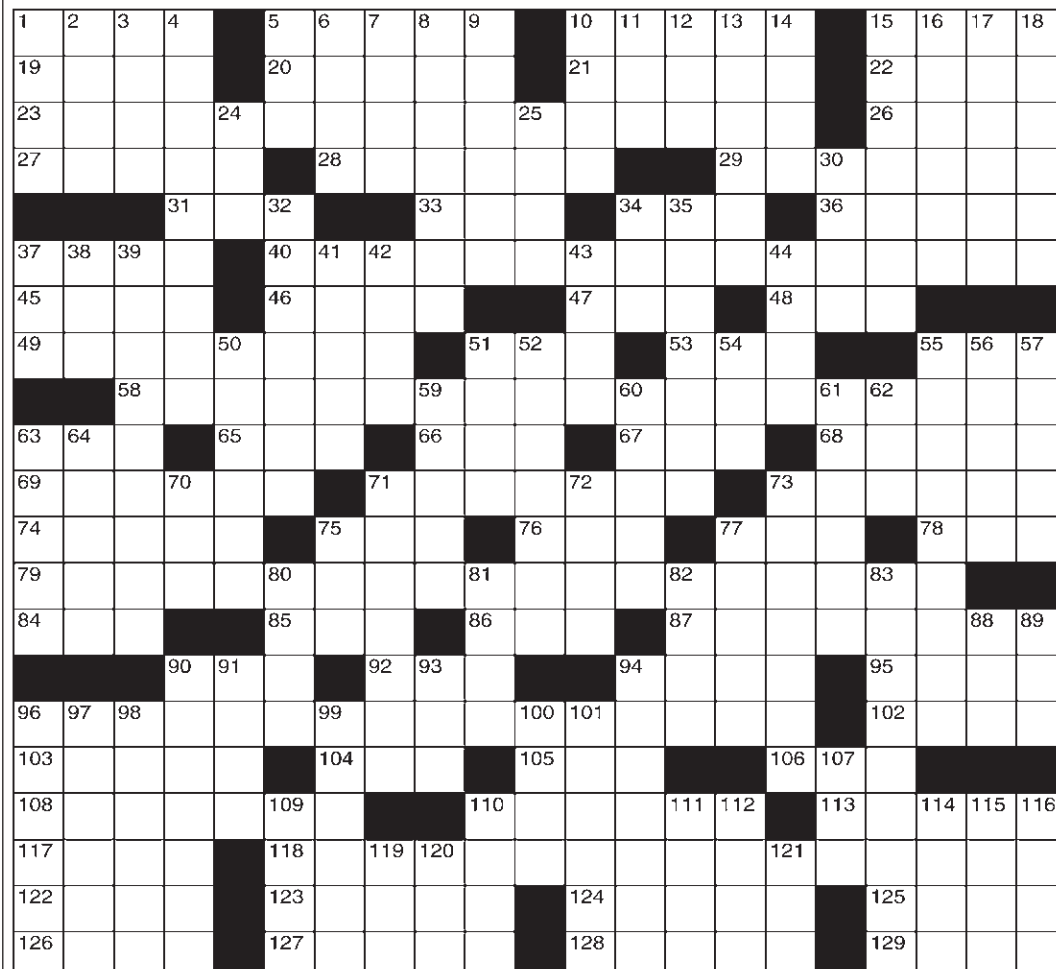
1 Media watch-dog org.
4 Basin accessory
8 Jason's ship
12 Carte lead-in
13 Old woman's home?
14 Cat call
15 Capital of Uzbekistan
17 Elliptical
18 Involve
19 Plant bristle
21 Mischievous tyke
22 Capital of Rwanda
26 Prologue
29 Fast flier
30 Director Howard
31 Little lamb's owner
32 Prohibit
33 Ostentatious display
34 Santa — winds
35 Blunder
36 Point of view
37 Capital of Mozambique
39 Ostrich's cousin
40 Cal.'s ocean
41 Dutch exports
45 Shaving cream



additive
48 Capital of Turkmenistan
50 Sunup
51 One-on-one battle
52 Wall climber
53 Newspaper pg.
54 Bizarre (Var.)
55 Gender
6 A billion years
7 Gotten back
8 In the thick of
9 Accelerate
10 — long way
11 Hooter
16 Hirsute quickly
20 Humor
23 Met melody
24 Forsaken
25 "Meet Me — Louis"
26 Mosque big wig
27 "Peter Pan" pooch
28 Snare
29 Cookie holder
32 Rich fabric
33 "Be-Bop- —"
35 Greek vowel
36 With complacence
38 Knock over
39 Bygone anesthetic
42 Sacred
43 Egyptian bird
44 Macadamize
45 Charon's river
46 Once around the track
47 Have bills
49 Seek damages

DOWN

1 Karma
2 Family
3 Group of actors
4 Inuit
5 Puppy

PLACES WITH
MAGIC MAZE ● AN "A" FRONT
AND BACK

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

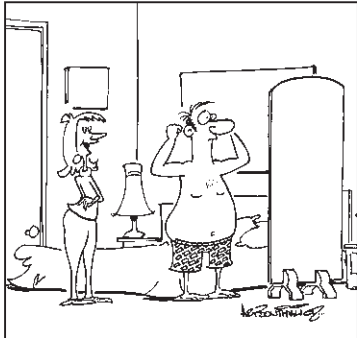
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Africa
Alabama
Albania
Alexandria

Algeria
America
Ankara
Arcadia

Armenia
Aruba
Asia
Atlanta

Attica
Augusta
Aurora



"I wouldn't say you're beefcake, honey.
I'd say your more like a _____."

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!

Strong
BUSTOR

Private
METEOR

Blend
LEMING

Scout
TAPLOR

TODAY'S WORD

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

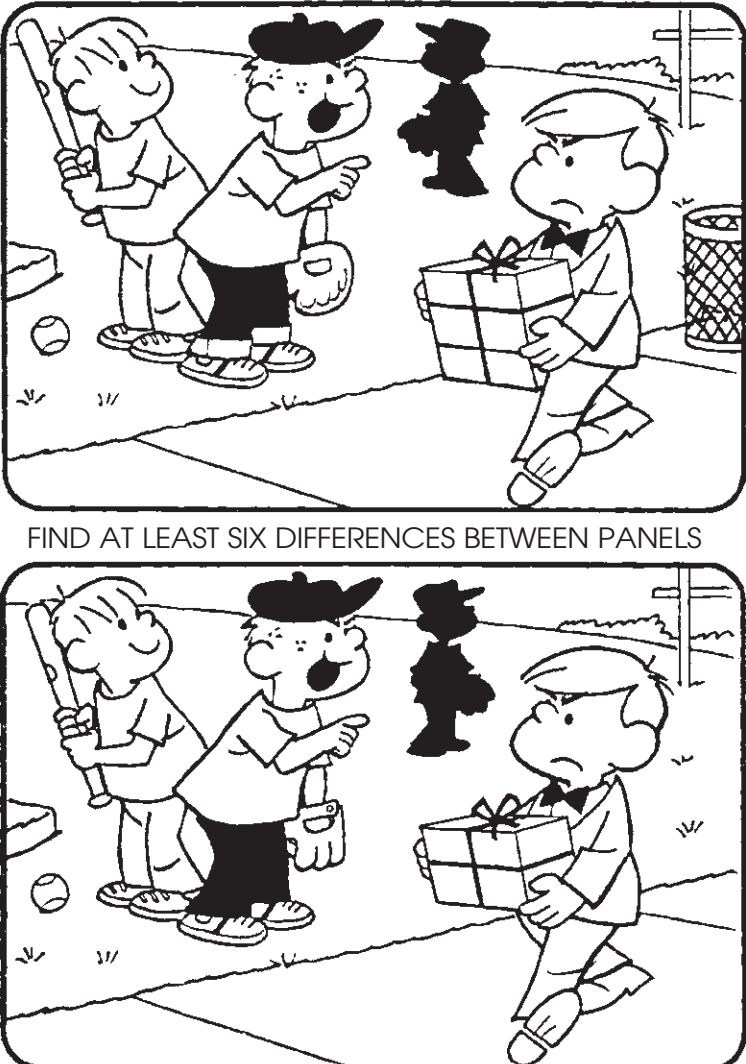
SUDOKU

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. Bat is lowered. 2. Glove is different. 3. Cuffs are missing. 4. Figure is reversed. 5. Box is reversed. 6. Trash can is missing.

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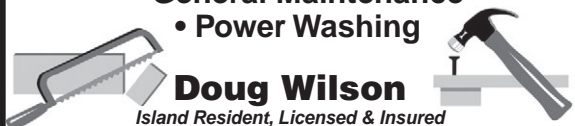
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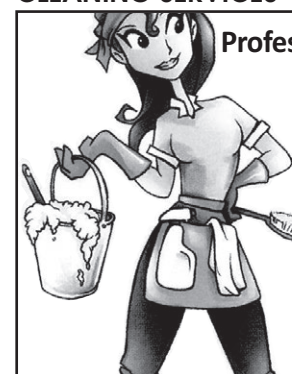


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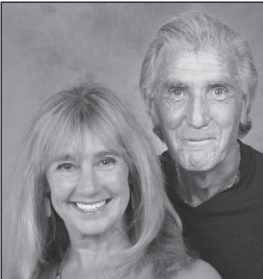
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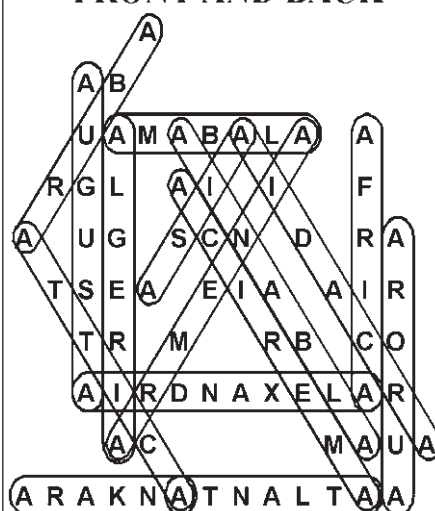
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PLACES WITH AN "A"
FRONT AND BACK



SUDOKU

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2	1	8	3	7	9	5	4	6

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Wear a helmet

Use lights at night

Always be courteous



SANIBEL BICYCLE CLUB



Letter Carrier Food Drive

The 25th annual National Letter Carrier Food Drive will be held on Saturday, May 13. Stamp Out Hunger, the nation's largest single-day food drive, is the one day when letter carriers collect non-perishable food that has been left by mailboxes. The United Way is a partner agency with the letter carriers and the food drive.

Most food collected in Lee County will be distributed by the Harry Chapin Food Bank through their participating agencies in the county. All food collected in food drives is distributed to participating agencies at no cost. Virtually any kind of food may be donated in unopened, nonbreakable containers. Items especially in need are peanut butter, tuna, rice, beans, and canned meats, fruits, vegetables and soups.

Those who will not be able to leave food on the 13th may drop off their contributions at any post office.

Volunteers are needed to both help letter carriers collect the food and to help sort the food once it has been collected. Volunteers wishing to assist letter carriers with their pickups and with preliminary food sorting should contact Tanya Phillips at Harry Chapin Food Bank at 334-7007 or Kim Berghs at the United Way at 433-2000 ext. 260.

For additional information contact George Sciascia, Letter Carriers' Food Drive coordinator, at gsciascia@comcast.net or 218-1147.✱

Conference On Aging

Hope Healthcare is hosting the 16th annual Southwest Florida Conference on Aging at Crowne Plaza Fort Myers at the Bell Tower Shops on Wednesday, May 17 from 8:15 a.m. to 4 p.m. Doors open at 7:45 a.m.

The conference, multi-disciplinary for health care professionals, older adults and family caregivers, offers education on generational aging, elderly exploitation, senior social issues, postoperative delirium and self-advocacy and medical conditions. It will conclude with a conversation about gratitude.

Registration is \$85 for licensed professionals and includes six contact hours; \$70 for United Way Partner Agencies; and \$50 for caregivers, students and the public. Registration fees include lunch and program materials.

Presenters for the conference include Glenn Gutek, Atticus Practice Management Systems; Heather Conley, Department of Children & Families; Dr. Thomas Felke, Florida Gulf Coast University; Dr. Ajay Mayor, Lee Health; Dr. Susan Cassidy, CriticalMD; and Jonathan Scalone, Hope Healthcare.

The Conference on Aging is sponsored by Prather & Swank, PA and hosted by Hope Healthcare in partnership with Arden Courts, the Area Agency on Aging for Southwest Florida, Florida Gulf Coast University, Lee Health and United Way of Lee, Hendry, Glades and Okeechobee counties.

The registration deadline is May 10. To register online or to print the registration form, visit www.donate.HopeHCS.org/COA17. For more information, call 482-4673.✱

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Frowes	Captiva	1955	5,403	\$6,500,000	\$5,712,500	527
Barefoot Beach	Bonita Springs	2001	6,500	\$4,385,000	\$4,150,000	36
Jose's Hideaway	Captiva	2008	2,917	\$2,495,000	\$2,000,000	454
Oakbrook	Estero	2004	4,155	\$1,499,500	\$1,452,500	358
Vittoria	Fort Myers	2015	5,800	\$1,399,000	\$1,150,000	172
Beachview Country Club Estates	Sanibel	2002	2,500	\$1,250,000	\$1,050,000	46
Beachview Country Club Estates	Sanibel	2001	2,736	\$1,199,000	\$1,130,000	6
Riverside	Fort Myers	1928	4,342	\$995,000	\$955,000	4
Pelican Landing	Bonita Springs	1993	3,337	\$949,900	\$800,000	284
Little Lake Murex	Sanibel	1985	2,023	\$899,000	\$850,000	100

Courtesy of Royal Shell Real Estate

My Stars ★★★★★

FOR WEEK OF MAY 8, 2017

ARIES (March 21 to April 19) You Ewes and Rams will find your ideas cheered by a mostly receptive flock. Those few dissenters could well be turned around by your charm and powers of persuasion.

TAURUS (April 20 to May 20) It's time for the bold and beautiful Bovine to shake off the dust of the past and shape up with new ideas for the future. This could surprise some folks, but they'll soon adjust.

GEMINI (May 21 to June 20) Those nagging new doubts about an upcoming decision should alert you to step back (at least temporarily) so you can reassess its potential impact from a new perspective.

CANCER (June 21 to July 22) That unpleasant situation you hoped would go away by itself needs immediate attention before it affects an upcoming decision. Expect your supporters to rally around your cause.

LEO (July 23 to August 22) You're moving up and away from that recent setback. But remain cautious about finances. An exercise in thrift today helps cushion a possible end-of-the-month money squeeze.

VIRGO (August 23 to September 22) You're still dealing with overtones of pessimism that cause you to doubt your ability to make some needed changes. But the negative

pressures will ease up by week's end.

LIBRA (September 23 to October 22) There could be some fallout from the way you handled a recent family problem. But those who know that you were in the right won't hesitate to step in on your behalf.

SCORPIO (October 23 to November 21) Financial strains ease by week's end. Meanwhile, focus on cultivating that new relationship if you hope to have it blossom into something more meaningful.

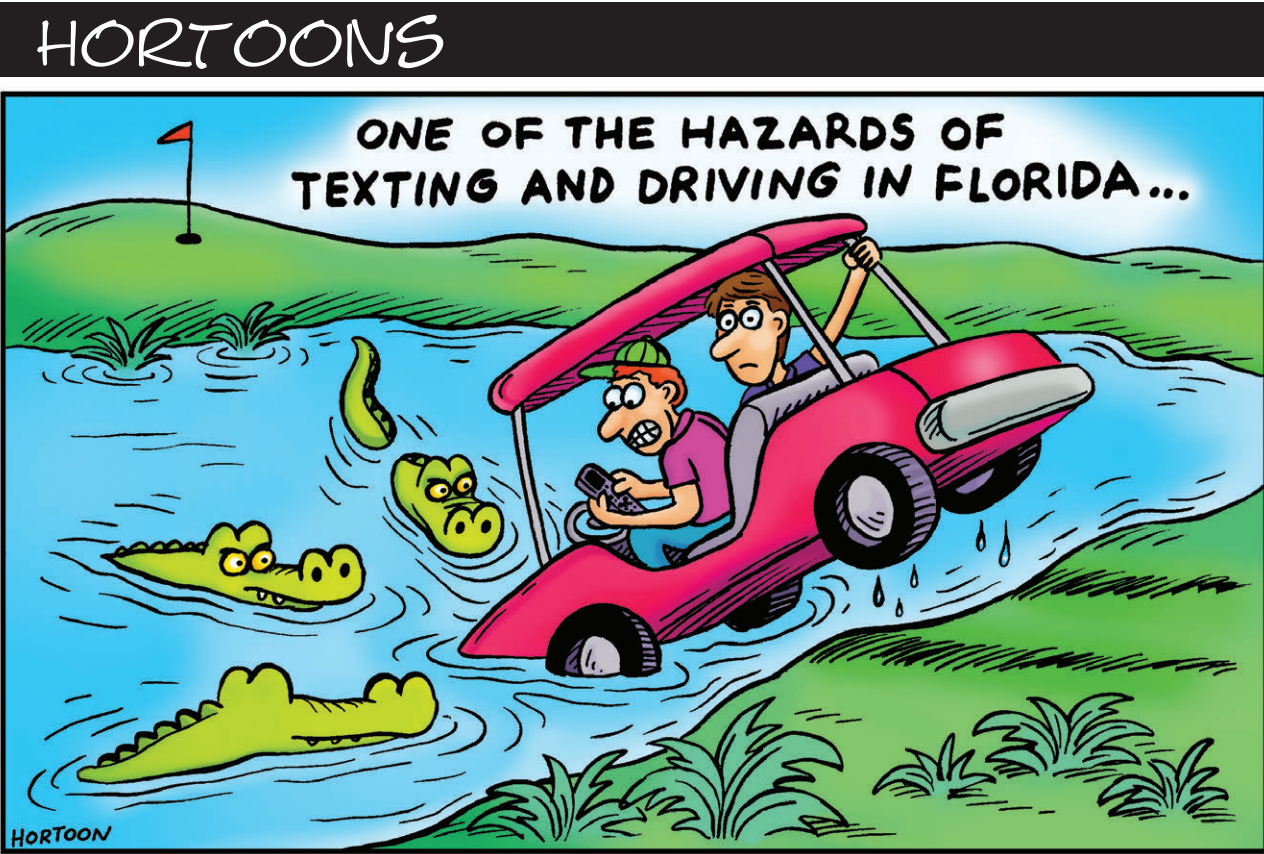
SAGITTARIUS (November 22 to December 21) Health matters once again dominate the week. Be careful not to ignore recurrences of an old problem. An almost-forgotten commitment resurfaces.

CAPRICORN (December 22 to January 19) The emergence of an unusual selfish streak could dismay those close to you. Defy it -- don't justify it -- so you can become your gracious self again.

AQUARIUS (January 20 to February 18) Reassess your decision to stay with the status quo. It might seem like the sensible thing to do right now, but changes around you could make that choice a risky one.

PISCES (February 19 to March 20) Move decisively but cautiously when dealing with a delicate personal matter. The fewer mistakes you make now, the less likely it is that the problem will recur later on.

BORN THIS WEEK: You can find beauty where many cannot. And you enjoy sharing your discovery with others.





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Seagull Estates

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Loggerhead Cay

Top-floor 2 bedroom with this view & years of rental history. Recently-remodeled kitchen & fully-equipped to maximize rentals, it grosses as much as \$60K annually. Amenities include clubhouse, Olympic-sized pool, tennis & more. \$598,300



Pointe Santo

This view from 3rd floor over tropical lagoon to gulf. Cute room 1 bedroom in long-time rental program. Decorated island-style & guaranteed to make you smile. Clubhouse with children's activities, pool, tennis, bbq's, & more. \$599,000



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