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SANIBEL & CAPTIVA ISLANDS, FLORIDA

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Summer Camp Open House At Rec Center

by Jeff Lysiak

A fun-filled summer of daily activities, sports-themed experiences and day trips is being planned by the Sanibel Recreation Department team for this year's Summer Day Camp, a traditional nine-week day camp which will run from Monday, June 3 through Friday, August 2. Each week will feature a different time period as organizers have dubbed the upcoming program Time Traveler: Rec of Ages.

The camp, offered to children entering kindergarten through eighth grades, runs Monday through Friday from 8 a.m. to 5 p.m. at the Sanibel Recreation Center, located at 3880 Sanibel-Captiva Road (next to The Sanibel School).

Campers will participate in activities such as swimming, fishing, arts and crafts, basketball, surfing, bowling and archery, along with a number of other games and athletic endeavors. Special guests, along with locally-focused field trips, will also be a part of the action.

For the first time, the recreation center



Helping promote this year's Summer Day Camp at the Sanibel Recreation Center are, from left, Luke Williams (dinosaur), Alexander Erickson (Chinese dragon), Noah Ashley (caveman), Timothy Bloetz (viking), Jillian Breece (queen), Gia Lackenby and Adeline Nickerson (colonial era), Sonia Ojalvaro (cowgirl), Aubrey Wilson (pirate), Eden Fautz (space robot), Youth Program Supervisor Dave DeFonzo and Jaeny Oquendo (pirate)

photo by Jeff Lysiak

will host an open house-style event on Friday, May 17 from 5 to 7 p.m. The gathering will give parents of summer camp participants an opportunity to meet some of the staff and counselors who will

be running the day-to-day activities, see the facilities and equipment being used and learn more about activities planned throughout the program.

"We thought it might be kind of neat

to have a back-to-school-style event where parents and grandparents of our campers could come in and meet the staff, ask some questions and get a tour of the

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SCCF volunteers Irene Nolan, Paola Wierda and Darlene Rizzo with the staked loggerhead nest, the islands' first nest of the season

photo provided

First Sea Turtle Nest Reported

Sanibel-Captiva Conservation Foundation (SCCF) reported that the first sea turtle nest of the 2019 nesting season was found on Sanibel's east

end on April 27. The loggerhead nest was found by volunteers Irene Nolan, Paola Wierda and Darlene Rizzo. The nest was screened to protect it against predation; the holes in the screening are large enough for hatchlings to emerge without assistance.

SCCF coordinates monitoring of sea

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Sanibel's Straw Ban In Jeopardy

by Jeff Lysiak

It remains to be seen if Florida Gov. Ron DeSantis will sign or veto HB 771, the environmental bill that includes prohibiting local governments from enforcing regulations on single-use plastic straws over the next five years. The bill, which passed the State House two weeks ago and State Senate on April 30, would essentially dissolve regulations put in place by municipalities – including Sanibel and Fort Myers Beach – which have banned the distribution of plastic straws.

News of the potential elimination of the local plastic straw ban reached members of Coastal Keepers, who were instrumental in championing city leaders to create and enact an island-wide prohibition of single-use plastic straws last year. On July 11, 2018, members of the Sanibel City Council voted unanimously to prohibit the sale or distribution of plastic straws.

"We're all very disappointed here," said Sam Lucas, Coastal Keepers conservation initiative coordinator who helped promote the Strawless On Sanibel (SOS) campaign



Sam Lucas



Jason Maughan

two years ago. "But we're still hoping that (HB 771) won't be signed by the governor."

According to Sanibel's local ordinance, "A plastic straw shall not be sold or distributed within the City of Sanibel in or by any commercial establishment or at any city facility or city property or by any special event permittee." Exceptions to the ban would include prepackaged beverages prepared outside of the city, medical and dental facilities, use of straws by disabled people who rely on their use to consume beverages or dietary supplements, multiple use straws or on land owned and managed by the Lee County School

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HAPPY BIRTHDAY



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Disney Musical Comes To Sanibel School Stage

by Jeff Lysiak

The Performing Arts classes from The Sanibel School will present Disney's *The Little Mermaid Jr.* on Thursday, May 16 and Friday, May 17. The doors will open at 6:30 p.m. prior to the 7 p.m. performance. Tickets are \$8 for adults and \$5 for students and can be purchased at the door. A concessions stand will be available at both performances for food and drink purchases. All funds raised from the concessions stand and ticket sales will go to support The Sanibel School's Music Department.

Additionally, the school's Elementary Choir will perform as the opening act on Thursday while the Seahorse Chorale will perform as the opening act on Friday.

According to Joey Giangreco, the school's music educator, students will be presenting the full production of Disney's *The Little Mermaid Jr.* on both nights. Songs included within the production include *Fathom's Below*, *Daughters of Triton*, *Human Stuff*, *Part of Your World*, *Under The Sea*, *She's In Love*, *Poor Unfortunate Souls*, *Les Poisons*, *The Contest*, *One Step Closer* and *Kiss The Girl*.

"Students in Performing Arts have been rehearsing since January in both during and after school rehearsals to prepare for our production of Disney's *The Little Mermaid Jr.*," said Giangreco. "The Performing Arts students have shown great effort and dedication to prepare for their upcoming production and I am very proud of them."

Serving as assistant director of the production is Missy Calkin, a retired music teacher who is volunteering her time three days per week. Calkin helps with staging, music, acting, finding props and costumes.

"She has also spent countless hours at home preparing stagings and music for rehearsals," noted Giangreco. "Additionally, she has attended all of our after school rehearsals and will be assisting at our upcoming tech week rehearsals and helping at the performances. She has offered great input in all aspects of our production and we cannot thank her enough for all that she has done to make our production a success."

Giangreco also thanked Creative Theater Workshop for allowing the school to rent costumes for the production and Tylor Stewart, art teacher at The Sanibel School, for serving as the visual arts director.

"Ms. Stewart, along with her students (Kate Doster, Helina Lifshatz, Layla Samph, Olympia DeCosta, Ashton Cohen, Roman Lermer, Elliot Decosta, Colin Vandenbrink, Hudson Stirner, Lilly Noorlander, Lily Doster and Alex Erickson) created the sets for the show," he explained. "They have been working since February to create the sets. The sets look phenomenal and we can't wait to debut all of them in our production."

The cast of Disney's *The Little*



image provided

Mermaid Jr. includes Ariel – Camryn Peach (Cast 1) and Une Jankauskaite (Cast 2); Sebastian – Kristian Schafer (Cast 1) and Preston Hanni (Cast 2); Prince Eric – Kyle Klaric; Ursula – Lilly Doster; King Triton – Zak Miyahira; Flounder – Kate Doster; Scuttle – Gabby McKinney (Cast 1) and Grace Campanella (Cast 2); Flotsam – Gracie McKinney; Jetsam – Kayce Nette; Mermaids – Marit Foster, Crystal Jones, Faith Mitchell, Grace Mitchell, Lilly Noorlander and Sophia Sbarra-Michelland; Chef Louis – Grace Campanella (Cast 1) and Gabby McKinney (Cast 2); Grimsby – Ronan Maughan; Carlotta – Jenna Cook; Ship Captain – Jessica Chavez-Santana; Gulls – Alex Erickson, Cole Fields and Sean Sawicki; Seahorse – Kyle Lusk; Ensemble – Maya Brennan, Olympia DeCosta, Mia Martinez, Samantha Pascual, Amanda Cohen, Ashton Cohen and Samuel Paul. The student director is Lilly Doster, sound technician is Kennedy Hanni and student dance captain is Maya Brennan.

"We would like to thank Eli Baldwin and Michelle Hamstra from Creative Theater Workshop for coming in to work with the Performing Arts students for a few rehearsals and choreographing the following songs for our production: *Under The Sea*, *Human Stuff*, *Les Poisons* and *Kiss The Girl*. We greatly appreciate their help and support in making our production a success," added Giangreco, who also thanked the Padgett Family Foundation for their generous donation towards the school's new sound system.

Fundraising for Performing Arts, which has included a car wash and dodgeball tournament, allows the school to be able to present a quality production with costumes, sets, lighting, etc. The school has also received donations from the Sanibel-Captiva Rotary Club and families of students at The Sanibel School, which have helped fund the production of Disney's *The Little Mermaid Jr.*✱

Top Ten Books On The Island

1. *Lost Girls of Paris* by Pam Jenoff
 2. *Normal People* by Sally Rooney
 3. *Favorite Sister* by Jessica Knoll
 4. *Paris Architect* by Charles Belfoure
 5. *Where the Crawdads Sing* by Delia Owens
 6. *Night Tiger* by Yangsze Choo
 7. *Promise* by Minrose Gwin
 8. *Overstory* by Richard Powers
 9. *Weight of Ink* by Rachel Kadish
 10. *Huntress* by Kate Quinn
- Courtesy MacIntosh Books and Paper.✱



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All aboard the *Santiva* photo courtesy Captiva Island Historical Society Archives

Captiva Island Historical Society

Looking Back: Mailboat Santiva

This week's image features the mailboat *Santiva*, pictured at a dock with people seated atop the vessel. The date and location are unknown.

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. Call 533-4890 for information.

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

Churches/Temples

ANNUNCIATION GREEK ORTHODOX CHURCH

Reverend Father Dean Nastos, Orthos Service Sunday 9 a.m., Divine Liturgy Sunday 10 a.m., Fellowship Programs, Sunday School, Bible Study. www.annunciation.fl.goarch.org, 8210 Cypress Lake Drive, Fort Myers, 481-2099.

BAT YAM-TEMPLE OF THE ISLANDS

The Reform Jewish congregation has Friday Shabbat services at 7:30 p.m. (7 p.m. from May to Sept.) in Fellowship Hall of Sanibel Congregational UCC. Rabbi Stephen Fuchs, President Barry Fulmer. www.batyam.org, 2050 Periwinkle Way, 732-780-2016.

HISTORIC CAPTIVA CHAPEL BY THE SEA

The Rev. Dr. John N. Cedarleaf Services every Sunday 11 a.m. November 11, 2018 thru April 28, 2019. 11580 Chapin Lane, Captiva, 472-1646.

FIRST CHURCH OF CHRIST, SCIENTIST

Sunday 10:30 a.m., Sunday School 10:30 a.m., Wednesday afternoon meeting 4:30 p.m. Reading room open, Monday, Wednesday and Friday 10 a.m. to 12 p.m. (November through March), Friday 10 a.m. to 12 p.m. (summer hours). 2950 West Gulf Drive, 472-8684.

SANIBEL FELLOWSHIP, sbc

Join us for Bible study and Worship Sunday 10 a.m. at Island Cinema. Call Pastor Mark Hutchinson, 284-6709.

SANIBEL COMMUNITY CHURCH

Dr. Stephen LeBar, Interim Senior Pastor Sunday Worship: 8 a.m. Traditional in Historic Chapel; 9 a.m. Contemporary and Children's Church in Main Sanctuary; 11

a.m. Traditional in Main Sanctuary. Childcare available at all services. www.sanibelchurch.com, 1740 Periwinkle Way, 472-2684

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Reverend Deborah Kunkel, Associate Pastor. Sunday worship: chapel service at 7:45 a.m.; 10 a.m. blended or traditional service (alternate months). Sunday school and nursery care at 10:00 a.m., www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

ST. ISABEL CATHOLIC CHURCH

Pastor Reverend Christopher Senk, Saturday Vigil Mass 5 p.m., Sunday Mass 8:30 and 10:30 a.m., Sunday May through October 9:30 a.m. only. Daily Mass Wednesday, Thursday and Friday 8:30 a.m. Holy Days call. 3559 San-Cap Road, 472-2763.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Dr. Ellen Sloan, Rector. Saturday Eucharist 5 p.m. Sunday Eucharist 8 and 10:30 a.m. Sunday School 10:30 a.m. (until May 20). Tuesday Morning Prayer 9 a.m. Wednesday Healing Eucharist 9 a.m. Prayer and Potluck first Wednesdays 6 p.m. Taizé Service third Wednesdays 6 p.m., www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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



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St. Isabel parishioners

Volunteer Appreciation Soiree At Church

On April 25, St. Isabel Parish held its 3rd annual Volunteer Appreciation Soiree party. During the evening's festivities, St. Isabel staff

photos provided

recognized the volunteers who tend to so many of the duties that it takes to run the parish. It was an evening of joy and fellowship, a night to celebrate the good stewards of the parish who share their time and talents, and to thank them for all that was accomplished in the faith community.

Food was provided by Sanibel Catering Company by Bailey's.✱

From page 1

Summer Camp

facility," said Dave DeFonzo, youth program supervisor. "We might even give them a chance to try out some of the equipment the kids play with while they're here."

Among the most popular activities returning this summer are fishing with the Junior Anglers (sponsored by the Sanibel Captiva Optimist Club) held on Mondays from 9 a.m. to noon (fourth and fifth graders); gymnastics held on Mondays from 11 a.m. to 2 p.m. (kindergarten to second graders); snorkeling held on Tuesdays from 10 to 11 a.m. (kindergarten to second graders) and from 11 a.m. to noon (third and fourth graders); paddle and kayak outings held on Tuesdays from 9 a.m. to noon (sixth through eighth graders); golfing at The Sanctuary held on Wednesdays from 10 to 11 a.m. (sixth through eighth graders) and from 11 a.m. to noon (fourth and fifth graders); and archery held on Fridays from 10 a.m. to noon (fifth and sixth graders).

Local field trips will include weekly outings to Island Cinema, alternating between Wednesdays for kindergarten to third graders and Thursdays for fourth through eighth graders. For the younger campers, they will travel to Sun & Fun Lagoon in Naples (June 12), Zoomers Amusement Park in Fort Myers (June 26), Splash Day at Fort Myers Miracle (July 10) and Defy Gravity Park in Fort Myers (July 24). Older campers will venture to Spinz Roller Rink in Fort Myers (June 6), Sunsplash Water Park in Cape Coral (June 20), Defy Gravity Park in Fort Myers (July 18) and Broadway Palm Dinner Theatre for a matinee performance of Disney's *Beauty and the Beast* (August 1).

This year's weekly theme lineup will take summer campers on a journey through time, with special activities planned along with costumes and period-themes games. Week 1 (June 3 to 7) is

Prehistorically Speaking; Week 2 (June 10 to 14) is Age of the Dragon: Ancient China; Week 3 (June 17 to 21) is Kings, Knights & Vikings; Week 4 (June 24 to 28) is Pirate Invasion; Week 5 (July 1 to 5) is Colonial Days of the Revolution; Week 6 (July 8 to 12) is Gold Rush: The Wild West; Week 7 (July 15 to 19) is Dilemma of the Decades: Era of Your Choice; Week 8 (July 22 to 26) is The Time Is Now: Current Day Heroes; and Week 9 (July 29 to August 2) is Space Age Time Warp.

Rates per week range from \$132 for members and \$171 for non-members (early bird; call for registration dates) to \$157 for members and \$206 for non-members. Camp will not be held on Wednesday, July 4. Financial assistance is available to qualifying families. As part of the registration fee, breakfast and lunch will be provided daily as well as the all-inclusive weekly field trip itinerary. Campers should bring a swimsuit, towel and sunscreen daily.

To register your child or for more information, call the Sanibel Recreation Center at 472-0345 or visit www.mysanibel.com.✱

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The National Association of Letter Carriers (NALC) will conduct the 27th annual Stamp Out Hunger Food Drive on Saturday, May 11. The nation's largest single-day food drive will involve the help of sponsors, volunteer organizations and U.S. Postal Service employees in 10,000 communities nationwide.

Leave your non-perishable food donations in a bag near their mailbox on Saturday, before their letter carrier arrives. Food collected during Saturday's drive will be delivered to local community churches, food banks and food pantries for distribution.

Foods that are high in protein such as canned tuna, salmon, beans and peanut butter are most needed. Canned fruits and vegetables, whole grain, low sugar cereals, macaroni and cheese dinners and 100 percent fruit juice also top the list of most needed items.✱

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Guests mingling at the VIP dinner at The Community House photo provided

Charity Dinner Raises Funds For Local Children

Champions 4 Children hosted its 6th annual VIP dinner at The Community House recently. This charity raises funds to help children primarily in the local community. This year, there are three beneficiaries: Blessings in a Backpack, Valerie’s House and CureSearch for Children’s Cancer.

The goal of the Champions 4 Children Foundation, started by the Shanfelter family, is to keep the money in Lee County without any

administrative costs, and have all the proceeds go directly to the chosen charities.

The “champions,” which include current and former NFL, NBA, MLB, PGA, Olympic and collegiate athletes, and the VIP guests dined on food donated by local restaurants. On the menu were made-to-order scallops by Il Cielo, lamb lollipops by Sanibel Catering Company by Bailey’s, Boudain Balls by MudBugs, buffalo wings by Lazy Flamingo and baked ziti by Chris (Shanfelter family friend).

The weekend of events included a meet and greet with Tony the Tiger for the Blessings in a Backpack participants, concert by JT Hodges, golf tournament, luau dinner and live auction.*

Students Organize Toy Drive




From left, Pastor Sam, Faith Mitchell, Grace Mitchell, Anne (Pastor Sam’s wife), Cornelia Mitchell and Pastor Kevin Schafer photo provided

Faith and Grace Mitchell, sixth graders who attend the Sanibel Community Church H2O youth group, are spearheading a drive for gently used toys to be distributed in Haiti. The girls presented their idea to their peers and invited a special guest, Pastor Sam of the First Baptist Church Montrouis, Haiti, to speak about the needs for the children who attend his church. Pastor Sam gave his testimony and explained the various trials the families in his community go through.

The teens in the youth ministry group are praying for overflowing bins and that the items will bring joy to the children of Haiti. Joining their parents in spring cleaning, the students have been providing plenty of toys for this mission.

The Mitchell family is donating suitcases and will send the collected items on the plane with Pastor Sam when he travels back to Haiti on May 15. H2O Youth Ministries is grateful for those who have donated items.*



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Vacation Bible School students learn through art, cooking and music

photo provided

Vacation Bible School Offered At St. Michael's

St. Michael & All Angels Episcopal Church is offering Vacation Bible School for ages 5 to 12 from 9 a.m. to noon June 10 to 14. Children from Sanibel-Captiva and Fort Myers are welcome, as well as visiting children, grandchildren, nieces, nephews and friends. Vacation Bible School is free and snacks are provided each day.

For the third year, St. Michael's Youth Leader Meghan Warner, and Parish Nurse Wendy Warner, RN, will lead this fun week

of learning, singing and activities. Wendy has served as the St. Michael's nurse for four years and is also a member of the Sunday School teaching team. Meghan has led the church youth group for four years. She has also been a counselor at the Diocesan Day Spring Summer Camp. Both Wendy and Meghan have taken leadership roles with Girl Scouts of the USA.

Vacation Bible School learning activities promote understanding of the Bible stories in ways that children with different learning styles can grasp. Small group lessons and individual learning in such areas as painting, cooking and music allow participants to be creative and artistically expressive about the meaning behind the stories.

To register, call the church office at 472-2173. Registration deadline is Friday, June 7.

For more information, visit www.saintmichaels-sanibel.org.*

Historical Village Open During Construction

The Sanibel Historical Museum & Village will remain open during the BIG ARTS construction project. The project will continue through the remainder of the historical village season and into next season, but parking and access for guests and volunteers will be available throughout that time.

The traditional entrance to the village has been closed off for the construction and a new, temporary entrance has been made available down the road to the west at what was the exit drive. That drive will now function as both an entrance and exit access. Signage has been added at both places.

Summer hours are Tuesday through Saturday from 10 a.m. to 1 p.m. Guided tours take place at 10:30 a.m. at no additional charge, depending on docent availability. The village is located at 950 Dunlop Road (next to BIG ARTS) and there is handicap access to the buildings. Admission is \$10 for adults over 18; no charge for members and children.

For more information or to make a donation, visit www.sanibelmuseum.org or call 472-4648.*

College Graduate



Alec M. Suarez

photo provided

Alec M. Suarez graduated May 3 from Florida State University with a bachelor of science degree in business, majoring in real estate and marketing.

Suarez is the third generation to join the John Naumann & Associates family as a realtor with the LeAne Suarez Group, part of the Suarez Family of Companies, serving Sanibel and Captiva since 1995.

Congratulations Alec!

Your proud family, Ken, LeAne, Ashley, Austin and Gilda.*

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Council Responds To Road Erosion

by Jeff Lysiak

In response to the devastating erosion of the shoreline along Sanibel-Captiva Road south of the Blind Pass Bridge in northern Sanibel, members of the city council on Tuesday authorized City Manager Judie Zimomra to enter into negotiations with Humiston & Moore Coastal Engineers for emergency design and engineering services.

According to Keith Williams, director of the city's community services department, the last beach fill along that stretch of shoreline was conducted in 2013. But since then, sand placed along the north end of the island has eroded away, leaving Sanibel-Captiva Road vulnerable to impacts from high frequency storms. Both state and federal permits are currently in place for the Captiva Beach Restoration Project, which includes the northern tip of Sanibel.

"The concept plan involves the addition of a larger armor stone layer along the existing buried revetment and installation of a steel sheetpile wall with a concrete cap upland of the revetment along the edge of the right-of-way for the approximate 400-foot section of vulnerable roadway," the document presented by Williams reads, in part. "Additional rock will be included for toe-scour protection north and south of the existing revetment seaward of the new wall and tapering of the rock further landward. The project is intended as a last line of defense to border and protect the existing road and allow for potential future improvements to the roadway. With the next phase of beach restoration currently scheduled for the winter of 2020-21, without additional shore protection improvements, the roadway would remain vulnerable and subjected to overtopping and potential damage from high frequency storm events."

While there has not been a formal date set for the project to begin, engineers from Humiston & Moore have suggested that work start "as soon as practical."

"We're not going to get the construction done before hurricane season, but there's a good chance to have this completed before the first cold front comes through," said Williams.



Members of the Sanibel City Council, from left, Mick Denham, Richard Johnson, Jason Maughan, Holly Smith and Kevin Ruane, who read a proclamation honoring the 33-year career of James C. Jordan, former director of planning who passed away last month. Accepting the proclamation is Jordan's widow, Marguerite Jordan, along with their daughters, Alicia and Angelica, and granddaughter Amaya.

photos by Jeff Lysiak

In other business, councilors were presented a prototype of the new tri-fold brochure *Bike & Hike Sanibel*, which provides information for cyclists, pedestrians and motorists visiting the island related to observing state and city laws as well as a map detailing common destinations. The map shows the location of the island-wide shared use paths, bicycle lanes, environmental lands, rest areas, recreation and resources.

Zimomra told members of the council that the map will be produced using funds received from the Tourism Development Council (TDC). A \$25,000 grant will be used to print and distribute approximately 110,000 copies of the map.

Following a brief discussion, Councilwoman Holly Smith made a motion to approve the brochure, which was passed by a 5 to 0 vote.

Also, Leslie Adams, Michael Cohn and James Goodwin were appointed to the Sanibel Historical Preservation Committee while Dr. Phillip Marks' status on the city's vegetation committee was changed from adjunct to full member.

Jordan Honored

A capacity crowd filled MacKenzie Hall on Tuesday, many of whom came to pay tribute to longtime planning department employee James C. Jordan, who passed away last month.

During a brief ceremony attended by Jordan's widow, Marguerite, the couple's daughters, Alicia and Angelica, and granddaughter Amaya, Mayor Kevin Ruane read a proclamation honoring Jordan for his 33 years of dedicated



Gloria Garrett, center, president of the Sanibel-Captiva charter chapter of the American Business Women's Association (ABWA) accepting the proclamation from the City of Sanibel honoring ABWA's 40th anniversary serving the islands

service to the island community.

"Jim Jordan dedicated his life to public service, all while serving the citizens of Sanibel, administering the city codes that protected and fostered the way of life the founders of Sanibel envisioned when incorporation occurred in 1974," the proclamation reads, in part. "Jordan's planning career accomplishments during his city employment have left a legacy and positive impact on our community embracing the Sanibel Vision and the Sanibel Plan for future generations... Jim Jordan will always be remembered for his dedicated and faithful service to the City of Sanibel."

Following the reading of the

proclamation, Ruane and his fellow council members presented bouquets of long-stemmed white roses and several small gifts to the Jordan family.

"I'd like to thank everyone who knew him and loved him for who he was and what he did for Sanibel," said Marguerite Jordan.

Additionally, council members shared their thoughts and offered prayers in memory of several prominent locals who have passed in recent weeks, including former Mayor Louise M. Johnson, Lee County Commissioner Larry Kiker, longtime vegetation committee member Berdenna Thompson and Sanibel Police Officer Anthony Neri.✧

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City Mourns Death Of Officer Anthony Neri

Sanibel Police Officer Anthony Neri passed away on May 6 of natural causes when he collapsed during a training exercise. He was transported to the hospital where he passed away.

Neri began his career with the City of Sanibel in 2012 as a police aide. In 2015, he was promoted to the position of police officer.

Prior to joining the department, Neri had a 30-year career as a revenue officer with the U.S. Department of Treasury. He also had worked three years as a police officer with the Union Township, New Jersey Police Department.

Neri earned his bachelor of arts degree from Kean University in New Jersey. He also held his private pilot license.

Neri earned CPR certification as professional rescuer. He was a past recipient of the city's perfect attendance



Anthony Neri photo provided
award. In 2017, Neri was elected by his peers to serve as their representative on the City of Sanibel Police Pension Board.✱

OBITUARY



BERDENNA MAXINE THOMPSON

Berdenna Maxine Thompson, 95, of Marion, Indiana passed away on April 18, 2019. Berdenna was born to Boyd and Ruth in 1923. She was preceded in death by her older brother Leo, her husband Robert "Bob" Thompson and her daughter Diane Ruth Barrie.

Berdenna made use of every moment of her 95 years. For 30 years, she served as a teacher to countless fourth and fifth graders. She earned her bachelor's degree in chemistry from Weslyn Methodist College and her master's in education from Eastern Michigan University.

Berdenna and Bob moved to Sanibel Island in 1980 where Berdenna became heavily involved in the Sanibel community. She was

instrumental in leading Sanibel's Arbor Day celebrations, and became known around the island as the "Tree Lady." She ensured that a new tree was planted at the annual Arbor Day Celebration at The Sanibel School. Berdenna was the longest serving member of the Sanibel Vegetation Committee, with her tenure lasting 30 years.

When not donating her time to the city's vegetation committee, Berdenna also volunteered for years at the Sanibel Recreation Center, reading to children and instilling her love of learning to all those who stopped to listen. One of her favorite pastimes was writing children's short stories from which she published three books: *Round Red Apple*, *Calico Cat* and *Octavia the Spider*.

She was known around the island for the enthusiasm, patience and compassion that she poured into every project she was involved in. With 95 years of life under her belt, Berdenna could regale any of her eager-to-listen grandchildren and great-grandchildren with stories documenting the evolution of technology, her experience living through the Great Depression, and the many international travels she took with Bob.

Berdenna loved, and was loved by, her family immensely, and she is survived by her daughter Helene Phillips, her grandchildren Lew, Tara, Ian, Kevin, Kory and Kacie, and her great-grandchildren Dakota, Andrea, Georgia, Abigail and Rebekah.

A service will be held to celebrate her long life and service to the community on Thursday, May 23 at 5 p.m. at St. Michael and All Angels Episcopal Church on Sanibel. In lieu of flowers, the family requests that you donate children's books to your local library system, allowing Berdenna's love of children and education to continue on even after her passing.✱

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Nonnative Species Rules Now In Effect

New rules will help proactively protect Florida from invasive species becoming established in the state. The rules, which were approved by the Florida Fish and Wildlife Conservation Commission (FWC) in February, went into effect May 2.

The new rules clarify rule language by defining key terms and add some high-risk nonnative animals to Florida's Prohibited Nonnative Species List. Using recent risk assessments and screenings, the FWC determined the following species present

a high level of risk to the state and will therefore be added to Florida's Prohibited Nonnative Species List:

Mammals: meerkat/mongoose, raccoon dog, dhole, brushtail possum, flying fox.

Birds: red-whiskered bul-bul, dioch, Java sparrow, pink starling.

Reptiles: brown tree snake, yellow anaconda, Beni anaconda, DeSchauensee's anaconda.

The rule changes include a 90-day grace period for people to come into compliance with the new rules, since prohibited species may only be possessed by permit for research or exhibition purposes. The grace period, which ends July 31, will allow commercial dealers who possess these species to sell their

inventory, since commercial sales of these species are no longer allowed in Florida and people will no longer be permitted to acquire them as pets.

The new rules also include grandfathering language for people who possessed these species as pets prior to the rule changes. People who have any of these species in personal possession will have until July 31 to submit a permit application to the FWC, which will allow them to keep their pet for the rest of its life.

"Our native fish and wildlife are facing a serious threat posed by various invasive species found throughout the state," said Kipp Frohlich, director of the FWC's Division of Habitat and Species Conservation. "This new rule will help

prevent those species on the prohibited list from becoming the next Burmese python."

The public can help the FWC control nonnative invasive wildlife by reporting sightings to the FWC's Exotic Species Hotline at 888-483-4681, online at www.ivegot1.org or by using the free smartphone app IVEGOT1.

If you currently possess one of the newly listed prohibited species and do not wish to obtain a grandfathered pet permit, don't let it loose. Be a responsible pet owner and never release exotic animals into the Florida ecosystem. It is illegal and can be harmful to native wildlife. The FWC's Exotic Pet Amnesty Program helps prevent nonnative animals from being released into the wild by providing exotic pet owners who can no longer keep their pets with a legal and responsible alternative to releasing them. People may surrender their exotic pets at Exotic Pet Amnesty Day events or year-round by calling the FWC's Exotic Species Hotline at 888-483-4681. All exotic pets, including ones held illegally, are accepted without penalty and placed with pre-approved adopters.

Learn more about the program at www.myfwc.com/nonnatives under the "Exotic Pet Amnesty Program" tab. For more information about nonnative species in Florida, visit www.myfwc.com/nonnatives.✴

Changes To Reef Fish Regulations

The Florida Fish and Wildlife Conservation Commission (FWC) recently moved forward with several changes to reef fish regulations.

Starting July 1, the following changes will be in effect:

A restricted species endorsement and a federal permit to commercially harvest blueline tilefish will be required.

The minimum size limit for commercial harvest of almaco jack will be 20 inches fork length in Atlantic state waters,

There will no longer be a 12-inch commercial and recreational minimum size limit for blackfin, queen and silk snapper statewide.

For more information, visit www.myfwc.com/marine.✴



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When Erika's daughter was in an car accident, her family was overwhelmed with hospital bills and physical therapy expenses. **The FISH Helping Hands Program** provided temporary emergency financial assistance to help Erika's family get through the unexpected.

Scott struggles in school and receives low grades in many of his classes. **Through the Youth Scholarship Program**, FISH assisted with after school program costs to help Scott get back on track.



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Plant Smart

Kiss-Me-Quick

by Gerri Reaves

Native kiss-me-quick (*Portulaca pilosa*) is a fast-growing low-maintenance succulent with pretty tiny flowers.

This member of the purslane family is widespread in Florida, growing in sandy habitats and disturbed areas. Another name is pink purslane.

Usually sprawling but sometimes upright, it reaches about six inches high, with creeping branched stems.

Succulents have fleshy stems designed to store water and waxy leaves to help retain moisture. Thus, they are suited to arid climates or drier landscapes and have high drought tolerance.

Aloe, kalanchoe and jade plant are common houseplants that are succulents.

This wildflower has dense tufts of white hairs in the leaf axils, where the leaves join the stem and around the small flowers at the stem ends.

The term *pilosa* means downy, or having soft white hairs.

The leaves measure only a half-inch or less and are very narrow.

The flowers are only a quarter of an inch across, with five pink, rose, or purplish petals and numerous yellow stamens. These colors inspire another common name, rose moss.

The term *Portulaca*, Latin for little door or gate, refers to the lid on the



Kiss-me-quick is a native wildflower of the purslane family

photo by Gerri Reaves

inconspicuous capsule that contains tiny black seeds.

Like some other purslanes, kiss-me-quick is edible as a salad green or cooked vegetable. Exercise caution, however, for it has toxic levels of oxalic acid, a compound also found in high levels in spinach and arugula, interestingly enough.

This species works well in a wildflower or rock garden or as a groundcover or potted plant. Give it a sunny and sandy well-drained spot.

It has high drought tolerance and low salt tolerance and will grow in nutrient-poor soil.

Propagate it with seeds or cuttings.

Sources: *Complete Guide to Florida Wildflowers* and *Everglades Wildflowers* by Roger L. Hammer, *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, *National Audubon Society Field Guide to Florida* by Peter Alden et al., www.regionalconservation.org, and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida.✽

Gulf Amberjack, Gray Triggerfish Season Closures

The Florida Fish and Wildlife Conservation Commission (FWC) recently approved early season closures for recreationally-caught greater amberjack and gray triggerfish in gulf state waters. The action is consistent with recent federal actions.

Greater amberjack closed May 3 to recreational harvest in gulf state waters and will remain closed in both gulf state and federal waters through July 31, reopening for the fall August 1 through October 31 season.

Gray triggerfish will close to recreational harvest May 11 in gulf state and federal waters and will remain closed until the federal season reopens.

For more on these changes, visit www.myfwc.com/commission and click on "Commission Meetings," followed by the May 1-2, Tallahassee "Agenda" link.✽

From page 1

Sea Turtle Nest

turtle nesting on Sanibel and Captiva with the help of about 100 volunteers. In 2018, a total of 721 nests were laid on the two beaches, including 718 loggerhead nests, two green turtle nests, and one laid by the rare Kemp's ridley. Over 38,000 hatchlings emerged from nests on Sanibel and Captiva last year.

With the start of the active season, remember to keep the safety of nesting sea turtles and their hatchlings in mind. All sea turtle species are listed and protected under the U.S. Endangered Species Act. You can help provide a safe beach for nesting and hatching sea turtles by keeping the following tips in mind:

Shield or turn off lights near the beach; take all beach furniture, tents and umbrellas off the beach with you; fill any holes you dig; do not approach or disturb nesting turtles; never take a flash photo of a sea turtle; cover all flashlights with an approved sea turtle friendly filter and if you see a sea turtle, turn the flashlight off immediately; pick up trash on the beach, especially plastic; and honor the pet leash law.

For more information on sea turtles that nest and hatch on the beaches, call 472-2329 for the Turtle Tracks education program schedule or stop by the SCCF Nature Center, located at 3333 Sanibel-Captiva Road.✽

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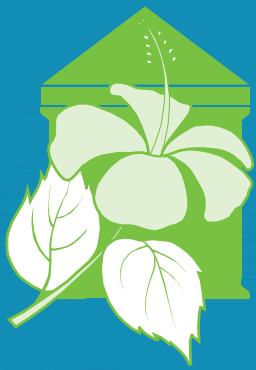
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The Tarpon Have Arrived



by Capt. Matt Mitchell

Tarpon flooded into our waters this week in massive numbers both along the beaches and the bay. Seeing hundreds if not thousands of rolling

tarpon during a morning charter is an amazing sight. It gets everyone who sees them fired up. Nothing I can think of is as majestic as rolling happy tarpon. Watching these fish do their thing is nothing that can be described and has to be seen to be believed.

Once you have found these fish, it is often just as easy as returning to the same location day after day. But some days, these fish would eat bait and some days they just would not. If you're sitting in these rolling fish, getting a bite is out of your hands. As a guide, all you can do is put your clients on top of these fish. Beyond that, it's out of your hands.

This week's tarpon bites came on an assortment of baits including live crabs, pinfish, threadfins and cut baits. Beach fish seemed to prefer free-lined threadfins and crabs, while in the sound, the fish ate pinfish, crabs under floats along with cut baits. The day's

conditions dictated where you had the best chance of spotting fish. Each day this week was a little different.

When fishing tarpon out on the beach, it's often about covering lots of ground to find the fish. These fish seem to move around more than the bay fish though. Once you do locate them, they are usually in huge numbers. Beach fishing when the conditions are right can mean double digit hook-ups if you find that right pod of fish thats feeding. Some days, the right pod will eat bait after bait for as long as you can stay with them.

Bay fishing for tarpon is my personal favorite and usually my daily go-to. These tarpon return to the same places in the sound year after year and can be found somedays busting the surface while feeding on baits. Fish in the bay seem to move slower and mill around more often giving anglers multiple shots. Cut bait in the bay is very productive along with live bait pitched to rolling fish.

There is just something very satisfying about pitching a live bait out to a pod of tarpon and getting a bite. The flash on the strike as the float goes down is more of a rush than the fight. So far this tarpon season, we have more fish here and cleaner water than I have seen in almost a decade.

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.✱



Chasing Poon hooked up while fishing the "Ding" Darling & Doc Ford's Tarpon Tournament photo provided

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Dave Doane

CROW Case Of The Week:

Red-Breasted Merganser



by Bob Petcher

The red-breasted merganser (*Mergus serrator*) is a long-bodied, diving duck with an impressive crown that involves a punk-style shaggy crest of feathers up top. It tends to

swim with its head partially submerged to ready itself to dive after prey, which is usually small fish speared with its jagged bill.

Red-breasted mergansers can reside in both freshwater and saltwater wetlands. They fly south to the southern portion of the United States or Mexico for the winter months.

Interestingly, researchers say red-breasted mergansers require a daily intake of 15 to 20 fish for energy reasons. Studies reveal this would suggest nearly 300 underwater dives per day or a foraging period of four to five days.

Not only are red-breasted mergansers great aquatic divers, they are regarded as among the fastest flying ducks and can clock speeds close to 81 miles per hour.

At CROW, a red-breasted merganser was admitted through one of CROW's drop-off locations. No information was

provided about where the bird had been rescued. The merganser was very quiet upon admission and had a two centimeter wide by four centimeter long laceration on its neck. The wound was severely contaminated. Veterinarians flushed the wound and cleared necrotic (dead) tissue from the edges of the wound before suturing it closed.

It was unsure how the merganser was injured.

"This duck might have been injured by a predator or by a fishing hook," said Dr. Kyle Abbott, CROW Veterinary Intern. "The wound was contaminated with debris and had tissue changes consistent with being present for a few days. To treat this wound, the tissue was cleaned and then closed using sutures."

"The large amount of tissue missing on the neck meant that the rest of the neck skin would be tightened when the wound was closed. We had concerns for the patient's ability to swallow initially, but this was not a problem for the duck."

After two weeks in care, the patient was much brighter and faring better, however it has issues with its waterproofing which is vital for the success of this diving duck.

"Ducks and other birds use their feathers to form a waterproof barrier and keep them dry when in water. This process involves preening, where the birds align their feathers and apply oils to the feathers to form this barrier," said Dr. Abbott. "We did have to perform a second surgery to revise the closure line. The reason for this was that the feather follicles were not aligning and the duck



Patient #19-1264 is rehabbing and waterproofing after its injury on April 17

photo by Brian Bohlman

could not form a waterproof barrier despite appropriate preening behavior. The second surgery was to align these neck feathers better."

More time will be needed after this second surgery prior to the patient being released.

"It will take time before we know how the waterproofing is coming along, as there are still some feathers that need to regrow," added Dr. Abbott. "Once we have the patient's waterproofing appropriate to keep the duck dry when in the water, then release will be in a

place where mergansers have been recently spotted at that time. We cannot release this duck exactly where it came from because we did not receive that information on intake."

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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Pair of baby Screech owls

photo provided

Who You Lookin' At?

Some loyal readers of the *Island Sun* recently noticed that a family of screech owls – the father, mother and their two babies – had taken up residence in an owl box located in their backyard.

"This is the third year the owls have nested in our box but it is the first year we have seen two babies," the readers, who requested to remain anonymous,

said in their email. "The mom arrived about two months ago and we see her mostly just before dusk when she begins to sit in the hole. We thought there was just one baby that we could hear in the box. Then about one week ago, a baby started to appear throughout the day. We caught sight of one of the adults feeding the baby at dusk two nights ago. Today whilst watching the baby, a second one appeared to our great surprise. They are really cute and don't seem to mind too much sitting in the hole during the day."*

From page 1

Straw Ban

Board, Lee County, the state of Florida or the federal government.

Since the ban became effective in late 2018, no citations have been issued for violations of the plastic straw ban. A first offense would carry a written warning; second offense a \$50 fine, third offense a \$200 fine; fourth and subsequent offenses a \$500 fine.

Immediately following news of the passage of HB 771 by the Florida Senate, Coastal Keepers issued a call-to-action to its fellow ocean advocates:

"Since the Sanibel ordinance went into effect, we have already seen a decrease in the number of straws littering our beaches, and we believe that it is important to stand up for our rights as a community to practice good ocean stewardship. Eliminating single-use disposable plastics is a simple and effective approach, and one that we have found most people are on board with. These plastics take hundreds of years to break down in the environment, they are harmful to the health of both humans and wildlife, and there are plenty of alternatives available."

Coastal Keepers also provided a link to the governor's website – www.flgov.com/email-the-governor – where people can request that DeSantis veto HB 771.

Similarly, the Sanibel-Captiva Conservation Foundation (SCCF) issued a call-to-action to its supporters, urging them to call or email the governor in support of vetoing HB 771.

"Please veto HB 771," SCCF's May 2 email reads, in part. "This regulation is a giant step backward forcing the use of wasteful, polluting and harmful single-use plastics. The beach communities of Sanibel and Fort Myers Beach have acted in their citizens' best interest, passing ordinances banning the use of plastic straws. Businesses have embraced and support the good stewardship of eliminating single use plastics and have invested in sustainable alternatives."

Additionally, SCCF's message explains that our ocean's sea life "directly suffers from a glut of single use-plastic" as evidenced by the recent juvenile rough-toothed dolphin that died on Fort Myers Beach with multiple pieces of plastic in its stomach. "Stop the state preemption overreach and veto this bill. We need to be able to address these problems at the local level," the email concluded.

Dr. Bruce Neill, president of the Coastal Keepers Advisory Board, explained that the idea of banning plastic straws on Sanibel came from an SCCF volunteer who monitors the islands' beaches on a daily basis. "They were seeing a lot of straws and asked if something could be done about it," he said.

Statistically, people in the United States are using more than 500 million plastic straws every day, making them one of the most common trash items collected on beaches worldwide.

"Unfortunately, plastic never fully biodegrades and remains in the environment long after we have used it," the Coastal Keepers website reads, in part. "As plastic floats in our oceans, it poses a threat to marine life as animals often mistake it for food and suffer negative side effects, and as it becomes smaller and smaller, it enters the food web."

At the June 5, 2018 Sanibel City Council meeting, Coastal Keepers representative Bob Brooks petitioned local legislators to investigate creating a plastic straw ordinance in an effort to reduce plastic waste matter on the islands. During his presentation, Brooks noted that consuming plastic refuse is the leading cause of death for sea turtles. "The lifetime of a plastic bag is 500 years, whereas its use time is only 23 minutes," he said.

Councilman Jason Maughan formally introduced the ordinance which would eventually be approved by a unanimous vote. Last week, when asked why he thought Sanibel's state representatives would attempt to eliminate the locally-passed ordinances banning plastic straws, the attorney stated he was "shocked" by the move.

"I do not know why our state representatives would deny municipal representatives their ability to effect local desires with no effect outside of their jurisdiction and which do not infringe on civil liberties such as speech and gun rights," said Maughan. "Frankly, I do not believe this to be a straw ban issue. I believe it is an assault on the conservative bedrock issue of defending Home Rule for local communities from the increasingly centralized planning desired by Tallahassee."

"The Strawless On Sanibel initiative would've never happened without the efforts of this community," added Lucas. "People came together as a community in order to protect things that we love, like our beaches, wildlife and the environment."

In addition to Sanibel and Fort Myers Beach, plastic straw regulations have been enacted in several cities across Florida, including Coral Gables, Delray Beach, Deerfield Beach, Hallandale Beach, Miami Beach and Surfside.

According to Maughan, Sanibel's plastic straw ban has been "an overwhelming success" based upon reactions he has heard from residents, tourists and businesses alike. Asked if he thought Gov. DeSantis would approve or veto HB 771, Maughan said that was a difficult question to answer.

"There are some good changes (in HB 771) relating to contaminated recyclables and protecting the recyclable business model, which saves citizens money and encourages the private sector to efficiently deal with recycles, but it was a poison pill for sure as well as protecting build back docks," said Maughan. "We value our right to be 'let alone' by Tallahassee, and I intend to defend that right by respectfully encouraging the governor to veto this amendment."*

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Shell Of The Week

Amber Melampus



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

The Amber Melampus, *Creedonia succinea* (Pfeiffer, 1854), is another local member of the Ellobiidae, a family of air-breathing snails. Shells reach about 3.5 mm (about 1.4 inch), are oval-elongate, translucent, very fragile, thin, with a glossy surface and no perceptible sculpture. The aperture is large and typically bears two columellar plaits, or “teeth,” with the posterior (“top”) tooth twice as large as the anterior one. The shell color is variable, generally translucent amber, light-brown, or light-yellow. The Amber Melampus may be found in mangroves and in the area immediately above the high tide line in quiet bays with sandy-mud bottoms. The shell in the photo was found by Jim Scatterday beneath the bark of red mangrove trees on the east end of Sanibel Island. Read more about local mollusks at www.shellmuseum.org/southwest-florida-shells and www.shellmuseum.org/blog.



The The Amber Melampus, *Creedonia succinea*

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photo by James F. Kelly

by and let us inform and inspire you. Visit www.shellmuseum.org or call 395-2233. The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit www.shellmuseum.org.

Refuge Seeks To Hire Student

The JN “Ding” Darling National Wildlife Refuge is hiring one high school student for its annual Youth Conservation Corps (YCC) summer program. The student will assist with maintenance and administrative support.

The program targets students age 15 through 18 to provide them with a valuable work-earn-learn experience. The eight-week program runs from June 10 through August 2. Maintenance duties will include facilities and trail maintenance and removal of invasive plants. This work will primarily be completed outdoors, with possible exposure to heat, humidity and insects. Administrative support duties may include but not be limited to, answering phones, filing paperwork, organizing office supplies and entering data. The student will have the opportunity to attend educational field trips to local environmental venues. No prior work experience is required. Deadline for applications is 4 p.m. Thursday, May 16. Late applications will not be accepted.

It is recommended that any summer camps and vacations be scheduled outside this time frame. Reliable transportation is required; toll paid by the participant.

Compensation is \$9 per hour. Work hours are 7:30 a.m. to 4 p.m. with 30-minute lunch break. Bring your lunch; refrigerator and microwave available.

Applications may be submitted by mail, fax to 472-4061, or email to toni_westland@fws.gov.

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photo by Sandy Tannenbaum

April Photo Contest Winner

The winner of RS Walsh Landscaping's April photo contest was Sandy Tannenbaum. The theme of the contest was Living on the Wild (Life) Side. Submitted photos were posted on the RS Walsh In The Garden Facebook and Instagram pages and at the company's Sanibel garden center. Visitors to the Facebook and Instagram pages and the garden center were able

to vote on their favorites.

Tannenbaum's photo received the most votes. He said, "Living on the (wild) side sometimes happens in your own garden!" He will receive a \$50 gift certificate to In The Garden. Honorable mentions went to Sonya Keene, Stefanie Plein, Jill Shankar and Laurie Hafener.

The photo contest was created to celebrate the beauty of Sanibel and Captiva. The contest will resume in the fall.

For more information, call 395-5859 or visit www.rswalsh.com.✱

Migratory Bird Sighting



Indigo bunting

photos by Luc Century

Luc Century spotted this indigo bunting in his bird bath on the east end of Sanibel on April 19. There were reports of a drop off of migratory birds that weekend due to a weather front.

The male indigo bunting is completely blue during breeding season. The female is plain brown with buff-colored streaks and a hint of blue in



the wings. During the breeding season, pairs of indigo buntings and other avian species often feed and bathe separately. It may help them avoid being preyed upon at the same time

Indigo buntings fly about 1,200 miles each way between breeding grounds in eastern North America and wintering areas from southern Florida to northern South America.✱

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CROW Calendar Of Events

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

For reservations, contact the Visitor Education Center at 472-3644 ext. 229 or reservations@crowclinic.org. Hours are 10 a.m. to 4 p.m. Monday through Friday. Daily presentations and Wildlife Walk hospital tours are offered Monday through Friday at 11 a.m. CROW is located at 3883 Sanibel-Captiva Road.

Friday, May 10, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment 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.

Friday, May 10, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Species Profile: Snakes of Southwest Florida (daily presentation).

Florida is home to 46 species of native snakes, only six of which are venomous. Although there is a widespread fear and misunderstanding of this animal, most species are harmless to humans and form vital links



in the ecosystem. Snakes are extremely valuable because they are efficient at monitoring pest populations without relying on chemical pesticides which can degrade the environment and harm other animal species. One of CROW's animal ambassadors will be present.

Monday, May 13, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

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

Monday, May 13, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – CROW Case of the Week (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 14, 11 a.m., \$25 per person, advance registration with payment 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 14, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Virginia Opossums (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.

Wednesday, May 15, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment 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 15, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Gopher Tortoises (daily presentation).

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

Thursday, May 16, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment 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 16, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Birds of Prey (daily presentation).

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

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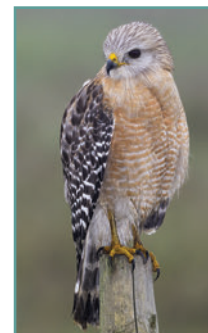
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Sanibel Scouts Celebrate At Awards Ceremony

The Sanctuary Golf Club hosted the final awards ceremony for Cub Scout Pack 1740 and Boy Scout Troop 1740 of Sanibel on April 30. The scouts' achievements were celebrated with many accomplishing milestones in their progress in Cub Scout and Boy Scout rank. Several boys were also recognized for their efforts in community service on Sanibel and in Fort Myers.

During the ceremony, Cubmaster Neil Erickson and Scoutmaster Jason Maughan thanked the scout families as well as Kiwanis, Lions and Rotary clubs for their support of the pack and troop. Present at the ceremony was Bill Rahe, president of the Rotary Trust board.

A thank you went out to Richard Johnson of Bailey's General Store, who donated a trailer to the pack and troop, along with Mike Huisman from Sabal Signs, who created a wrap for the trailer.*



Richard Johnson, left, with Troop 1740 scouts and leaders

photo provided



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Sun Smarts For Paddlers



by Kealy McNeal

Getting your required dose of vitamin D is one of the perks of paddling in Florida, but it's also important to remember that too much sun exposure can be harmful to your health. The easiest way to protect yourself is to apply sunscreen, but there are other approaches to sun safety that can also be helpful.

When it comes to sunscreen, be sure to apply it both before and during your paddle. Most people do not use enough sunscreen, and they do not remember to reapply. Most adults should apply about one ounce of sunscreen (enough to fill a shot glass) about 15 minutes before sun exposure. Use SPF 30 or higher, and

apply again every two hours or after swimming.

Paddlers should also wear clothing that protects common sunburn areas such as the back, scalp, neck and ears. These parts of the body are highly susceptible to sun damage, which can lead to premature aging and skin cancer. Choose clothing with a UPF (Ultraviolet Protection Factor) rating of 50 or more, or natural fibers in dark colors with a tight weave. Hats are a great way to protect your scalp.

Your eyes are also vulnerable to sun damage when you are paddling, because of the way the light reflects off of the water. Wearing sunglasses is very important. Choose a polarized pair to reduce glare and enjoy a clearer view of what's in the water below you.

The rays from the sun are at their harshest in the middle of the day, so try to avoid or minimize time on the water between 10 a.m. and 2 p.m., if possible. During these hours, 60 percent of the rays that cause sunburn are produced.

*Ocean Tribe Paddlers is a branch of Sanibel Sea School that helps the local paddling community better explore, enjoy and understand the ocean. Visit www.oceantribepaddlers.org, or follow on Facebook or Instagram to learn more.**

Conservation Measures For Red Tide Fisheries

The Florida Fish and Wildlife Conservation Commission (FWC) recently extended several fisheries management conservation measures for red drum, snook and spotted seatrout in areas of Southwest Florida impacted by a prolonged red tide that occurred from November 2017 through mid-February 2019.

The extension for red drum, snook and spotted seatrout will go into effect May 11 and will apply from the Pasco-Hernando county line south (including all waters of Tampa Bay) through Gordon Pass in Collier County. Previously approved catch-and-release measures, including no harvest of spotted seatrout over 20 inches, remain in effect through May 10.

Changes effective May 11:

Snook and red drum will remain catch-and-release only for an additional year through May 31, 2020.

Spotted seatrout will be catch-and-release only, including no commercial harvest through May 31, 2020.

The approved changes will give these important fisheries additional time to recover from red tide. Staff will continue monthly monitoring of local red drum, snook and spotted seatrout populations throughout the coming year to help determine whether these species are rebuilding under the temporary management measures.

Staff will also revisit the snook

extension in early 2020 to determine if that species may be reopened to harvest earlier than May 31, 2020.

Staff has been working with partners including Coastal Conservation Association Florida, Duke Energy and Mote Marine Laboratory & Aquarium to raise and release red drum and snook into Southwest Florida waters to help address red tide impacts.

For more information, visit www.myfwc.com/marine.*

Shell Found



Elan Schwalbach photo provided
Elan Schwalbach, 7 years old, found a beautiful paper fig shell on Captiva on April 28.*



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Spoondrift: New Dining Concept On The Island

by Jeff Lysiak

Although Spoondrift Island Bowls has only been open for a couple of months, the restaurant has developed not only a stellar reputation of offering fresh, healthy and tasty ingredients, but it has also earned a loyal following of diners.

“We’ve been really busy every day,” said Malia Samson, the manager-chef who opened the family-owned and operated business on March 6 with her parents, Jeff and Kathy Samson. “A lot of our (Sanibel Island) Farmers Market customers are coming in, and we even have some regulars who come in every day. Honestly, it’s exceeded all of our expectations.”

Spoondrift Island Bowls features build-it-yourself poke bowls – created with meats and seafoods cut into small cubes – that are filled with proteins, vegetables and a variety of sauces, toppings and base ingredients. A regular bowl (one protein) is \$10.95; a large bowl (two proteins) is \$13.95.

“A lot of people are really excited about the create-it-yourself concept,” Malia explained. “They walk in and tell us how good it smells and how fresh everything looks. What we offer is very healthy food, but you pick and choose what you like.”



Malia Samson opened Spoondrift Island Bowls in Bailey’s Center in March
photos by Jeff Lysiak

First, customers select the base ingredient for their bowl – rice, red quinoa, artisan green or nachos. Protein choices include ahi tuna, chicken, salmon, steak, sesame tofu, grilled octopus, wild gulf shrimp or spicy tuna. Then, bowls can be topped with a myriad of fresh, wholesome ingredients such as pineapple, cucumber, edamame, tomato, red onion, radish, jicama, honey glazed



There are more than two dozen choices available for toppings, sauces and finishing touches

carrots and roasted broccoli. Add a bit of crunch on top – macadamia nuts, crispy onions or chip dust – for some texture, then select a sauce and finishing touches to complete your custom-made poke bowl.

Spoondrift Island Bowls, which has 12 outdoor seats, also offers a few

“signature bowls,” with chef-created combinations. Those also come with some clever names, including Nice To Meat You, Too Shellfish To Share, Hot Dang and Nobody Calls Me Chicken.

“We didn’t realize there was going to be such a demand for this,” said Jeff
continued on page 41



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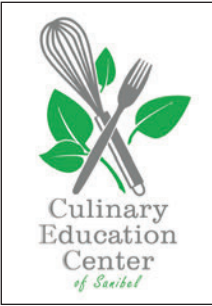
Watch the progress at 900 Dunlop Road as the new BIG ARTS building emerges. Stevens Construction crew is hard at work making the dream come true.



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The Community House

Peas



by Resident Chef Jarred Harris

Peas are one the earth’s oldest vegetables. In fact, the oldest pea ever found was over 3,000 years old. They are members of the legume family and one of the most important plants in the human diet worldwide. The cultivation of peas became widespread so early in history, that it’s uncertain where peas actually originated. The word “pea” originates from the Latin word “pisum,” and the Greek word “pison.” Both words were translated into English as “pease.”

There are hundreds of varieties of peas and most are grown for their dry seeds. The exceptions are the green pea varieties. Green peas are green because they are picked while they are still immature.

Until the 16th century, people were only eating dried peas. Eating green peas became fashionable in the 1700s when an English amateur plant breeder created the first garden peas or sweet peas. The popularity of the vegetable soon grew

throughout Europe, however, the French thought it was ridiculous to eat fresh green peas. Green pea varieties became popular in the U.S. around the early 1900s.

Because peas lose their sweet taste shortly after the harvest, they must be quickly frozen. The first frozen peas were produced in the 1920s by Clarence Birdseye.

Green peas are a good source of protein, vitamin K, dietary fiber, vitamin B1, copper, vitamin C, phosphorus and folate. They are also a good source of vitamin B6, niacin, vitamin B2, zinc, magnesium, iron, choline and potassium.

Here is a easy recipe to try:
Pea Pepper and Mint Salad
(serves 4)
Dressing
1 tbsp. honey
Juice and zest of 1 lemon
6 tbsp. extra virgin olive oil
1 tbsp. cider vinegar
½ tsp. salt
¼ tsp. freshly ground black pepper
Ingredients
2 cups frozen peas (defrosted and pat dry)

1 yellow pepper (fine diced)
1 carrot (grated)
2 tbsp. fresh mint (chopped)
Method
In a large bowl, whisk together the honey, lemon zest and juice, olive oil, vinegar, salt, pepper and mint. Add the peas, peppers and carrots then toss well to coat.

Serve dressed salad over mixed salad greens.

Resident Chef Jarred Harris heads the Culinary Education Center at

The Community House on Sanibel. For volunteer opportunities or questions, contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.✴

American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken on Mother’s Day, Sunday, May 12, from noon to 8 p.m. A Timmy’s Nook Reunion will be held on Saturday, May 18. On Sunday, May 19, there will be a fish and shrimp fry from noon to 8 p.m.

The 11th annual Redneck O’Limp’ics is scheduled for Sunday, May 26. Opening ceremonies begin at noon. There will be food, drinks and redneck contests for all ages. A cornhole tournament begins at 1 p.m.

Every third Thursday of the month is Open Mic Night from 6 to 9 p.m. All are welcome.

The 9 Ball Pool Tournament begins at 5 p.m. on Monday nights.

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.

If you have a flag that needs to be



retired, you can drop it off at Post 123. American Legion Post 123, located at Mile Marker 3 on Sanibel-Captiva Road, 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.✴

United Way Benefits From Fishing Tourney

The 23rd annual LCEC United Way Fishing Tournament reeled in more than \$53,000 for the United Way.

The catch-and-release tournament at D&D Bait and Tackle on Matlacha featured 85 boats and 251 anglers. An impressive 32 grand slams were measured. In total, 57 snook, 50 redfish, 49 trout and 53 snapper were measured on the official tournament weigh-in boards. Along with a great day of friendly fishing, the tournament included a raffle drawing with over 250 prizes given away in addition to 46 silent auction items.

LCEC employee volunteers cooked a feast for both the captains meeting and the tournament, and were on hand to do everything from selling raffle tickets to serving food to selling apparel.

Thanks goes out to sponsors, participants, volunteers and planning committee members for making this year’s tournament a huge success. Visit the LCEC United Way Fishing Tournament Facebook page or email fish@lcec.net for information on next year’s tournament.✴



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Water by Suzanne G. Bennett

image provided

Pastel Art Exhibit At Sanibel Congregational

Throughout the year, Sanibel Congregational United Church of Christ exhibits the work of fine artists with local ties. Pastels by Suzanne G. Bennett will be on view and for sale during May and June.

While Bennett was growing up in Cleveland, Ohio, her family encouraged her artistic endeavors. She went on to earn degrees from Rollins College and Parsons School of Design. For many years, she worked as a graphic designer in New York City and in suburban Monmouth County, New Jersey.

It was in 2005, while Bennett and her family were living in Monmouth County, that she began to study with noted pastel artist Sangita Padke.

In 2010, Bennett and her husband

moved to the Fort Myers area. She is a regular plein air painter and paints with the Sanibel-Captiva Art League and the Lee County Plein Air Painters. She has exhibited in the galleries at BIG ARTS on Sanibel, including the 2018 Passion for Pastels exhibit in the Founders Gallery.

Bennett describes her work as "loose and impressionistic." She has always lived by the sea; and beaches, waves, and reflections on water are frequently her subjects. She finds the brilliance and purity of pastels – those "chunks of pure pigment" – exhilarating.

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way (across from Periwinkle Place shopping center). A portion of the proceeds from sales of paintings benefits the church. The exhibit may be seen during office hours when Fellowship Hall is not otherwise being used and on Sundays between and after services.

For more information, call 472-0497 or visit www.sanibelucc.org.

Teenager Featured In Concert Series



Noah Waddell

photo provided

Shell Point Retirement Community begins its 2019 Concert Series with a performance by pianist Noah Waddell in the Grand Cypress Room at The Woodlands at Shell Point on Wednesday, May 29 at 7 p.m. Tickets are \$20 per person.

Waddell, a young performer who gained national attention at just 14 years old, will perform an eclectic program including selections from classical composers. The 18-year-old

has won numerous piano competitions including his first international piano competition in 2014 that was held in Fort Collins, Colorado.

The Woodlands at Shell Point is located at 14441 Woodsong Lane in Fort Myers. For more information or tickets, visit www.shellpoint.org/ summer or call 454-2067. Tickets purchased online or by phone will be held for pick-up at will call on the night of the performance.✧

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Watermelon
Vanilla flavored yogurt or other flavor, as desired
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Honey
Coconut shredded
Granola, optional
Fresh mint, optional
Wash all produce. Carefully slice watermelon into one inch rounds. For each watermelon round, top with 2-3 tablespoons of vanilla yogurt, spreading evenly over the red part like pizza sauce. Top each pizza with assorted berries or sliced fruit as desired. Sprinkle with shredded coconut, granola and fresh mint. Drizzle with Honey. Slice into pizza slices and enjoy.*



Watermelon Pizza

photo courtesy Fresh From Florida

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 Jac Sanibel Island Bar & Grille has live entertainment on Saturday with Neon Summer. Tony G. and The Doc play on Sunday. Ray and Greg perform on Monday. Sol Rydah plays on Tuesday. On Thursday, it's Quenten.

Traditions on the Beach at Island Inn has live entertainment on Friday with Woody Brubaker. Dusk performs on Saturday and Sunday. On Wednesday, it's Barbara Dexter..

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

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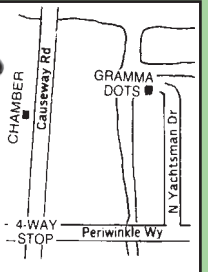
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Book Review

Run Away



by Di Saggau

Harlan Coben is a master of domestic suspense and his latest novel *Run Away* proves it. Simon Greene is a successful Wall Street moneyman who used to live a full, happy life.

That all changed when his daughter Paige quit college and turned against her family becoming a drug addict. His wife Ingrid tells Simon to let it go, but he can't. On a tip he goes to Central Park where he sees an almost unrecognizable Paige, singing for coins. He approaches her, but she ends up running off. Simon gets in a fist fight with the very man who turned her into a junkie, and it goes viral making Simon out to be the aggressor.

Now the story is off and running. Unfortunately Aaron, the junkie who Simon punched, ends up dead. That causes an investigation with Simon considered a suspect. While the police are doing their investigating, Simon and Ingrid focus on Paige and her whereabouts. They search for clues to Paige's location and end up finding themselves in a far more dangerous situation.

A Chicago private investigator, Elena Ramirez, is hired to find the missing adopted son of a wealthy man. There is

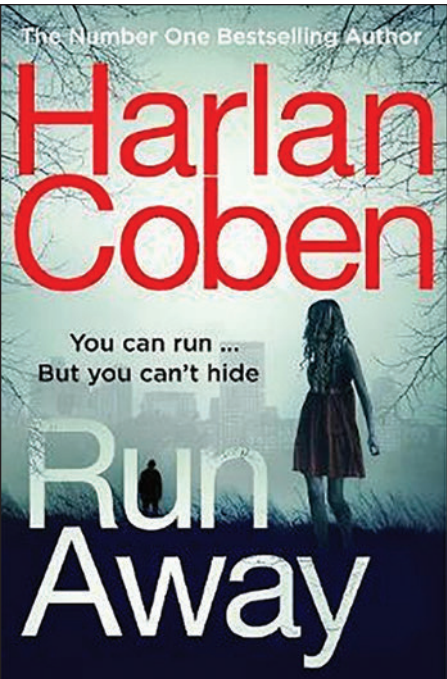


image provided

also a strange pair named Ash and Dee Dee who are killing people on an involved hit-list. Dee Dee belongs to a religious commune in Maine that demands undying loyalty. All of this mayhem is strangely connected.

Coben lives up to his reputation producing nonstop twists and turns, and he delivers again in *Run Away*. He brings his characters to life so the reader feels they know them. In the book nobody is perfect, everyone has their flaws but they are explored as real human beings. Every

time you think you have things figured out, another plot thread surprises you. Coben takes his time showing how all the pieces fit together and there is a final twist

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, I came across this very informative article by Derrick Meador, a superintendent of a school system in Oklahoma who has identified

several excellent websites for children and parents to use for study and review of academic skills. The interactive activities on these sites listed below focus primarily on reading skills and are for students from preschool to middle school, although one site provides activities through high school. These websites have been vetted, are safe and include appropriate academic standards and content. So as your children prepare for the many end-of-year tests and assessments, here are some (free) websites you can use to help your children review and practice their skills.

ICTgames is a fun phonics site that explores the reading process through the use of games. This site is geared toward prekindergarten (Pre-K) to second grade. ICTgames has around 35 games covering various literacy topics. The topics included in these games are abc order, letter sounds, letter matching, cvc, sound blends, word building, spelling, sentence writing and several others. The games are centered around dinosaurs, planes, dragons, rockets and other age-appropriate subjects designed to engage students. ICTgames also has a math game component that is extremely helpful.

PBS Kids is an excellent site designed to promote phonics and reading in a fun interactive way. PBS Kids features all of the educational programs the television station PBS offers for kids. Each program has different types of engaging games and activities to help kids learn several skill sets. PBS Kids games and activities include many different alphabet learning tools addressing all learning aspects of the alphabetic principle such as alphabet order, letter names and sounds; initial, middle and ending sounds in words, and sound blending. PBS Kids has a reading, spelling and thinking component. Kids can have stories read to them while watching their favorite characters and seeing the words across the bottom of the screen. Kids can learn how to spell words with many

that will catch most by surprise.

Run Away is everything you'd expect. Full of unexpected twists, this fast-paced novel is among the year's best.✧

games and songs specifically targeting spelling. PBS Kids has a printable section where kids can learn through coloring and following directions. PBS Kids also addresses math, science and other subjects. Kids get the unique opportunity to interact with characters from their favorite programs in a fun learning environment. Children ages 2 to 10 can benefit immensely by using PBS kids.

ReadWriteThink is a terrific interactive phonics and reading site for K-12. This site is backed by the International Reading Association and NCTE. ReadWriteThink has resources for classrooms, professional development and for parents to use at home. ReadWriteThink offers 59 different student interactives ranging throughout the grades. Each interactive provides a grade suggested guide. These interactives cover various topics including alphabetic principle, poetry, writing tools, reading comprehension, character, plot, book covers, story outlines, graphing, thinking, processing, organizing, summarizing, and many others. ReadWriteThink also offers printouts, lesson plans and author calendar resources.

Softschools is a terrific site to help learners from Pre-K through middle school develop a strong reading sense. The site has grade specific tabs you can click on to customize your learning outcome. Softschools has quizzes, games, worksheets and flashcards designed to highlight specific topics within phonics and language arts. A few of these topics include grammar, spelling, reading comprehension, lowercase/uppercase letters, abc order, beginning/middle/ending sounds, r-controlled words, digraphs, diphthongs, synonyms/antonyms, pronoun/noun, adjective/adverb, rhyming words, syllables and many more. The worksheets and quizzes can either be automatically generated or custom-made by the teacher. Softschools also has a test prep section for third grade and up. Softschools is not just a fantastic phonics and language arts site. It is also excellent for many other subjects including math, science, social studies Spanish, handwriting and others.

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

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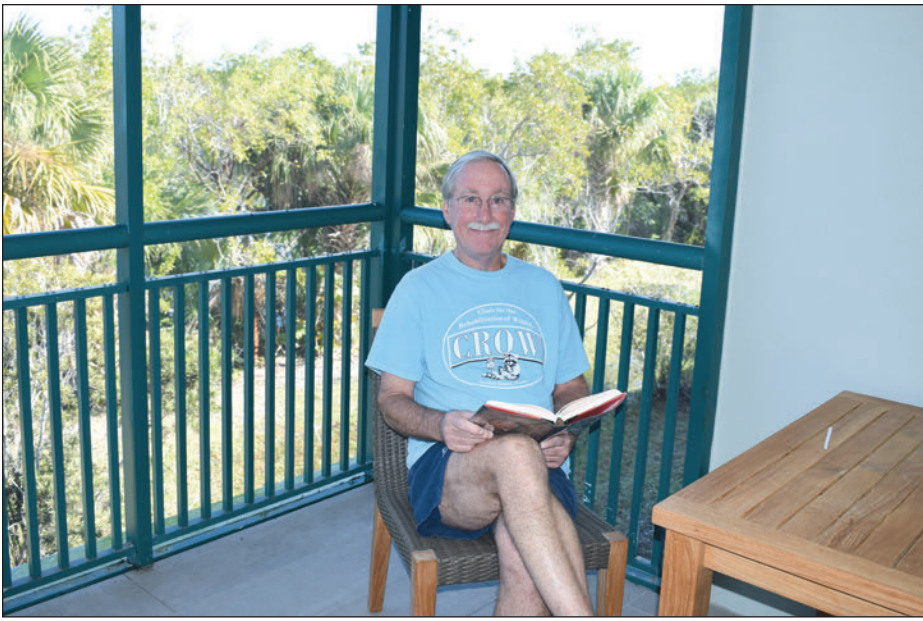
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Dennis Toll reading on the library's expanded porch

photo provided

May Programs At Sanibel Library

Sanibel Public Library offers several programs in technology during the month of May. The full schedule is on the calendar at the library's website at www.sanlib.org.

Prepare to be dropped into a Jurassic world with dinosaurs roaming on a (virtual) island. Take in the scale and magnificence of these wondrous creatures in a way you can only get with virtual reality on Friday, May 24

from 3:30 to 4:30 p.m.

The Summer Reading Kick-Off Party will take place on Saturday, May 25 at 10 a.m. Youth from babies to teens can register for summer reading online or in person. When you register, you will receive a gift (quantities are limited). As in years past, readers can earn books for their home library and for patients at Golisano Children's Hospital of Southwest Florida. The Sanibel Public Library Foundation, along with the Joan Hunt Cory Children's Fund, underwrites the Summer Reading Program.

In addition to better light, upgraded

infrastructure and a new children's area, the library's recent renovation created new areas for working spaces. The revamped interior incorporates makerspaces, common areas and study or tutoring spaces. There are indoor and outdoor – on the screened-in reading porch – areas for individuals to focus and get their work done, with access to stable, high-speed WiFi. The

Art League Silent Auction Raises Funds For FISH

For nearly 10 years, the Sanibel-Captiva Art League has challenged artists to create painted, reusable Bailey's grocery bags to be auctioned off in support of FISH of SanCap. This year, 36 bags were designed and painted by local artists and displayed at Bailey's Grocery Store for shoppers to admire and bid on.

Thanks to the coordination of Jeannine Desmarais, the participating artists and Bailey's General Store, this year's silent auction raised \$1,865. Proceeds will be used by FISH to support the food pantry and other community programs offered to help island neighbors.

"I am so overwhelmed and humbled by the support of the art league and the bidders of these beautiful bags," said Maggi Feiner, president and CEO of FISH. "On behalf of FISH, our board, staff, volunteers and, most importantly,

collaborative workspaces are equipped with custom-made tables for laptop users with easy-access electrical outlets where patrons can plug in their devices.

Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. Visitor library cards are available for a \$10 annual fee. For more information, call 472-2483 or visit www.sanlib.org.✱



Koi fish painting on one of the bags

image provided

our community, thank you. Your kindness, talent, compassion for others brings tears to my eyes."

The Sanibel-Captiva Art League is a nonprofit organization formed to promote public interest in and appreciation of the fine arts. The league sponsors competitions and exhibitions, and is engaged in promoting art education.✱

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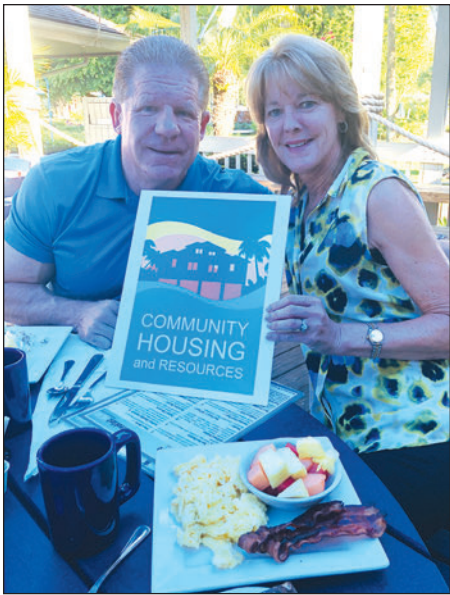
CHR Give Back Wednesday At The Blue Giraffe

Community Housing and Resources (CHR) has had a wonderful year of Give Back Wednesday (#GBW) fundraisers. The nonprofit organization is grateful for the support of all the local businesses who have donated proceeds from their Wednesday sales. CHR is dependent on support from the community for over 40 percent of its operating budget to fulfill its mission to provide affordable housing to individuals and families who work and serve the communities of Sanibel and Captiva.

For more information about CHR or to make a donation, visit www.sanibelchr.org or call 472-1189.✱



From left, Lisa DeMaria, Nancy and Alan Port with Lise and Bill Letendre photos provided



Kevin and Doreen Ruane



Sherry and Doug Gentry



Eric Maw



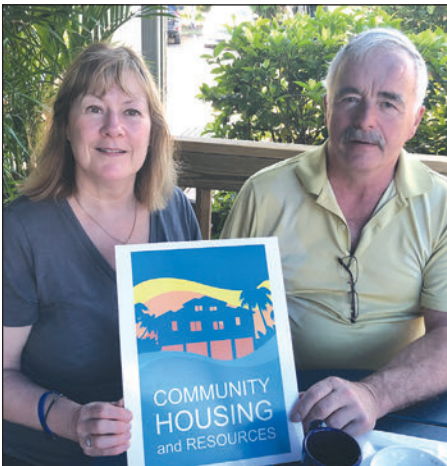
Jeff Lysiak



Sandy Grogman and Melissa Rice



Mark Rosenbaum and twin sister Carol Adler with Jessie



Susan and Ray Kershaw from Waksman, Ohio



Front row fom left, Joan Sperry, Marcia Leslie, Shirley Bohnert and Mary Ann Gilhooley; back row from left, Dorothy Sawyer, Nancy Clare, Bunny Ospa and Carol Strange



Teresa and Tom McNamara



Geoffrey Letendre and Neil Whailey

Zonta Club Hears From Children's Network CEO

submitted by Laura deBruce

On April 17, Nadereh Salim, CEO of Children's Network of SWFL, spoke to the Sanibel-Captiva chapter of Zonta International. The Children's Network, a nonprofit child welfare organization, serves over 3,000 children in five counties with the goal of providing better access to local resources and a stable, loving and secure home environment.

Salim, who has devoted her professional life to advocating for children, displayed one metallic-blue fingertip to the gathered Zontians. "Join the MANicure Movement," she urged, passing around the nail polish. "This is the conversation starter to raise awareness about child abuse, and to remind us all that one person can make all the difference."

Salim reviewed the grim statistics including that one in five children nationally will suffer abuse before the age of 18.

"Our greatest need is additional foster homes, especially those willing to take sibling groups and teens," said Salim. "If you have a little space in your home and a big space in your heart for these children, please call us."

The Children's Network also



Members of the Sanibel-Captiva Zonta Club with Nadereh Salim, CEO of Children's Network of SWFL (seated in front row at left)

photo provided

seeks permanent homes for children with families who want to adopt. Those interested in mentoring young parents, fostering or adoption can visit www.childnetwfl.org or call 1-855-933-KIDS.

The Zonta Club of Sanibel-Captiva

empowers women through service and advocacy, and proudly supports organizations like the Children's Network of SWFL through grants and volunteer activities. This past January, through its foundation, the local Zonta club distributed over \$105,000 in

local grants – proceeds from the A Peek at the Unique home tour – to organizations that support Zonta's mission, including the Children's Network of SWFL.

For more information, visit www.zontasancap.com.✱



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\$575,000

3941 Coquina Dr.



New! New! New! Completely renovated 3 BR/2 BA ground level home with enclosed salt water pool. Short walk to beach. Great room AND den with fireplace; impact glass, new electrical, plumbing, irrigation and more! A must see home.

\$849,000

4156 West Gulf Drive



This 3BR/2BA has been updated with cathedral ceilings, an inviting kitchen and dining/living room combo. The master bedroom with en-suite has private access to the rear porch. The beautifully designed guest bath includes an etched glass enclosed walk-in shower. Relax on the large rear porch or play a game of tennis or pickleball on your private court.

\$1,329,000

Sandpiper Beach #303



Beautifully updated 2BR/2BA corner unit with vaulted ceilings and gulf-front and pool views. Fully outfitted for rental with great rental income history.

\$785,000

678 Durion Ct.



Beautifully remodeled... 3BD/2BA lake home. Located in East Rocks. Living/kitchen area boast beautiful lake views. New stainless appliances, freshly painted, new baths, and more! Priced to sell.

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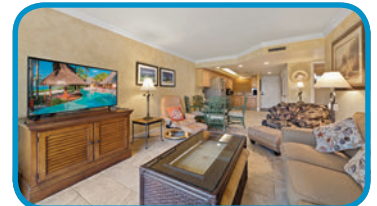
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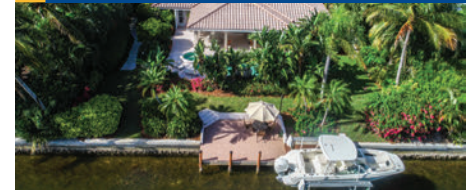
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Progressive Club To Host Health Care Innovator

On Thursday, May 16, the Progressive Club of the Islands will feature health care innovator Cyndy Nayer, who will discuss the topic Health Care in the Present and in the Future. The meeting will take place in the downstairs meeting room of the Sanibel Public Library, located at 770 Dunlop Road, starting at 7 p.m.

Nayer is the founder/CEO of Women Together for Action (WTF-ACTION), and one of only six U.S. Health Innovators highlighted by Ernst and Young. An award-winning and slightly irreverent author, speaker, producer and gerontologist, she is also the founder and former CEO of the nonprofit Center for Health Value Innovation, a community of business and payers who build evidence in value-based policy. Nayer created the



Cyndy Nayer photo provided

data base that became the foundation for insurance coverage of pre-existing conditions, which was included in the Affordable Care Act.

As former chair of the Missouri Governor's Council on Health, Nayer led the strategy to establish the Office of Women's Health. She is a subject matter expert for the Health Care Blog, Managed Care Online, and has guided legislative health agendas on Capitol Hill and at the state level. Nayer has won awards for producing worksite health strategies for Fortune 100 Companies.

The meeting is free and open to the public, and everyone concerned with health care issues is invited to attend. For more information, call 410-336-2612 or email demclubislands@gmail.com.✱

Captiva Community Panel Report

The Captiva Community Panel is engaging a licensed trapper to go after the invasive iguana, and the first step is for interested property owners to let the panel know if they'd be willing to authorize that trapper to come on their property in pursuit of the pesky lizards.

The panel has contracted with a local trapper to assess the iguana situation and remove whatever iguanas he can. He will start a 10-week sweep of island properties in May.

If you are willing to allow him access to your property, email your name, property address and email address to captivacommunitypanel@gmail.com, and someone from the panel will be in touch about the next steps. (If you

already allowed access, you don't need to respond again.)

Panel To Meet May 14

The next meeting of the Captiva Community Panel is set for Tuesday, May 14 beginning at 9 a.m. in the Cone Rooms at South Seas Island Resort. This meeting is open to all interested islanders and the public.

Among the agenda items will be a review of initial draft language for the Captiva Code update; an update about iguana control, the Wastewater Committee and the Captiva Drive walkway; plus committee reports and updates from other island organizations.

Public participation is invited and encouraged. Information and background documents are available online at www.captivacommunitypanel.com.

CEPD Meets May 13

The next Captiva Erosion Prevention District board meeting will be held Monday, May 13 beginning at 1 p.m. in the Cone Rooms at South Seas Island Resort. More information is available online at www.mycepd.com or by calling 472-2472.

Registration Now Open For Captiva Tri

The Galloway Captiva Tri returns with a new format this year, and registration is under way for those who want to compete.

The sprint triathlon will be held on Saturday, September 7, while the kids' tris will be held on Sunday, September 8.

All the information you need and a link to register are available online at www.gearedup.biz/captiva-triathlon.✱



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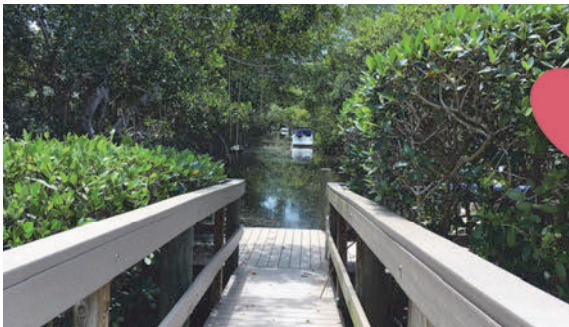
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Rotary Happenings

submitted by Shirley Jewell

Sanibel-Captiva Rotary is pleased to announce that Chris Davison, vice president and general manager of the historic Island Inn on Sanibel is the recipient of the prestigious 2019 Rotary Business Person of the Year Vocational Service award.

This award is presented to individuals who demonstrate strong and dedicated leadership, not only serving in their professional capacity but in demonstrating significant community involvement.

Rotarian Dorrie Hipschman, executive director at the Bailey-Matthews National Shell Museum, nominated Davison for this year's award based on her experience working with him as the museum's past board president and part of the museum's capital campaign for renovations.

Hipschman said, "On the professional side, he planned and directed over \$12 million in capital improvements at the historic Island Inn, which included a first-class new hotel building opened in 2018."

Davison was always mindful of the inn's history while following the city, state and federal building codes



From left, Bill Rahe, Chris Davison, Becky Davison and Dorrie Hipschman

photo provided

and restrictions for construction on waterfront property. This itself was a miraculous achievement. Setting a standard for beachfront accommodations, the construction and renovations help maintain the reputation of Sanibel as a first-class tourist destination.

Davison's community involvement is outstanding; to name a few:

Sanibel & Captiva Islands Chamber of Commerce board member, contributor and promoter.

Cypress Lake High School charity fishing tournament to support the

basketball team.

Bailey-Matthews National Shell Museum past president, board member and promoter.

Island Inn annual Easter egg hunt; welcomes all children and their families for a day of fun.

Fourth of July; lead financial sponsor of the fireworks display.

Islands Night sponsor.

Rotary Club of Sanibel-Captiva support.

Panther Baseball Alumni Club; organization of fishing tournament and financial support.

Cypress Lake Middle School; financial support.

City of Sanibel Recreation Department: coed softball sponsor and participant.

JN "Ding" Darling National Wildlife Refuge: tarpon tournament sponsor, promotion and guest participation.

SCCF; financial support through sponsorship.

Captains for Clean Water; financial support and promotion of clean water. Davison puts in many hours above

and beyond his work schedule to help with Captains for Clean Water, galvanizing the business community, and working in Tallahassee toward the goal of pristine water.

A few comments from other Rotarians about Davison:

Clair Beckman – "Chris is a true lover and protector of the island. His family lives here and he actively works to protect it by contributing (time, money and energy) to everything from the Shell Show to Captains for Clean Water, to the fishing club to the chamber."

Roger Grogman – "Chris has a wonderful positive attitude towards every effort he is asked to participate in. More often than anyone, Chris' response to every request is, "How can I help?"

Scot and Arlene Mowry – "Chris was an early adopter and leader in efforts to promote clean water as evidenced in his activity in Water Keepers/Coastal Keeper. He showed how to work with other community leaders to effect economic development, leading to special recognition by Sanibel Mayor Ruane for his support and contributions to Sanibel at the Island Inn's ribbon cutting ceremony for the new Matthews Lodge.

Holli Martin – "I've had the privilege of working alongside Chris on the Bailey-Matthews National Shell Museum board. Although he has an extremely demanding management position at the Island Inn, wife and two small children, he manages to dedicate significant time to the organization. His background with organizational management is second-to-none and he brings a huge amount of insight to the museum as it grows and matures."

The club also recognized Davison's wife Becky for her community endeavors. Every good man has a great woman at his side.

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

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**A Fleet of Fishing Vessels at Anchor (detail)
by Hendrick Willem Mesdag*



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Will Power

The Current Estate Tax Exemption Might Not Last Long



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

Clients seem complacent about the federal estate tax since President Trump's Tax Cuts and Jobs Act of 2017 increased the exemption to \$11.4 million. A married couple, therefore, may shield as much as \$22.8 million from the estate tax.

A lot of clients are quoting *Mad Magazine's* Alfred E. Neuman, "What? Me worry?"

But don't get too complacent.

That 2017 law sunsets in 2025, and may, in fact, be overturned sooner depending upon the results of the next general election.

If you read Bernie Sanders' proposed estate tax act bill, for example, the federal exemption would be lowered to \$3 million. Further, his act would limit lifetime transfers to only \$1 million before imposing gift tax. Under current law, you can consume your entire estate tax exemption during life as taxable gifts before having to pay gift or estate tax. Sanders' law would make it that much more difficult to minimize the estate tax by making lifetime transfers.

While no one knows whether Sanders or any other similarly minded Democratic hopeful will win in 2020, and we also have no idea whether a new tax law would be forthcoming given the makeup of the House and Senate. It's safe to say that there's a voting block interested in wealth redistribution.

The current federal estate tax was enacted, in part, during the beginnings of our country's industrial age to curb what was then viewed as economic inequality. Then-President Theodore Roosevelt (a Republican) was encouraged by wealthy families, the Carnegies among them, to enact the tax to curb the creation of an "elite, ruling class" made up of trust beneficiaries.

Sound familiar to today's headlines?

The thought that the pendulum may quickly swing towards a harsher estate tax isn't outside of the realm of possibilities. Is there anything that you can do about that now?

The answer is "Yes!"

While the federal exemptions remain high, you might want to consider advanced estate planning techniques that consume your exemptions now, prior to any changes in the law. One of the most common objections to making these gifts now is that the transfers must largely be irrevocable, meaning that they cannot be undone, and that in

many circumstances the transferor loses the ability to use and enjoy the assets during his lifetime.

But there are exceptions to all these rules. There are certain kinds of trusts that you could create where you retain certain income rights for your lifetime. Further, if you are married, you can create marital trusts for your spouse that consume your current exemptions. They would pass on to your children upon your spouse's passing, estate and gift tax free.

Until recently, one concern about using your exemptions before the law changed centered on whether the IRS would "claw back" the gifts at your death if they were made during a time that the lifetime exemption was higher, but at your death would have been taxable. Recent proposed Treasury Regulations issued by the IRS appear to put that concern behind us. The IRS has indicated that it does not view current law as allowing "claw backs," meaning that if you implement advanced estate planning techniques now, even if the exemptions should decrease, the IRS would not try to include those transfers in your estate upon your demise.

Lifetime transfers have a host of issues to consider, including whether you wish to retain the income or use of the assets transferred, who may serve as trustee, whether a technique would allow you to "leverage" your exemption, how your loved ones benefit and whether you could shield the trust assets for successive generations.

These are not issues that you should consider with someone who is not a wills, trusts or estates specialist. The Florida Bar deems board certified attorneys as specialists; no one else can use that title. In order to become board certified, an attorney must demonstrate special skills in the area of law, pass a test and take many hours of continuing, high level educational credits. A board certified attorney must become re-certified every five years.

Nevertheless, you have an opportunity now that may or may not be around much longer. If you have wealth above the \$3 to \$5 million range, it makes sense to visit your estate planning attorney sometime soon to consider your options.

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Recruitment Open Houses

Hope Healthcare is hosting a series of recruitment open houses for full- and part-time positions. Open houses are scheduled for Saturday, May 18 from 9 a.m. to 1 p.m. and Tuesday, May 21 from 2 to 7 p.m. at Hope's HealthPark location at 9470 HealthPark

Circle in Fort Myers.

Applicants are asked to visit www.hopehcs.org/careers to complete an online application, then call 322-5320 to reserve an interview appointment.

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Ralph Quillen, left, and the boys from the Sanibel Lacrosse Team

photos by Jeff Lysiak

Sport Of Lacrosse Comes To Sanibel

by Jeff Lysiak

Now in its second year of operation, the Sanibel spring lacrosse camp – open to boys and girls from kindergarten through seventh grade – is in the middle of its spring instructional season. Under the guidance of boys coach Ralph Quillen and girls coach Lexi Ignac, the teams are practicing every week, learning the basics of the North American sport which dates back to the 10th century.

"A couple of parents approached me last year and asked me to start up a league," said Quillen, who played the sport at the University of Maryland (under Hall of Fame coach Dick Edell) before embarking on a 20-year career as a professional lacrosse player in Baltimore. "I mentioned the idea to Tim Drobnik

(of Sanibel Sports), who brought it to the (Sanibel Recreation Department) board where it was approved."

According to Quillen, a lacrosse coach since 1993, last year began with 43 boys and girls participating. The instructional camp introduced the sport gradually to the novice youngsters, who were taught some of the basics of the game.

"When we started, some of the kids could barely hold a stick," he said. "But by the end of the year, they were scooping the ball, passing the ball and having a great time."

"Today we're teaching them catching, throwing, cradling... the basic ground ball stuff," added Ignac, an All-New England lacrosse player during her high school years. "I think it's important for kids to be introduced to a lot of different sports. It makes them better, more well-rounded athletes."

Ignac, the assistant varsity girls lacrosse coach at Canterbury High School, helped

continued on page 43



Lexi Ignac, right, and the girls from the Sanibel Lacrosse Team



(FROM TOP LEFT) STEVE BROWN, FOUNDER AND CHAIRMAN - AL HANSER, CHERYL GIATTINI, CEO - TERRY IGO.

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 FRIDAY Sunny High: 83 Low: 77	 SATURDAY Sunny High: 82 Low: 76	 SUNDAY Sunny High: 84 Low: 74	 MONDAY Partly Cloudy High: 87 Low: 78	 TUESDAY Mostly Cloudy High: 84 Low: 76	 WEDNESDAY Sunny High: 87 Low: 78	 THURSDAY Sunny High: 82 Low: 76
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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	4:51 pm	12:11 am	None	None
Sat	6:08 pm	1:19 am	None	None
Sun	10:42 am	2:26 am	7:51 pm	1:49 pm
Mon	10:59 am	3:25 am	9:36 pm	3:37 pm
Tue	11:20 am	4:15 am	11:03 pm	4:50 pm
Wed	11:41 am	4:56 am	None	5:47 pm
Thu	12:16 am	5:31 am	12:04 pm	6:37 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	3:56 pm	12:13 am	None	None
Sat	5:13 pm	1:21 am	None	None
Sun	9:47 am	2:28 am	6:56 pm	1:51 pm
Mon	10:04 am	3:27 am	8:41 pm	3:39 pm
Tue	10:25 am	4:17 am	10:08 pm	4:52 pm
Wed	10:46 am	4:58 am	11:21 pm	5:49 pm
Thu	11:09 am	5:33 am	None	6:39 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	7:06 am	12:09 am	4:43 pm	10:37 am
Sat	8:10 am	1:24 am	6:21 pm	11:40 am
Sun	9:04 am	2:34 am	8:19 pm	2:28 pm
Mon	9:51 am	3:29 am	9:35 pm	3:39 pm
Tue	10:35 am	4:18 am	10:50 pm	4:39 pm
Wed	11:16 am	5:04 am	11:56 pm	5:37 pm
Thu	11:52 am	5:49 am	None	6:29 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	7:01 pm	3:27 am	None	None
Sat	8:18 pm	4:35 am	None	None
Sun	12:52 pm	5:42 am	10:01 pm	5:05 pm
Mon	1:09 pm	6:41 am	11:46 pm	6:53 pm
Tue	1:30 pm	7:31 am	None	8:06 pm
Wed	1:13 am	8:12 am	1:51 pm	9:03 pm
Thu	2:26 am	8:47 am	2:14 pm	9:53 pm

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.

Donations Needed For Trash & Treasures Sale – The center is now accepting donations for the fall Trash & Treasures Sale. Whether you are refreshing your home before returning in the fall or doing some spring cleaning, donate your clean, gently used items. A tax deductible receipt will be provided. Bring your donations – excluding books, clothes, shoes, computers or TVs – to the center Monday through Friday between 8 a.m. and 3 p.m. If you have any questions, call 472-5743.

Kayaking on Tuesdays – May 21 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, Inc. will provide kayaks, paddles and life jackets. Bring water, a small snack, sun screen, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$20 for non-members. Advance registration is required.

Gelli Printing with Bea Pappas – Fridays, May 10, 17, 24 and 31. Cost is \$20 for members and \$25 for non-members.

All levels are welcome to do monotype or make papers for collage use. Bring paper towels, acrylic paints, water container and one-inch brush. The instructor will provide all other supplies. Call 472-5743 for more information.

Page Turners with Louise Fitzgerald and Ann Hartman – If

you would like to be on the list for Page Turners book discussions, email oceann@comcast.net or contact the center.

The featured book for Wednesday, June 12 is *Midnight in the Garden of Good and Evil* by John Berendt. The movie will be shown at noon and a book discussion will be held at 2:30 p.m. Bring your lunch.

First published in 1994, *Midnight in the Garden of Good and Evil: A Savannah Story* is a memoir-thriller by writer and *Esquire-New York Magazine* editor John Berendt. Based in Savannah, Georgia in the early to mid-1980s, the story follows a colorful cast of local characters as they live their daily life during a nationally infamous murder trial. *Midnight in the Garden of Good and Evil* was adapted to a movie in 1997 and was on *The New York Times* Bestseller list for over four years, setting the record for most time spent on the list. The book was also a finalist for the Pulitzer Prize. Many critics praised it for its atmospheric portrayal of an American city. The work uses more than eight years' worth of interviews Berendt had with residents of Savannah.

– SuperSummary.com

Sunset Social Trivia Night – Tuesday, May 14 at 6 p.m. on the Sanibel Causeway (weather permitting). No charge for Island Seniors members and \$5 for non-members.

Spend an evening relaxing and watching the sunset with friends. Meet on the causeway at 6 p.m. Food will be served at 6:30 p.m. Bring a side dish to share and your beach chair.

Leisure Lunchers Trip to Sweet Melissa's Café – Wednesday, May 15. Experience the award-winning Sweet Melissa's Café. Executive Chef Melissa Talmage challenges your taste

buds to explore a creative menu with an array of tastes, textures and eclectic ingredients. Talmage is a semi-finalist James Beard nominee. *USA Today* listed Sweet Melissa's as one of the 10 best restaurants in South Florida. Guests will have an opportunity to speak with Chef Talmage, and learn about her background and approach to food. Separate checks will be provided. Limited seating available. Advance registration required.

Broadway Palm Dinner Theatre – Murder on the 19th Hole – Thursday, May 23. Cost is \$55 for members and \$65 for non-members.

Murder on the 19th Hole is a fun night of murder mystery comedy. You'll be given a new identity, as you are attending a very special awards banquet, but someone is murdered and it's your job to figure out "whodunit." Become a part of the action or just sit back and enjoy the fun and dinner – served to your table by the suspects, of course. Drinks and gratuity not included. Advance registration required. Limited seating available. Depart from Sanibel at 4:45 p.m.

Trip to IKEA—Tuesday, May 29. 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 will be an all-day shopping spree at IKEA in Plantation. Advance registration is required by Friday, May 24.

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

Bridge – Monday and Wednesday. Registration begins at 12:30 p.m.; the game begins at 1 p.m.

Mahjongg – Monday and Thursday

at 12:30 p.m.

Hand & Foot – Thursday at noon.

Hearts – Friday at 12:30 p.m.

Fitness Classes – Island Seniors, Inc. members pay \$4 per class, visitors pay \$10 per class. Annual membership is \$20. Sanibel Recreation Center members must show their membership card to attend. Fitness class schedule is as follows:

Happy Hour Fitness – Monday, Wednesday and Friday at 8 a.m. Keep your brain fit and your heart, lungs and muscles strong. Hand weights, stretch cords and your body weight will be used. The format is 40 minutes of cardio, 20 minutes of balance exercises, core strength, flexibility exercises and mat work. Athletic footwear is required. Connie DeCicco is the instructor.

Essential Total Fitness – Monday, Wednesday and Friday at 9:30 a.m.

Cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls. Athletic footwear is required. Mahnaz Bassiri is the instructor.

Power Hour Fitness – Tuesday and Thursday at 8 a.m. Hand weights, stretch cords, stability balls and mats are used. Improve core strength and balance. Athletic footwear required. Mahnaz Bassiri is the instructor.

Gentle Yoga – Tuesday and Thursday at 9:30 a.m. Stretch, tone and strengthen while improving flexibility, proper alignment and circulation. Bring a towel. Kim Kouril is the instructor.

Chair Yoga – Tuesday and Thursday at 11 a.m. Similar to gentle yoga but all poses are done in a chair. Kim Kouril is the instructor.

For more information, call 472-5743 or stop by the Center 4 Life, located at 2401 Library Way on Sanibel.✴





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From page 23

Spoondrift

Samson, who noted that about 70 percent of their customers are local residents or island workers. "But we've also heard some comments like 'the island really needed this.'" According to the restaurant's owners, they can make their bowls to accommodate any dietary need or food allergy restriction. "We will try to please everyone," added Malia.

Last November, the Samson family opened Malia Island Fusion Cuisine, located at the Sanibel Island Golf Club, after relocating to the island from Michigan. Since then, they have become heavily involved in supporting local causes, donating gift certificates to Sanibel-Captiva Conservation Foundation (SCCF), participating in their Wines in the Wild fundraiser, taking part in Community Housing & Resources (CHR) Give Back Wednesdays and even helping critters being cared for at the Clinic for the Rehabilitation of Wildlife (CROW).

"We give them all of our vegetable scraps and meat ends, which they use to feed their patients," said Malia. "They like that all of our ingredients are fresh and we don't use prepackaged foods or seasonings."

The Samsons also offered praise for their location within Bailey's Center, steps away from popular eateries Joey's Custard and Sanibel Sprout. "We're in a really great spot, and we

love our neighbors here," they said. "Richard Johnson has been as helpful and accommodating as he could be as the owner of the shopping plaza. He's made sure we get everything we need... he's been so involved in a very positive way."

Spoondrift is also doing things "the Sanibel way," using wooden utensils and serving their food in bowls made from a sugar-starch composite material. "They are 100 percent compostable and biodegradable," said Jeff, holding up one of the clear bowls. "People look at this and think it's plastic, but it's not. And when I explain what they're made of, they're kind of shocked."

The restaurant will soon offer a customer loyalty punch card, with a free poke bowl earned after a number of visits. And from June until September, they will have a weekly Treat Yourself Tuesday special, offering 10 percent off all menu items all day long.

"So many people are striving to eat healthier, and people also want to help the environment," said Malia. "Here, we can help them do both at the same time."

Located in Bailey's Center at 2441 Periwinkle Way on Sanibel, Spoondrift Island Bowls is open Monday through Saturday from 11 a.m. to 6 p.m.; closed on Sunday. Orders called in will be ready for pickup in minutes or whatever time is desired. For more information, call 472-0875, send an email to sanibelspoondrift@yahoo.com or visit www.sanibelspoondrift.com.✱



From left, SCC Children's Director Holly Patton-Roark, Bank of the Islands' Assistant Vice President Darrin Grotrian with We Love Our Islands winner Lori Fanning photo provided

Donation Awarded To Youth Program

Bank of the Islands recently made its latest nonprofit donation through its We Love Our Islands program. The winner, Lori Fanning, was spotted with a We Love Our Islands decal on her vehicle, winning her the right to select which local nonprofit organization would receive a charitable contribution from Bank of the Islands. Goodman chose to donate the bank's \$600 to Sanibel Community Church (SCC). That donation

marks \$81,100 given away to date through Bank of the Islands' We Love Our Islands program.

"Bank of the Islands is proud to be a longstanding supporter of our island community through this program, volunteering and other sponsorships," said Willy Ocasio, Bank of the Islands vice president and Sanibel-Captiva office manager. "The church is a neighbor to our Sanibel office and we're happy to support their children's educational program."

All islanders are invited to visit the bank's Sanibel or Captiva office to learn more about the We Love Our Islands program.✱

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Highlights From CHR Give Back Wednesday At Malia Island Fusion



From left, CJ Stephens, Kathy Samson, Nancy Black and Elaine Parente
photos provided



Jeff Samson and Melissa Rice



From left, Dane Johnson and George Campean with Calli and Baile Johnson



Diane Haida-Johnson and Becky Mulka



From left, Elizabeth Fancher with Amy and Ian Wainwright



From left, Cory Mills, Ashley Gibbons and John Lai



Tracey Tenney and Sue Belanger



Ed and Annette Hendrick



Scott and Arlene Mowry



Maria Dusenbery and Vera Sultz



Karen and Wayne Bell



Rich Meares and Lindsey Howard



From left, Gwenda Hiett-Clements, Linda Uhler and Sandy Gross



From left, Melissa Rice and Nikki Rood with Linda and Greg Scherer



From left, Liliann, Ben, Cassie and Alex Werner with Karen Storjohan



From left, Jan Smith, Paul Corliss, Mary Buck and Dick Brown

From page 39
Sanibel Lacrosse



During last week's practice, players took turns showing off their scooping, passing and shooting skills

guide that team to a 14-2 record last season. But for her younger, less experienced team on Sanibel, her hopes are modest.

"We started practicing in mid-April," she said. "And I think that by the last week of our season (May 23), we'll let them play an intrasquad game. Just let them have fun and show off what they've learned."

Members of the girls lacrosse team are Summerlea Cheatam and AddyLynn DeWalt (kindergarten); Alannah Jarvis, Addison Quillen and Turner Stewart (first grade); Hazel DeCosta and Grace Schuldt (second grade); Katherine Dunn, Eden Fautz, Lilly Hall, Kirby Padgett and Sophia Paulus (third grade); Lily Brennan, Molly Dunn, Caroline Muddell, Ava Selby and Addison Sprecher (fifth grade); Olympia DeCosta and Heidi Hall (sixth grade); and Maya Brennan (seventh grade).

Members of the boys lacrosse team are Steele Floyd, Grant Muddell and William Padgett (first grade); Miles Baker and Essex Brodeur (second grade); Jayden



Some of the coaches and volunteers from the Sanibel Lacrosse Team

Alonso, Kellan Hall, Aidan Jarvis, Dawson Liebetrau, Kai Schwartz, Joshia Schwartz, Geoffrey Selby and Connor Storey (third grade); Charles Muddell (fourth grade); Zackary Alonso, Micah Baker and Noah Pruss (fifth grade); Ronan Maughan (sixth grade); John Ignac and Ryan Jankauskas (seventh grade).

Caroline Dunn, who has two daughters participating in the camp, was instrumental in helping bring lacrosse to Sanibel for the benefit of island youth.

"I'm a big fan of team sports. It's a great way for kids to interact with one another," said Dunn. "Lacrosse is a terrific sport... there's a lot of running, kids can develop their hand-eye coordination and it's an opportunity for them to learn a new sport, too."

For more information about Sanibel's lacrosse camp, visit www.sanibelsports.org.

Frankly Speaking



by Howard Prager
Three topics this week that are top of mind and the common theme among them: Character.

1) NFL Draft – There are many ways to look at the recent draft,

which allows for fans of all teams to get excited about the future. Locally, Tampa Bay seems to have strengthened their defense greatly which was porous last year, and their picks ranked almost in the Top 10 (11th) of draft selections according to *The Athletic*. Did it make sense for Kyle Murray to be No. 1 and how will that bode for the Arizona Cardinals next year? Dane Brugler's NFL Draft Class Power Rankings ranks Arizona the 3rd best draft and the Redskins 1st with their selection of Dwayne Haskins, who believes he was the best QB out there. The

Redskins tried that a few years ago with Heisman winner Robert Griffin III who had a tremendous rookie season and then fizzled out. We'll see if this year's Heisman winner Murray or Haskins can live up to predictions and bring success to either Arizona or Washington, who both have been out of the playoffs the last three years, or if the now defensively strong Bucs can make their first playoff visit since 2005.

One other thought on the draft, which could probably take several columns. There were two eagle scouts chosen. Teams often espouse their character, and if you want real character, drafting a player who proved himself off the field in scouting is a great way to go. David Montgomery, the first pick of the Chicago Bears, is a running back from Iowa State who helped the Cyclones win the 2017 Liberty Bowl. Analysts spoke highly of Montgomery's vision and leadership on the field. He hails from Cincinnati, and left Iowa State after his junior year. The Indianapolis Colts chose Stanford linebacker Bobby Okereke, an eagle scout from Santa Ana, California. He did two internships in college, one

with former U.S. Secretary of State Condoleezza Rice, helping with a program for underprivileged children. In 2014, he received the Watkins Award as the nation's top African-American high school player for academic and athletic excellence. Let's wish all of these players great success on and off the field.

2) *Time Magazine* 100 Most Influential People – Three athletes were singled out among the 100 most influential people according to *Time Magazine* this year: basketball icon LeBron James, soccer (footballer) star Mohamed Salah and Tiger Woods. In the brief write-ups for each of them (written by non-athletes Warren Buffet for LeBron, John Oliver for Mohamed and Justin Timberlake for Tiger), they talk about the type of human beings they are and the character and leadership they display. LeBron and Mohamed are touted as role models for their communities; Tiger is touted as a great dad. To this writer, it is rewarding to see top players in sports who are also outstanding people. Many athletes have foundations and do charitable work and are good role models, such as Chicago Cubs first baseman Anthony Rizzo, whose family foundation supports cancer research after he personally overcame Hodgkin's lymphoma. Rizzo is a proud alum and active supporter of the students at Marjorie Stoneman Douglas High School. Character does count!

3) Kentucky Derby – Speaking of character, what a mess we had with the Kentucky Derby this year, and I'm not just talking about the muddy course conditions. I was sorry to see Maximum Security disqualified. The two parts to the rule of the Jockey Club at Churchill Downs are: 1) Did he definitely interfere? The horse did impede other horses (but not Country House); and 2) Did it affect the outcome of the race? In this case, because it affected War of Wills the most who came in seventh and was not in the running, it did not affect the outcome. According to a

close horseracing friend, the Kentucky Derby is always a tough race with 20 horses and tight turns. Some fans are going to be happy with the large payout from Country House, but I don't believe he deserved to win in this fashion. We'll see if the horseracing world makes any changes.

Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments or questions to press@islandsunnews.com.✴

Record-Breaking Month At Airport

During March, 1,482,239 passengers traveled through Southwest Florida International Airport in Fort Myers, an increase of 7.4 percent compared to March 2018. Year-to-date, passenger traffic is up 7.4 percent compared to last year.

The traffic leader in March was Southwest Airlines with 288,142 passengers traveling to and from Fort Myers. Rounding out the top five airlines were Delta (280,584), Spirit (187,471), American (175,855) and United (142,387).

Southwest Florida International Airport had 11,202 aircraft operations, an increase of 2.7 percent compared to March 2018. Page Field saw 11,086 operations, a 31.7 percent increase from March 2018. In addition, nearly three million pounds of air freight moved through Southwest Florida International Airport in March 2019.

Southwest Florida International Airport served nearly 9.4 million passengers in 2018 and is one of the top 50 U.S. airports for passenger traffic. No ad valorem (property) taxes are used for airport operation or construction.

For more information, visit www.flylcpa.com or follow on Facebook at www.facebook.com/flyrsw.✴

SPORTS QUIZ

- 1. In 2017, Washington's Max Scherzer became the 10th pitcher with at least three Cy Young Awards. Name two of the four pitchers to win more than three.
- 2. The Seattle Mariners played their first major-league season in 1977. In what year did they record their first winning season?
- 3. Name the last time before 2017-18 that the Army football team had back-to-back undefeated seasons at home.
- 4. Tim Duncan retired in 2016 as one of three players to be named college basketball player of the year, NBA Rookie of the Year and MVP of both the All-Star Game and the NBA Finals. Name one of the other two.
- 5. Which of these franchises was the first to win a Stanley Cup -- the Boston Bruins or the Chicago Blackhawks?
- 6. Name the last country before Russia in 2018 to host the men's World Cup soccer event and score at least eight goals in the first two games.
- 7. Who was the first woman to earn the chess title of grandmaster in tournament play?

ANSWERS

1. Roger Clemens (seven Cy Youngs), Randy Johnson (five), Steve Carlton (four) and Greg Maddux (four). 2. It was 1991, when the Mariners were 83-79. 3. It was 1984-85. 4. Larry Bird and Michael Jordan. 5. The Bruins won a Stanley Cup in 1929, five seasons before the Blackhawks did it. 6. Italy, in 1934. 7. Susan Polgar, in 1991.

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Superior Interiors

Fun Ways To Accent A Bedroom Wall



by Barb Cacchione

Your bedroom should be your own personal cozy oasis. To achieve feelings of comfort and satisfaction, you can't only put effort into your furniture and the way you style your bed – you

also must think about the walls. Perhaps you don't want to clutter the space with too much decor, and that's fine. An accent wall can be the statement you need to achieve the look and feel you've always wanted.

While a classic option, painting a single wall in your bedroom isn't the only option for accenting. Here are a few other fun ones to consider:

A two-toned paint treatment can be impactful. Take a step away from the traditional painted accent wall and think about one that's two-toned instead, and choose colors that will flow with the rest of your bedroom or use this wall as a launching pad to restyle the entire room.

Using reclaimed wood throughout the house is a major trend at the moment, likely due to the ever-popular rustic modern theme. So why not use it in the

bedroom? Peel-and-stick wood panels allow you to achieve a wood plank accent wall that can bring the cozy vibe with ease.

While chalkboard paint is a popular option in a kitchen or kid's room, there's no reason you can't use it in your own room to create an accent wall. This is a fun way to add character to your room, allowing you to have a slick black moment or let your creative juices flow and switch things up from time to time. To avoid getting dust all over your living space, invest in chalkboard markers instead of traditional pieces of chalk for a mess-free project.

Over time, wallpaper has evolved into the broader classification of "wallcoverings." Many options are available to add a subtle or impactful statement. Today, even temporary wallpaper is available, and it comes in a variety of trendy colors and styles. Consider this option if you're looking for something that will last a while but doesn't necessarily have to be permanent.

If temporary isn't on your mind whatsoever, consider painting a mural in your bedroom. This is a playful and sophisticated option for bringing your style and creativity to life.

Whether you want to hang pictures of you and your significant other or display pieces of your own digital artwork or photography, putting a photo collage on display is a gorgeous option for an accent wall. Decide whether you'll match the frames or use different shapes, sizes and colors to display your pictures.

If you love these ideas but can't narrow it down to one, you may need some professional advice about which option would look best in your bedroom. A design

professional can review different accent wall options and help you make your decision. With his or her insight, plus your own personal style and opinion, you can

Doctor and Dietician

Cinnamon

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

Cinnamon is a versatile and well-known spice used in a variety of foods from sweet desserts, cinnamon rolls and fruit smoothies to delicious savory dishes. We use it to prepare meals like butternut squash soup, chicken with dates and olives, or roasted pork tenderloin with apples. Cinnamon is also touted as having healing properties. The bark of the cinnamon tree has been used medicinally around the world in the form of supplements, teas and essential oils.

There have been numerous studies regarding the benefits of cinnamon for health issues, with many interesting possibilities. Some studies in both humans and animals have shown cinnamon in helping to lower blood sugar and improve

make the best accent wall selection.

Barb Cacchione is an interior designer on Sanibel/Captiva Islands. She can be reached at barb@coindcedden.com.✱

insulin resistance, key factors in health conditions like metabolic syndrome and type 2 diabetes. Research has also found that cinnamon has a strong antioxidant effect and helps fight bacteria and fungus. Some studies have even shown promising benefits of cinnamon in the prevention of cancer and cutting the risk of heart disease. Although there is evidence that cinnamon is a fighter of systemic inflammation, and it has demonstrated possibilities of reducing various age-related diseases, there are many other factors that need to be considered for properly identifying a person's risk of developing, as well as treating, such diseases.

The common cinnamon found in most grocery store aisles is cassia cinnamon which should not be used regularly in very high doses. If you want the health benefits of cinnamon, Ceylon "true" cinnamon is the way to go. Look for it in spice shops and health food stores. Adding true cinnamon to your diet can be a delicious way to boost numerous health factors. If you are thinking about adding it in larger doses as a supplement, discuss the ideal sources and amounts, as well as potential benefits and interactions, with your doctor.

This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics 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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Beautifulife:

Celebrate Moms



by Kay Casperson

This week we are celebrating moms and letting all mothers know how important they are and how much they are loved. This is an easy thing for me to write about as I know firsthand how much

a mother does and how much she gives of herself to her children for their wellbeing.

My Mom is looking down from Heaven and celebrating with me the good times and the challenging times of parenting. I now understand and appreciate more of the things she did and find myself looking back at my childhood while raising my own children.

A mother wears many hats daily, from being the cook, house organizer, laundry attendant, interior decorator, recreation director, teacher, nurse, coach, cheerleader, chauffeur, negotiator, referee, psychologist, spiritual leader, prayer warrior and anything else it takes! These many things are what a mother does, without anyone teaching her how to do it as there is not a class called Motherhood. She does all this without a blink of an eye, and her annual salary for this is...drum roll please... lots of love, hugs and kisses! Money could not buy the feeling a mother gets when her kids

are happy, healthy and thriving, and her household is peaceful and filled with love.

Another thing I have learned as a mom is that you would sacrifice anything to put your children first. Whether that means your career, your dreams, your hobbies and even sometimes your own sense of wellbeing. I know how easy it is to put your kids first and forget about how important it is for you to take care of yourself and when that happens, life can tend to be off balance. To be the best mom ever, you have to learn how to balance all the things that motherhood brings while taking the much needed time to care for yourself.

The best thing we can do for moms everywhere is to let them know that we appreciate all the things they do as a mom and to give them an extra hug and some love this week as we dig deeper to understand the sacrifice that these lovely ladies have made for us and for others.

Here are a few ideas for you to celebrate moms:

Send your mom or a mom you know a cute e-card or a special note.

Give a mom some flowers or a little gift like a candle or some products to pamper her.

Cook a mom something special or invite her to a coffee, lunch or dinner.

Give the moms you know an extra special hug this week.

Buy a gift certificate to get a special treat like a facial or massage.

However you are celebrating moms this week, make sure that you take some extra
continued on page 47

dearRPharmacist

Albuterol Helps Kids Undergoing Tonsillectomies



by Suzy Cohen, RPh

Dear Readers: If your child has to undergo a tonsillectomy, there is important research newly published in *JAMA Pediatrics* that I'd like to share with you today.

Years ago, tonsillectomies were performed due to recurrent infections, but today, the reason for this surgery is more likely to treat obstructive sleep problems that cause coughing, shortness of breath, wheezing and bronchospasm.

In adults, breathing difficulties occur during sleep and are quite uncomfortable and scary. The symptoms of sleep-disordered breathing (SDB) range from loud snoring, to complete blockage of the breathing airways (during sleep) termed sleep apnea, or obstructive sleep apnea.

In children, tonsillectomies are common surgical procedures and not considered high risk. Unfortunately, half of the children experience a problem during or right after the procedure that has to do with their lungs, ability to breathe with comfort and other symptoms.

For example, tonsillectomies can frequently cause problems ranging from coughing, bronchospasm, laryngospasm and airway obstruction to oxygen reductions in the blood, coughing and stridor, the term for wheezing which occurs due to a blocked windpipe or larynx. These symptoms are extremely frightening for both the child and the doctor, not to mention the parents if they are present during an episode.

My hope today is that my information allows your child to get through the procedures without these terrifying problems.

Researchers conducted a study to see if they could help kids and get to the bottom of all of this. So they gave half the study participants two puffs of a popular asthma drug called albuterol sulfate (aka salbutamol sulfate). The other half received a placebo, meaning a non-medicinal inhalation. The experts wanted to see if the asthma drug could serve as a pre-treatment drug to

lower the risk of children experiencing peri-operative breathing difficulties during their tonsillectomy.

Sure enough, it helped, with just two actuations of albuterol administered via inhalation and taken shortly before anesthesia (and before the surgical procedure) could help reduce the risk of these adverse events that surround tonsillectomies. The placebo group experienced a lot of breathing problems, and almost half of those kids had an issue. In the albuterol-treated group, only 28 percent of kids had an issue. This is quite significant. The researchers concluded, "Premedication with albuterol should be considered for children undergoing tonsillectomy."

If you are the parent of a child that requires a tonsillectomy, be sure to tell your doctor about this research, don't assume they know it because it just got published literally days ago.

It also begs the question if albuterol (which is cheap and easy to get by prescription) could be helpful for other people with breathing difficulties, such as apnea. The answer is no. There isn't any clinical evidence to support the use of this asthma drug for apnea, or loud snoring, and in fact, albuterol is stimulating, and it may interfere with restful sleep. Albuterol is a quick-relief inhaler designed primarily for asthma as a rescue aid. It's not an apnea drug. If you have apnea, use a CPAP device.

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.

From page 46

Beautifulife

time to be thankful for all the amazing things they do to make the world a better place for all of us.

My affirmation for you is:

"I am taking some time this week to celebrate moms and to realize just how much of a gift they are to our lives and our future."

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 manufactures beauty and lifestyle products sold across the country. To stay inspired, visit www.kaycasperson.com or follow on social media @kaycasperson.

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: We hear a lot now about neuroplasticity. What are ways to increase this?

A: Your brain has the ability to regenerate cells even into an old age. Some ways we can increase neuroplasticity and even feel younger are in the following:

Learn to reduce your stress levels. Stress kills. It's important not to sweat the small stuff. When did worrying actually make a difference? Learn to let it go.

Practice the art of gratitude. Being grateful for what you have puts it out into the field. Guess what? It comes back ten fold. You've heard of having an "attitude of gratitude." It's true. It's known to provide better overall health and wellness, increased sleep and an overall satisfaction with life.

Be active. Play, exercise, dance, walk, listen to music, take yoga, meditate, pray, love.

Take time away from the daily grind of life and be the best you can be. Give and receive.

Embrace your funny bone. Have humor in your life. Laugh throughout the

day. It loosens up your solar plexus and chases the vampires away.

Have an animal companion in your life. Their unconditional love is teaching us all something. Research shows time and again that having a pet reduces stress, brings increased joy and increases the appetites of Alzheimer's patients. I know when I am hugging my animals, I am in a meditative state and therefore enhancing my brain's neuroplasticity.

A little can go a long way. While it's inevitable that one day, we will all surrender to the great mystery. In the meantime while here on earth, we might as well train our brains to regenerate and we can live well on this journey.

Constance Clancy, EdD, LMHC, LPC, NCC is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at drconstanceclancy@gmail.com or visit www.drconstanceclancy.com.

Overeaters Anonymous

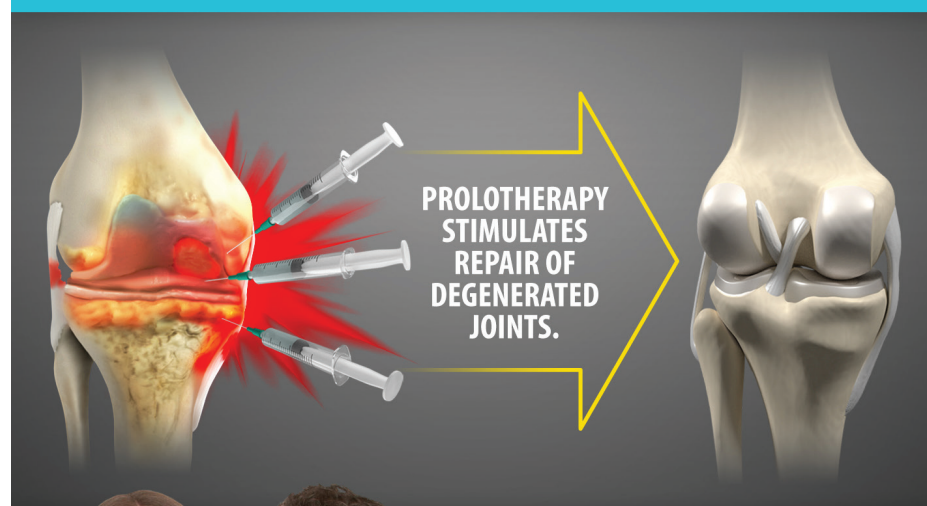
If food is a problem for you, Overeaters Anonymous can help. Meetings are held in Room 132 at Sanibel Community Church on Tuesdays at 5:30 p.m. and on Fridays at 4 p.m.

For more meeting information, visit www.southwestfla.org.

Sanibel Community Church is located at 1740 Periwinkle Way.

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On Call Captiva Deputy	477-1000
Fire Department - Sanibel	472-5525
Fire Department - Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
Post Office - Captiva	472-1674
Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	277-1700
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
Symphonic Choral of SW Florida	560-5695
CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc . . .	http://abwasanibelcaptiva.org
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
Disabled Am Vets #108 (San-Cap Rep Ted Tyson) Help 211	984-5920
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH. OF SANCAP 24-hr service	472-0404
Sanibel Island Fishing Club	472-8994
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.sancapboating.club
Sanibel-Captiva Republican Caucus	395-0819
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

photos provided

Lee County Domestic Animal Services

Evie And Zena

Hello, my name is Evie. I am a 3-year-old female Maine coon mix whose fur is as soft as silk. As you can see, I am very fond of my 'castle' and would prefer to be the queen of it and my home. I will let you carry me around like a baby, and I absolutely love attention from people – other four-legged creatures... not so much. But, with a beauty like me, who needs anyone else?

My adoption fee is \$25.

Hi, I'm Zena. I am a 4-year-old female pit bull who is a slim-built gal that has a zest for life. I love to play with her toys. In fact, I will almost always greet you with one in my mouth and be ready to go outside and play. The smile on my face shows what a playful spirit I have and how much fun any lucky family that adopts me will have when they take me



Evie ID# A775182

home. I am super-smart and will do the commands that the trainer and volunteers have taught me for you (if you have a treat of course). Stop by today so I can show off my skills for you.



Zena ID# A772782

My adoption fee is \$30, and you can get a feline friend at no addition charge.

For the month of May, fees will be only \$25 with an approved application and owners of the newly adopted pets will receive two free box-seat tickets to any 2019 Miracle home game. The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. This is a \$500 package. Volunteers and staff are waiting to introduce families to their new, furry friends.

The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at www.leegov.com/animalservices or call 533-7387.*

Haven on Earth Animal League

Chester And Dallas

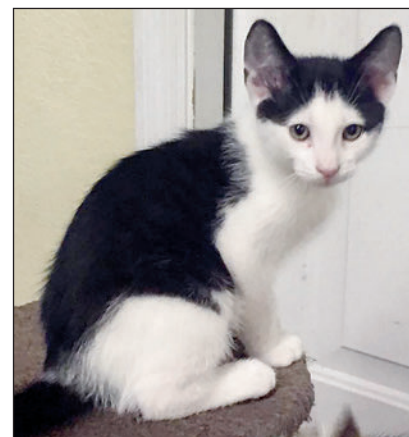


Chester

Hi, I'm Chester and I'm a sweet, quiet guy. I'm very good with other cats and only about 3 years old. I'm looking for a home to call my own. Come see me at Petco in Gulf Coast Town Center. I'm up-to-date on vaccines, neutered and have a microchip. My adoption fee

is \$100.

Hello, I'm Dallas. I'm only 3 months old and I'm looking for someone to love me forever. I'm a cute little black-and-white boy and I look like I'm wearing a hat. I'm neutered and



Dallas

up-to-date on vaccinations. I'm currently staying at Petsmart on Six Mile Cypress. Come see me and take me home. My adoption fee is \$125.

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

PAWS Of Sanibel

Puff

PAWS is assisting a Sanibel resident in trying to find a good home for this 5- to 6-year-old, beautiful, black, medium hair, spayed female kitty. She has a personality to match her looks. She is very sweet-tempered. Consider adopting Puff, since her people are moving in with family for a while and some members are allergic to cats and also have asthma. Call Pam at 472-4823 to inquire or meet this lovely young lady.*



Puff

PUZZLES

Answers on page 55

Super Crossword

10 CELEBRITIES
TURNING 90

- ACROSS**

1 Back in time

4 Papas

8 Ordinarily

15 "All By Myself" singer [1]

19 Neighbor of Thailand

21 "Fire and Ice" singer Pat

22 Carpal or tarsal lead-in

23 Common wrapped sushi item

24 Anna who won Best Actress for "The Rose Tattoo"

25 Old Russian ruler

26 "Bedazzled" co-star [2]

28 "Little House on the Prairie" co-star [3]

30 Stately tree

31 Dying rebuke from Caesar

32 Year, in Portuguese

33 — Mae (loan offerer)

35 Olympic figure-skating gold medalist of 2002 [4]

40 Road goop
- 41 2002-09 "American Idol" judge [5]

44 "Inception" director Christopher

45 Peace Nobel

46 Rod on a car

48 Makes another proposal

50 Nine-sided shape

52 Periods of note

55 Driver's license fig., e.g.

56 Crater part

59 Toronto loc.

60 Conk

61 Like many survey questions

63 Party server

64 Folk rocker DiFranco

65 Restrained

68 Chuckle gleefully

70 Plops (down)

71 Laura of "ER"

72 Got too big for

74 Church parts

75 Head, in Metz

76 In some way

78 Bruce Springsteen hit of 1985
- 81 "Just — suspected"

82 151, to Cato

83 "Skyfall" star Daniel

85 Suffix with dull

86 Top-secret govt. org.

87 Tax form fig.

88 Tumults

90 "Auld Lang —"

91 Large game bass

93 Sports centers

95 Tests for coll. seniors

97 Boot out

98 "The Way — Flesh"

101 [7]

104 — loss

105 [6]

106 Roping tools

108 Without end, to poets

109 Shreds

111 I, in Berlin

112 [8]

115 [9]

121 Dell

123 Yellowish pink color

125 Wee babies

126 Early garden

127 Came into

128 Steer a ship

129 [10]

130 Ones sowing

131 Yale students

132 P followers
- DOWN**

1 See 119-Down

2 France, once

3 All: Prefix

4 "Explorer" of cartoons

5 Building brick

6 Arty dabblers

7 Levy on a food preserver

8 Mil. interceptor

9 Chart for mariners

10 Severe chest pain

11 Acrimony, to Brits

12 Provo's state

13 Pop singer Del Rey

14 Iroquois tribe members

15 CPR pro

16 Hawk again

17 Napoli's land

18 [1]

20 Luhrmann who directed 2013's "The Great Gatsby"

27 [2]

29 [3]

34 — Angeles

35 Misses, in Mexico

36 Isolation

37 Heroic dog of old TV
- 38 "Bingo!"

39 [4]

42 Oahu garland

43 [5]

47 Ones putting up buildings

49 Apropos of

51 Suffix with human

53 Pale silvery color

54 Sounding like an angry bull

56 Pastry with dried grapes

57 Cross each other

58 Annual international beauty pageant

62 Rich rock

66 Once called

67 "... — thousand times ..."

69 Lead-in to light or night

70 Tanning lotion abbr.

73 Golden State sch.

74 "Christina's World" painter [6]

76 Ye — shoppe

77 Grammy winner for "Criminal" [7]

79 Ability to interest lots of people

80 Food scrap

82 "Smooth" guitarist [8]

84 1990 Cyrano de Bergerac

89 Maple fluid

92 Climbing vine

93 Jolson and Pacino

94 Stabbed

96 Stephen, French-style

98 "Gladiator" was his last film [10]

99 False front

100 Singer Simpson

102 Maiden in "The Raven"

103 Pencil top

107 Fills up

110 2009 horror film sequel

113 Maui goose

114 Poet Allen

116 Sac fly stats

117 Boxer, e.g.

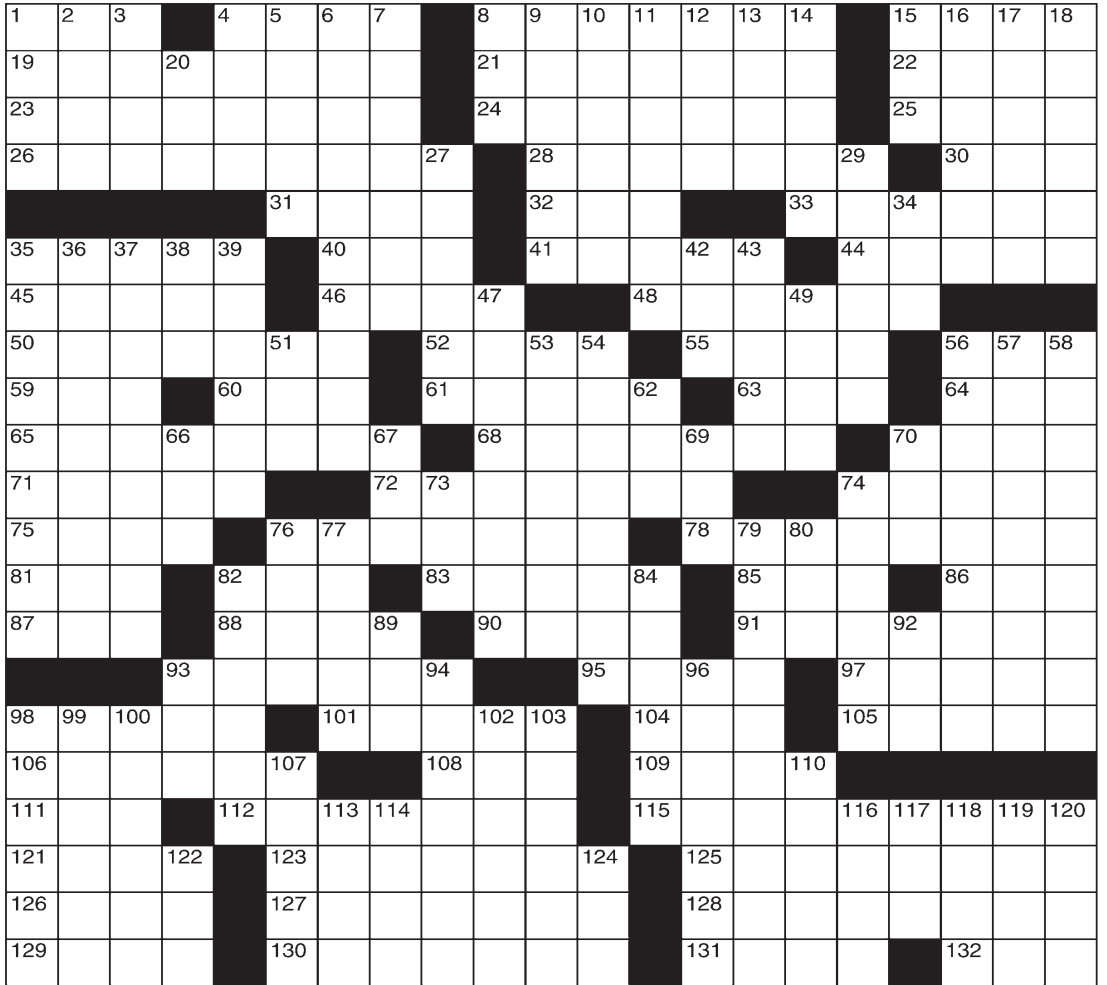
118 Baghdad site

119 With 1-Down, play intermission

120 Functions

122 Stop

124 Mag VIPs



King Crossword

- ACROSS**

1 Gaucho's weapon

5 Big Apple abbr.

8 Silenced "Hey!"

12 "Once — a Mattress"

13 Debtor's letters

14 Duel tool

15 Delphinium

17 Rotate

18 Dismal

19 Snow White's pals

21 Put on the line

24 Everything

25 Pop flavor

28 Frogs' hang-out

30 Make up your mind

33 Kinsman, for short

34 Drops from the payroll

35 Letter after 31-Down

36 Moment

37 From the start

38 Read cursorily

39 Barbie's companion

41 Teensy bit

43 Go directly downhill

46 Pacific porch

50 Desirous look

51 Rash
- 54 Sandwich treat

55 Sphere

56 Reclined

57 Marries

58 Bill

59 Pronto, in the ER
- cheese label word

8 Corolla component

9 Morgan of "Super Size Me"

10 Lowly laborer

11 Sawbuck

16 Half a Vail pair

20 Bankrolls

22 Rotate

23 "M*A*S*H" locale

25 Letterman's network

26 Raw rock

27 Big name in U.S. aircraft

29 Mr. Gingrich
- 31 Letter before 35-Across

32 Allen or Conway

34 Enthusiasts

38 T-shirt sizes

40 Continental money

42 Timeworn

43 Decelerate

44 Wrap in a waxy cloth

45 Attempt

47 Tidy

48 One side of the Urals

49 "— It Romantic?"

52 Historic period

53 Recede
- DOWN**

1 Socket insert

2 October stone

3 Traditional tales

4 Turkey's capital

5 Pinch

6 Second person

7 Cottage

MAGIC MAZE ● CANADIAN CITIES AND TOWNS

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

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

- Calgary

Edmonton

Halifax

London
- Montreal

Oshawa

Ottawa

Quebec
- Regina

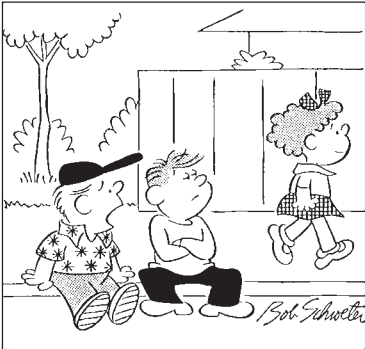
Saskatoon

St. John's

Vancouver
- Victoria

Windsor

Winnipeg



"All I know about _____
is there has to be some."
answer on page 54

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!

Crush
PALM TRE _____

Retract
IN WERD _____

Assist
VERSE _____

Serfdom
BE AND OG _____

TODAY'S WORD

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

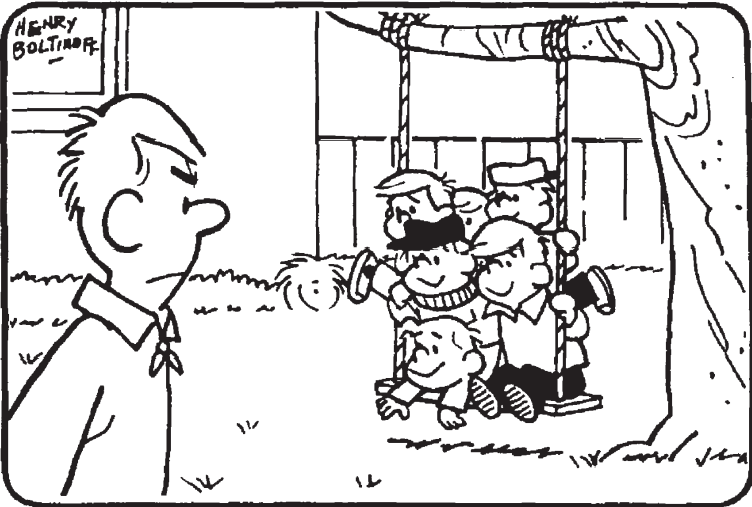
SUDOKU

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.

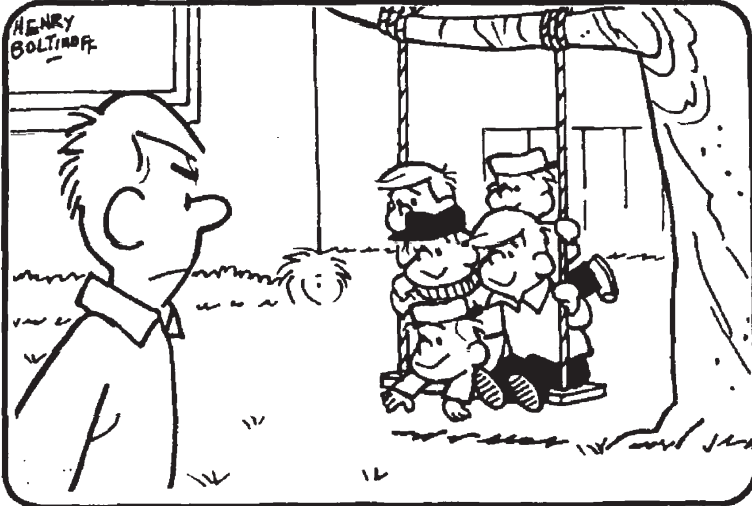
answer on page 55

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Man's collar is different. 2. Window is larger. 3. One boy is missing. 4. Leg on the left is missing. 5. Boy on the bottom has a hat. 6. Part of fence is missing.

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My Stars ★★★★★

FOR WEEK OF MAY 13, 2019

Aries (March 21 to April 19) This is a good week to look at healing bruised feelings and re-establishing weakened relationships. It's also a good week to start new projects and make new job-linked contacts.

Taurus (April 20 to May 20) Music and art dominate the week, giving the sensual Bovine a lot to appreciate. On the practical side, deal firmly, but fairly, with those who might try to undermine your work efforts.

Gemini (May 21 to June 20) Good feelings continue to flow from your recent efforts to reconnect with family and friends. But be ready to defuse a dispute before it can disrupt all that peace and harmony.

Cancer (June 21 to July 22) A practical view of a romanticized situation could help to clarify some of its more confusing aspects before you make a decision that could be tough to undo later on.

Leo (July 23 to August 22) Pay more attention to what a recent spate of workplace criticism might say about your performance and not what you think it implies about you personally. Some flexibility might be called for.

Virgo (August 23 to September 22) With new information, and new promises of support (not to mention growing self-confidence), this could be a good time to restart a project you couldn't quite handle

before.

Libra (September 23 to October 22) Before you decide to close down a problem-loaded project and make a fresh start with someone else, try once more to reach a compromise with your balky partner. He or she might surprise you.

Scorpio (October 23 to November 21) While you continue earning points for your sharp negotiating skills, be alert for an attempt to undercut your efforts. You'll need to provide solid facts and figures to stay in the game.

Sagittarius (November 22 to December 21) A minor health problem might cause you to ease up on your usually busy schedule. But you'll soon be back in the saddle and ready to pick up the reins and charge ahead.

Capricorn (December 22 to January 19) The adventurous Sea Goat might be eager to take on a new challenge. But before you do, you might want to take some time to check out previously overlooked factors.

Aquarius (January 20 to February 18) A feeling of being overwhelmed by all that you have to do can be eased by setting priorities. Deal with the most urgent and time-sensitive situations first, and then work down the line.

Pisces (February 19 to March 20) Creating a calm, peaceful place for yourself in the middle of a roiling emotional whirlpool this week starts when you, and no one else, decide how to make decisions about your life.

Born This Week: Your determination to

stick with your principles wins the admiration of everyone who knows you.

MOMENTS IN TIME

• On May 16, 1849, the New York City Board of Health finally establishes a hospital to deal with a cholera epidemic that would kill more than 5,000 people. The city was ripe for an epidemic because of poor health conditions and its attraction for immigrants from around the world.

• On May 17, 1885, the Apache chief Geronimo again breaks out of an Arizona reservation, fleeing with 42 men and 92 women and children, and sparking panic among Arizona settlers. Geronimo surrendered in September 1886.

• On May 15, 1941, the turbojet-propelled Gloster-Whittle E 28/39 aircraft flies over Cranwell, England, in the first test of an Allied aircraft using jet propulsion. It reached a top speed of 370 mph at 25,000 feet.

• On May 14, 1973, Skylab, America's first space station, is launched into orbit around the Earth. Eleven days later, U.S. astronauts rendezvoused with Skylab, repairing a jammed solar panel and conducting scientific experiments during their 28-day stay.

• On May 13, 1981, Pope John Paul II is shot and wounded at St. Peter's Square in Rome by Turkish terrorist Mehmet Ali Agca. He claimed that he had planned to go to England to kill the king but couldn't because

there was only a queen and "Turks don't shoot women."

STRANGE BUT TRUE

• It was industrialist Andrew Carnegie, who was born into a poor Scottish family and emigrated to the United States as a teen, who made the following sage observation: "There is not such a cradle of democracy upon the earth as the Free Public Library, this republic of letters, where neither rank, office, nor wealth receives the slightest consideration."

• You might be surprised to learn that the United States Department of Commerce has designated approximately 30 houses across the country as authentic haunted houses.

• Despite the fact that 95 percent of the world uses the metric system of measurement, we in the United States still stubbornly cling to the archaic units of measurement derived from the old British Imperial system. This hodgepodge ranges from the mile (originally the distance a Roman soldier could march in 1,000 double steps) to the foot (originally the length of Emperor Charlemagne's foot, later "standardized" to the length of 35 barleycorns laid end to end) to a yard (the distance between King Henry I's nose to his extended fingertips) to an inch (the length from the tip to the first joint of a man's thumb).

continued on page 55

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Life Insurance

Facts And Solutions For Long-Term Care



J. Brendan Ryan,
CLU, ChFC, MSFS

At the risk of causing my readers factoid fatigue, here is some data about aging and long-term care that should help readers focus on the problem and ideally lead them to addressing it:

We are living longer. According to the Kaiser Family Foundation, by the year

2050, there will be four times as many people in their 90s and above as there are today.

By that time, seniors age 65 and older will more than double to 81 million.

Last year chronic disease – diseases that persist over a long period of time, such as diabetes, emphysema and arthritis – cost us \$2.3 trillion. Ninety-five percent of seniors' healthcare costs are attributed to chronic disease. So, as we live longer, the incidence and cost of chronic disease will rise.

Many of the nation's seniors need long-term care today. As the legions of middle-age people become senior citizens in the future, the demands on our care system and the mechanisms for payment for that care system will grow to the breaking point. Some more data:

Today, nine million people require long-term care (LTC) outside the home today. Of those, 40 percent are considered

poor or near-poor, which suggests a huge burden on the Medicaid system that will be called upon to care for these people, mostly in nursing homes.

By the year 2020, that number is expected to grow to 12 million.

The likelihood of people over age 65 of meeting the criteria for LTC at some point in their lives is 68 percent.

Tens of millions of nonpaid caregivers provide care to the sick or disabled.

I worry most about caregivers. The rendering of these services can take its toll on the caregiver's physical health, mental health, personal finances, job performance and opportunity, and familial relationships. A MetLife study estimated just the monetary loss to the caregiver over time to exceed a half-million dollars.

Eventually, the needs become too demanding or require so much professional care that a nursing home is required. How

can a person prepare for the need for professional LTC? Some people choose to or are forced to go the Medicaid route for their care. But for this, they have to spend virtually all their assets and thus be impoverished to qualify. For others who are insurable and can afford it, buy insurance:

A stand-alone LTC policy can be obtained. This can provide benefits for either paid home-health care or nursing-home care for a selected length of time. The major shortcoming of this approach is that, if one pays the premium for years and years but never needs to collect a benefit, then all the premium dollars will have been wasted. It is a use-it-or-lose-it proposition.

An annuity can be purchased that can have LTC benefit built in. The covered benefits can be the same as for the stand-alone policy. If one never collects on the LTC benefit, the cash value of the annuity can be used for retirement income or for a

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Today's Word
WOMEN

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bequest to a beneficiary after death. This is not use-it-or-lose-it.

The best choice in my opinion is a life-insurance policy with a LTC benefit attached for a modest added cost. It too covers the same events as the stand-alone policy. This policy makes available as much as the full death benefit, not just the cash value, if needed for LTC. So, someone will get the full benefit: either the insured for LTC needs, the beneficiary as a death benefit, or part to each. This is not use-it-or-lose-it.

The best way to sort through all this is to speak with an experienced agent who comes upon high recommendation from someone you trust.

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

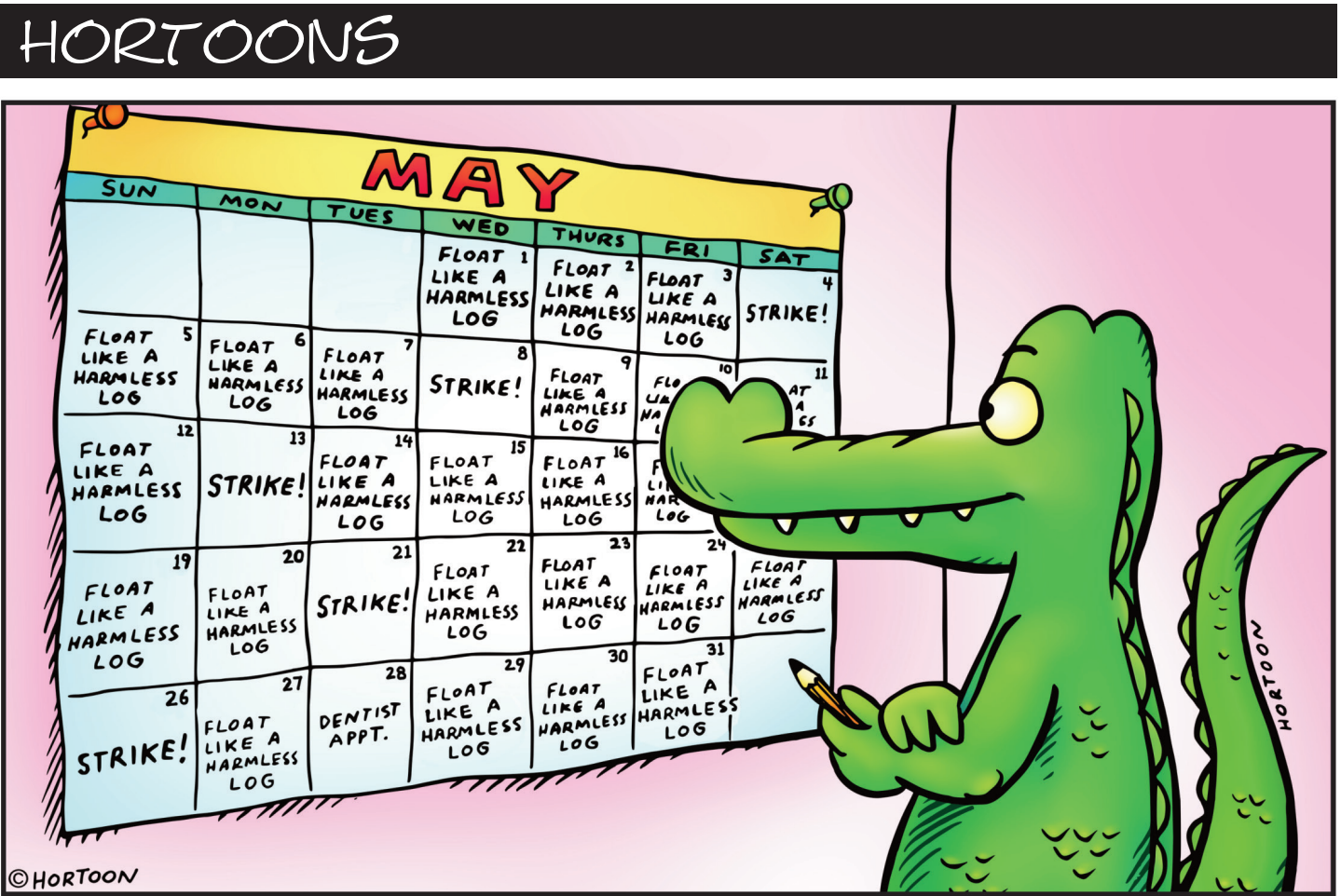
From page 53

STRANGE BUT TRUE

- A man named Robert Boyd entered a lingerie shop and attempted to hold up the store using a Japanese sword. A fan of video games, Boyd claimed in his defense that at the time of the holdup, he believed he was an elf.
- In Switzerland, it is considered to be bad luck to tell anyone your baby's name before it is born.

THOUGHT FOR THE DAY

"A man may truly live in his dreams, his noblest dreams, but only, only if he is worthy of those dreams." – Harlan Ellisonh



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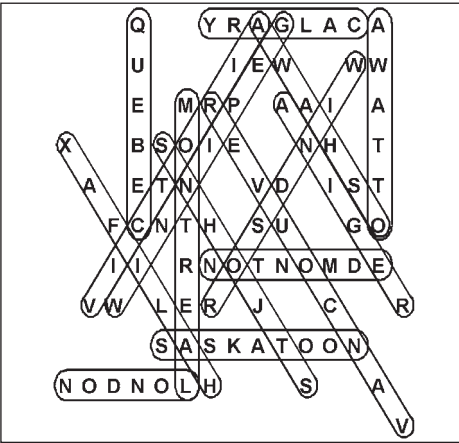
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Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	2002	4,303	\$3,999,000	\$3,600,000	11
Punta Robalo Unrecorded Subdivision	Captiva	1999	3,630	\$3,495,000	\$2,865,000	7
Gulf Heights	Fort Myers Beach	2006	2,580	\$1,995,000	\$1,900,000	244
Carolands	Bonita Springs	2014	4,500	\$1,899,000	\$1,850,000	1
Bay Creek	Bonita Springs	2005	4,978	\$1,699,999	\$1,645,000	118
Creekside	Bonita Springs	2002	4,422	\$1,649,900	\$1,530,000	203
St. Charles Harbour	Fort Myers	1998	8,003	\$1,595,000	\$1,550,000	45
Oak Knoll At Bonita Bay	Bonita Springs	1993	3,491	\$1,425,000	\$1,150,000	275
Mcphie Park	Fort Myers Beach	1977	1,592	\$1,395,000	\$1,327,500	21
Orchid Ridge	Estero	2006	3,638	\$1,275,000	\$1,220,000	124



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