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SANIBEL & CAPTIVA ISLANDS, FLORIDA

MAY 17, 2019

MAY SUNRISE/SUNSET:

17 6:41 • 8:09 18 6:40 • 8:09 19 6:40 • 8:10 20 6:39 • 8:10 21 6:39 • 8:11 22 6:39 • 8:11 23 6:38 • 8:12

Governor Vetoes House Bill, Straw Ban To Remain

by Jeff Lysiak

Chalk another victory up to the champions of environmental awareness and punishers of polluters.

Last Friday evening, Florida Gov. Ron DeSantis officially vetoed House Bill 771, which – if approved – would have prohibited local governments from enforcing regulations on single-use plastic straws over the next five years.

In his letter to Florida Secretary of State Laurel M. Lee, DeSantis noted his objections to HB 771 and specifically pointed to examples where the straw ban – including Sanibel and Fort Myers Beach – had been enacted.

“HB 771 originally addressed issues with contaminated recyclable materials, but a provision was added that includes a



Gov. Ron DeSantis

moratorium on local regulation of single-use plastic straws until 2024,” DeSantis wrote. “A number of Florida municipalities, including Sanibel, Fort Myers Beach and Miami Beach, have enacted ordinances prohibiting single-use plastic straws. These measures have not, as far as I can tell, frustrated any state policy or harmed the state’s interests. In fact, the Florida Department of Environmental Protection has encouraged Florida residents, schools and businesses to reduce plastic straw use.”

According to Sanibel’s local ordinance, which became effective late last year, “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 Board, Lee County, the State of Florida or the federal government.

Plastic straw bans, however, would have been preempted if the governor had approved HB 771. The bill passed the State House three weeks ago and the State

continued on page 8

Baby Woodpeckers Rescued



Justin Harris and Jimmy Jensen pointing out the newly-installed bird box that is home to a family of woodpeckers

photo by Jeff Lysiak

by Jeff Lysiak

The owners and staff of Jensen’s Twin Palm Resort & Marina on Captiva are well versed in taking care of their customers when it comes to providing comfortable accommodations.

That goes for wildlife customers, too.

On May 3, when the resort’s iconic “Tiki Man” statue took a tumble, members of Jensen’s staff immediately sprung into action, since three of their permanent

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‘Ding’ Tarpon Tournament Breaks Records

The 8th annual “Ding” Darling & Doc Ford’s Tarpon Tournament, held on May 3, topped previous years’ fundraising efforts by netting \$125,000 from tournament sponsorships, donations, and silent auction proceeds to benefit the JN “Ding” Darling National Wildlife Refuge.

The tournament also broke the record for fish caught, set in 2018. Anglers photo-recorded 88 tarpon catches this year, compared to as few as two and as many as 49 in the previous seven years.

“That’s a really impressive number of fish caught,” said Marty Harrity, co-owner of Doc Ford’s Rum Bar & Grille. “We see that as a positive sign for the recovering health of our fishery.”

“Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) organizes the annual tournament with Doc Ford’s of Sanibel Island, Fort Myers Beach, and Captiva Island as the title sponsor. Tournament social events took place at

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First place winners, Team Dorado Boatworks, received a check for \$13,410. Pictured from left, DDWS staffers Lynnae Messina and Dot Voorhees, Doc Ford’s Joe Harrity, team member Seth Hayes, team captain Eric Davis, team member Randall Marsh, DDWS staffer Sierra Hoisington, Refuge Ranger Monica Scroggin and Doc Ford’s co-owner Marty Harrity.

photo provided



Annabel Crater stretches out a length of “plarn” (plastic-bag yarn), one of the many steps in creating mats for the homeless and victims of natural disasters photos provided

Church Group Weaves Mats Out Of Plastic Bags

Pizza and “plarn” (plastic-bag yarn) were on the menu recently at Sanibel Congregational United Church of Christ. Members of the CREW youth group, adults from the church and the Green Team, parish nurse Linda Convertine and others got together to help with a project CREW undertook earlier this year. The goal was

to transform plastic grocery bags into mats that will be provided to homeless individuals and victims of natural disasters.

Thanks to the church members and others who donated hundreds of plastic grocery bags, the group had plenty of raw materials for their project. And thanks to Dean Skaugstad, who built looms to the required specifications, CREW has the tools needed to continue the effort.

Leaders were on hand to offer instruction and also pitched in as the bags were sorted, cut, tied into strips and arranged on the looms. Weaving



Members of the CREW youth group and Green Team, as well as others interested in the project, turning plastic grocery bags into mats for the homeless and victims of natural disasters

the plarn, or plastic yarn, results in a cushiony “fabric.” Each mat is made by joining two of the woven sections.

The multigenerational group collaborating on the project ranged in age from about 8 to 80.✪

Islands Night Returns Monday

The 26th annual Sam Bailey’s Islands Night, presented by Bailey’s General Store, will be played at CenturyLink Sports Complex (Hammond Stadium) in Fort Myers this Monday, May 20. That evening, the Fort Myers Miracle will take on the Bradenton Marauders at 6:30 p.m. Pre-game festivities, including the traditional parade around the

diamond, begin at 5:30 p.m. Over the first 25 years of the annual event, Islands Night contributions have been distributed throughout the Sanibel-Captiva community to assist individuals and a number of nonprofit groups and organizations, with more than \$175,000 given back through scholarships and donations. Free tickets for Islands Night are available at Bailey’s General Store. For more information about becoming an Islands Night sponsor, call Bailey’s General Store at 472-1516.✪

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Early development
Sanibel Historical Museum And Village

photo courtesy Sanibel Historical Museum and Village

Looking Back: Early Development

This week's image is Sanibel Island looking south over early development, likely the Colony Inn, at the eastern end of the island, to the Gulf of Mexico.



Learn more about the history of Sanibel at the Sanibel Historical Museum and Village, 950 Dunlop Road, next to BIG ARTS. The village is open Tuesday through Saturday from 10 a.m. to 4 p.m. through April. Full guided tours take place at 10:30 a.m. and 1:30 p.m. at no additional charge. Beginning May 1, village hours are 10 a.m. to 1 p.m., with one guided tour at 10:30 a.m. There is handicap access to the buildings. Admission is \$10 for adults over 18, no charge for members and children. For more information, visit www.sanibelmuseum.org or call 472-4648.✪

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.

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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.✪

To our visitors, island residents, and staff:
Thank you for another successful season!
We could never do it without these amazing folks!

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SCCF Land Conservation Steward and chief operator Victor Young next to the new skid-steer and a debris pile he just stacked photos provided

SCCF's New Loader Enhances Restoration Efforts

submitted by Chris Lechowicz,
SCCF Wildlife & Habitat Management
Program Director

When the Sanibel-Captiva Conservation Foundation (SCCF) acquires land for conservation, the native habitat of that land has usually been negatively impacted and requires restoration. SCCF's Wildlife & Habitat Management staff (WHM) is charged with this task. Before development, Sanibel's interior wetlands were an open savannah, maintained by fire from lightning strikes. With development, fire must be tightly controlled in order to preserve homes and private property – but that means that woody shrubs and trees begin to encroach on that savannah, replacing the open

grasslands that are suited to Sanibel's native wildlife.

SCCF recently purchased a John Deere skid-steer (a compact track loader) to aid in habitat restoration. The purchase was made possible through generous gifts from the Wescustogo Foundation/Nanovic Family, Donald Slavik Family Foundation, Linda and Wayne Boyd, Leah and Doug Beck, Pfeifer Realty Group, Kay Redmond, and Kris and Doug Ryckman, who all responded to a campaign to support WHM's work.

The new skid-steer enables SCCF to handle larger projects that were previously contracted out. It can remove undesirable trees (up to five inches in diameter) from the ground in seconds, whereas previously, trees were cut down by hand and left in place on the ground, deterring the growth of desirable ground cover plants. Now, the fallen trees can be moved to piles or mulched, allowing grasses and other low plants to grow in their place. Additionally, the skid-steer is less likely to get stuck in

mud when working wildlands because it uses tracks, not wheels. Tracks provide more surface area on the ground, making it easier to maneuver over large obstacles.

Along with the John Deere skid-steer, the forestry package was purchased to protect the vehicle as much as possible on wildlands. Acquisition of the skid-steer also enables SCCF to have two pieces of heavy machinery working on a project. After 2017's Hurricane Irma, the clean-up of SCCF's fire breaks and trails took about six months with just one tractor and low manpower. With the skid-steer and our tractor working simultaneously, it would

have taken one quarter of that time.

The skid-steer will greatly enhance SCCF's habitat restoration work. Through the combination of controlled burning (where possible), wildland mowing, and the clearing of both non-native (and native) invasive vegetation with the skid-steer, it will be possible to more efficiently restore the open canopy grasslands (particularly Spartina marshes) that once covered Sanibel's interior.

The skid-steer will also provide measurable results and public visibility of the restoration of Sanibel's natural habitat to a more historic state.✱



The root rake grapple attachment allows the team to grab exotic vegetation, debris and downed trees and move them to piles. Here it is carrying a Brazilian pepper tree to a pile of debris after ripping it out of the ground, roots and all.

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OBITUARY

JAMES MICHAEL GRIFFITH

James "Jim" Michael Griffith of Sanibel, Florida passed away on April 26, 2019. He was 83.

Jim was born in New Britain, Connecticut on June 2, 1935, graduating from Berlin High School and the University of Connecticut. He met his wife, Jacqueline Gay (Smith) Griffith, at UConn and they were married in 1957. Gay passed away in 2012.

Jim earned a bachelor of science degree in mechanical engineering in 1957 and worked at Connecticut Light and Power. He and Gay then moved to Georgia in 1960, where Jim had a long and rich career at Georgia Power Company, retiring in 1992. During his career, Jim also served as a leader for many community and civic organizations.

Jim and Gay became permanent residents of Sanibel in 1999. For the next 20 years, Jim was the consummate volunteer, a man of great integrity, energy, ability and dedication, working to improve Sanibel and protect the ecosystems that are critical to Sanibel's native wildlife.

Jim was an active member and deacon of Sanibel Congregational United Church of Christ.

One of Jim's greatest joys was birdwatching, which he did almost daily. He had a special affection for ospreys, which he dubbed "the diamonds of the islands." He built well over 100 osprey

platforms over the years.

Jim and Gay also enjoyed the tranquility of their house in the North Georgia Mountains on Seed Lake in Rabun County. There, Jim enjoyed hiking, canoeing, kayaking, birdwatching and hosting family and friends.

Jim was also an avid runner for over 50 years, frequently participating in local 5K and 10K road races. He completed the Peachtree Road Race 10K in Atlanta 35 times since 1975, often running with his children and eventually, even his grandchildren.

The most important priority throughout Jim's life was his family. He was the loving father of five children: sons Michael Griffith of Sanibel, Brian Griffith of San Diego, California and B. Howard Griffith (deceased); daughters Linda Griffith of Cambridge, Massachusetts and Susan Griffith Berthelot of Atlanta, Georgia. Jim was also very proud of his nine grandchildren and seven great-grandchildren. He is also survived by brothers Robert (Bob) Griffith of Kensington, Connecticut, Thomas (Tom) Griffith of Winston Salem, North Carolina; sisters Margorie (Marge) Johnson of Topsham, Vermont, and Elaine Talbot of Southington, Connecticut. His sister, Kathleen Langevin, died in 2010.

Jim's family is planning a memorial service in Georgia this spring and will plan a memorial in Sanibel in the fall. In lieu of flowers or gifts, Jim would have appreciated a donation in his memory to Sanibel-Captiva Audubon or The International Osprey Foundation.✧

OBITUARY

HELEN MCCONNELL COPELAND

Helen, "Lenny," McConnell Copeland died peacefully on May 11, 2019. One of five children, she was born on October 6, 1930 to Malcolm R. and Rebecca C. McConnell in Pittsburgh, Pennsylvania. Lenny is survived by her beloved husband of 66 years, Bill, her son and daughter, and four grandchildren.

She acquired the name Lenny in college, where she met her husband while singing in acapella groups at Union and Skidmore Colleges. Lenny had many passions in life. She was an accomplished local artist. She studied at Carnegie Mellon, graduated from Skidmore College and attended Yale Art School. She painted well over 650 paintings that grace many Columbus homes. Lenny's gift as an artist stems from her appreciation of nature and light.

Since her childhood, she spent almost every summer at her family's cottage in Connecticut, a place of connection to both nature and deep family roots. Her travels to Europe were a great inspiration for her work. She loved everything French, particularly Giverny and the French garden she designed for her home, images of which are part of a permanent collection at the Smithsonian. She spent most of her winters on Sanibel Island where she experienced peace and quiet with

shelling, walks on the beach and wildlife that also found their way into her paintings. Her sense of precision and order led her to develop into an avid, top flight croquet player. She discovered her love of the game with her husband, and mentored many others. Lenny participated in the U.S. Croquet Association, The Junior League, Twig 2, The Little Garden Club and the Book Club. In her enthusiasm for life, she also just loved a good party with friends and family.

In her final days, she showed exceptional courage in her acceptance of her difficult illness and met it with the will to survive a surgery that pushed the limits of medical science. She was grateful for all of the wonderful surgeons and nurses at The James Cancer Center and at Kendal at Granville. Her immediate and extended family have learned a great many lessons from her vision and perseverance in life. They, as a family, treasure her gift for seeing beauty in the world and capturing it for all.

A memorial service was held on May 14 at Broad Street Presbyterian Church in Columbus, Ohio. Contributions may be made to The James Cancer Center – The Ohio State University Foundation, 1480 W. Lane Ave., Columbus, OH 43221, 614-292-2141, <https://wexnermedical.osu.edu/ways-to-give> or to Broad Street Presbyterian Church Garden Fund, c/o Cheryl Carter at 614-221-6552 or ccarter@bspc.org, <http://bspc.org/donate/>✧

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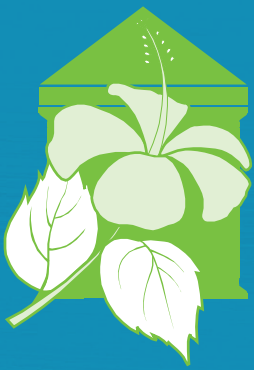


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Planners OK Tarpon Bay Road Restrooms

by Jeff Lysiak

During Tuesday’s Sanibel Planning Commission session, a variance that will allow for the construction of a restroom facility to be built below the base flood elevation standard was unanimously approved.

The City of Sanibel, with additional funding coming from the Tourist Development Council (TDC) and Lee County Board of County Commissioners, is building a new restroom at the Tarpon Bay Road beach public parking lot. The facility will consist of three family-style restrooms with one toilet, one sink and one baby changing station in each restroom. A fourth room will house plumbing and electrical for maintenance personnel.

“To provide ADA-compliant restroom facilities, the city is requesting a variance from the flood requirements of Chapter 94 of the Sanibel Land Development Code, requiring that a new or substantially improved structure be constructed above the Base Flood Elevation (BFE) as established in the Federal Emergency Management Agency (FEMA) Flood Insurance Rate Maps (FIRM), to construct the subject restroom facilities below the specified base flood elevation,” said City Planner Josh Ooyman, who explained to commissioners that the property lies within a flood zone, with a BFE of 10 feet. “Constructing the restroom facility above



The new restroom facility currently under construction at the city’s public parking lot on Tarpon Bay Road

photo by Jeff Lysiak

the BFE would not provide convenient ADA access due to the prohibitively long ramp lengths necessary for ADA access to the elevated structure.”

According to Ooyman, the restroom facility – which is already under construction – is being built using waterproof construction techniques including painted block walls, epoxy flooring and flow through aluminum louvers in the exterior walls. No electrical connections are being located below the BFE, and potable water supply and wastewater disposal systems are designed to prevent entry of floodwaters into these systems.

Following deliberations on details of the restroom facility, Commission Chairman

Chuck Kettelman asked Keith Williams, director of the city’s community services department, whether a condition that the variance require compliance with the city’s vegetation standards be included in the final document. Williams confirmed that all city-owned properties are only planted with native vegetation, and had no objection to its inclusion.

Commissioner Karen Storjohann mentioned the abundance of poison ivy on either side of the city’s Shared Use Path near the parking facility, and Williams mentioned that every effort is being made to eradicate the unwelcome weed from areas that the public accesses.

Later, Commissioner Roger Grogman made a motion to approve the variance,

which passed by a 6 to 0 vote, with Commissioner Matt Kirchner absent and excused.

In other business, commissioners approved a variance to extend and relocate a boat dock farther than the maximum permitted waterward extension limit (30 feet) as measured from the approximate mean high water line of the abutting bayou.

An application submitted by Stephen and Elizabeth Hay, who own the Dinkins Bayou property at 6195 Henderson Road, details their plans to move the existing boat dock and lift eight feet waterward in order to allow safe access and use of the boating facilities during low tides.

“The property owner currently experiences difficulty entering/leaving the boat lift with his vessel due to the insufficient water depths near the existing boat dock and lift, and that he must wait for the upper range of high tide to do so, and often when the high tide occurs during non-daylight hours,” the city’s staff report, introduced by Ooyman, reads in part.

Alternatives to the requested variance were discussed, such as dredging the shallow areas of the bayou and/or relocating the boat lift parallel to the outside of the existing dock. However, due to the existence of beneficial marine bottom resources, staff would not support dredging. Additionally, relocating the boat lift to the outside of the existing dock would continue to present challenges related to insufficient water depths.

With no objections to the variance request, Grogman made a motion for it to be approved. It passed by unanimous vote.*

From page 1

Straw Ban

Senate on April 30.

Following an explanation of his objection, DeSantis’ letter concluded “the state should simply allow local communities to address this issue through the political process. Citizens who oppose plastic straw ordinances can seek recourse by electing people who share their views.”

Word of the governor’s veto spread quickly, with many local sources praising the action.

“The City of Sanibel applauds

Governor Ron Desantis veto this evening of House Bill 771,” a press release from the City of Sanibel reads, in part. “House Bill 771, if enacted, would have prohibited the enforcement of the City of Sanibel of Ordinance 18-008, adopted September 10, 2018, which prohibits the sale and distribution of plastic straws on the island, including at special events. On Tuesday, Sanibel City Council unanimously approved delivering a letter to Governor DeSantis strongly urging he veto House Bill 771.”

Several members from the Sanibel-Captiva Conservation Foundation (SCCF) commended DeSantis’ decision.

“SCCF thanks the governor

for upholding our right to set local environmental policies that exceed those set by the state,” said CEO Ryan Orgera, PhD. “Municipalities like Sanibel are setting standards of excellence that benefit and should be embraced by all Floridians.”

“We applaud Governor DeSantis’ action late Friday to veto House Bill 771, including its moratorium on the local regulation of single-use plastic straws until 2024,” added SCCF Natural Resource Policy Director Rae Ann Wessel. “SCCF thanks our members and everyone who used our Action Alerts to communicate with the legislature and governor during the recently concluded session.”

Coastal Keepers, the island-based organization who requested that their Facebook followers send an email to Florida’s governor requesting that he veto HB 771 two weeks ago, posted a celebratory message online thanking the actions of concerned citizens.

“Your voices were heard loud and clear, and he vetoed the legislation on Friday, May 10. Sanibel’s straw ordinance to reduce plastic pollution will remain in place,” a Coastal Keepers’ Facebook post from May 13 reads, in part. “It is important for communities to engage in conservation on a local level, and we applaud the governor for protecting our ability to do so.*”

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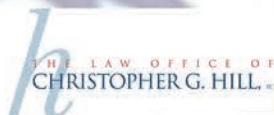
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Youth Ministry Dinner Theater A Hit



From left, Evette Zurbriggen, John Gible and Kimberly Sanders, directors and producers of *Amazing Grace and Other Stories of the Faith* photos provided submitted by Jamie Senkeleski

Once again, H2O Youth Ministries at Sanibel Community Church went over the top with their dinner theater show, *God's Amazing Grace and Other Stories of the Faith*. The audience traveled back in time on a dramatic musical journey, exploring the pages of a hymnal. This intergenerational presentation looked beyond the words and melodies of popular hymns and into the lives of those who gave us such rich treasures, treasures often taken for granted. The goal of the cast was to encourage the audience to view favorite hymns in a deeper sense: to understand, enjoy, appreciate and apply the ideas to their lives today.

As guests entered the sanctuary, they experienced a true English pub atmosphere and dined on bangers and mash or shepherd's pie. Their taste buds were fancied with bread pudding for dessert and, of course, a spot of tea.

With a cast of over 100 people, including the Sanibel Church Choir, LOGOS children and many of our own very talented church members, the event was a complete success. This event raises funds to help teens and leaders attend mission trips, conferences, camp



Anthony Scorelle and retreats throughout the school year. H2O thanks everyone involved, but most of all thanks God for the ability, freedom and grace to host such an amazing event. Mark your calendars for next year's Missionary Dinner Theater scheduled for March 1, 2020.✱



From left, Eva Anderson-Kilgore, Karmindy Schafer, Anna Anderson-Kilgore and Kelsye Schafer



From left, Mike Bugler, Nik Bakos and Eli Baldwin



LOGOS children singing *Stand Up For Jesus*



From left, Faye Cole, Greg Walsh and Keith Sieck



Matthew Chase and Cole Fields

Sanibel Officials Recognized By League Of Cities

City of Sanibel Mayor Kevin Ruane, Vice Mayor Mick Denham and Councilwoman Holly D. Smith are being recognized by the Florida League of Cities (FLC) as 2019 recipients of the League's Home Rule HERO Award for their "outspoken advocacy for municipal home rule leading up to and during the legislative session." The league is the united voice of Florida's municipal governments and represents more than 400 Florida cities, towns and villages.

The FLC presents the Home Rule HERO Award to outstanding advocates who protect the home rule rights of city constituents and municipal citizens throughout the state. Home Rule is the ability for a city to address local problems with local solutions with minimal state interference. Home Rule HERO Award recipients are local government officials, both elected and nonelected, who consistently responded to the league's request to reach out to members of the legislature and help give a local perspective to an issue.

"The dedication and effort of these local officials during the 2019 legislative session was extraordinary," said FLC Legislative Director Scott Dudley. "These are some of our biggest advocates for municipal issues, and they're shining examples of local advocacy in action. On behalf of the league and its legislative team, we're proud to recognize each and every one of them and thank them for their service."

This is the second year Ruane has received the award (2017, 2019) Ruane said, "I am humbled by the recognition of this award and honored to serve this community."

Denham is being recognized for his third award (2012, 2018, 2019). Upon receiving the award, Denham said "This honorable award reflects not on any one individual but the tireless work of the entire city council for the citizens of Sanibel."

Smith is being recognized for a second year in a row for the award, as many years as she has sat on city council. Upon hearing that she was a recipient of the award, Smith said, "I cannot overstate the importance of our partnership with the Florida League of Cities. I am grateful for all I have learned from the league. It is a privilege to be able to be in a position on council to represent and advocate for the City of Sanibel and for Home Rule. I thank the league for helping me learn to have a stronger and more educated voice in advocacy. It is truly an honor to receive this award on behalf of Sanibel along with the mayor and vice mayor."

In February of this year, Ruane and Smith participated in the Florida League of Cities FAST (Federal Action Strike Team) Washington, DC Fly-In during which they met with members of Congress to discuss key federal issues that affect municipalities.

Ruane met with state legislators locally and in Tallahassee to advocate for water quality and the protection of cities' Home Rule. Ruane is currently president-elect of



Kevin Ruane

the Florida League of Mayors Board of Directors, the Sanibel voting delegate for the Florida League of Cities, serves on the nominating committee for the Florida League of Mayors. He served as a board member of the Florida Municipal Insurance Trust (FMIT) from January 2010 to 2015 and as chairman beginning 2011. He was once again appointed to the FMIT board in December 2017.

Ruane was appointed to serve on the Florida Municipal Insurance Investment Trust Committee (FMIVT) in 2011 and currently serves as vice chair. He is also a member of the Florida Municipal Pension Trust Fund (FMPTF) and is a director on the Florida Municipal Loan Council (FMLC) and currently serves as the vice chair. He was also appointed to serve on the Florida League of Cities (FLC) Legislative Policy Committee and the Resolutions Committee. In 2014, he was appointed by Gov. Scott to serve on the South Florida Ecosystem Restoration Task Force and in 2019, he was reappointed to serve on the South Florida Ecosystem Restoration Task Force by Gov. DeSantis. In 2016, Ruane was instrumental in forming the largest compact for water quality for the FLC in its history with over 165 mayors participating.

During this legislative session, Denham met with state legislators locally and in Tallahassee to advocate for water quality, micro mobility legislation and protection of Home Rule. He serves on the Florida League of Cities (FLC) Utilities, Natural Resources and Public Works Committee and the Florida League of Cities Nominating Committee, Resolutions Committee and serves as the at-large member of the Florida League of Cities Legislative Committee. Denham currently serves as the secretary, and previously served as president, of the FLC Southwest District.

Smith has again been active throughout this legislative session. She visited with legislators in Tallahassee and locally to advocate for the issues of water quality, protection of Sanibel's right to regulate short-term rentals, micro mobility legislation and to protect local Home Rule. Smith serves on the Florida League of Cities Municipal Administration Committee and is part of the FAST delegation. She also serves as the city's alternate liaison to the Southwest Florida League of Cities.✱



Mick Denham



Holly D. Smith



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Plant Smart

Earleaf Acacia

by Gerri Reaves

Earleaf acacia (*Acacia auriculiformis*) is a shrub or tree native to Australia, Papua New Guinea and Indonesia. It was imported to Florida prior to 1932 and was widely used as a landscape and street tree.

But Florida is now paying the price for the instant shade tree that grows six to eight feet in one season.

The species is listed as a category-1 invasive species by the Florida Exotic Pest Plant Council. Plants in this category have been shown to alter "native plant communities by displacing native species, changing community structures or ecological functions, or hybridizing with natives."

That determination is based on "the documented ecological damage caused."

Moreover, Lee County code stipulates that this highly invasive plant not be planted and that it "must be removed" from areas to be developed.

The City of Sanibel also specifically prohibits it.

This member of the pea family (also called bean or legume family) grows as high as 50 feet and has a loose, spreading form.

The alternate blade-like leaves are five to eight inches long with three to seven parallel veins. They are slender, curved, and typically described as sickle-shaped.

Two- to three-inch spikes of bright



Earleaf acacia's spikes of flowers peak in spring

photos by Gerri Reaves

yellow many-stamened flowers reach peak bloom in spring, but can continue into summer and fall.

The word earleaf in the common name refers to the seed pod, which resembles an ear. *Auriculiformis* means the form of an ear.



A dried pod

of soil types – including waterlogged soil – thrives in full sun and is drought tolerant.

If this tree is in your yard, consider replacing it with a native shade tree. If the invasive status isn't convincing enough, consider that the tree is messy, susceptible to breakage in wind, and does not attract wildlife.

Sources: Florida, *My Eden* by Frederic B. Stresau; *Florida Trees and Palms* by Sylvester A. Rose et al.; <https://edis.ifas.ufl.edu>; <https://plants.ifas.ufl.edu>; and www.leegov.com.

Plant Smart explores the diverse flora of South Florida. ✨

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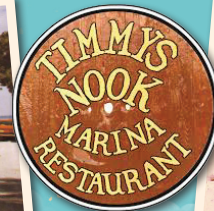
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Have Paddleboard, Will Survive Week campers preparing to paddle from the Sanibel Causeway to Picnic Island photos provided

Sea School Offers Summer Camp For Teens

by Jeff Lysiak

This summer, Sanibel Sea School will be offering a number of new adventures, along with several favorites, that will educate and entertain teenage campers who are seeking something beyond the daily routine of traditional camp activities.

To begin the summer season, teen campers (ages 13 to 18) will take part in Have Paddleboard, Will Survive. Held daily from 9 a.m. to 4 p.m. June 10 to 14, Sanibel Sea School staff, camp counselors and CITs (counselors-in-training) will oversee paddleboard instruction, outings on local waterways plus an overnight campout on Picnic Island.

"We'll start the week with an introduction to paddleboarding, plus day trips to Bowman's Beach, some island canals and San Carlos Bay," said Shannon Stainken, the school's director of education. "Paddleboarding is a great way to see animals like manatees or get a close look at osprey nests."

According to Kealy McNeal, the school's outdoor education coordinator, campers will also learn how to plan a paddleboard trip.

"You have to check times, wind conditions and water currents," said McNeal. "It's important for kids to learn before they go out on their own."

In addition to paddleboarding, campers will learn basic survival skills.

"We get them certified in CPR and First Aid," added Stainken. "Those are some important life skills to have, especially for teens who get jobs like babysitting."

On Picnic Island, campers will learn how to build a fire and a shelter.

"We'll eat MREs (meals ready to eat) for dinner," said McNeal. "That last night together is a great bonding experience."

Cost is \$400 for the five-day camp. The following week, June 17 to 21,

is the female-only Wahine Toa Camp for girls ages 13 to 18. The Polynesian phrase that roughly translates to "fierce ocean woman warrior," Wahine Toa offers lessons in paddleboarding and outdoor survival skills.

"We also offer some basic life skills, like how to jump start a car, how to change a tire, how to change your oil and how to hook-up a trailer," said McNeal. "The girls are always excited to learn things like that. Sometimes they're a bit nervous, but then they learn it's fun and empowering."

Wahine Toa Week also includes daily paddleboarding trips plus an overnight outing to a small, uninhabited island to spend the night under the stars. "The conditions are primitive, but the memories are fantastic," the school's course description reads, in part.

Cost is \$400 for the five-day camp.

From June 24 to 24, students in rising grades seven through nine are invited to attend Stand Up Paddleboarding at Canterbury School in Fort Myers. Running daily from 9 a.m. to 4 p.m., campers will be picked up at Canterbury School and transported to a different location each day – including Bunche Beach, Bowman's Beach and canals on Sanibel's east end – where they will build upon their paddleboarding skills.

"My favorite trip is when we go

continued on page 20

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Spring Time Fishing Options



by Capt. Matt Mitchell

Though tarpon will remain the main target for lots of anglers for at least the next few weeks, we have plenty of other fishing options.

For a few days this week, I had fishing trips where bending the rods and just having fun was more the theme than chasing a bucket list of fish. For these trips, we went shiner fishing and caught mangrove snapper for dinner along with good numbers of snook and even a few redfish.

Even with slow, incoming daytime tides all week, the catch-and-release snook bite was great. Though most of these snook are not that large on every trip, we either landed a few bigger models or hooked into a few that won the battle. At many of the places I targeted snook this week, we caught other species including a few redfish, keeper-size mangrove snapper and some really huge jacks.

The better mangrove fishing for me continues to be on the eastern side of the sound. During lower tides, I'm targeting deeper mangrove channels

and creek mouths as the tide comes up oyster bars and mangrove island shorelines. The southern end of the sound and the southern end of Matlacha Pass have been daily choices. Matlacha Pass is a real hidden gem and, although it takes some time to get around and to work out, this fishery gets very little angler pressure while holding lots of quality fish.

Locating tarpon was generally easy both in the sound and on the beaches during the better weather days this week. As usual, some days the tarpon would eat, then other days they would torment you by swimming right through your bait spread and even rolling over your baits while flipping you off. Watching these fish all around the boat is all part of the game. All you can do is try different baits and hope they will eat one of your offerings.

The Florida Fish and Wildlife Conservation Commission (FWC) ruling to keep snook, redfish and now trout closed for harvest in our area until at least May 2020 is great news. This response to the prolonged 2018 red tide is the right choice and will only help our fishery rebound. Anglers can still target these species, though they are now all catch and release only.

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.✱



Pam Murray with one of two big bonus snook she caught while fishing with Capt. Matt Mitchell last week photo provided

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Dave Doane

CROW Case Of The Week:

Glue Trap Victims



by Bob Petcher

Glue traps are trays, cardboard, fiberboard or plastic coated with an extremely sticky adhesive that is often used to capture rodents, insects and snakes. Unfortunately, these animals and many other animals get stuck to this type of surface and usually suffer a slow death by starvation or suffocation. There are known as one of the

cruellest methods of killing animals,

The key word here is "suffer." According to several sources, glue traps have been known to rip patches of skin, fur and feathers off an animal's body as it struggles to escape. Like being stuck in a snare, many animals even chew off their own legs trying to get free. Then there are animals that get their faces stuck in the glue and suffocate, which can take hours. During trap time, animals generally scream in pain and upset the trappers who become undecided on how to "dispose" of the living creatures. The U.S. Humane Society states glue traps are "responsible for more suffering than virtually any other wildlife control product on the market."

At CROW, an adult burrowing owl (*Athene cunicularia*) was admitted to CROW after being stuck to a glue trap. The finder reportedly used olive oil to remove the owl from the trap and then washed it with dish soap. While oil can be effective at getting birds unstuck from a glue trap, the oil then also needs to be fully removed from a bird's feathers. Veterinarians noted the owl to have increased respiration sounds upon intake, some bruising and that it was still covered in oil and soap. Over a period last week, CROW staff



Patient #19-1656 died from secondary pneumonia after being stuck in a glue trap photo by Dr. Kyle Abbott

members used chinchilla dust to remove glue and more baths to remove the oil, which is a delicate process and must be done in stages due to the amount of stress on the patient.

CROW also took in a northern mockingbird (*Mimus polyglottos*) last week with a very similar situation. The finder used vegetable oil to unstuck the bird from the glue trap, and the bird is also receiving chinchilla dust baths to remove glue and baths to remove the oil.

"Often, injuries are worsened when finders try to 'unstuck' glued animals from traps, ranging from lost feathers, to torn skin and even broken bones," said Dr. Lela Larned, CROW veterinary intern. "In the hospital, we can help animals stay calm and non-painful while

we gently detach them from the traps. Ideally, finders should simply place the entire glue trap, including the creatures stuck to it, into a container and rush it in to a wildlife hospital. Tissue paper can be placed over the exposed glue to help prevent the animal from getting other body parts stuck to the glue."

Oils should not be used in this process.

"Oils that finders sometimes use to remove the animal frequently end up accidentally ingested by the animal. This can result in internal issues," said Dr. Larned, who explained a single bath can include multiple wash stations and gallons of water changes to complete the process of fully removing oil from feathers. "Oils can also trap an animal's body heat or destroy their insulation, making them prone to life threatening hyperthermia or hypothermia."

Glue traps are often deadly for innocent victims.

"The owl survived initial baths, but did not survive the wash process ultimately; it lost many feathers and likely succumbed to secondary pneumonia. The mockingbird has developed a severe infection in its leg secondary to being attached to the trap. It still has a long road to a full recovery," said Dr. Larned.

"Glue traps are an inhumane form of pest control. Victims of the trap, even the intended targets, experience hours, sometimes days, of struggling before dying of exhaustion, dehydration or starvation. Skipping glue traps is a huge way to help wildlife from the tiniest hummingbirds and butterflies, to lovely owls and songbirds. Especially this time of year, parent birds are foraging even longer hours gathering bugs for their little ones. A mother might end up on a glue trap enticed by the trapped insects."

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



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CROW Hosts Lecture On Harmful Plastics

by Jeff Lysiak

In celebration of World Migratory Bird Day, the Clinic for the Rehabilitation of Wildlife (CROW) hosted a lecture by Medical and Research Director Dr. Heather Barron on the harmful effects of plastic pollution. Her 45-minute presentation, entitled *Lost At Sea: The Impact of Plastics on a Growing Seabird Conservation Crisis*, included ways to help raise global awareness of the threats faced by migratory birds, their ecological importance, and the need for international cooperation to conserve them.

"We live in the age of plastics, but this convenience comes at a price that has tremendous impact on the health of our environment, wildlife and even ourselves," said Dr. Barron. "Everyone needs to be aware of the pervasiveness of plastics in order to better protect Earth and all her children."

During her lecture, Dr. Barron explained that a recent study showed a 67 percent decline in seabird populations for the period between 1950 and 1990. In the 1960s, less than five percent of seabirds had plastics discovered in their gastrointestinal (GI) tract. Currently, plastics have been found in greater than 90 percent of seabirds, and scientists estimate that by 2050, plastics will be found in every seabird.



Dr. Heather Barron photos by Jeff Lysiak

"Global plastic production doubles every 11 years," said Dr. Barron. "And every second, 35,000 plastic bags are used around the world."

Statistically, the United States produces approximately 32 million tons of plastic annually. But despite efforts to reduce their use, only nine percent is recycled. As a result, more than one million seabirds die every year due to plastics, either through ingestion, toxic exposure or entanglement.

"One of the top environmental health threats is arsenic, which contains potent EDCs (endocrine disrupting chemicals) and carcinogens found in water worldwide," said Dr. Barron, who noted the chemical can cause skin, bladder and lung cancer. "Arsenic binds easily to plastics, increasing the risk of birds who ingest plastic."

According to Dr. Barron, plastic water bottles take up to 450 years to decompose, while monofilament fishing line and nets can take up to 600 years to decompose. Plastic bags or balloons in the ocean are dangerous because birds and marine life often mistake them for jellyfish, which makes them a threat when eaten or if they become entangled in the plastic.

"We are amidst the largest period of species extinction in the last 60 million



A display in CROW's gift shop details the many ways plastics can negatively impact wildlife

years. Normally, between one and five species will go extinct every year," Dr. Barron told the crowd. "Today, we are losing 1,000 to 10,000 times the normal rate, with multiple species going extinct every day."

However, there are a number of simple things we can do to help:

- Reduce the use of disposable plastics products (i.e. bags, straws, bottles, etc.)

- Reuse and recycle what we can

- Buy reusable grocery bags

- Pick up litter and dispose of properly
- Volunteer for beach and stream cleanups

Support organizations that champion the environment and promote wildlife health

For example, Dr. Barron pointed out the success story of Mind Your Line, a group created by local concerned citizens and organizations such as CROW, JN "Ding" Darling National Wildlife Refuge, "Ding" Darling Wildlife Society-Friends of the Refuge, Sanibel-Captiva Conservation Foundation (SCCF), Sanibel Sea School and the City of Sanibel. The group has produced a variety of educational materials

about the proper disposal of fishing gear and how to safely assist entangled wildlife. It also maintains more than 30 monofilament recycling bins on Sanibel, Captiva and the Causeway Islands. For more information, visit www.mindyourline.org.

CROW's AWC Visitor Education Center is located at 3883 Sanibel-Captiva Road. For more information, visit www.crowclinic.org. If you find an animal that is in need of help, call 472-3644 ext. 222.*

Summer Camp Open House

Calling all time travelers: Stop by the Sanibel Recreation Center on Friday, May 17 from 5:30 to 6:30 p.m. for the Summer Camp 2019 Open House. Take a journey through the ages from prehistoric to future as you travel through time at summer camp.

During the open house, you will have an opportunity to meet the summer counselors, walk through a sample of the daily activities and ask questions about the program. This is a great chance to review the field trip schedule and take advantage of the "early bird" rates.

The Sanibel Recreation Department Summer Day Camp is a nine-week traditional day camp which will run from Monday, June 3 through Friday, August 2. Camp will not be held on Thursday, July 4.

The 2019 Summer Camp program is offered to children entering kindergarten through eighth grade Monday through Friday from 8 a.m. to 5 p.m. at the Sanibel Recreation Center.

Campers will participate in activities such as swimming, arts and crafts, athletics and a variety of games. As part of the registration fee, breakfast and lunch will be provided daily. Campers should bring water, swimsuit, towel and sunscreen daily.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Financial assistance is also available to qualifying families. For more information, call 472-0345 or visit www.mysanibel.com.*



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Shell Of The Week

Trilix Vitrinella



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

Cyclostremiscus
pentagonus
(Gabb, 1873)
is a member of the
microgastropod
family Tornidae that
grows to be up to

2.2 mm in size. The shell is flattened,
compressed, but with the spire
projecting in early whorls, sculpture
of microscopic growth lines. The last
whorl in cross-section has a pentagonal
shape. Base with two main spiral
ridges. Shell color whitish-translucent,
clear. The shell illustrated was collected
in 2008 by former Museum collection
volunteer Lois Dunnam on the East
End of Sanibel. Read more about
local mollusks at www.shellmuseum.org/southwest-florida-shells and www.shellmuseum.org/blog.

Shell Museum Events

See truly giant shells. Watch a live
Tank Talk. Take a daily beach walk.
Check out our family programs. We
are the only natural history museum
in North America devoted entirely to
shells. Drop by and let us inform and
inspire you. Visit www.shellmuseum.org
or call 395-2233.



The Trilix Vitrinella, Cyclostremiscus pentagonus

The Bailey-Matthews National
Shell Museum is located at 3075

photo by James F. Kelly

Sanibel-Captiva Road. Call 395-2233
or visit www.shellmuseum.org.*

Optimist Club
Offering College
Scholarship

The Sanibel-Captiva Optimist Club
is offering one four-year college
scholarship to 2019 graduating
seniors. This maintains the number of
current Optimist Club scholarships at
six. Each scholarship is \$2,500 per
year (\$10,000 total). The competition
for the scholarship is open to all 2019
graduating seniors from Lee County high
schools.

Applications are available at all
Lee County high schools (see your
guidance counselor) and on the
Sanibel-Captiva Optimist Club website
at www.sancapoptimist.org. Additional
information is available from Stan
Howard, 472-0836. Scholarship
applications must be postmarked no
later than Thursday, June 6, 2019. The
scholarship committee plans to make the
final decision by the end of June.

Applicants should be aware that
academic records, financial need,
extracurricular activities, civic/community
service records, and references are
integral parts of the selection criteria.
The application package gives exact
procedures.

The Sanibel-Captiva Optimist
Club also sponsors and or supports a
number of other activities on the island
with emphasis on youth welfare and
education.*

REDNECK O'LIMP'ICS

11th Annual - Sunday, May 26th

Opening Ceremonies @ High Noon

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BEER CARRY OBSTACLE COURSE

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BEER DRINKING CONTEST

Cornhole Tournament

All Day

(singles/doubles)

1pm-?

All events held at American Legion - Post 123

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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 17, 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 17, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Why Animals Come to CROW (daily presentation).

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



reasons patients are admitted to the hospital.

Monday, May 20, 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 20, 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 21, 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.

Tuesday, May 21, 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 22, 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 22, 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.

Thursday, May 23, 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 23, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Owls of Southwest Florida (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, specifically the five species of nocturnal hunters known as owls. One of CROW's animal ✨



Keys Coral Reef Week participants camp in waterfront tents on Big Pine Key

photos provided

From page 13

Sea School

around Fisherman's Key... we always see lots of manatees, sharks and stingrays," said McNeal. "You never know what you're gonna see."

Cost is \$400 for the five-day camp.

This summer, Keys Coral Reef Week will be split into two separate weeks: July 8 to 13 for ages 11 and 12, and July 15 to 19 for ages 13 to 15. Week 1 begins with a day at Sanibel Sea School, getting to know other campers and the

equipment being used. Early on Tuesday morning, the group will depart for the Florida Keys. Along the way will be a stop at the Florida Keys National Marine Sanctuary, a snorkeling excursion and lab-based activities. The group will camp for four nights at Big Pine Key Fishing Lodge & Campground, returning on Saturday. Week 2 features the same four-night experience, but departing on Monday and returning on Friday.

Cost to attend Keys Coral Reef Week is \$575 per week.

From July 22 to 26, campers ages



Campers snorkeling in the seagrass during Keys Coral Reef Week

13 to 18 are invited to attend What's SUP in the Keys?, open to ages 13 to 18 (minimum of eight campers required). After starting the week at Sanibel Sea School, campers will travel to John Pennekamp Coral Reef State Park and go on daily excursions to explore the marine environments of the Florida Keys. Every day will feature a new paddleboarding adventure, visiting Long Key and Bahia Honda State Park. Every night, participants will enjoy campfires under the stars and paddleboard outings looking for

bioluminescence.

"During our daily excursions, we'll focus on mangrove ecology, learning about seagrasses and coral reefs," added McNeal. "We're also doing a project for the Florida Keys Wildbird Rehabilitation Center, which will be exciting."

Cost is \$400 for the five-day camp.

For complete course descriptions of the summer camps, visit www.sanibelseaschool.org. For more information or to sign up, call 472-8585 or send an email to camp@sanibelseaschool.org. ✨

San Carlos Bay Paddle Outing



by Kealy McNeal

On Tuesday, May 21, the Ocean Tribe Paddling Club will host an afternoon paddling excursion on San Carlos Bay. After launching from the Sanibel Causeway, we will explore mangrove islands such as Fisherman's Key, an island rich in Calusa history and home to a variety of wildlife. This paddle is great for both new and advanced paddlers wanting to meet and engage with fellow paddling enthusiasts.

Those interested in joining the group should meet at Causeway Island A (the island closest to toll booth) at 2:15 p.m. The paddle will begin at 2:30 p.m. The paddle will last approximately one and a half hours. Participants are invited to bring

their own vessel, or a limited number of loaner vessels can be reserved in advance by contacting [oceantribepaddlers@sanibelseaschool.org](mailto:sanibelseaschool.org). Any weather related updates or schedule changes will be posted on the Ocean Tribe Outfitters Facebook page at least one hour prior to the event.

Our paddling community is open to everyone, and your first event is always free. After that, we request that you purchase a club membership via our website.

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.

'Ding' Free Summer Programs Begin June 5

Wildlife Wonders talks, weekly walks, and nature crafts highlight the free summer programs running from June 5 through August 3 at the JN "Ding" Darling National Wildlife Refuge on Sanibel.

Summer programming is made possible

by support from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). The schedule of weekly activities follows. No pre-registration is necessary.

Reading in the Refuge, every Wednesday at 10 a.m.: Attendees of each 45-minute reading and crafts session learn about a refuge animal and make a related take-home craft. Meet in the Visitor & Education Center classroom.

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

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

Wildlife Wonders, every Saturday at 11 a.m.: Refuge education staff lead this 30-minute indoor program about the mysteries of manatees, alligators, crocodiles, horseshoe crabs and birds in the Visitor & Education Center auditorium.

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

The Grog Shop Hosting Give Back Wednesday

The Grog Shop liquor store is the featured business for Community Housing and Resources (CHR)

Give Back Wednesday on May 22. There will be free tastings and in-store specials throughout the day, from 9 a.m. to 9 p.m. In addition to a fine selection of wines, liquors and beers, The Grog Shop has a walk-in cigar humidor. Special orders are welcome and case discounts are available.

A portion of the sales made during Give Back Wednesday benefit CHR, the nonprofit organization that provides affordable housing for families and individuals who work on Sanibel, are retired or disabled longtime residents of Sanibel.

The Grog Shop is located at the corner of Periwinkle Way and Tarpon Bay Road, next to Island Cinema in Bailey's Center. For more information, call 472-1682.*



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Highlights From ABWA '70s Gala



ABWA President Gloria Garrett and Vice President Kira Dworkin photos provided



Alice Verme and Laurie Verme



Back from left, Gaby Bell, Mona Strasser, Kirk Williams, Sheri Prange, Lynn Hoops and Rodd Bell. Front from left, Lisa Williams and Melissa Stolt.



Mary Bondurant and Judie Zimomra



Eric and Angela Roehl



Robin and Doug Cook



Steve and Mandy Greenstein



Danielle Szymanski and Rose Byrne



SWFL ABWA Council Chair Betty Castillo and Debra Lee Nashed



Deb and Eric Ames



From left, Marletta Short (gala chair) with Mary Bondurant and Lisa Newmeyer-Cochrane



Rodd and Gaby Bell

NEW MENU AND ALL DAY HAPPY HOUR

who said
summer fun
was just
for kids?

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STARTERS

OCTOPUS Grilled Spanish octopus with a green goddess and lime crema, grilled pineapple and chili threads \$14

CALAMARI Panko crisped calamari steak slices with a coconut mango sauce and cilantro \$14

BURRATA Fresh mozzarella burrata cheese ball, basil, sliced heirloom tomatoes, herbs, extra virgin olive oil, balsamic glaze \$12

CRISPY TUNA BALLS Furikake — panko crusted chopped spicy yellowfin tuna balls served with a sweet chili soyvay sauce \$12*

YUCCA FRIES Jerk seasoned crispy yucca fries served with a zesty aioli \$8

WINGS

Choose your sauce

- Thai sweet chili peanut sauce
- BBQ hickory honey sauce
- Lime & sambal chili butter sauce \$10

TUNA NACHOS Crispy won tons, chopped spicy yellowfin tuna, coconut ginger sauce, wasabi and sriracha aioli, cilantro, sesame seeds, scallions \$14*

ENTRÉES

CRAWFISH LINGUINI Tender sweet crawfish tails tossed with linguini pasta, grilled corn and peppadew peppers, in a spicy tomato shallot and old bay cream sauce \$28

MONGOLIAN BEEF & BROCCOLI Sliced beef tenderloin tossed with broccoli, carrots, scallions, garlic and ginger served with basmati rice \$27

MOROCCAN CHICKEN THIGHS Moroccan spiced crispy chicken thighs, served with clove and cardamom rice, dried apricots and pistachios, drizzled with warm honey \$24

SANIBEL SALMON Grilled coldwater salmon, served with Boursin cheese—spinach mashed potatoes, steamed asparagus and topped with yellow tomato pesto \$28

DIVER SCALLOP & SHRIMP CURRY Three fragrant curries combined with coconut milk, lemon grass and ginger simmered with sweet peppers, and spinach atop basmati rice, thai basil, cilantro and lime \$28*

WILD MUSHROOM FETTUCCINI Pan roasted shitake, oyster, maitake, crimini and portabella mushrooms, garlic, marsala wine, butter, herbs tossed with fresh fettuccini and parmesan \$25

CARIBE CHICKEN TORTELLINI Parmesan filled fresh tortellini with sliced grilled chicken breast, sweet peppers and mangos in a fresh lime, garlic and sambal chili butter sauce, cilantro \$24

GRILLED STREET CORN TOSTADAS Two crispy tostadas topped with house salsa, grilled sweet corn, lime, red onion, cilantro, cojita and queso fresco cheese, chili powder, lime aioli \$10

WAGYU SLIDERS Sliced wagyu beef tenderloin stacked on sweet rolls, arugula, pickled onions and smokey blue cheese aioli \$8*

SHRIMP SLIDERS Two of our house made shrimp burgers on sweet rolls with fresh slaw and lemon garlic aioli \$8

WATERMELON HALOUMI STACK Grilled greek haloumi cheese, between sweet watermelon, maldon sea salt, olive oil, amaretto honey \$10

CAPRESE FLATBREAD Sliced heirloom tomato, garden basil and fresh mozzarella cheese, arugula, and balsamic glaze \$11

WAGYU TENDERLOIN FLATBREAD Sliced tenderloin, garlic aioli, crispy shitakes, red onion, diced mango and manchego cheese \$14

STROZZAPRETI CAPRESE Strozzapreti pasta tossed with yellow sun dried tomato pesto and fresh basil, topped with a fresh mozzarella burrata ball finished with extra virgin olive oil \$23

SPAGHETTI AMALFI Thin cut spaghetti pasta with heirloom tomatoes, mixed Greek olives, feta cheese, olive oil, garlic, fresh basil and oregano \$22

PIMENTO MAC cavatappi pasta tossed with a four cheese pimento cream sauce, topped with fried chicken thigh, pickled jalapeños and bacon crisps \$23

ISLAND GARDEN SALAD Artisan greens, heirloom tomatoes, organic carrots, cucumber, radish, chioggia beets \$8 side \$12 large

MALIA CAESAR SALAD Romaine hearts, heirloom tomatoes, cucumbers, croutons, parmesan cheese \$8 side \$12 large

ADD TO ANY ENTRÉE OR SALAD:

grilled natural chicken breast \$6
2 pan seared diver scallops \$12
6 grilled shrimp \$10
grilled salmon \$12
beef tenderloin sliced \$12

MALIA CREAMY MUSHROOM SOUP OR DAILY FEATURE \$8 bowl

Chef created features displayed daily on chalk board along with house made desserts.

*Consuming raw or undercooked meat, poultry, seafood, shellfish and eggs may increase the risk of food borne related illness. Entree split plate charge \$3. We are very sorry, we can not split side salads.

The Community House

Zucchini



by Resident Chef Jarred Harris

Zucchini, also known as courgette, marrow and baby marrow, are a variety of summer squash and a member of the cucumber and melon family. Botanically, zucchini is a fruit, but it's treated as a vegetable in a culinary world because it is often cooked and prepared into savory dishes.

Native to Mexico and northern parts of South America, ancestors of the zucchini have been around for more than 7,000 years. Christopher Columbus originally brought zucchini seeds to Europe and the Mediterranean regions around the late 1700s, but the vegetable wasn't used for human consumption until the late 1800s or early 1900s. The zucchini as we know it was developed in Italy in the 19th century near Milan. The word zucchini comes from the Italian zucchini, meaning a small squash.

The French disregarded zucchini for a long time until chefs learned to use the smaller immature zucchini. The French

term for zucchini is courgette, which is often used for yellow squash as well. Zucchini was brought to the United States by Italian immigrants in the 1920s and first cultivated in California and New York.

Zucchini is a very good source of dietary fiber, vitamin A, vitamin C, vitamin K, riboflavin, vitamin B6 and folate. It is also a good source of protein, thiamin, niacin, phosphorus, magnesium, potassium, manganese and copper.

The health benefits of zucchini include improved digestion, support of healthy circulation and a healthy heart, lowering blood sugar levels, improving eye health, boosting energy and slowing down aging.

Here's a simple recipe to try;

Zucchini and Quinoa Stuffed Peppers

Ingredients

3 red peppers (cut in half and seeded)
1 cup zucchini (shredded)
1 cup of quinoa (cooked)
1/2 bunch basil (shredded)
1/2 cup tomatoes (seeded and finely diced)

1/2 bunch chives (finely diced)

1 1/2 clove of garlic (minced)

2 tbsp. parmesan cheese

6 ozs. mozzarella cheese

Salt and pepper

Method

Pre-heat oven to 425F.

Arrange the peppers on a baking tray and season with salt and pepper. Place in the oven and bake for 10 minutes. Remove from the oven and set aside.

Place the quinoa, zucchini, basil, tomatoes, chives, garlic and parmesan in a mixing bowl and blend thoroughly.

Divide the mixture among the peppers

and top with the mozzarella.

Bake for 15 minutes.

Remove from the oven and serve hot with a side salad.

*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 hosting a Timmy's Nook Reunion this Saturday, May 18 beginning at noon. Stop by and reminisce with friends about the good old days on the islands. The infamous Crowfish Sandwich and Nook Burgers are on the menu. Bring your Timmy's Nook memorabilia. T-shirts will be available for sale.

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.*

Gulf Coast Writers To Meet In June

The Gulf Coast Writers Association will hold a meeting at Zion Lutheran Church on Saturday, June 15 from 10 a.m. to noon.

Guest speaker Jill Jennings will explain how location can influence your writing. Jennings has won numerous awards for her writing. Her third book, *Pineapple Wine: Poems of Maui*, was inspired by the year she lived in Kihei, Maui. Whether you're looking for inspiration or just want to get out and meet some like-minded people, all are welcome. First time guests are free, so bring a friend.

Zion Lutheran Church is located at 7401 Winkler Road in Fort Myers. For more information, call 770-906-7885 or visit www.gulfwriters.org.*

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CROW volunteer Jim Columbo installing the new bird box

photo courtesy Jensen's Twin Palm Resort

From page 1

Woodpeckers

guests – a family of pileated woodpeckers – made that structure their home.

“This is the second year that we’ve seen woodpeckers using Tiki Man for their home. I’ve seen the mother flying in and out of the statue, so I knew it was occupied,” said Justin Harris, manager of the resort. “Once somebody noticed that the tiki fell over, we knew the babies might be in trouble.”

Upon searching the area where the tiki had fallen over, a member of the resort staff found a baby woodpecker. The mother woodpecker had apparently flown away, so fearing the newborn would be abandoned, staff notified the Clinic for the Rehabilitation of Wildlife (CROW) on Sanibel.

Soon, CROW volunteer Jim Columbo was dispatched to the resort. Once onsite, several other baby woodpeckers were discovered still inside the fallen tiki statue, hungry and chirping for their mother. The birds were safely removed



Two of the baby woodpeckers

photos courtesy Jensen's Twin Palm Resort

and reunited with their sibling.

Columbo also brought with him a new bird box, which he installed onto a nearby palm tree trunk, hoping that the woodpecker family might find as a suitable substitute for their former accommodations.

Miraculously, once the bird box was installed and the humans stepped away, the mother woodpecker – which had been watching the operation from a nearby tree – returned to feed her babies.

“There’s always something to see at the marina every day – we’ve got pelicans, manatees and woodpeckers,



The mother woodpecker immediately flew to the bird box where her babies were

too,” added Harris. “And anytime you can see babies growing up is quite a thrill. It was very cool to help them.”

As for the former Tiki Man statue, it has already been replaced... albeit without a face adornment. Jimmy Jensen mentioned that they are hoping renowned Bokeelia artist Mel Meo, who painted the face on the former tiki, will return soon to decorate the newly installed statue.✱

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Spinach Stuffed Flounder Roulade

- 4 (6 ounce) flounder fillets
- 3 cups spinach
- 3 lemons, 2 sliced and 1 juiced
- 1 cup bread crumbs
- 1/2 cup Parmesan cheese, grated
- 2 tablespoons butter, melted
- 1 tablespoon oil, for cooking
- Sea salt and fresh ground pepper, to taste

Pre-heat oven to 400 degrees. Thinly slice a lemon and place in the bottom of an oiled oven-proof dish and set aside. Pre-heat a sauté pan and add the olive oil. Sauté spinach for 2 minutes (until wilted) and season with salt and pepper. Remove from heat and add the lemon juice, bread crumbs, and Parmesan cheese. Mix to combine. Season both sides of the flounder and spread an even



Spinach Stuffed Flounder Roulade

amount of the spinach mixture on each fillet. Carefully roll fillet and place on top of the lemon slices in the prepared dish. Season with salt, pepper, melted

photo courtesy Fresh From Florida
butter and top with the remaining bread crumbs. Bake for 15-20 minutes or until cooked thoroughly. Remove from oven and sprinkle with lemon juice.✱

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 Friday with David Christian Duo. The Renata Band plays on Saturday. On Sunday, it's Tony G. and The Doc. Three of Us plays on Tuesday. Paul Rozmus plays on Wednesday. On Thursday, it's Quenten.
Traditions on the Beach at Island Inn has live entertainment on Friday with Woody Brubaker and Marvilla Marzan. On Saturday, it's Woody Brubaker and Barbara Dexter. Woody Brubaker plays on Wednesday.

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Valdy Gedvilas

photos provided

Local Company Recognizes Employees

Billy and Salli Kirkland, owners of Billy's Bike Shop, held an end of season employee appreciation party recently. Salli Kirkland said, "The most amazing part of our business is the staff. We are lucky to have almost half of our workforce with four-plus years of service. We have some interesting connections to staff, which feel like family, and some of them really are."

Valdy Gedvilas has been with the company for 19 years. Gedvilas is from



First row from left, Tim Stone, Eileen Baker, Maureen McEleney, Vanessa Flynt, Billy Kirkland, Salli Kirkland, Patty Slayton, Clare Harris and Debbie Stone. Second row from left, Jon Ruedisueli, Ryan Schuetz and Joey Garofano. Third row from left, James Tawney, Robin Ramming, Freddy Aranibar, Preston Schuetz, Roberto Torres, Valdy Gedvilas and John Costanzo. Fourth row from left, Spencer Rakoff, Ryan Markosky, Mike Faria and Mike Osmulski.

Lithuania and was trained as a bike mechanic. He is mechanic in charge at Billy's Warehouse operation. The Kirklands helped Gedvilas get his green card and U.S. citizenship.

Clare Harris, who returned to England to be with family, came back to the company after 10 years. "It's a unique immigration plan... find good people, wherever you can, and help them be their best," said Kirkland.

The following employees were recognized for their years of service:

12 years – Ryan Schuetz and Preston Schuetz

Nine years – John Costanzo

Seven years – Tim Stone, Debbie Stone and Robin Ramming

Six years – Vanessa Flynt

Five years – Ryan Markosky

Four years – Clare Harris

Three years – Mike Faria

Two years – Maureen McEleney, Jon Ruedisueli, Roberto Torres, Dave Hawkins and Patty Slayton

One year – Mike Osmulski

Less than one year – James Tawney, Joey Garofano, Carson Liebetrau, Freddy Aranibar and Spencer Rakoff.*

Wine Dinner At Community House

A limited number of tickets are on sale for the Antinori Wine Dinner, a fundraiser for The Community House. Hosted by Bailey's General Store, the dinner and wine pairing – to be held on Saturday, June 8 starting at 6 p.m. – will showcase Marchesi Antinori's Italian portfolio. The Antinori family has been making wine for over six centuries, since 1385, and is renowned for making the famous Super Tuscan, Tignanello. The featured guest will be Drew Connor, state manager for Antinori.

Up to 40 guests will enjoy a dinner featuring wines paired with locally sourced cuisine created by Chef Karl Hamme of Sanibel Catering Company.

The multi-course dinner will take place at The Community House, located at 2173 Periwinkle Way. Tickets are \$100 per person or \$550 for a table of six and include a welcome glass of sparkling wine, hors d'oeuvres, a tasting of Antinori wines, dinner pairings and dessert.

Reservations can be made by calling Calli Johnson at 472-1516 or online at <https://baileys-sanibel.com/purchase-tickets-now>.*

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Book Review

Leonardo da Vinci



by Di Saggau
Walter Isaacson's latest biography *Leonardo da Vinci* has been out awhile but my book club just discussed it and really gave it high marks. So I'm passing along

my thoughts. If you are interested in Leonardo and his paintings, chances are high you will love this book. Isaacson draws from thousands of pages from Leonardo's notebooks and new discoveries about his life and work. He produced the two most famous paintings in history *The Last Supper* and the *Mona Lisa*. But he was just as much a man of science and engineering. His ability to stand at the crossroads of the humanities and the sciences made iconic by his drawing of *Vitruvian Man*, made him history's most creative genius. He used to tell people, "I also paint."

Isaacson has written acclaimed bestsellers on Steve Jobs, Albert Einstein and Benjamin Franklin, and his latest biography about the genius of Leonardo is equally if not even more exciting. Leonardo was born out of wedlock, which was not a cause for

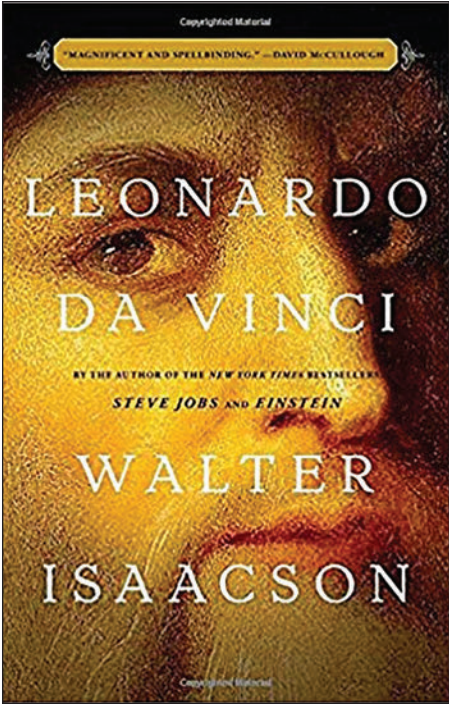


image provided

public shame in the 15th century. It was a time of invention, exploration and the spread of knowledge by new technologies. Leonardo was interested in it all. If he had not been born out of wedlock, he would have been expected to become a notary. Lucky for him, Renaissance Italy was "a golden age for bastards."

Leonardo was at ease being a bit of a misfit: illegitimate, gay, vegetarian, left-handed, easily distracted and, at times,

heretical. He was a flamboyant dresser, with a personality that drew most people to him. But not Michelangelo. These two did not get along at all. He was self-taught with a passion that sometimes became obsessive. He pursued innovative studies of anatomy, fossils, birds, the heart, flying machines, botany, geology and weaponry.

One could say the *Mona Lisa* was his last painting because Leonardo carried

it with him until his death making slight changes. He did not do a tremendous amount of paintings because he was such a perfectionist. He was always looking for another stroke to make improvements. The pages in the book are a slick finish to better show all the paintings and drawings. *Leonardo da Vinci* is an astonishing read about an astonishing genius. It will stay in my library for my lifetime.✧

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley,
This may sound like a strange problem, but I am worried about my 8-year-old daughter who is not drinking enough water at school. She doesn't

get many bathroom breaks at school, and I know that she is hesitant to ask for one, so she limits her water intake. Is this something I should be worried about?

Katie M, Fort Myers Beach

Katie,

Your daughter is not alone. A recent study showed that many American children and teens aren't consuming enough liquids, especially water, and that lack of hydration could affect their physical and mental health. Study author Erica Kenney, a postdoctoral research fellow in social and behavioral sciences at the Harvard School of Public Health, said in a Harvard news release, "Even though for most of these kids this is not an immediate, dramatic health threat, this is an issue that could really be reducing quality of life and well-being for many, many children and youth, and under-hydration can pose real health risks for children."

"Children can be more susceptible to dehydration than adults," said Nancy Cooperman, who directs public health initiatives at North Shore-LIJ Health System in Great Neck, New York. That, "coupled with an already impaired hydration status, can have physiological problems such as neurological issues, increased demands on their kidneys and heat stroke," she explained. Even mild dehydration can cause headaches, irritability, poor circulation, reduced physical performance and poorer mental functioning.

Another expert wasn't surprised by the findings. "Lack of water ingestion is a significant issue for America's children, with multiple causes," said Dr. Ron Marino, associate chair of pediatrics at Winthrop-University Hospital in Mineola, New York. "During the school day, access to water may be limited, and many children may even avoid consuming water because they prefer not to use the bathrooms at school," he said. "This may stem from lack of privacy, embarrassment, or even bullying or other risks associated with being in the bathroom," he suggested.

However, "the good news is that this is a public health problem with a simple solution." The study indicated that by increasing water intake by one cup or eight ounces per day, hydration was improved,

according to study researchers.

"If we can focus on helping children drink more water -- a low-cost, no-calorie beverage -- we can improve their hydration status, which may allow many children to feel better throughout the day and do better in school," said study senior author Steven Gortmaker, a professor of the practice of health sociology, said in the news release.

Here are some tips for parents to help boost their child's water intake:

"Keep water cold. Add frozen water bottles to a child's lunch pack," she said. The bottles will keep their lunch cold and thaw throughout the day, so they are cool to drink. Cold water tastes better to children than room temperature.

"Don't rely on a child's thirst. Thirst is not a good indicator of hydration," Children need to have access to water throughout the day.

"Try infusing water with fruit (such as oranges), vegetables such as cucumbers, or herbs (such as mint) to give the water a flavor without adding extra sugars.

I would encourage you to discuss this issue with her teacher, as she may not be aware of your daughter's discomfort in asking for a bathroom break. Her teacher may be willing to use a silent signal, like two fingers raised, with your daughter so she could ask to use the bathroom without notifying the entire class. In any case, based on this study's research, it appears that boosting her water intake at home may be enough to keep her hydrated sufficiently.

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.✧

Top 10 Books On The Island

1. *Women in Sunlight* by Frances Mayes
 2. *Where the Crawdads Sing* by Delia Owens
 3. *Night Tiger* by Yangsze Choo
 4. *Promise* by Minrose Gwin
 5. *Why We Left Cuba* by Chanel Cleeton
 6. *Lost Girls of Paris* by Pam Jenoff
 7. *Neon Prey* by John Sandford
 8. *Aunti Poldi and the Sicilan Lions* by Mario Giordano
 9. *My Husband's Wife* by Jane Corry
 10. *Huntress* by Kate Quinn
- Courtesy MacIntosh Books and Paper.✧

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Library techs Ozzy Flores and Jared Rook can help you with Beanstack photo provided

Library Earns National Reading Program Award

Sanibel Public Library is one of the national winners of Beanstack's 2nd annual Winter Reading Challenge. Beanstack is a web-based program, which also has a mobile app, where participants can track their reading. Sanibel Public Library will receive \$500 to support its general book budget.

Sanibel's Winter Reading Challenge was to read at least 3,000 hours over the month of January. The program, sponsored by billionaire investor and Shark Tank personality Mark Cuban, challenged 250 U.S. libraries to meet a collective goal of reading at least five million minutes and 75,000 books in January 2019. A total of 46 participants registered locally for the program, reading for a combined total of 30,331 minutes.

Youth Services Librarian Deanna Evans is now preparing for the summer reading program. Registration begins at the kickoff party at 10 a.m. on Saturday, May 25. The program is open to all children from birth to age 18. If families cannot attend the kickoff, they can still register for summer reading in person or online. Participants will receive a special gift (quantities are limited).

Summer reading programs help children avoid the "summer slide." Summer slide is a decline in reading ability and other academic skills that can occur over the summer months when

school isn't in session. Numerous studies show that children who don't read during summer vacation actually decline in reading ability by the time school starts again in the fall.

Readers can use the Beanstack app to track their reading, write book reviews and record their participation in related events. Beanstack sends each reader a weekly email recommending books based on their age and interests.

As in years past, summer readers can earn books for their home library and for patients at Golisano Children's Hospital of Southwest Florida. The Sanibel Public Library Foundation matches each book "earned" with a book for the hospital. Since its inception in 2012, area children have helped to contribute more than 8,000 books to the hospital. The library's summer reading program is funded in part by a grant from the Sanibel Public Library Foundation's Joan Hunt Cory Children's Fund. The Children's Fund was established in 2008 to honor longtime library volunteer and supporter Joan Hunt Cory, who was also a 20-year Sanibel resident.

On Friday, May 24 from 3:30 to 4:30 p.m., you can enter a virtual Jurassic world with dinosaurs. Stop by and take in the scale and magnificence of these creatures in a way you can only get with virtual reality. The full event schedule is on the calendar at www.sanlib.org.

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.✪

Panel Addresses Coral Disease

The Florida Fish and Wildlife Conservation Commission (FWC) recently hosted a panel of experts to discuss the multi-year stony coral tissue loss disease along the Florida Reef Tract.

"We are truly humbled by the work being done here. It takes your breath away to see the pace at which the disease is moving down Florida's Reef Tract,"

said Robert Spottswood, FWC chairman. "But thanks to the partnership of those here today, we are just in the nick of time to combat this complex issue. All of us need to be thankful for these unprecedented, collaborative efforts."

Panel guests included representatives from the Florida Department of Environmental Protection, National Oceanic and Atmospheric Administration, Florida Keys National Marine Sanctuary, The Florida Aquarium, Mote Marine Laboratory, Coral Restoration Foundation

continued on page 34



(FROM TOP LEFT) STEVE BROWN, FOUNDER AND CHAIRMAN - AL HANSER, CHERYL GIATTINI, CEO - TERRY IGO.
(BOTTOM LEFT) GEORGE HEISLER, GINNY FLEMING, HANK HUMPHREY, JIM PIGOTT, VIRGINIA STRINGER, CHUCK KETTEMAN.

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Meet Some Historical Village Volunteers

There are approximately 120 volunteers currently working at the Sanibel Historical Museum & Village, although those numbers do go down at the end of season. Volunteers' duties run the gamut all year, from greeting guests at the door, to working in the museum store, to giving tours, and to farming the pioneer garden.

"Particularly now, as we say goodbye to many of our volunteers as they head up north for the summer, we'd like to both recognize our volunteers' contributions and share with the community what it means to be part of the historical village family," said Executive Director Emilie Alfino. "Volunteering at the village is a great opportunity to be part of a committed, dedicated – and fun – group."

Bill Rahe started volunteering at the village in 2017. He is from Indianapolis, Indiana and Raleigh, North Carolina. Rahe is on the island seven to eight months a year. He got to Sanibel the same way many people did – he visited with friends on Sanibel for several years and liked it. Prior to moving to Sanibel, Rahe worked in management for a large corporation



Bill Rahe photos provided

and also did volunteer work as a member of a school board and for Junior Achievement, United Way and his church.

At the village, Rahe serves as a tour guide and as vice-president on the board of directors. He said Rutland House is his favorite because it reminds him of his grandparents' home. He is also intrigued by the story of the lighthouse. Rahe said he chooses to volunteer at the village because he "likes to study history, preserve it, share it and learn from it."

Tracey Tenney started volunteering in January 2017. She attended her first tour as a visitor in 2015 with long-time docent and tour guide Jeri Magg.

"Jeri was so passionate and informative that it piqued my interest," Tenney said.



Tracey Tenney

"When living on Sanibel, you want to get involved and give back. Jeri's enthusiasm made such an impact on me that I decided to volunteer with the village."

Tenney was born and spent her childhood in Baltimore, Maryland. She now owns a home in Andover, Massachusetts, where she lives four months of the year, and eight months at their home on Sanibel. Prior to coming to Sanibel, she worked as an information technology professional for General Electric and Sprint. Throughout the years, she was a software developer, project manager and senior software development manager. After raising two sons, she returned to work to manage the customer service experience for a large salon and day spa.

Tenney said she had never been to Sanibel prior to buying their house.

"We were looking to invest in a vacation property after our sons graduated from college," Tenney said. "My husband was at a business meeting in Naples in 2015, and a work associate recommended Sanibel to him. We came house hunting in January 2013 and bought in March 2013. We have loved it ever since."

At the village, Tenney is a docent and prefers to be a tour guide. She likes trying to help people imagine what life was like on a barrier island – the good and the bad – and how difficult the conditions were for the early pioneers with no electricity or plumbing, the mosquitoes and the heat and humidity. At the same time, she explains how strong the sense of community was and still is on Sanibel with neighbors helping neighbors.

Tenney doesn't have a favorite building but loves them all and feels fortunate to be



Georgianna Sorensen

able to share the history of Sanibel with people.

"Thank goodness for the Sanibel residents who had the foresight and passion to create the village and preserve Sanibel history to be passed on," Tenney said. "I love every story I hear, and I have written everything down in a notebook I carry. I attend all of the volunteer lunches and learning events and the evening talks sponsored by the historical village. This season's events and talks have been tremendously informative and provided me with opportunities to hear from people and about topics I never would have been able to had it not been for the village."

Georgianna Sorensen started volunteering at the village several years ago.

"A friend asked me to help her at Luminary Night to take Christmas photographs in the Rutland House," Sorensen said. Her main house is in Lake Wales, Florida, where she has had a private mental health practice for more than 30 years. Her office building is 100 years old and is on the National Register of Historic Buildings. Sorensen restored it and is proud to say that the chamber of commerce made a Christmas ornament duplicating the front of the building.

"Thus my interest in historic buildings," said Sorensen, who still drives the three hours every other week to see patients. "I now volunteer at the village as a tour guide, roaming docent and Rutland House docent."

Sorensen came to Sanibel as a 10-year-old with her brother and mother. She took her two sons camping in Periwinkle Park when they were toddlers.

"My sons played around the *Algiers*, and my husband and I never missed a show at the Pirate Playhouse," Sorensen said. Her present residence on Sanibel is 18 years old. "We love living on the 'river,' watching birds and butterflies while playing weekly Scrabble tournaments."

Sorensen most enjoys learning from other volunteers and visitors. She names Morning Glories as her favorite building and said she would like to spend one night there. Why does she choose to volunteer at the village?

"The camaraderie among the volunteers is so much fun," she said. "It seems so lighthearted and kind, and so wonderful that we are free to be inspired to share what is special for us and not be 'scripted.' The volunteer updates are very inspiring."✧

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Jim and Penny Hetmanek

Kit and Lynda Traverso

VIP Realty Group

The top producers for April at VIP Realty Group were: the team of James and Penny Hetmanek, top sales; and the team of Kit and Lynda Traverso, top listings and top producers.✧

Pfeifer Realty Group

Cathie Lewis

Greg Demaras

The top producers for April at Pfeifer Realty Group were: Cathie Lewis, top listing agent; and Greg Demaras, top sales agent.✧

Law Week Awards Given By Bar Association

A police officer who feeds the homeless, a teacher who inspires her seventh grade students and a beloved judicial assistant were among the recipients at this year's Lee County Bar Association (LCBA) Law Week Awards Luncheon. Bar President John Webb served as host as the organization honored exceptional accomplishments in law enforcement, law-related education and citizenship at the Sidney & Berne Davis Art Center on May 3.

Fort Myers Mayor Randy Henderson, Cape Coral Mayor Joe Coviello, Sanibel Mayor Kevin Ruane, State Attorney Amira Fox and several members of the state, circuit and county judiciaries were among the dignitaries in attendance. The ceremony was the culmination of the bar's 26th annual Law Week, a series of activities that included free legal consultations for the public, a blood drive and a live display of appellate court proceedings for high school students.

"The purpose of the Law Week Awards Luncheon is to reserve a special day of celebration by the members of the Lee County legal community in appreciation for the dedication and commitment from our law enforcement officers, teachers and every citizen who promotes the idea of 'equality and justice under law,'" said the Hon. Judge John Carlin, Law Week Committee chair.



Cape Coral Mayor Joe Coviello and Sanibel Mayor Kevin Ruane photos provided

Joanne Atkins, judicial assistant to Carlin since 1992, received the Liberty Bell Award, which goes each year to an outstanding member of the community and is the most prestigious honor the bar bestows. The Hon. Judge G. Keith Cary read a heartfelt letter Carlin wrote detailing Atkins' work to support the application of justice, the development of Law Week and the community at large.

Fox presented Law Enforcement Officer of the Year awards to exemplary members of the Lee County Sheriff's Office and the Cape Coral, Fort Myers and Sanibel police departments. Cape



From left, Sanibel City Councilman Jason Maughan, Lee County Bar Association President Kelly Fayer and attorney Ita Neymotin

Coral Police Officer Jonathan Duffy was recognized as Officer of the Year for going beyond the call of duty to care for the city's homeless population. Sheriff deputies Ryan Lynn and Brian Walkowiak were honored for their heroic apprehension of an armed man. Fort Myers Police Lt. Roger Valdivia was recognized for his lengthy service to the department and contributions to the funeral of fallen officer Adam Jobbers-Miller. Sanibel Police Officer Magdiel Bernier and Sgt. John Jakubowski received their awards for rescuing a drowning swimmer.

Jaclyn Baker, a civics teacher at Three Oaks Middle School, won the Dr. James A. Adams Lee County Teacher of the Year for Law-Related Education Award. She delivered a stirring speech about the challenges students overcome to connect in a lasting and meaningful way with the material they learn.

"The Law Week Awards recipients embody the intrinsic value of the rule of law in civil society," said Lisa Poulin, executive director for the Lee County Bar Association. "They demonstrate the importance of cooperation and collaboration to a thriving community." ✨



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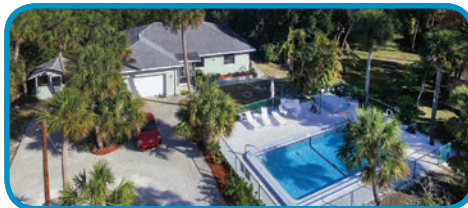
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This 3 BR/2 BA family home overlooks the Sanibel River and allows for weekly rentals. Living room, dining and kitchen combo have French door access to the screened back porch with lush vegetation. Community pool; easy walking distance to beach access.

\$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.

\$699,900

Seashells of Sanibel #36



2-BD/2-BA second floor unit! Great rental income with 3-day minimum rentals! Conveniently located and just a short walk from some of the finest, unspoiled shelling beaches in the world, this complex is an ideal West Gulf Drive location.

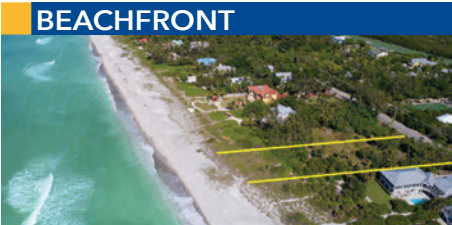
\$380,000

Sandalfort #3C1



Beautiful 2 BR/2 BA unit with walk-out to the pool and beach. Updated, the kitchen features custom cabinetry, granite counter tops and stainless steel appliances, both bathrooms have been remodeled and the unit has an open floor plan.

\$699,000



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• Private Location w/Spectacular Views
\$3,795,000 MLS 218085207
McMurray & Nette 239.850.7888



5760 ESTERO BLVD., FT. MYERS BEACH
• Remodeled 4 BR, 4 BA, Direct Beachfront
• Solid Rental Income, Pool w/Spa
\$2,350,000 MLS 218072048
McMurray & Nette 239.281.4435



1243 SAND CASTLE RD., SANIBEL
• Radiant 4 BR, 4 BA, Pool & Fireplaces
• Indoor/Outdoor Living for Entertaining
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Maureen Ahmed 239.839.7250



5659 SANIBEL-CAPTIVA RD., SANIBEL
• Beach House w/Sunset Vistas
• Waterfront 2 BR, 2 BA, Loft/Den
\$924,900 MLS 219010968
Bob Radigan 239.691.6240



1585 BUNTING LN., SANIBEL
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• Sparkling Pool w/Southern Exposure
\$1,150,000 MLS 218028250
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2737 WEST GULF DR. #132, SANIBEL
• Remodeled Top Floor, 2 BR, 2 BA
• Vaulted Ceilings, Large Open Kitchen
\$714,900 MLS 219001994
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2112 GULF BEACH VILLAS, CAPTIVA
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1269 PAR VIEW DR., SANIBEL
• 3 BR, 2.5 BA, Stunning Remodel on 15th Fairway
• Indoor/Outdoor Living for Entertaining
\$1,099,000 MLS 219032239
Cindy Sitton 239.810.4772



566 BOULDER DR., SANIBEL
• Updated 3 BR, 2 BA, Near Beach
• Spectacular Pool, Lake Views
\$699,900 MLS 219002114
Sharon Kottraba, Lomano-Nicholson Team 804.240.3115



15940 PRENTISS POINTE CIR. #202, FT. MYERS
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• Next to the Mad Hatter Restaurant
\$3,990,000 MLS 219000116
John Stephens 239.980.6394



1470 MIDDLE GULF DR., SANIBEL
• Absolutely Gorgeous 4 BR, 5.5 BA
• Directly Across from Beach
\$2,495,000 MLS 214013961
McMurray & Nette 239.281.4435



2611 W. GULF DR. #C102, SANIBEL
• Remodeled w/Designer Finishes
• Direct Gulf, 3 BR, 2 BA, Granite Kitchen
\$1,595,000 MLS 218078824
Jason Lomano, Lomano-Nicholson Team 239.470.8628



1244 PAR VIEW DR., SANIBEL
• Remodeled, Open Floor Plan w/Views
• 4 BR, 3 BA, Stunning New Master BA
\$979,000 MLS 218021869
Linda von Wowern, McMurray & Nette 239.223.3382



430 OLD TRAIL RD., SANIBEL
• Beautiful Home Situated on Two Lots
• Recently Renovated
\$649,000 MLS 219030309
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Johnny Jensen photos provided

Island Youth Support FISH

Sanibel and Captiva have a unique, community-focused tradition, atypical of other seasonal locales. More remarkable is the sense of community shared by all generations of island residents – including the youngest. FISH of SanCap was founded nearly four decades ago as a group of “neighbors helping neighbors” and their youth community service volunteers are no exception to that neighborly spirit. Over the years, island youth have held a variety of events on behalf of FISH, ranging from lemonade stands to food drives and donation collections to hours spent stocking the food pantry. Through their various volunteer efforts, many of those who have participated have expressed their appreciation for what they’ve learned about their community and the people who live, work and visit here. Sanibel-Captiva youth are becoming leaders, problem solvers and contributors to something much larger than themselves while discovering that



Sanibel Cub Scout Pack 1740 making a donation at the FISH Food Pantry

changing the world often starts at home. “Volunteering at FISH has been one of the most enriching experiences of my life,” said community service volunteer Johnny Jensen. “Not only is it nice to give back to the community, but it allows me to take a few steps back and realize what’s important; not getting, but giving.” Jensen, a musician, also uses his talent to raise funds for FISH. “One of my passions has been performing music for people, so I thought it would be great if I could donate some of the money I earned to the FISH Food Pantry after seeing all they do for the community,” he said. “Doing this makes each performance just that much better, knowing that I get to do what I love and make a difference. Thanks to the wonderful people at FISH for all they do, and I hope to be able to contribute for many years to come.”

Each year, Boy Scout Troop 1740 collects canned and non-perishable food on behalf of the FISH Food Pantry. “The great part about volunteering in my community is that I know the people I am helping, and I see a lot of familiar faces every year,” said FISH volunteer and Boy Scout Kenny Kouril. “This makes me feel like I’m directly helping people, instead of just fulfilling a requirement for scouting or high school.” Kenny’s mom, Kim Kouril, committee chair and founder of Boy Scout Troop 1740, added, “As a mom, I know it’s important for my boys to donate their time and energy to something worthwhile; something greater than their everyday actions, cares and woes. It gives them perspective and makes them realize that caring for other people is paramount. We may be on this planet to learn and grow, and thrive, but we are also here to protect and nurture

others, particularly in times of need. Every time Troop 1740 is involved in a volunteer project, I receive such positive feedback from the community about the boys which makes us all so proud. They have a unique opportunity to work as a specific group, with a shared goal to accomplish. They operate as a team. Not only do they get to provide the value of volunteering through community service, but they get the value of working together as a team and feel that team spirit; a win-win all around.” “We cannot thank these youngsters enough for their dedication to our community,” said Maria Espinoza, FISH Walk-in Center manager. “They truly are an asset to our organization, and valuable members of our community. Thank you for donating your time and energy to FISH.” There are always opportunities for volunteers at FISH. Volunteers are trained in areas of interest and placed with an experienced volunteer or staff member to guide them during their training. With the help of volunteers, FISH can continue its mission to lend a helping hand to those that live, work or visit Sanibel and Captiva. For more information on volunteering, contact Maria Espinoza at 472-4775.✧

Coral Disease

and Smithsonian Marine Station Fort Pierce. This outbreak is unique due to its large geographic range, duration and the number of species affected, but the response is unprecedented as well. Florida’s Reef Tract is one of the largest reef systems in the world with 45 coral species. Florida’s corals are among the most biodiverse ecosystems on earth and provide habitats for fish and invertebrates. They also provide coastal protection from storms and have pharmaceutical benefits. Their economic impact in Florida is more than \$7 billion annually. For the presentation and summary memo, visit www.myfwc.com.✧

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Homes for Boaters

1238 Isabel Dr in Sanibel Harbour in undergoing top-to-bottom renovation, inside & out, including pool & yard. Multi-story bay-front home with elevator & amazing views. Boat dock & lift too. Completing soon. \$3,495,000



842 Limpet Dr in Shell Harbor has 140' of sea-walled canal, lift, huge pool, & community gulf access with parking. Light bright 3-suite ground-level home centered around great room with den, powder room & laundry. Loft above. \$2,295,000



Residential Condos

Gulfside Place #222, in stand-alone tier facing beach. 2nd floor, nearly 2,000 sq. ft., parking & storeroom below. Upscale neutral finishes, easy to furnish your way. Solid association with 2 pools, tennis, saunas, & more. \$1,429,000



Captains Walk #F4, rarely available 2-bedroom 2-bath end-unit with full-sized washer & dryer. Ground-level next to canal with dock. Carport around corner. Easy access east-end living. Pet friendly. Ready for cosmetic updating. \$349,000



Income Producers on Beach

Pointe Santo #C43 top-floor 3 bedroom with private rooftop deck. Expansive water views & excellent rental income. This building will be getting new roof late summer, so it's a great time to buy it! \$995,000 furnished



Sanibel Arms West #E2, beachfront with this view from gulf-side lanai. 2nd lanai off master suite. Recently updated baths, expanded open kitchen, washer/dryer, & easy on-site rentals with low fees & excellent history. \$849,000 furnished



Signal Inn #4, gulf-view 1/2 duplex earning ~\$60K. Great room with updated kitchen & bath, screened balcony, & 1 bedroom. Covered parking & storeroom below. Favored by renters liking privacy & wanting to bring pets. \$499,900 turnkey



Water-View Homes

1351 Middle Gulf Dr in Moonshadows where 12 owners share pool & tennis. Home has huge great room with this view, 3 bedrooms & baths, family room, screened porch, beachside lanai, & utility room. \$1,495,000 furnished



1050 White Ibis Dr in Gulf Shores is just steps from community deeded beach access path. Easy-living ground-level split-plan 4 bedroom concrete block home with this riverside pool, spa, & outdoor kitchen. Could be bought furnished. \$849,000



9448 Begonia Ct in Gumbo Limbo at end of a cul-de-sac with this lake view. Semi-raised 1-level living, large living & dining areas, plus family room with fireplace, open kitchen, utility room. 3 bedrooms 3-1/2 baths, huge deck too. \$699,000



Single Home Lots

9441 Peaceful Dr in Gumbo Limbo overlooks conservation land. At ~170' x 155', it has room for a variety of home/pool plans. Backing west toward sunsets offering the perfect backyard setting. Handy location too. \$249,000



898 Rabbit Rd in Windrow is the lowest-priced near-beach lot on the island. With deeded gulf-access path at end of street & church the neighbor on 2 sides. ~80' x 200', near San-Cap Rd, Rabbit Rd businesses, bike path, & Sanibel Center. \$170,000



9270 Kincaid Ct in Belle Meade is lowest priced on Sanibel. ~79' x 130' mid-way down a private sandy road, away from San-Cap Rd, but close enough to be convenient to school, recreation center, bike path, & wildlife refuge. \$149,000

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Listing Coordinator,
Notary

Fair Housing Discussed At Zonta Meeting

submitted by Sue Denham

Going up last on a busy agenda at the May 1 business meeting of the Zonta Club of Sanibel-Captiva, a small deputation from Immokalee kept an enthralled audience in their seats long past their usual time to adjourn. The story – the urgent need for decent, affordable housing for certain sections of the population – is a familiar one to Zontians, since Zonta provides annual grants to both Community Housing & Resources (CHR) on Sanibel and to Habitat for Humanity of Lee & Hendy Counties, to help provide homes for women, or families headed by women.

First the club heard from retired judge Laura Safer Espinoza, director of the Fair Foods Standards Council, who outlined the progress made in creating and maintaining decent work conditions for the immigrant workers who grow, harvest and pack our vegetables and fruits. It is challenging, back-breaking work that Americans don't want to perform but now, thanks to Fair Foods – founded in 2011 after a successful initiative by the Coalition of Immokalee Workers – is conducted in an atmosphere of greater safety and for a living wage. To learn more, visit www.fairfoodstandards.org.

However, a larger problem for Immokalee farmworkers is housing.



Zontian Carol Gestwicki, right, who invited the speakers to address the Zonta club, with Dr. Arol Buntzman of the Immokalee Fair Housing Alliance and Laura Safer Espinoza, former judge and now CEO of the Fair Foods Standards Council

photo provided

In 2017, Hurricane Irma destroyed much of the already sub-standard accommodation available at exorbitant rents to the year-round workers, forcing them into even more deplorable situations. Dr. Arol Buntzman, director of the newly-formed Immokalee Fair Housing Alliance, described to Zontians the bid by a small group to secure land and funding to build 100 units for farmworker families, to be provided at realistic rents. These would be primarily

two-bedroom, one bath units, set within safe areas for play. "The first 100 units address just a fraction of the need," said Dr. Buntzman, "but they will give hope and generate political support for the project."

Land has been offered at significantly below market rate by the Barron Collier Partnership; the issue is raising funds for its acquisition. With a deadline of the end of May fast approaching, another \$300,000 is needed, which will

be matched with \$100,000 from the foundation created by Dr. Buntzman and Judge Espinoza. For information and to donate, visit www.IFHA.info.

From the materials provided to Zontians: "Having a safe, affordable home is critically important for all of us, and yet the people who harvest our food lack this basic human need for themselves and their children." Women, it is noted, are especially vulnerable in substandard housing since staying home can leave them unprotected. Also, women often have to stay home with children who have repeated infections due to the condition of the buildings.

President Barbara Beran commented, "Immokalee is only about an hour away from Sanibel, yet – in appalling contrast to Sanibel – it has been listed as one of the 50 worst places in the country to live. Moreover, the available substandard housing in Immokalee is less accessible to women-headed households. The Immokalee Fair Housing Alliance's plan is congruent with Zonta's mission: we have always advocated for affordable, safe and fit housing for women, and we enthusiastically encourage the members of our community to support this much needed and worthwhile cause in any way they can."

The Zonta Club of Sanibel/Captiva is a service organization of professional women working together to provide hands-on assistance, advocacy and funds to empower women and girls on the islands, in Lee County and around the world through Zonta International. For more information, visit www.zontasancap.com.✱

The Assault On Local Home Rule



Larry Schopp

submitted by Larry Schopp, COTI Land Use Planning Committee

Jefferson said, "the government closest to the people serves the people best." That simple observation underpins the concept of "home

rule" – the right of cities to establish their own forms of government through charters, and to enact laws and regulations providing for the well-being of their citizens.

Florida is one of many states recognizing local home rule. Article VIII, Section 2(b) of the Florida Constitution provides, "Municipalities shall have governmental, corporate and proprietary powers to enable them to conduct municipal government, perform municipal functions and render municipal services, and may exercise power for municipal purposes except as otherwise provided by law."

Home Rule For Sanibel

Prior to the first causeway's construction in 1963, Sanibel was

sparsely populated and part of unincorporated Lee County. With the completion of the causeway, investors identified the island as ripe for development. Without local governmental powers, Sanibel was defenseless against these developers' grandiose plans that were likewise embraced by the Board of County Commissioners (BOCC).

Sanibel's founders realized that Sanibel could survive as a sanctuary island only through home rule, which required incorporation. After a hard-fought campaign and some effective lobbying in Tallahassee, Sanibel became a city in 1974. Section 1.01 of the Sanibel Charter reads in part: "The city known as 'Sanibel' shall have all powers possible for a city to have under the Constitution and laws of the state as though they were specifically enumerated in this Charter and unless prohibited by or contrary to the provisions of this Charter."

Despite its tumultuous relationship with the BOCC prior to incorporation, and some acrimonious disagreements thereafter over the construction of the new causeway, Sanibel's relationship with the BOCC thereafter has been a good one.

State Preemption Trumps Home Rule

Interference with home rule has come from the state legislature. The Florida League of Cities – the home

rule lobbying arm of Florida city governments – identified and opposed at least nine bills during the most recent legislative session, because they would undermine home rule. Challenges to laws that undermine home rule are fought on an uneven playing field. The constitutional provision establishing home rule in Florida, by granting cities broad powers, ends with, "...except as otherwise provided by law," a phrase that paves the way for preemptive state legislation, thus the fox is in the hen house of home rule.

Legislators acting in good faith would invoke preemption only for a clearly overriding state interest. This interest too often plays out in practice as nothing more than a concession to business interests that prefer uniformity rather than having to confront a multitude of local laws. In a state as large and geographically diverse as Florida, "one size fits all" doesn't work.

A case in point. When the Sanibel City Council determined several years ago that excessive use of fertilizer on the island was causing harmful algae blooms, it devised a plan to restrict fertilizer use. One of the largest commercial fertilizer manufacturers sent lobbyists to Sanibel to argue against the ordinance. They were obviously concerned that Sanibel's action would start a trend among other cities plagued by algae. City council stuck to its guns, and the ordinance passed unanimously.

The manufacturer then sought a sponsor in Tallahassee to propose uniform state legislation that would protect its business – and without regard for the resulting algal-fouling of Sanibel's surface waters. That preemptive legislation failed, because Sanibel fought back with its own effective lobbying. It argued that Florida is a big, diverse state with different soil and water conditions. Fertilizer working well for Lakeland or Ocala may trigger unwanted algae blooms in coastal cities. Although fertilizer preemption bills recur periodically, they haven't passed, because Sanibel – and now other cities – resist. Sanibel's ordinance has since become a model for other cities plagued with algae.

Stopping efforts to preempt Sanibel's fertilizer regulations has been a notable success story. Too often though the reverse is true. Recently Sanibel City Council, along with several other Florida cities, banned plastic straws, a non-essential contributor to the glut of single-use plastic convenience items fouling our beaches and waters. Although preemptive state law already bars local governments from banning plastic bags and certain containers, that state law didn't extend to straws. Almost before the ink had dried on Sanibel's ordinance, Tallahassee passed legislation imposing a five-year moratorium that prevents local

continued on page 42



Incoming president Bill Sartoris, right, accepts the Melvin Jones Fellowship Award from current president Bob Kern at the installation dinner photo provided

Lions Club Installs New Officers

The Sanibel-Captiva Lions Club installed Bill Sartoris as the club president for the 2019-20 fiscal year at the annual installation dinner on May 1 at Sundial Beach Resort & Spa. Sartoris will preside at all regular and special meetings, as well as ensure effective operations of the club as its president.

"I look forward to leading our club in the next fiscal year, growing our membership and continuing our commitment to serving the community," said Sartoris, who has owned a home on Sanibel for nearly 20 years with his wife Karen and became a full-time resident four years ago.

Sartoris is active in the club's vision screening program and has been co-chair of the Lions Arts and Crafts Fair for the past four years. He was also the recipient of the Melvin Jones Fellowship Award, one way the club recognizes the outstanding achievement of its members. He accepted the award at the annual installation dinner.

Steve Schulz was installed as the first vice-president, who substitutes for the president as needed and is an active member of the district governor's advisory committee. Schulz was also installed as the Lion Tamer, who cares for the display and storage of the club's property, as well as greets guests and members.

Rick Wagner was installed as treasurer and Jeff MacDonald as secretary for the 2019-20 fiscal year. Installation of

board members included Valerie Tutor, Cliff Nolan, George Veillette and Jack Campbell. Bert Jenks was installed as the Tail Twister, someone who promotes harmony, fellowship, fun and enthusiasm among club members, and assists with fundraising.

Since the club's chartering in 1967, members have worked on a variety of projects in the local community, such as health screenings, Recycle for Sight, arts and crafts fair and Christmas tree sale. Proceeds from fundraising events have gone, in part, to the Bailey Scholarship Fund, Lighthouse of Southwest Florida, Trailways Camp organized by Jerry and Sharon Miller, Sanibel School Fund and Islands Night.

"Where there's a need, there's a Lion," said Schulz. "We're men and women serving in more than 200 countries and geographic areas as part of the largest service club organization in the world, Lions Club International. We work to make a difference in our local communities."

The Sanibel-Captiva Lions Club meets on the first Wednesday of the month throughout the summer season at The Community House. Meetings begin with cocktails and appetizers at 6 p.m. Dinner, catered by Sanibel Catering Company by Bailey's, is served at 7 p.m. A guest speaker is hosted each month.

Visiting Lions and anyone interested in becoming a member are welcome. Contact Steve Schulz at stevensschulz@comcast.net or Jeff MacDonald at j.macd@yahoo.com. For more information, visit www.sanibelcaptivalions.org.✱

Donation Supports Sanibel School



From left, Robin Lear, Tammy Friend of Bank of the Islands and We Love Our Islands winner Evette Zurbruggen photo provided

Bank of the Islands made another nonprofit donation through its We Love Our Islands program. The winner, Evette Zurbruggen, 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 the bank. Zurbruggen chose to donate the \$100 to The Sanibel School's Kids for Christ after-school club. That donation marks \$81,200 given away to date through the bank's program.

"Bank of the Islands is proud to be a longstanding supporter of a variety of Sanibel School activities," said Willy Ocasio, Bank of the Islands vice president and Sanibel-Captiva office manager. "Several of our bankers have volunteered their time with The Sanibel School's Advisory Committee, so we're always happy to support its educational programs."

Islanders can visit the bank's Sanibel or Captiva office to learn more about the program.✱



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From page 1

Tarpon Tournament



Team Mabry Electric with a catch

the Fort Myers Beach location. The 2019 tournament paid out \$29,800 in prizes to five winning teams out of the 55 registered teams. Unlike the majority of fishing tournaments around the country, this tournament has, from its inception, returned 100 percent of registration fees to the participants in prize winnings. The first place prize of \$13,400 went to Team Dorado Boatworks -- including Capt. Eric Davis, with team members Seth Hayes and Randall Marsh -- for catching seven fish total. Second place Team YAM, led by captain Dave Holzhauser, won \$7,450. In third place, Capt. Ozzie Lessinger's Team RS Walsh Landscaping took home \$4,470. Third-place winners Team Mabry Electric with Capt. Nick Fischer won \$2,980; fourth-place winners Team Windows Plus/Maastricht Engineering with Capt. Pete Maastricht took home \$1,490. The award for female angler went to

photo by David McCleaf, Lee County VCB

Sage Indendi from Team Doc Ford's, senior angler to John McCabe from Team Castabout Charters, and amateur team to Team Windows Plus/Maastricht Engineering. "Because all registration fees go to the awards purse, sponsorship partners are very important to this tournament," said Birgie Miller, executive director of DDWS. "They pay the costs for putting on the tourney and contribute to the charity proceeds." To date, the tarpon tournament has raised nearly \$575,000 for refuge water research, wildlife research and conservation education. "We can't thank Doc Ford's enough for their incredible show of support these past eight years," said Miller. "They've already committed for the 2020 tourney, which will take place next May, the date to be determined by choice of the winning team." "We are so grateful for this fundraiser, because not only does it



Marty Harrity (Raiser's Edge) with First Place Capt. Eric Davis (Team Dorado Boatworks) photo provided

add much-needed dollars to the refuge budget, it also supports our conservation mission," said Supervisory Refuge Ranger Toni Westland. "Plus, it is an opportunity to remind anglers, both professional and amateur, about the importance of ethical and responsible fishing." For more information on the tournament and this year's winners, visit www.dingdarlingtarpontourney.org. Tournament sponsors for 2019 include: Title Sponsor: Doc Ford's Rum Bar & Grille; Starting Position: Nimrod; Champion Sponsor: Raiser's Edge; Premier Sponsors: Mark and Gretchen Banks, Diversified Yacht Services Inc.; Presenting Sponsors: Captiva Diva, Custom Tees Now, Joseph M. Kelley Plumbing & Heating, Stockyards Brick & Timber; Platinum Sponsors: JJ Taylor Distributing Florida Inc., Law Office of

Christopher G. Hill PC, Mabry Brothers Inc., "Let's Take It Outside," Organized Chaos, Suncoast Beverage Sales; Gold Sponsors: Congress Jewelers, Fort Myers Marine, Gulf Star Marina, The Historic Bait Box, Jensen's Twin Palm Cottages & Marina, Law Office of Janet M. Strickland PA, Lee County Sports Development, Nautical Mile Magazine, On Island, RS Walsh Landscaping, Sanibel Captiva Community Bank, Whitney's Bait & Tackle; Silver Sponsors: 50% Off Framing, Anisa Stewart Jewelry, Bailey's General Store, Captiva Cruises, Florida Weekly, Bonita Bill's Waterfront Café, Fort Myers Brewing Company, Freedom Boat Club, Holiday Water Sports, Island Inn, Island Sand Paper, Island Sun/The River Weekly News, Peter and Barbara Rogers, Semmer Electric, Tarpon Bay Explorers, Trophy Case of Fort Myers.✱



Diversified Sportsman Division

photo provided



The mighty tarpon were rolling and jumping robustly on tournament day photo by David McCleaf, Lee County VCB



From left, Brenda Harrity, Dave Raisbeck (Team Raiser's Edge) and Jay Brown (Team Raiser's Edge) photos provided



From left, past winning captains John McDaniel (Team Boomer Sooners) and Matt Mitchell (Team Chasin' Poon) with Marty Harrity (Team Raiser's Edge)



From left, Nate Wider (Team Whitney's Bait & Tackle), Joey Burnsed (Team Organized Chaos), Stuart Sergeant (Team On Island), Whitney Jones (Team Whitney's Bait & Tackle), Jim Bryan (Team Whitney's Bait & Tackle) and Doug Towle (Team On Island)




Members of Team Kelley's Heroes & Team Tarpon Taxi



Mike Szymanczyk (Team Nimrod) and Randall Emfinger (Team Nimrod)



From left, Eric Pfeifer (Team Jason and the Tarpon Knots), Marty Harrity (Team Raiser's Edge) and Jason Smith (Team Jason and the Tarpon Knots)

	FRIDAY Mostly Cloudy High: 82 Low: 78		SATURDAY Sunny High: 84 Low: 80		SUNDAY Sunny High: 85 Low: 81		MONDAY Mostly Cloudy High: 88 Low: 83		TUESDAY Mostly Cloudy High: 86 Low: 82		WEDNESDAY Sunny High: 85 Low: 81		THURSDAY Sunny High: 86 Low: 82
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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	1:20 am	6:00 am	12:27 pm	7:23 pm
Sat	2:19 am	6:25 am	12:52 pm	8:06 pm
Sun	3:14 am	6:46 am	1:18 pm	8:47 pm
Mon	4:08 am	7:06 am	1:48 pm	9:29 pm
Tue	5:05 am	7:25 am	2:20 pm	10:12 pm
Wed	2:56 pm	10:58 pm	None	None
Thu	3:37 pm	11:48 pm	None	None

Point Ybel Tides				
Day	High	Low	High	Low
Fri	12:25 am	6:02 am	11:32 am	7:25 pm
Sat	1:24 am	6:27 am	11:57 am	8:08 pm
Sun	2:19 am	6:48 am	12:23 pm	8:49 pm
Mon	3:13 am	7:08 am	12:53 pm	9:31 pm
Tue	4:10 am	7:27 am	1:25 pm	10:14 pm
Wed	2:01 pm	11:00 pm	None	None
Thu	2:42 pm	11:50 pm	None	None

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	12:48 am	6:31 am	12:25 pm	7:17 pm
Sat	1:32 am	7:10 am	12:54 pm	8:04 pm
Sun	2:15 am	7:48 am	1:20 pm	8:50 pm
Mon	3:03 am	8:27 am	1:45 pm	9:36 pm
Tue	3:58 am	9:05 am	2:11 pm	10:21 pm
Wed	4:52 am	9:42 am	2:46 pm	11:05 pm
Thu	5:44 am	10:17 am	3:38 pm	11:52 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	3:30 am	9:16 am	2:37 pm	10:39 pm
Sat	4:29 am	9:41 am	3:02 pm	11:22 pm
Sun	5:24 am	10:02 am	3:28 pm	None
Mon	6:18 am	12:03 am	3:58 pm	10:22 am
Tue	7:15 am	12:45 am	4:30 pm	10:41 am
Wed	5:06 pm	1:28 am	None	None
Thu	5:47 pm	2:14 am	None	None

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.

The Center 4 Life will be closed on Monday, May 27 in observance of Memorial Day. Normal operating hours will resume on Tuesday, May 28.

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 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*

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 \$20 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.

Little Shop of Horrors – Wednesday, June 5. Cost is \$45 for members and \$55 for non-members.

The outing will begin at 11:30 a.m. with lunch at Cristof's on McGregor Boulevard (on your own), followed by Off Broadway Palm Theatre at 1 p.m. to see *Little Shop of Horrors*, one of the longest running Off-Broadway shows.

Meek floral assistant Seymour stumbles across a new breed of plant that he names Audrey II – after his coworker (and crush). This sassy, R&B-singing plant promises everlasting fame and fortune, as long as Seymour keeps feeding it its special diet. Between bites, Audrey II brings down the house with music composed by Alan Menken in the 1960s-style rock and roll, doo-wop and Motown including the well-known *Suddenly, Seymour*. Limited seating is available. Carpool arrangements will be available. Sign up at the center.

Lunch at Malia Island Fusion Cuisine – Monday, June 10.

Try unique, authentic dishes and fresh flavors prepared by a culinary team of experts. The owner/chef will talk to the group about their approach to food and cooking style. Separate checks will be provided. Advance registration required. Register at the center.

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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Pfeifer Realty Group broker-owner Eric Pfeifer with SCCF CEO Ryan Orgera. Operation Working Smarter is the name of SCCF's Wildlife & Habitat Management fundraising campaign photo provided

Real Estate Group Donates To SCCF Program

The Sanibel-Captiva Conservation Foundation (SCCF) received a \$2,500 gift from Pfeifer Realty Group to be directed toward new land restoration equipment for wildlife and habitat management.

As a trustee on SCCF's board of directors, Pfeifer Realty Marketing Director Mary Ellen Pfeifer co-serves as board liaison with Robin Krivanek of the committee reporting to the board on the work of the wildlife and habitat management staff. Pfeifer learned how the department's old equipment was impacting their ability to function efficiently. Pfeifer and Krivanek requested some equipment updates, including a new John Deere skid steer.

In support of the equipment request, Pfeifer Realty Group kicked in \$2,500 toward the equipment and accessories.

"We are pleased to be able to support the work of the wildlife and habitat

management staff," said Pfeifer. "This equipment will be used in the restoration and maintenance of habitat on SCCF preserves. Once conservation land has been purchased, it usually requires restoration, which is part of SCCF's work that is often not seen by the public."

The new equipment, with some accessories yet to be ordered, has already proven to be tremendously helpful.

SCCF CEO Ryan Orgera said, "We are lucky to have trustees who are so invested in the work being done by SCCF staff, and the financial support provided by Eric and Mary Ellen Pfeifer helps us to further that work."

SCCF currently manages about 1,800 acres on Sanibel, and conducts several wildlife monitoring projects on Sanibel, Captiva, North Captiva and other islands in Pine Island Sound.

SCCF is dedicated to the conservation of coastal habitats and aquatic resources on Sanibel and Captiva and in the surrounding watershed. Community support through membership dues and tax-deductible contributions, in addition to grants and staff-generated revenue, makes this work possible.✱



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Trust Company Executive Earns Certification

The Sanibel Captiva Trust Company Executive Vice President Robin L. Cook completed the Certified Wealth Strategist (CWS) program through the CannonFinancial Institute. Cook has served as a wealth services advisor for the firm on Sanibel since 2012 and has more than 30 years of financial services experience assisting individuals and families in managing their investment and estate planning needs.

"Our team members participate in continuing education every year, many of whom obtain targeted industry accreditations and certifications for the benefit of our clients," said Al Hanser, founder and chairman of The Sanibel Captiva Trust Company. "This particular certification requires intensive study and a substantial time commitment,



Robin L. Cook photo provided so we are very proud of Robin for her accomplishment."✱

ISLAND SUN BUSINESS NEWSMAKERS

John Naumann & Associates

The top producers for April at John Naumann & Associates were: LeAne Taylor Suarez, top sales and top listing agent; Larry and Debbie Hahn, top listing team; and Harrell, Tolp and Albright, top sales team.✱



LeAne Taylor Suarez



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Will Power

IRAs And Second Marriages



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

Karen, and Bob, both age 78, are in a second marriage and each has children from a prior marriage. A sizeable portion of their net worth is Karen's Traditional IRA account, worth approximately \$3.5 million. Karen takes her Required Minimum Distributions (RMDs) each year. The divisor under the Uniform Life Table that governs Karen's IRA this year is 20.3, resulting in a RMD of approximately \$172,400.

Currently, Bob is the primary beneficiary of Karen's IRA. Karen's children are the contingent beneficiaries.

They arrive at my office with a dilemma: "What I'd like to do," Karen says, "is if Bob survives me, I want my IRA to go into a trust for him, but whatever he doesn't use would go back to my children."

Because Bob is currently the primary beneficiary, Bob could, if he survives Karen, roll over her IRA. He would then take RMDs based upon the same Uniform Life Table that Karen now takes. When Bob rolls over the IRA, he could name whomever he wants as his primary beneficiary, which worries Karen.

It's not that Karen doesn't trust Bob, "It's just that he could become vulnerable later in life due to dementia, or what if my children somehow upset him and he decides to change the beneficiaries," she noted. Bob wasn't offended and nodded in agreement.

"That's not the only danger," I pointed out. "If Bob were to remarry without a nuptial agreement, even if he left Karen's children as the IRA primary beneficiaries, his new wife could take what's known as a spousal elective share under the law. She might be entitled to as much as half of the IRA balance."

"So that's why I want to put the IRA in a trust for Bob if I go first," Karen said.

"Well, there's a problem with that strategy too," I noted, pulling out the IRS RMD charts. "The only person who can roll over an IRA is a spouse. Provided the spouse does, in fact, roll over the IRA, then the Uniform Life Table applies. If the IRA isn't rolled over, however, then the Single Life Table applies," I continued, pulling out that chart.

The Single Life Table is used for non-spouse beneficiaries, or for spouses who don't roll over the IRA. It is a much more aggressive RMD schedule.

"You'll see that with the Single Life Table the divisor for a 78-year-old is 11.4 rather than the 20.3 that you find on the Uniform Life Table. So a \$3.5 million IRA account would result in a RMD of approximately \$307,000. Moreover, the Single Life Table's annual divisor is not calculated using the age of the beneficiary after the first RMD. Instead, you subtract one from the previous year's divisor. In other words, the next year's divisor would be 10.4, then 9.4 and so on. What this means is that the entire IRA account, all \$3.5 million of it, will have been withdrawn within 10 years."

Karen's mouth gaped open. "You mean that if Bob lives 10 years beyond me, the entire IRA is gone if we name a trust as his beneficiary?"

"Yes. But I'm not done with the bad news yet," I said. "In order for the trust to qualify Bob as an 'identifiable beneficiary' under IRS rules, there are five requirements, one of which is that the trust act as a 'conduit'. What that means is the income that is distributed from the IRA to the trust goes right through the trust to Bob. In other words, there's nothing preserved for Karen's children. Bob has control over all the distributions, even if he doesn't need the entire amount for his living expenses. We could draft provisions that would toggle the trust to an accumulation trust, but when

you do that the trust ends up paying the highest marginal tax rate once \$12,750 is accumulated. That's a bad result too."

I added that when a trust is the beneficiary to an IRA, the identifiable beneficiary rules were important to satisfy, otherwise the entire income not yet taxed all becomes taxable in the year following the IRA account owner's death. This is a terrible result because so much of the IRA is lost to income taxes right away, and all of the tax deferred growth is lost as well.

As an aside, in my 30 years of practicing law, I've seen many mistakes when clients name trusts as the beneficiaries to an IRA, often because their financial or legal advisor failed to understand the distribution rules that I explained to Karen and Bob.

There are answers to Bob and Karen's dilemma, although not enough space in today's column for me to review them all. For more information, visit my firm's website at <http://estateprograms.com/explore/tax-efficient/#IRA>.

©2019 Craig R. Hersch. Learn more at www.sbshlaw.com.✴

From page 36

Home Rule

governments from passing or enforcing laws prohibiting plastic straws, purported so the issue could be studied. Do we really need to study the effects of plastic straws for five years to learn that they pollute our beaches and waters?

Another assault on home rule that recurs each year – which passed the Florida House this year, but not the Senate – is a law that would entirely preempt short-term rental regulation. In 2011, Florida passed a law that bars local governments from regulating the duration or frequency of "short-term rentals." That 2011 law grandfathered (exempted) about 75 cities, including Sanibel, with such laws already in place. Dissatisfied with this outcome, lobbyists for the big rental websites supported legislation once again this year that would have nullified that exemption.

Although restrictions on duration and frequency of rentals is a perfectly reasonable means to protect the essential character of residential neighborhoods, supporters of preemption claim a superior right of owners to rent their properties without limitation. Adoption of such an expansive view of property rights could cast doubt on the legitimacy of virtually any zoning action. Where does one draw the line?

Had the short-term rental bill passed in the Senate as well as the House, it would have prevented Sanibel from enforcing its requirement for a minimum 28-day

occupancy for home rentals beyond the Resort Housing District – thereby opening all residential neighborhoods to resort occupancy, with all the attendant noise and disruption. For reasons that are unclear, the Senate bill, SB 824, died in committee but the companion House bill HB 987 passed. With strong support from companies like AirBnB and HomeAway, those bills will surely be reintroduced next year and have a good chance of passage unless a sea change occurs in Tallahassee, which seems unlikely.

Candidates Should Embrace Home Rule

As voters, we can curtail the assault on home rule. We can make respect for home rule a key qualification for anyone seeking election to the state legislature. Those who represent us in Tallahassee must enthusiastically embrace Jefferson's observation that "the government closest to the people serves the people best."

After this commentary was submitted for publication, Gov. Ron DeSantis vetoed HB 771, the bill that would have placed a moratorium on local regulation of plastic straws until 2024. The veto message read in part "These measures have not, as far as I can tell, frustrated any state policy or harmed the state's interests."

COTI invites your input on this and other issues affecting our island. Send an email to coti@coti.org. Mail may also be sent to COTI, P.O. Box 88, Sanibel, FL 33957. To read our past commentaries on island issues, visit www.coti.org. Or visit Committee of the Islands on Facebook.✴

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Charitable Foundation Honors Leader

Al Hanser, founder and chairman of The Sanibel Captiva Trust Company, was honored recently by the board of directors of the Charitable Foundation of the Islands (CFI) for his dedication and leadership as chairman of the board of CFI since 2011.

"Al's inspired leadership has resulted in a robust, effective organization with an outstanding board of directors that is now positioned to expand its service to the nonprofit sector," said Chip Roach, incoming chairman of the board. "I am delighted that Al has agreed to be an emeritus member of CFI and continue to lend his invaluable advice in helping to guide our path forward."

Board members and friends extended their appreciation for Hanser's service not only to the foundation, but also to the hundreds of projects, causes and organizations he has helped guide and support. His service is motivated by a commitment to making the community a better place to work and live.

Dozens of organizations have benefited by Hanser's leadership, including FISH of SanCap, CROW, Community Housing & Resources, Bailey-Matthews National Shell Museum, Children's Education Center of the Islands, "Ding" Darling Wildlife Society, Sanibel-Captiva Conservation Foundation, The Community House, Sanibel Historical Museum & Village, Sanibel Public Library Foundation, Sanibel



Al and Sally Hanser with a framed picture of the board and messages of gratitude
photo provided

Sea School and the Sanibel School Fund.

Hanser's exemplary leadership resulted in CFI embarking upon a strategic planning process in November 2018 which established defined objectives that will assist Sanibel and Captiva nonprofits to increase their ability to address some of the most pressing needs facing the community.

CFI's board includes vice chair Virginia Stringer, treasurer Tim O'Neill, secretary Melissa Congress, along with Cindy Brown, Steve Brown, Ralph Clark, Brenda Harritty, Chris Heidrick, Mike Kelly, Tony

Lapi, Mary Ellen Pfeifer, Nathalie Pyle and Paul Roth.

The Charitable Foundation of the Islands was founded in 2000 and its first chairman of the board was the late Francis Bailey, who started the Good Neighbor Fund to help those in need on the islands. That spirit of community commitment is alive and well today at the Charitable Foundation of the Islands.

For more information or to make a donation, call 322-3818 or email SanCapCFI@gmail.com.✴

National Merit Scholarship Winners

Fort Myers High School seniors Dahlia Dry and Ryan Schmelzle have been selected as National Merit \$2,500 scholarship winners. The recipients were chosen from a talent pool of more than 15,000 outstanding finalists in the 2019 National Merit Scholarship program.

"The national merit scholarship is one of the most prestigious academic awards that a student can receive in high school," said Fort Myers High School Principal Dr. Robert Butz. "The competition puts those winners as the top one percent of academic successes in the country. This accomplishment is a testament to their hard work, and we are very proud of Dahlia and Ryan for this achievement."

National Merit \$2,500 scholarship winners are the finalists in each state judged to have the strongest combination of accomplishments, skills and potential

for success in rigorous college studies. The number of winners named in each state is proportional to the state's percentage of the nation's graduating high school seniors.

These scholars were selected by a committee of college admissions officers and high school counselors, who appraised a substantial amount of information submitted by both the finalists and their high schools: the academic record, including difficulty level of subjects studied and grades earned; scores from two standardized tests; contributions and leadership in school and community activities; an essay written by the finalist; and a recommendation written by a high school official.

This year's National Merit Scholarship program began in October 2017 when over 1.6 million juniors in approximately 22,000 high schools took the Preliminary SAT/National Merit Scholarship Qualifying Test, which served as an initial screen of program entrants. Last fall, the highest-scoring participants in each state, representing less than one percent of the nation's high school seniors, were named semifinalists on a state-representational basis. Only these 16,000 semifinalists had an opportunity to continue in the competition.

From the semifinalist group, some 15,000 students met the high academic standards and other requirements to advance to the finalist level of the competition. By the conclusion of the 2019 program, about 7,600 finalists will have earned the Merit Scholar title and received a total of over \$31 million in college scholarships.✴

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The No-Hitter: Is It A Dying Art?



by Howard Prager

I marveled at Mike Fiers' no-hitter last week for the Oakland A's, the first of 2019, especially after a 98-minute technical delay to the game. It was MLB's 300th no-hitter (qualifications for a no-hitter were changed in 1991 so

that only complete games were allowed), and Mike joined rarified company as one of only seven pitchers who have thrown no-hitters for two different teams.

What makes this more amazing is three things: 1) the lack of complete games by pitchers today, 2) the fact that Michael Fiers, no household name, is a journeyman pitcher, not a perennial all-star, and 3) what I believe is the rise of better defense.

I'll conclude with some fun facts about no-hitters.

First, the lack of complete games. Today, managers watch pitch counts like hawks. Whatever number they set, it is rare when a pitcher talks their way out of being removed from a game due to pitch count. Yu Darvish, who has not exactly been performing for the Cubs the way they expected, was removed from a game this week after giving up only one run and pitching only four innings – not close to a complete game. Why? He had thrown over 100 pitches. According to the Sports bible, Forbes (I told you I was a business consultant), "For teams in the current era, having a pitcher work as deep as the seventh, eighth or ninth inning is a huge bonus. A deep and strong bullpen has become the most desired weapon in the majors since pitch counts and inning limitations have become the norm for monitoring starters. That's the way the game is played now, and we may soon see the complete game become extinct – except for a dominating no-hit or shutout

performance... but then again, they too may become a vanishing act." Fiers had 109 pitches through 7 innings. His manager, Bob Melvin told him if he yielded another baserunner, he would be pulled. He didn't. A 131-pitch masterpiece. Call me old-fashioned but I still like pitchers throwing complete games and hitting. It seems to me, without that, the game is not the same. If you're putting in fresh flamethrower after flamethrower, hitters don't have a chance to "learn" the pitcher during the game and try to beat their best pitch. So they are forever facing fresh arms.

Second, what a rarity to see Mike Fiers in the highlight reels. He had an ERA of 4.11 and averaged 8.7 hits per nine innings going into the game. A lackluster career. A .500 pitcher with a record of 57-58 over nine seasons and 4 four teams. Now he has two complete games in his career. I've always said anything is possible, and here it is not once but twice.

Third, to me defenses have improved greatly. I don't recall seeing so many home runs "stolen" by such incredible leaping and pulling balls back from going out of the park. There have always been players with great running and catching ability – Willie Mays, Roberto Clemente, and so many others. But the pulling back a ball going out of the park so frequently – I can't recall that. And unbelievable shortstops like Javy Baez of the Cubs and Andrelton Simmons of the Angels make incredible plays routinely and so many others are valued for their defense. And equipment (gloves) and tactics (shifting) are more effective. In fact, the shift happens to multiple players during the game. Team defense is definitely getting more attention. There were two defensive gems that preserved the hard work of Fiers in his no-hitter win. How do they put that in the scrapbook?

Finally, here are a few no-hitter stats. First no-hitter: 1876 by George Bradley of the St. Louis Browns with a win-loss record that season of 45-19. He also pitched seven no-hit innings into his next game. Nolan Ryan threw seven of them. The best ones? Don Larsen's World Series perfecto in 1956, Addie Joss' 1908

classic that nearly gave Cleveland the AL pennant, Roy Halladay's no-hitter in the 2010 NLDS, Sandy Koufax's fourth no-hitter, a perfect game against the Cubs in 1965. Like much of baseball, this is a great hot stove topic.

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@islandnews.com.✱

Adult Basketball Summer League Registration Open

The Sanibel Adult 3 on 3 Basketball League, sponsored by Whitney's Bait & Tackle, plays at the Sanibel Recreation Center on Thursday nights. League games will start on June 6 with a season ending tournament on July 25th. All games will be officiated. The last day for team registration is May 31. Each team can have a maximum of five players on its roster with all team jerseys provided by Whitney's Bait & Tackle. Trophies will be awarded to the top tournament teams. The fee is \$193 per member team and \$242 per non-member team. Players must be 18 years or older to participate.

For more information, or if you are looking for a team, contact Char Durand at the Sanibel Recreation Center, 472-0345.

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

Counselor In Training Program For Teens

The City of Sanibel Counselor In Training (CIT) program is a junior level personal development and leadership opportunity for teens entering ninth and 10th grade that are interested in volunteering with children in a recreational day camp setting. This is a leadership program designed to prepare teens to become a camp counselor. CIT students will gain valuable work experience, compression only CPR certification and earn community service hours all while making new friends. The Sanibel Recreation Department Summer Day Camp is a nine-week traditional day camp which will run from Monday, June 3 through Friday, August 2.

There is an application that must be completed and returned to the City of Sanibel Recreation Department for review and approval. The application can be picked up at the Sanibel Recreation Center front desk. There will be a CIT workshop on Monday, May 20 from 6 to 7:30 p.m. Registration includes lunch, activity participation, compression only CPR certification and field trip admissions when applicable.

Financial assistance is also available to qualifying families. For more information, call 472-0345.

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

SPORTS QUIZ

1. Six pitchers have won an MVP Award in major-league baseball since 1972. Name three of them.
2. Barry Bonds (762), Babe Ruth (714) and Ken Griffey Jr. (630) are the top three left-handed hitters on the career home run list in major-league baseball. Who is No. 4?
3. When was the last time before 2015-16 that the Washington Redskins had back-to-back winning seasons?
4. Name the first player in Kansas State men's basketball history to have at least 1,000 points, 500 rebounds, 300 assists and 100 steals for a career.
5. In 2019, Colorado's Gabriel Landeskog became the second player in the 2011 NHL draft class to reach the 400-point mark for his career. Who was the first from that class to do it?
6. Gwen Jorgensen, in 2016, became the first U.S. woman to win an Olympic gold medal in the triathlon. Who was the only other U.S. female athlete to win a medal in the triathlon?
7. Which two golfers have won the PGA's Pebble Beach Pro-Am the most times?

ANSWERS

1. Rollie Fingers (1981), Willie Hernandez ('84), Roger Clemens ('86), Dennis Eckersley ('92), Justin Verlander (2011) and Clayton Kershaw ('14). 2. Jim Thome, with 612 home runs. 3. It won a bronze medal in 2004. 7. Mark O'Meara and Phil Mickelson each won it five times.

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Sanibel Mayor Kevin Ruane, center, provided U.S. Coast Guard Auxiliary Flotilla 92 members with a proclamation photos provided

National Safe Boating Week Begins Saturday

Learn about boating safety during National Safe Boating Week, which promotes boating and life jacket safety to boaters everywhere, from May 18 to 24.

Florida leads the nation in both boating accidents and boating deaths. In 2017, 261 boating accidents involved collisions, and 38 percent of all collisions were due to inattention or the operator failing to maintain a proper lookout.

There will be vessel safety exam at WP Franklin Lock Welcome Center Boat Ramp, 1660 S. Franklin Lock Road, Alva, on May 18 from 10 a.m. to 2 p.m.

A Kids Water Safety session will be held at Lehigh Acres Community Pool, 1400 West 5th Street, Lehigh Acres, on May 18 from 10 a.m. to 1 p.m.

There will be an open house at U.S. Coast Guard Station Fort Myers Beach, 719 San Carlos Drive, Fort Myers Beach, on May 18 from 10 a.m. to 3 p.m.

Did you know: 83 percent of all boaters who drown are not wearing life jackets; there are new and improved life jackets that are comfortable and unobtrusive; boaters are responsible for the safety of themselves, their passengers and other boaters; this means not only having life jackets on board but requiring all onboard to wear them all the time.

When you compare fatality rates for boaters who had taken a boating safety course in the past 10 years to those who had not, an "untrained" boater is five times more likely to die in a boating accident than one who received boating safety training.

Boat responsibly statistics show the leading contributing factors in boating accidents are operator inattention, improper lookout, operator inexperience, excessive speed and alcohol.

Vessels that are properly outfitted and in good working order are less likely to be involved in fatal accidents than other vessels.

Vessel safety checks provide a penalty-free way for boaters to enhance vessel safety and provide a ready means for examiners to teach boaters some basic safety lessons in a relaxed, non-confrontational atmosphere before heading out onto the water.

The U.S. Coast Guard Auxiliary and U.S. Power Squadrons offer free vessel safety checks that can help identify any other potential problems. Visit www.safetyseal.net for more information.

Top 10 Boating Tips:

1. Wear your life jacket.
2. Take at least one certified boating safety course. Refreshers are recommended.
3. Avoid mixing alcohol and boating.
4. Register your marine radio, obtain a free nine-digit MMSI number that is assigned to a DSC radio.
5. Purchase an EPIRB/PLB for life



James Fellabam with *Island Sun* newspaper staff member Justin Wilder

jackets. Register with NOAA according to the instructions provided with the beacon. Registration is mandatory, improves response and reduces false alarms, and can be completed online at www.beaconregistration.noaa.gov.

6. Check your flares, fire extinguisher and other safety equipment to be certain they are in good condition and up to date. Keep updated navigational charts on your boat and use them.

7. Know your boat's performance limitations and passenger capacity.

8. Familiarize yourself with upcoming weather. Check online services as part of your pre-departure planning. Avoid potential conditions before you go. The National Weather Service broadcasts



Lee County Chamber President Armando Nargi and U.S. Coast Guard Auxiliary Flotilla 92 member James Fellabam

marine weather forecasts regularly. Tune your VHF marine radio to 162.4 MHz or log onto www.nws.noaa.gov.

9. File a Float Plan: Tell someone where you are going, for how long, how many people going, color/size/type of boat, etc. If you change plans, let someone know. Use the USCG mobile app at www.uscg.mil/mobile. Check the sample float plan at that site.

10. Shut off your engines when approaching swimmers, divers or bringing someone on board.

For more information, visit www.safeboating.org, www.uscgboating.org or www.safeboatingcampaign.com. For local information, email infocalusacgaux94@gmail.com.

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Craig R. Hersch
Florida Bar Board Certified Wills,
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"Will Power" Columnist, *The Island Sun*



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Doctor and Dietician

Exercise And Knee Pain



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

One of the best things you can do for your knees is to keep moving. The way to nourish any joint, including the knee, is to move it. Joints need motion. If you are cycling or using an exercise bike, low resistance is ideal. Keep the resistance low and cycle at a higher cadence, versus cycling at a lower cadence with higher resistance. There is no need to feel like you are trying to move through sand if your goal is fun, low-impact exercise.

Swimming, aqua jogging and Pilates are other wonderful ways to preserve and improve knee function, especially if you have a history of knee pain. Balance work is beneficial for everyone, and especially during the rehabilitation of a joint. It can be as simple as standing on one leg, doing one-legged mini-squats, or balancing on discs. The general guidelines for exercise is to not aggravate the pain. Exercise should make achy joints feel better. It should not cause sharp pain or pain that lasts for days afterward. Muscle soreness after a hard workout is normal, but sharp, shooting, or sudden joint pain is not. Knee pain lasting longer than a couple hours after the exercise indicates

that too much pressure was placed on the joint. Additionally, joints should not be hot or swollen after exercise or activity.

Consider improving your exercise technique to reduce joint stress and decrease risk of injury. Sometimes we may not be using as good of form as we think and, therefore, not focusing on the right muscles for a given movement. Working with a trainer or therapist for a few sessions may be worthwhile to ensure you're using proper form and do not cause sheer force on the joints. You may also learn a few new moves to change up your same ol' exercises!

*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.**

Drug Abuse Addiction Help From Narconon

Narconon reminds families that abuse of heroin and opioid drugs has become a national health crisis. Learn to recognize the signs of heroin abuse and get your loved ones help if they are at risk.

To learn about the signs and symptoms of opiate abuse, and the overdose reversing drug known as Narcan and its availability in your state, visit www.narconon-suncoast.org/blog/how-a-simple-drug-can-save-lives-a-guide-to-narcan-and-the-opiate-epidemic.html.

Narconon can help you take steps to overcome addiction in your family. Call 877-841-5509 for free screenings or referrals.*

Superior Interiors

Decorating Tips For Small Condos



by Jeanie Tinch

It's been years since you've given your vacation condo a revamp. Now's the time to change things up, but you're at a loss for inspiration. Don't let the idea of fixing up a small space get in the way of making things happen. You might have less room to work with, but that just allows you to channel your focus on attention to detail and making precise finishing touches.

Divide the space – Don't let the open floor plan fool you. You're not stuck with it. There are plenty of ways to divide up the space. For instance, placing coat and shoe racks adjacent to the door to round out the entryway. Floating your sofa instead of placing it against a wall is another simple way to define a line between the areas.

Invest in multi-purpose furniture – Why clutter your space with too much furniture when you can find pieces that are multi-functional? The last thing you

want to do is over-crowd your condo and make it look smaller. You can exchange your oversized sectional for a sofa that functions also as a pull-out bed. Storage ottomans make excellent foot rests and offer ample space to store games.

Stick to a light color palette – Soft, neutral hues will open your space up. A design professional can help you choose a light color palette and focus on three shades. This keeps you from over-exaggerating with colors, a minimalist approach if you will. If you feel like something's missing, keep things interesting by decorating with one dark, deep accent color.

Accessorize with floating shelves as they are both functional and trendy – There's no need to clutter the floors with decor. Your walls are an open canvas for artwork, shelving and other decorations. Take advantage of them! Using floating wall shelves will allow you to keep your items in order and add character to your condo's decor.

Dress the windows with long drapery – Looking for an easy way to make your room look taller? Hang the drapery from the ceiling, not the windows. There are many options whether contemporary, traditional, or transitional in style to make a statement and maximize light into your space.

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

Bring Your Dog To Miracle Game This Saturday

The Fort Myers Miracle will be allowing dogs in the ballpark for free with a ticket-carrying owner this Saturday, May 18. The Miracle are hosting the St. Lucie Mets at Hammond Stadium for a 6 p.m. start.

Bark in the Park is pet friendly and sponsored by Lee County Domestic Animal Services. LCDAS will have staff members and several adoptable dogs at the game. They will offer information to pet lovers about the agency's adoption process.

The Fort Myers Miracle will offer Bark in the Park each Saturday they are playing at home. After May 18, the pet-friendly events fall on June 8 and June 29.

Other promotions this Saturday include a job fair presented by Alorica from 4 to 6 p.m.; Military Appreciation Night, where all active and retired and their families receive free admission with valid ID; and Roger Dorn Appearance, where you can meet Corbin Bernsen, who played Roger Dorn in the movie *Major League* and receive a Miracle Roger Dorn jersey T-shirt if you are one of the first 500 fans to enter the stadium.

For more information on the Miracle, visit www.milb.com/fort-myers. For more information on LCDAS, visit www.LeeLostPets.com or call 533-7387.*

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SalusCare To Host Job Fair In June

SalusCare, the area's most comprehensive provider of behavioral healthcare services, will be hosting a job fair at its Evans Campus on Tuesday, June 4 from 10 a.m. to 2 p.m.

Job seekers will be able to complete an application on-site, speak with hiring managers and learn more about benefits. Among the open positions are full-time, part-time and PRN positions (short-term, contract, part-time or fill-in work by a nurse or allied health professional) such as clinical staff, intake clinicians, dietary aides, clerical staff, nurses and behavioral

health technicians.

"A career at SalusCare means being part of a team of individuals dedicated to providing compassionate care to individuals in Southwest Florida," said SalusCare President and CEO Stacey Cook. "Our staff is the key to our success in providing an unmatched continuum of mental health and substance use treatment services for adults and children. I would encourage those interested to attend the job fair and learn about our open positions."

SalusCare's Evans Campus is located at 3763 Evans Avenue in Fort Myers. For more information, visit www.saluscareflorida.org/careers. From this page, those interested can view current job openings, benefits and apply for open positions.*

dearRPharmacist

Five Reasons Why You Should Take Selenium



by Suzy Cohen, RPh

Dear Readers: The Greek word "selene" means moon, and that's where the trace mineral selenium gets its name. The most interesting part of selenium is that it's sometimes used in dyes and paints to

color things red.

Plants growing on Earth take up selenium into their roots. They get it from the soil and then it's put into the food chain, and we obtain it through diet. Selenomethionine is a high-quality form of selenium that is also the main form of selenium occurring in Brazil nuts, cereal grains and soybeans. Why would anyone want more selenium?

The main reason would be selenium's powerful antioxidant properties. It helps neutralize free radicals by making two special detoxification enzymes: Catalase and Glutathione. Both of those enzymes are major players in terms of detoxification. You'd die within minutes without them.

But there are five other mind-blowing reasons you should consider selenium:

1. Selenium helps with breast cancer – Aside from selenium being a strong antioxidant, which is useful in cancer situation, there is new research published in the journal *Nutrients* (May 2019). Apparently, selenium is capable of alleviating lymphedema, commonly associated with breast cancer. Lymphedema simply refers to the swelling that occurs in the arms and legs. Seventy-five percent of participants showed lymphedema improvement in just two weeks.

2. Selenium helps with the brain – The ability to neutralize oxidants that attack the brain helps reduce your personal risk of cognitive decline. Several selenium-derived proteins termed "selenoproteins" are expressed in brain. We also know that both detoxification enzymes, glutathione and catalase, are present in glial cells. Glial cells feed and protect nerve cells. Selenium is needed to keep those glial cells healthy.

3. Selenium helps control hemochromatosis – A genetic condition, overload of iron (hemochromatosis) is sometimes misdiagnosed and inadequately treated. Iron concentrations were slightly higher (up to 2 1/2 times higher) in selenium deficient rodents. The "Transferrin Saturation" with iron was almost twice as high in selenium deficient rodents, compared to those with normal levels of selenium.

4. Selenium helps make thyroid hormone – Selenium has been shown in several clinical trials over the past few decades to slow the progression of, and reduce symptoms of, thyroid illness. It's needed for the enzymes that convert

inactive thyroxine T4 to biologically active T3, and it's needed to reduce TPO antibodies. Also, selenium might help with Graves' eye problems, termed orbitopathy.

5. Selenium for PCOS – Selenium has insulin-like properties, which means it can help with Polycystic Ovary Syndrome or PCOS. A new article published in the journal *Molecules* (April 2019) suggests it may help with insulin resistance. There's a definite correlation between low selenium leading to hypothyroidism, then leading to PCOS. Labs don't usually pick this disorder up. Grab a copy of my best-seller *Thyroid Healthy* to learn more about thyroid conditions. And if you'd like more information on selenium, PCOS or dosing information, just sign up for my free newsletter at www.suzycohen.com, and I'll send you the longer version of this article next week.

*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.**

Free Workshop On Balance And Preventing Falls

FYZICAL Therapy & Balance Centers of Sanibel will host a Secrets to Improving Balance and Preventing Falls workshop on Thursday, May 23 from noon to 2 p.m.

Have you fallen or lost your balance recently? Are you afraid of falling? Do quick movements of your head increase your symptoms? Do you have trouble getting up from a chair without using hands? Can you stand on one leg without losing your balance? Do you restrict yourself from social or recreational activities?

If you have answered yes to any of these questions, or have a friend or family member who does, then this balance workshop may be a life changing event for you. Loss of balance, falling or dizziness can drastically decrease your quality of life. All attendees will have the opportunity to have a balance screening and consultation with a certified balance specialist physical therapist.

To register for the free workshop, call 395-1097. Seating is limited.

FYZICAL Therapy & Balance Centers of Sanibel is located at 4301 Sanibel-Captiva Road.*

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.southwestfloa.org.

Sanibel Community Church is located at 1740 Periwinkle Way.*

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: What is a hypnagogic state?

A: A hypnagogic state is the mysterious doorway between your waking state and sleep state. Most people pass through this usually relaxing

state with no problem. The moment you fall asleep, you are vulnerable, both neurologically and intuitively. It's an in-between juncture where your brain hasn't quite reoriented itself to sleep and your waking psychological defenses are down. You can be between two worlds, and it can be a highly intuitive experience.

If you find that your hypnagogic state keeps you awake, then see if you can identify what is at the root so you can relieve any insomnia. If you are stressed when you fall asleep, synaptic signals get crossed, so see if you can get yourself as relaxed as you can prior to falling asleep. Perhaps put on some spa music and use a lavender eye pillow. Take a relaxing epsom salts bath with candles and soft music. Breathe and give gratitude for the day, and your hypnagogic state will be pleasant and stress free.

It's also a good idea to send any negative energies and disturbing thoughts away. You have the power to do this and

assert it.

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.*

LCEC Employees Pay It Forward

Lee County Electric Cooperative (LCEC) employees are tracking volunteer hours for the company's Pay It Forward Program, designed to encourage volunteerism and give back to their favorite qualifying nonprofit organization. Employees can earn donation dollars which are awarded to a 501(c)3 charity of choice. To receive donation dollars, employees must volunteer at least 50 hours. Once an employee hits 50 hours, he or she can designate an organization to receive a \$50 donation on behalf of the employee.

Several employees volunteered more than 500 hours each year and two employees logged over 1,000 in 2018. Those who reach the 500 Club or 1,000 Club are entered into a drawing for \$500 or \$100 respectively for their charity of choice.

Since the launch of Pay It Forward in March 2016, employees have logged nearly 21,000 volunteer hours and raised more than \$9,000 for their favorite charities.*

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Library - Captiva	239-533-4890
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ARTS	
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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
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SW Florida Symphony	418-0996
Symphonic Chorale of SW Florida	560-5695
CLUBS & ORGANIZATIONS	
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American Legion Post 123	472-9979
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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
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Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.sancapboating.club
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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

Fendi And Morty

Fendi means "Italian luxury," but this gal is definitely low-maintenance. Hello, I am a 5-year-old female pit bull mix who has impeccable manners, walks great on a leash and knows my commands. I love to go to the baseball game, and this month my adoption fee comes with two free box seat tickets to the Fort Myers Miracle Bark in the Park game. There just happens to be one this Saturday, May 18, just in time to add me to your family and take me out to the ballpark!



Fendi ID# A776687

My adoption fee is \$25.

You never know what you will find at Lee County Domestic Animal Services. You are seeing correctly, yes, I am a pot belly pig. Hi, my name is Morty, and I am a 1-year-old male pot belly pig

who is sweet. I will take my favorite breakfast treat gently from your fingers. What is my favorite treat? Cheerios.

My adoption fee is \$30.

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.*



Morty ID# A777742

Haven on Earth Animal League

Chester And Dallas

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.



Chester

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 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.



Dallas

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

Kittens



Four kittens

PAWS has four 8-week-old kittens and a 7- to 9-month-old momma to the four babies. We also are still desperately in need of a home for Puff.

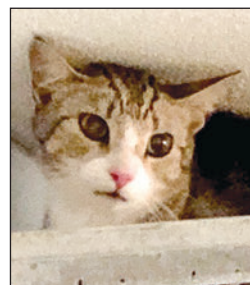
The four babies were vetted the week of May 13 and received their first shot, flea treatment, etc. The plan was to have momma vetted/

shots and spayed that week as well. These wonderful kittens are available for adoption. I highly suggest taking two kittens, if possible. It's so important for them to have a companion when you're not home. Call Pam at PAWS at 472-4823 to see these beautiful babies.*

Perry Winkle

PAWS has a 7- to 12-month-old kitten at Coral Veterinary Clinic in Fort Myers. The kitty was captured using a humane trap at Periwinkle Park.

She weighs 6.5 pounds, has no microchip and appears to be in good health, just very frightened. She was given injections for Rabies and FVRCP, and tested negative for FIV/FeLV. She will be spayed on Wednesday, May 22. If you recognize this kitten, or you would consider adopting her, call Pam at 472-4823.*



Perry Winkle

PUZZLES

Answers on page 55

Super Crossword

DIVIDING EXPERIMENT

ACROSS
1 Simulates, as an event
9 Employ anew
15 Barely visible
20 Dirigible pilot
21 Cuts into
22 The "O" of TV's OWN
23 Changing from one form of matter to another
25 Unrestrained
26 Hollywood's Harper
27 2006 Supreme Court appointee
28 Ballerina Alicia
29 "Tapestry" singer King
32 Eons ago
35 Son on "Family Ties"
36 — -fi movie
38 Fund held in trust
39 Cow's mouthful
40 Kindled anew
42 Linda of "Dynasty"
46 Bongos, e.g.

DOWN
1 Traitor
2 Suffix with cannon
3 Piece of the past
4 Not poisonous
5 Actor Elgort
6 Produces
7 Bath locales
8 Holy figures: Abbr.
9 Sphere
10 Bud of Bert
11 Real good-looker
12 Turns of phrase
13 "Stuck" actor Stephen
14 Class for U.S. aliens
15 "Go where I go"
16 "What — excuse for ..."
17 Paradoxical
18 Capital of the Bahamas
19 It's rung out on New Year's Eve
24 Mai —
28 Love, in Nice
29 — blanche
30 Advisory
31 Piece of the past
32 DVR brand
33 Livy's 1,400

ACROSS
48 Of the study of the hair and scalp
52 Mine transports
56 Abbr. at the end of a list
57 Road groove
58 North Carolinian, informally
60 Puts to work
61 "Reward" for awful service
63 French for "eye"
64 Road
66 Annual movie event in Lower Manhattan
71 U.S. pres. George (#41 as opposed to #43)
72 Lounge lazily
73 Agatha Christie's "There is —"
74 Voting no
75 Loss of recollections
78 Home for mil. planes
79 Machines next to mice
82 Actress Sarah of "American Crime Story"
85 Starter or finish judge at a meet, e.g.
88 "Woo-hoo!"
90 Docking site
91 Spanish wavy mark
92 27-Across' first name, for short
95 Kind of tire
98 Pack animal
100 Cooking fat
101 Having depth as well as length and width
106 Is abrasive
108 Kiddie-lit "pest"
109 Observed secretly
110 Minnesota's state bird
111 On top of
112 Action short of a divorce ... or what occurs in six long answers in this puzzle?
118 More sage
119 Red-brown
120 Nullified
121 Wound vestiges
122 Sets foot in
123 Exonerated

DOWN
34 Flynn of old movies
37 Welsh, e.g.
41 Is pounding
43 Actor's rep.
44 Hollywood's Vardalos
45 Tool for cutting decorative spiral lines
47 Snaky shape
49 Not inner
50 "Excuse me"
51 Ericson of exploration
53 On a cruise
54 Line winder
55 Old JFK jet
59 Zeno of — (philosopher)
61 Ex — (from nothing)
62 Date tree
64 Inflexible
65 Morsel
66 Fish that's a sushi staple
67 Q-V link
68 It might have serifs
69 Robert of "The Sopranos"
70 Groups of employees
71 Protestant denom.
75 Battery end
76 I, in German
77 Alias lead-in
79 Rice-and-broth dish
80 Training unit
81 Luges, e.g.
83 Group associated with red fezzes
84 McCain's 2008 rival
86 Spoken
87 Salsa herb
89 — and yang
92 Drink inserts
93 Language of the Koran
94 Brunch drink
96 Help
97 Fat-breakdown enzyme
99 Goal getter
102 Delaware's capital
103 Ship of the Middle East
104 Jays' homes
105 Suffix with cannon
107 Stockpile
110 Liquid rock
112 Two plus one, in Turin
113 Trot quickly
114 Mom's mate
115 Ca++ or Cl-
116 Lyrical verse
117 Beatty of "Network"

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	
20								21						22					
23								24						25					
			26					27					28						
29	30	31					32					33	34						
35					36	37					38					39			
40				41		42		43	44	45		46			47				
48					49					50	51		52			53	54	55	
56					57			58				59			60				
			61				62			63			64	65					
	66	67						68	69				70						
71							72					73							
74						75					76	77		78			79	80	81
82					83	84			85				86			87			
			88					89			90					91			
92	93	94		95					96	97			98		99		100		
101				102							103	104	105		106	107			
108								109						110					
111							112	113								115	116	117	
118								119						120					
121								122						123					

King Crossword

ACROSS
1 Last few notes
5 Med. approval org.
8 Fall into a beanbag chair
12 Last write-up
13 Valentine misspelling
14 Actress Turner
15 Missing
16 Past
17 Spore cases
18 Pour wine
20 Time of discontent?
22 Calf's mama
23 Fresh
24 1/4 bushel
27 Not steadily
32 Vast expanse
33 Play with robots
34 Anonymous Richard
35 Discontinue
38 Nervous
39 Type of humor
40 Candle material
42 Chemical relative
45 Discount store
49 Ms. Moore
50 Blunder
52 Green land
53 Mideast nation

DOWN
1 Frigid
2 Reed instrument
3 Record
4 Have at
5 Platyhelminth
6 Used a shovel
7 Acknowledge
8 Shaved a board
9 Debate closer
10 Previously
11 Duo
19 "Forget it!"
21 Hostel
24 Next-to-last letter
25 Still, in verse
26 Role for Julie, Eartha, Lee, Michelle, Halle or Anne
28 Rapa — (Easter Island)
29 Museum

ACROSS
30 Visibility hindrance
31 "30 Rock" star
36 White weasel
37 Catcher's place?
38 Range
41 Symbol for gold
42 "American —"
43 Big rig
44 Start over
46 Storyteller
47 Therefore
48 Criterion
51 Tear

MAGIC MAZE • BRITISH SPELLING

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

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

- Catalogue

Centre

Colour

Defence
- Fibre

Flavour

Instal

Jewellery
- Labour

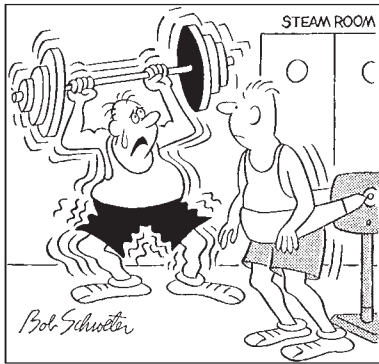
Licence

Litre

Neighbour
- Theatre

Traveller

Yoghurt



"I think I'm gonna have to quit this fitness club for my _____."
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!

Favor
Omen
Pace
Forge

TODAY'S WORD

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

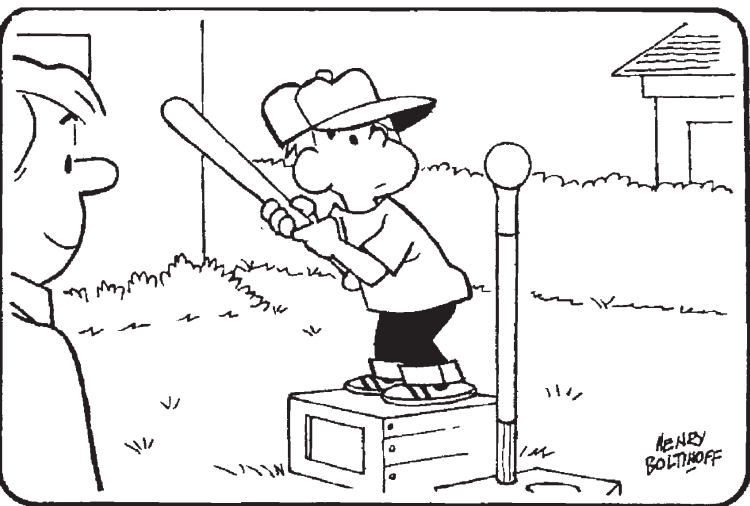
SUDOKU

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.

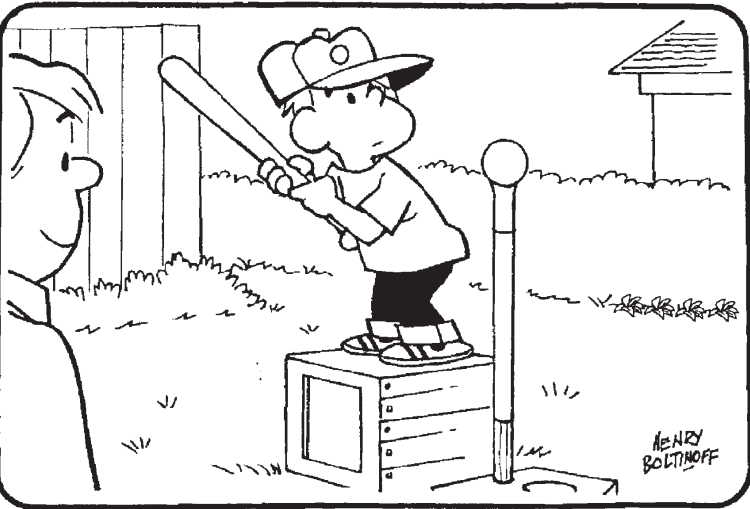
answer on page 55

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Boy's hat is different. 2. Man's nose is smaller. 3. Fence replaces house on left. 4. Box is taller. 5. Plants added on the right. 6. Window is missing.

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FOR WEEK OF MAY 20, 2019

Aries (March 21 to April 19) Untangling personal problems might take more time than the impatient Lamb expected. But it's important to hang in there until all those knotty situations are straightened out.

Taurus (April 20 to May 20) You still need to work out last-minute snags in your dealings with a rival. Hold your ground despite a perceived lack of support. Things should turn around before you know it.

Gemini (May 21 to June 20) Best not to delay preparing for that upcoming family event. The sooner you get things started, the better chance you have of finding potential problems and making needed changes.

Cancer (June 21 to July 22) The romantic Moon Child might be reluctant to see the reality behind that "ideal" situation. But by midweek, the practical Crab emerges to help clear away the moonbeams.

Leo (July 23 to August 22) Although the Big Cat might be receptive to more "persuasion" to get you to agree to a workplace change, make sure you can distinguish the fine line between facts and flattery.

Virgo (August 23 to September 22) Your positive attitude in the workplace helps to get you noticed by the right people. Now go ahead and use some of that new

self-confidence to help shore up a personal relationship.

Libra (September 23 to October 22) Although you might still have to work out some problems with a business partner, things go more smoothly on the home front. An investment opportunity might need more study.

Scorpio (October 23 to November 21) Don't be reluctant to act on your suspicion. Even if others see nothing wrong, the astute Scorpio could sense an underlying problem that isn't always obvious on the surface.

Sagittarius (November 22 to December 21) A new opportunity presents some obstacles that need to be dealt with as soon as possible. Delaying action in hopes that the problems will go away could be counterproductive.

Capricorn (December 22 to January 19) A friend or family member's request might carry some hidden factors that could later create problems. Be sure you know all the facts before you make your decision.

Aquarius (January 20 to February 18) A setback in implementing a plan could turn out to be a blessing in disguise. Use the downtime to rework your original concepts and see where changes could be made.

Pisces (February 19 to March 20) You might not be consciously fishing for compliments, but admit it -- won't you feel great when your efforts are noticed? So accept the praise gracefully. You earned it.

Born This Week: Your love of beauty in your personal life extends to your efforts to protect and preserve the natural world around you.

MOMENTS IN TIME

• On May 20, 1873, San Francisco businessman Levi Strauss and Reno, Nevada, tailor Jacob Davis are granted a patent for work pants reinforced with metal rivets, then known as "waist overalls." It marked the birth of one of the world's most famous garments: blue jeans.

• On May 23, 1911, the New York Public Library, the largest marble structure ever built in the United States, is dedicated in New York City. It took 14 years to complete. The next day some 40,000 people passed through its doors. The collection already consisted of more than a million books.

• On May 25, 1927, Robert Ludlum, the author of 21 best-selling thrillers, including the Jason Bourne spy novels, is born in New York City. Ludlum sold more than 300 million books before his death in 2001.

• On May 21, 1932, aviator Amelia Earhart flies solo across the North Atlantic, five years after aviator Charles Lindberg made the first solo flight. Earhart traveled over 2,000 miles from Newfoundland to Ireland in under 15 hours.

• On May 26, 1959, Harvey Haddix of the Pittsburgh Pirates pitches 12 perfect innings against the Milwaukee Braves, only to lose the game on a two-run double in the 13th inning. It was the first time in major-league history that a pitcher threw more than nine perfect innings.

• On May 22, 1972, President Richard Nixon arrives in Moscow for a summit with Soviet leaders. Although it was Nixon's first visit to the USSR as president, he had visited Moscow once before -- as U.S. vice president in 1959.

• On May 24, 1964, a referee's call in a soccer match between Peru and Argentina sparks a riot. More than 300 fans were killed and another 500 injured in the violent melee at National Stadium in Lima, Peru.

STRANGE BUT TRUE

• The most exciting phrase to hear in science, the one that heralds new discoveries, is not 'Eureka!' but 'That's funny ...' -- Isaac Asimov

• If you're planning a summer vacation in Maine this year, you might want to keep in mind that in that state, it's against the law to tickle a woman under the chin with a feather duster.

• You might be surprised to learn that drinking tea increased the life expectancy of the British -- and even more surprised

continued on page 55

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Endangered Birds Being Released Into The Wild

Captive-reared Florida grasshopper sparrows are being released on public lands in Osceola County during the coming weeks in an ongoing effort to reverse a near collapse of the species.

The Florida Fish and Wildlife Conservation Commission (FWC), U.S. Fish and Wildlife Service (Service) and partners are releasing captive-reared sparrows in an effort to boost the existing population. Current survey counts show fewer than 80 sparrows in the wild.

In recent years, the population of Florida grasshopper sparrows has declined sharply. Extinction in the wild is a very real possibility, and the



Florida grasshopper sparrow
photo courtesy Florida Fish and Wildlife

multi-partner recovery program's captive breeding and release efforts are part of the strategy to avoid this outcome.

"There's no time to waste for this charismatic songbird found nowhere else in the world. The sparrow is fighting hard for its existence and so must we," said Julie Wraithmell, executive director of Audubon Florida. "This release

throws a lifeline to the species while agency researchers continue to search for the key to the sparrow's recovery in the wild."

In 2015, the FWC, the Service and partners, including Rare Species Conservatory Foundation (Loxahatchee) and White Oak Conservation (Yulee), began a captive-rearing program as part of a multi-pronged strategy to prevent the bird's extinction. The efforts of this partnership have resulted in the first opportunity to supplement wild populations by releasing captive-reared birds back onto the prairie. The location of the release is not being disclosed to ensure people don't interfere with the delicate birds.

"While we recognize that releasing captive animals back into the wild may carry some risk, if we don't add to the wild flock soon, it is very likely this unique little bird will go extinct," said Kipp Frohlich, director of the FWC's Division of Habitat and Species

Conservation. "Working with our partners, we have conducted intensive assessments and we are confident the potential benefits are great and outweigh the risks."

Prior to release, the birds will be kept in an on-prairie aviary for a short time to acclimate to their new environment. The aviary design is one that has proven safe and secure for sparrows at one of the breeding facilities. Some of the birds will be fitted with radio-tracking devices so biologists can monitor their survival and health after release.

"A lot of people have worked hard learning how to raise these sparrows in captivity. It is delicate work," said Larry Williams, the Service's Florida state supervisor for ecological services. "The eggs are about the size of a marble, and the hatchlings are just as tiny. But we are optimistic these first releases will bring some success."

For more information, visit www.myfwc.com/Imperiled.

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From page 53

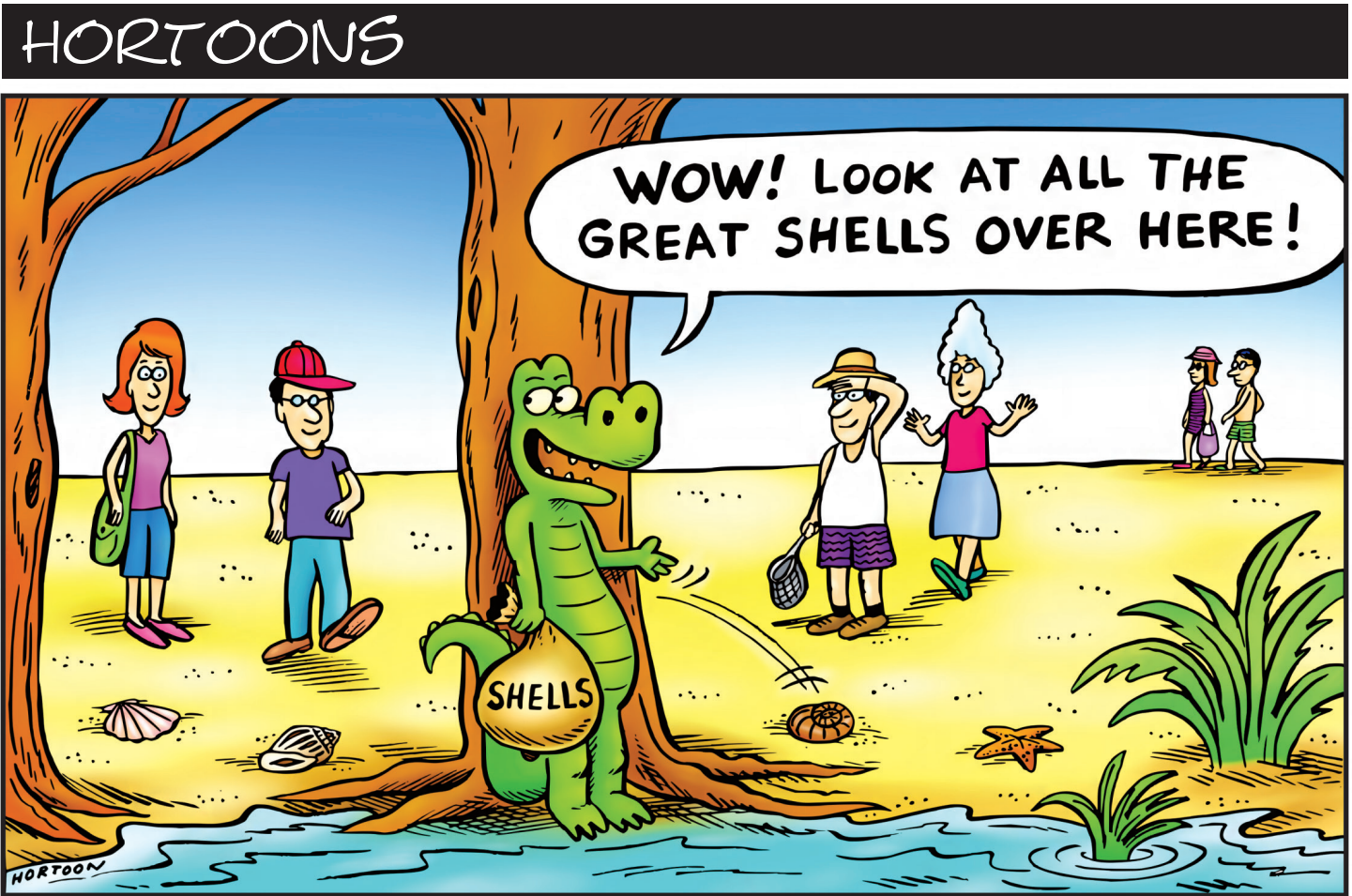
STRANGE BUT TRUE

to learn why. It wasn't any beneficial compound found in the tea itself; rather, it was the act of boiling the water, which had the effect of killing pathogens found in the untreated water that was largely in use in England at that time. Also, once the Brits started drinking tea, they became addicted to the caffeine and therefore drank quite a bit more boiled water than had been their wont, decreasing even further their exposure to the pathogens that caused illness.

- You've doubtless heard of paranoia, but you're likely not familiar with metanoia. "A profound transformation in one's outlook" isn't terribly common considering today's deep societal divisions.
- Food for thought: What could you do with an extra \$1,500? According to the U.S. Department of Agriculture, for every person in an American home, almost 300 pounds of food is thrown out each year. For a family of four, this amounts to about \$1,500 in waste annually.
- Researchers in Greece who recently completed a study on napping found that men who nap at least three times a week were at a 37 percent lower risk for heart-related death. So now you have an excuse to do what you want to do anyway.

THOUGHT FOR THE DAY

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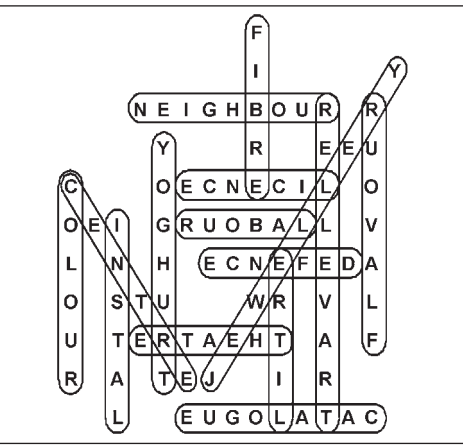
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1	9	8	3	2	6	5	7	4
8	7	4	6	3	1	9	5	2
9	5	6	7	4	2	8	3	1
3	2	1	8	5	9	7	4	6

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Cases	Fort Myers Beach	1943	2,127	\$2,499,000	\$2,250,000	72
Captiva Beach	Captiva	1972	2,610	\$1,849,000	\$1,730,000	156
Shell Harbor	Sanibel	1982	2,741	\$1,295,000	\$1,295,000	22
Cape Coral	Cape Coral	2007	4,731	\$1,200,000	\$1,110,000	625
Metes And Bounds	Sanibel	1981	1,158	\$1,199,000	\$1,150,000	6
Palm Acres	Fort Myers	2006	3,448	\$1,197,500	\$1,150,000	225
Whiskey Creek Subdivision	Fort Myers	2007	3,041	\$1,099,000	\$985,000	47
St. Charles Harbour	Fort Myers	2002	4,292	\$999,000	\$985,000	33
Bonita Farms	Bonita Springs	1965	1,577	\$879,000	\$767,000	28
Cranbrook Harbor	Estero	1995	4,279	\$799,500	\$720,000	159

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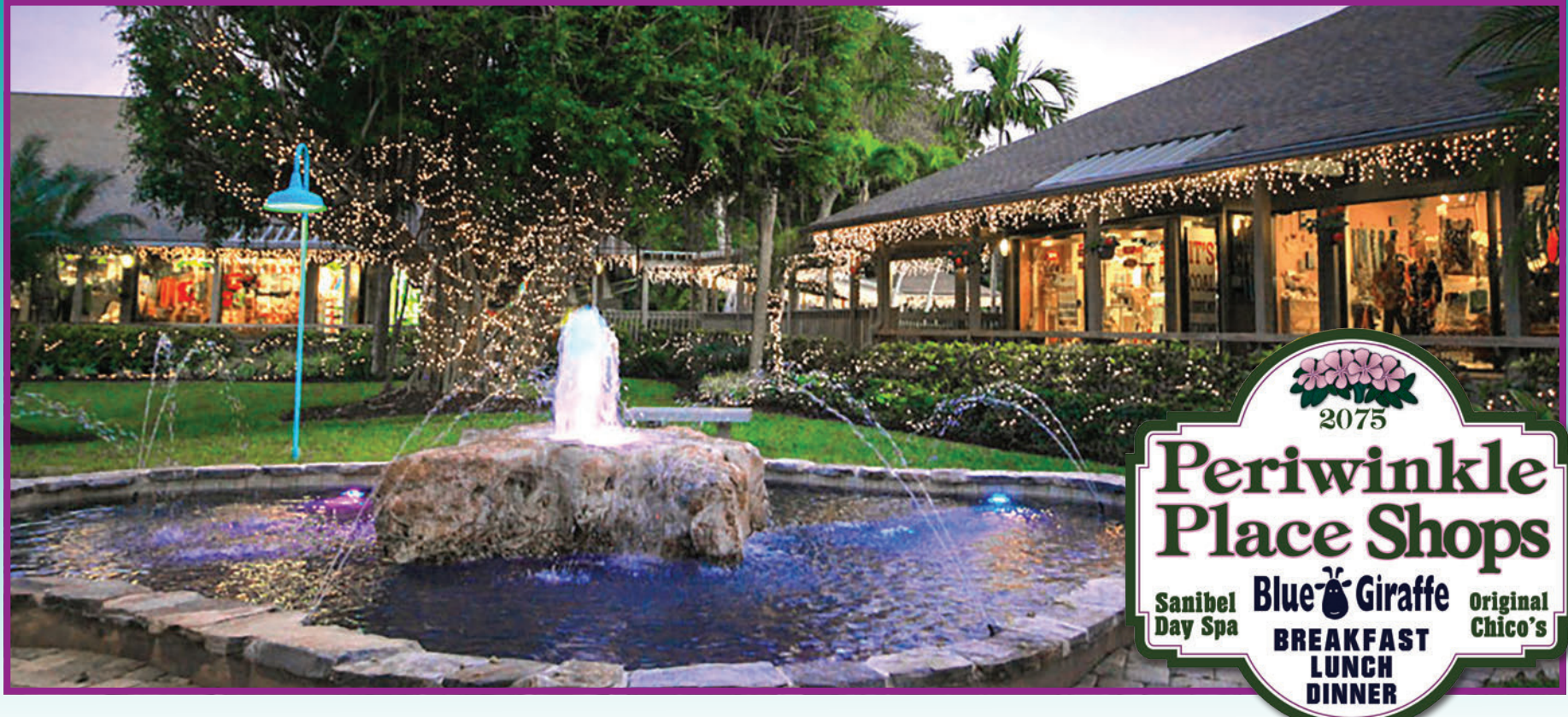
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