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MAY SUNRISE/SUNSET:

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Live Junonias Spilling Secrets At Shell Museum

by Jeff Lysiak

When a member of the Bailey-Matthews National Shell Museum's scientific team, marine biologist Rebecca Mensch, made the landmark announcement on March 14 that the museum would be conducting research studies on three live junonias, she hardly expected the amount of attention that the shell trio has received since then.

"Locally, there's been a lot of interest," said Mensch. "And we've been very transparent that these shells are not on display. But people still ask if they'll be part of a tour or if they can see them. Really, they're not very visible, even to us (staff)."

According to Mensch, the live junonias (*Scaphella junonia*) being studied in one of the research tanks spend most of their day buried in the sand. "The movement



Bailey-Matthews National Shell Museum

Photo by Melanie Moraga

Marine biologist Rebecca Mensch next to the aquarium containing three live junonias

photo courtesy Bailey-Matthews National Shell Museum

of decorations in the tank indicates the junonias may be more active at night," the museum's Facebook page noted on

April 26. "In the future, we will be setting up night vision cameras to confirm this supposition."

Nearly two months ago, Mensch – alongside museum executive director Dorrie Hipschman – revealed details of a shelling expedition during which the junonia trio was found. Hoping to gain some more insight into the biology of live junonias, Mensch had been invited to participate in a research cruise fronted by Dr. Greg Herbert, associate professor at the University of South Florida (USF) School of Geosciences and USF's Institute of Oceanography. Dr. Herbert, who is also on the museum's board of trustees, is engaged in a project mapping the mollusk community of the Florida gulf shelf.

The expedition, which ran from February 22 to 26, performed 30 dredges of marine material around the clock some 100-plus miles out into the Gulf of Mexico at depths of 65 to 1,100 feet.

"Sometimes you get nothing, and sometimes there's a lot," Mensch told a crowd of museum staff, supporters and volunteers on March 14. "But we didn't find a single live junonia... we found three!"

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Discovering The First Sea Turtle Nest



On April 26, SCCF Sea Turtle Program volunteer Stefanie Plein helped find the first sea turtle nest of the season on Captiva, discovering the female loggerhead still covering her eggs with sand

photos provided

by Jeff Lysiak

On the morning of April 26, just before sunrise, Sanibel-Captiva Conservation Foundation (SCCF) Sea Turtle Program coordinator Kelly Sloan was joined by second-year volunteer and permittee-in-training Stefanie Plein

during her daily beach patrol monitoring for nesting activity.

Plein, a marine biologist with New Wave Eco Charters on Captiva, began her work as a volunteer for SCCF last year due to her affinity for sea turtles. "I had been trying to find a way to expand my volunteer



Closeup of the sea turtle using her flippers to cover her eggs

interests on the island," she noted. "And I wasn't a 'morning person' until I started going out on the sea turtle nest patrols."

But during her second time out on patrol with Sloan this season, Plein experienced what every program volunteer dreams of most: discovering the first loggerhead sea turtle nest of the year.

And to make her experience even more memorable, the female loggerhead was still onshore, covering her newly-laid eggs with sand.

"We were driving the vehicle up the beach when Kelly saw something," said Plein. "I could see the (sea turtle) tracks

ahead of us, but when I saw her, I shouted, 'She's still there!'"

According to Sloan, she stopped the SCCF all-terrain vehicle about 80 feet away from the nesting loggerhead. "There was one woman who was standing nearby, but she was so respectful and wasn't too close," said Sloan, who explained that oftentimes sea turtles will abandon their nesting efforts – called a false crawl – if humans or other animals are too close to the nest location. "We didn't want to spook her, so we just hung back. I could then see that she was in the latter stages of the nesting process, so

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From left, Debbie Martino, Cindy Adams and Maureen Bahn photos provided

Community House Continues Shell Craft Lessons

Shell craft lessons are still available on Mondays beginning at 10 a.m. at The Community House. Last week, people from across the country attended to hone their talents at shell crafting. Participants came from Gloucester, Massachusetts, Halton, Illinois, St. Louis and the surrounding area of Kansas City, Missouri, and Fort Myers Beach. Fun was had by all.

The Community House is located at 2173 Periwinkle Way. For more information, call 472-2155.✱



Rosemary Evans

Nerf Night At Sanibel Church



Nerf Night participants

photo provided

H2O, the Sanibel Community Church youth ministry, will be hosting Nerf Night on Saturday, May 19 from 6 to 8 p.m. in the youth room. The fun is open to students from grades six to 12. Bring your own Nerf equipment if you can, however, there will be extras available.

H2O Student Ministries is a youth ministry program for sixth grade through 12th grade young men and women. H2O meets on Wednesday evenings from 5 to 7 p.m. for middle

school students and 6 to 8 p.m. for high school students, and on Sunday mornings from 11 a.m. to noon in the youth center at Sanibel Community Church. All students on the island and surrounding communities are welcome to attend.

Sanibel Community Church is an evangelical, non-denominational congregation located at 1740 Periwinkle Way (next to Jerry's Market). For more information, visit www.sanibelchurch.com.✱

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The Importance Of Climbing Trees

submitted by Cindy DeCosta, Director, Children's Education Center of the Islands

Some of us can remember climbing as far as you could to the top of a tree and feeling that you had conquered the world. Letting your imagination take over while you were the captain of your ship, sailing through rough waters with a storm looming just ahead. Sadly, how often do you see a child in a tree anymore?

Learning how to climb a tree is becoming a lost art. Many parents are afraid their child might fall, might be bitten by a snake or spider, or worse yet, might get dirty! This mentality is depriving our children of so many benefits of learning to climb – and fall from – a tree. In today's world, so many of our children sit all day at school, in the car, on their phone or at the computer, that their bodies are becoming literally weak. It is our job as educators and parents to reverse this trend before it is too late.

On a recent beautiful day at our preschool, I was sitting 10 feet away from our magnificent wild tamarind tree watching as some of our students were attempting to climb the tree. Some were successful, some weren't, but all of them kept trying to get up that tree. One student was so excited that he made it up, he let go to shout and quickly fell straight backwards onto the ground. Now before you start thinking



Turner Zimmerman showed his pride of accomplishment after climbing the tree. He was so proud, he stayed in the tree until pickup time to show his mom.

photos provided

how awful I was to allow him to fall, that I wasn't right under him to catch him, please realize that once he caught his breath, he looked at me to see if he was in trouble (for falling). I simply smiled, asked if he was okay and he started climbing right back up that tree! The amount of courage, perseverance and determination by that child was a wonderful sight. And what a valuable lesson he learned. I could have told

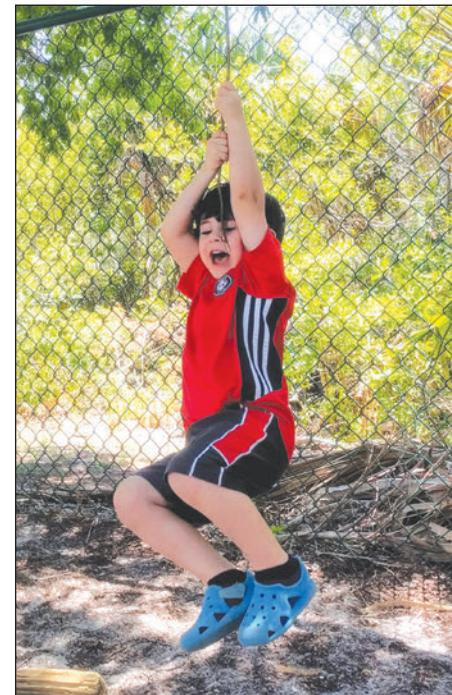


Pace Padgett showed incredible strength as he shows off his climbing abilities

him 50 times to keep three points of contact on the tree, the technical way of teaching a child to climb a tree, or he could have learned it by falling four feet.

The benefits of a simple task such as climbing trees are vital to our children. While climbing trees, a child must think about the best route to take with their hands and feet to go up, and down, which develops critical thinking and problem solving skills. Spatial awareness is also being acquired as they figure out how to fit their bodies in between branches and tight spots. Gross motor skills and muscle strength are being challenged as they must lift their bodies with their arms and legs while reaching with their hands and feet. Core strength is being developed. Concentration is being tested as they truly focus on their next move. And once they have climbed as far as they are comfortable, self-regulation, the confidence and boost of self-esteem that will be beaming from them is absolutely invaluable.

There are also the lessons learned from falling from a tree. Honestly, how many of us fell from a tree more than once and never broke a bone? I bet you next time they will hold tighter to the



Hunter Bailey found a dangling branch from the tree and used tremendous arm and core strength to swing from the branch

branch or choose a different path up that tree. Very valuable lessons can be taught from falling. The cherry on top is a child exploring the world around them, giving them an appreciation for nature which in turn will result in an appreciation for conservation, something our little island values tremendously.

So the next time you longingly look at a tree and wish you could be dangling from the tippy top branches yelling "Ahoy Matey!," grab your child and encourage them to climb. Remember, if they need a boost, they aren't quite ready. Be patient little grasshopper, they will indeed figure it out in due time.

The Children's Education Center of the Islands is a 501(c)3 nonprofit preschool offering full-time and part-time classes for children ages 12 months to 5 years, and offers free Voluntary Pre-Kindergarten (VPK). The preschool is still accepting applications for the 2018-19 school year, which begins on August 13. Scholarships are also available on a limited basis. For more information, call Ms. Cindy at 472-4538 or email cindy@childrenseducationcenter.com.

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The Community House



Learn Alcohol Ink techniques with Anita Gober on May 23 and 30 photo provided

Healthy Asian Cooking

Chef Jarred Harris will lead a demonstration for beginners and experienced cooks, titled Healthy Asian, on Tuesday, May 22 from 4 to 6 p.m. Learn how to make Shrimp and Vegetable Summer Rolls and Spicy Peanut Sauce, Simple Pho Noodle Soup, and Roasted Bananas and Coconut and Honey Custard. Cost is \$25 per person and you must register and pay in advance.

Alcohol Ink Classes

Anita Gober will teach classes on Alcohol Ink techniques on Wednesday, May 23 and 30 from 9:30 to 11 a.m. In this class, you can practice different applications such as sticker, stamping, swiping, straw blowing or dabbing. Minimum of three people per class, maximum of 10. Cost is \$35 per person with pre-payment and registration required.

Community Potluck

The last community potluck of the season will be held on Wednesday, May 23 beginning at 6 p.m. and will feature Love Boat homemade ice cream. RSVP by emailing info@sanibelcommunityhouse.net or registering online. Bring a dish to share that will serve six to eight people. No desserts are needed for this dinner.

Baking Classes

Professional French baker Andre Gratesol is teaching a series of baking classes this month on Thursdays from 10 a.m. to 1 p.m. This is the real deal in French pastry, so sign up early. Cost is \$50 per session.

Baking classes continue with Chef Gratesol on the following Thursdays: June 14, July 12 and August 9. Cost is \$50 per session.

Farm To Table Dinner

On Friday, June 15 from 10 a.m. to noon, there will be a Farm to Table Dinner. This is hands-on cooking class led by Chef Jarred. Menu includes: Fig, Goat Cheese and Caramelized Onion Tart, Traditional Coq Au Vin, and Lemon and Caramel Cream Puffs. Cost is \$40 per person and pre-payment is required by noon Friday, June 8.

Parent & Child Cooking Class

A family cooking class will be held on Monday, June 11 from 10 a.m. to noon. In this hands-on class, Chef Jarred will show kids and their parents simple recipes that are healthy, fun and delicious. On the menu is Carrot and Orange Cupcakes. Cost is \$35 for the first two family members, each additional family member is \$10. Pre-payment and registration required by noon Monday, June 4.

Quick And Easy Meals Using 5 Ingredients

There will be a demonstration on Friday, June 22 from 4 to 6 p.m. on how to make quick and easy meals using five ingredients. Menu includes Crispy Calamari Salad, Tuna, Ginger and Lime Cakes, and Orange Polenta Cake with Citrus and Honey Syrup. Cost is \$25 per person and pre-payment is required by noon Friday, June 15.

Summer Kids Cooking Camp

Kids Cooking Camp is scheduled for the week of July 30 to August 3 from 9:30 a.m. to 1 p.m. Chef Jarred will continue his tour around the world with young chefs. Cost is \$50 per child per day. Sign up for all or any day. Prepaid registration required by noon Friday, July 20. Some scholarships are available.

Call for information on summer cooking classes on first Mondays from 2:30 to 5:30 p.m.

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

Thursday Coffee, Tea And Trivia

Sanibel Community Church invites residents and visitors to a night of trivia on Thursday evenings at the Carpenter's Café & Bookstore. The café opens at 6:30 p.m. and the game begins at 7 p.m. It's family-friendly fun for all ages.

Parking is available in the back lot of church, located at 1740 Periwinkle Way.*

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American Legion Post 123 is having a fish fry this Sunday, May 20.

The 10th annual Redneck O'lympics is coming Sunday, May 27. Opening ceremonies begin at high noon. Bring the whole family for an afternoon of food and fun. Try your luck at the nail driving contest, beer can toss, belching contest, watermelon bowling, tire toss, lizard catch and release, among other redneck



challenges. Bring your rustiest tool, dirtiest sneakers or dirty work truck, if you choose to be judged. There will be a cornhole tournament all day, singles and doubles, beginning at 1 p.m.

On Tuesdays, tacos are served all day. Country fried steak is 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, drop it off at Post 123, located at Mile Marker 3 on Sanibel-Captiva Road. It is open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. The public is welcome. For more information, call 472-9979.*

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Loggerhead approaching the water's edge

photos provided

From page 1

Sea Turtle Nest

we just let her do her thing.”

For the next 15 minutes, Sloan and Plein observed the loggerhead using her flippers to cover her eggs with sand. Then, slowly and methodically, the sea turtle made her way back into the Gulf of Mexico.

“She looked very healthy,” added Sloan. “And I noted that she was missing her rear left flipper. You could tell that from the track impression she left in the sand.”

Finding the first loggerhead nest of the season also had a deep, personal meaning for Plein. Prior to the discovery, she had pledged to adopt the first nest she helped find in honor of her grandmother, Joyce Wolf, who passed away at age 80 back in January.

“My grandmother was always so proud of my accomplishments,” Plein said of her grandmother, who lived in Bark River, Michigan. “I just wanted to remember her in a way that helps benefit conservation.”

According to SCCF, the cost of adopting a sea turtle nest is \$75. That includes a tax-free deduction of \$58 with a T-shirt, or \$75 without one. For additional information, visit www.sccf.org/our-work/sea-turtles.

Earlier this month, Plein traveled to Michigan to attend her grandmother’s memorial service. She told her grandfather about her experience of finding the first loggerhead nest of the season. “He showed me the T-shirt and certificate they sent him,” said Plein, who noted that both she and Sloan recently lost their grandmothers. “What better way could I remember her than with sea turtle babies?”

“It’s a really nice way to honor



Around 6:45 a.m., the loggerhead was in the final stages of covering her newly-laid eggs with sand

someone,” added Sloan.

Every year between April 15 and October 31, sea turtle nests on Sanibel and Captiva are identified and marked for both monitoring and protection. As nesting season progresses, new hatches are evaluated and that data is recorded. The statewide collection of data helps promote programs that improve the chances for sea

turtles to survive.

In 2017, SCCF’s Sea Turtle Program volunteers counted 684 nests on Sanibel – 650 loggerhead nests and 34 green nests – and 189 nests on Captiva. Both the loggerhead and the green nest counts for Sanibel surpassed previous records. It was the fourth year in a row that Sanibel has broken historic nesting records.✪

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BREAKFAST LUNCH DINNER



From page 1

Live Junonias

During the four-day excursion, Mensch and other research scientists found three live junonias amongst the marine materials pulled up from the bottom of the gulf. And while these live mollusks won't be on public display at the museum, they are being featured in videos and photo galleries posted on Facebook as well as on the museum's website at www.shellmuseum.org/junonia.

Since the junonias have been on Sanibel, a number of interesting facts about the rare shell species have been confirmed and revealed:

Junonias lack an operculum, but do have an epipodium covered in small papillae;

The mottled coloring of the junonia body probably helps it camouflage;

Junonias have a short siphon which does not protrude out of the sand when they bury themselves.

And during the weeks that followed their arrival, Mensch has shared on Facebook a number of other discoveries about the museum's most famous current residents:

April 12 – The museum is happy to announce that we can confirm the 1971 work by Bayer and Voss; Junonias do indeed eat lettered olives (*Americoliva sayana*).

April 19 – Like some other gastropods, the junonia is a predator. Some people may see predators as “mean,” but they play crucial roles in keeping ecosystems healthy.

May 3 – Junonias, like lettered olives, lack an operculum. Even though these species share this trait, they belong to different families. Junonias, unlike lettered olives, each have a papillae-covered epipodium which is clearly visible when the animal retracts into its shell.

News of the museum's groundbreaking discovery has reached far and wide. One malacologist based in Russia, looking to publish a paper on the anatomy of junonias, recently contacted Dr. José H. Leal, the museum's curator and scientific director,



Rebecca Mensch reaching into the aquarium containing three live junonias

photos courtesy

Bailey-Matthews National Shell Museum

to inquire about details of the live shells. Local interest has been rather high, too.

“I was talking with a random lady on the beach the other day, and she was asking me about shells,” said Mensch, who never revealed to the woman where she worked. “When we started talking about junonias, she asked me, ‘Did you hear that the shell museum just found three live junonias?’ People are really excited about this.”

According to Mensch, she checks on the junonias about once per week, monitoring their movement, feeding habits, mobility and overall health. None of the shells have been identified either male or female, so any breeding experiments have been put on hold. “They only feed about once a month, which isn't too surprising,” she explained. “But it has been surprising how little we see them. It's kind of like a zombie movie... you'll see them come up out of the sand. Sometimes they'll move up along the sides of the tank, but then they'll go right back and bury themselves.”

In addition to continuing to study the



Junonias have a papillae-covered epipodium which is clearly visible when the animal retracts into its shell.

junonias' temperature needs, substrate, water flow and water quality needs, Mensch stated that they are planning to do some lighting experiments next month. “We'll be using a night vision camera to monitor their nighttime activity, she added.

While the most common question Mensch hears about the junonias is whether the museum has any plans to put them on display for the public to see them, she reiterated that these shells spend most of their day buried underneath a layer of sand. Still, the excitement of the discovery of live junonias keeps her inspired to learn more about these mollusks.

“It's really exciting when you see so many people that are interested in them,” Mensch said. “People who follow the junonias on our Facebook page are always excited when we post new stuff. And I kinda get excited knowing that we're the first people to see this stuff.”

The best way for shelling novices, aficionados and professionals around

the world can monitor the junonias is via the Bailey-Matthews National Shell Museum's Facebook page. To learn more about junonias, visit the Bailey-Matthews Shell Museum, located at 3075 Sanibel-Captiva Road, or visit online at www.shellmuseum.org/junonia.✪

Correction

In the May 11 issue, in the story *Busy Summer Planned For Rec Center Campers*, some information was not accurate. Native Guides and Charters, operating out of Tween Waters Inn marina, will offer paddle lessons for campers in seventh and eighth grades every Tuesday from 9 a.m. to noon. The same group will also take part in Adventure Sea Kayak excursions on Tuesdays. No Sanibel Recreation Center Summer Camp activities will take place at Captiva Island Yacht Club. For more information, call the Sanibel Recreation Center at 472-0345 or visit www.mysanibel.com.✪

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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. 2050 Periwinkle Way, ryi39@aol.com, 433-4901.✧



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Coyote Puppy Treated At CROW

by Jeff Lysiak

On the afternoon of May 7, an orphaned coyote pup was admitted to the Clinic for the Rehabilitation of Wildlife (CROW) after being found wandering all alone in Labelle.

According to Dr. Heather Barron, hospital director at CROW, the male coyote puppy appeared to be about five weeks old and weighed in at just under two pounds. "His eyes were open, and he appeared to be in pretty good physical condition," she said. "He showed signs of mild dehydration, for which it was provided fluids subcutaneously."

CROW team members also treated the coyote for fleas.

Found alone, Dr. Barron speculated that the pup may have wandered off from wherever its mother had left him. "He probably lost contact with his mother, so he may have just wandered away from where she stashed him," she added.

After being treated at the Sanibel facility for less than 24 hours, the juvenile coyote (*Canis latrans*) was transported to wildlife rehabilitator in the Tampa area. "They're a social species, so it's best that he will be raised with the other pups they have there," added Dr. Barron. "He will be kept there for educational purposes."

Considered a naturalized species because they aren't native to Florida, coyotes are rather new to Southwest Florida. And prior to 2011, there had



CROW Veterinary Intern Dr. Malka Spektor, with assistance from CROW student Sierra Trogdon, administering fluids to a coyote pup on May 7 photo by Brian Bohlman

never been a confirmed coyote sighting on Sanibel. But according to a 2017 study conducted by an expert research team from the University of Georgia, between 27 and 67 coyotes are currently roaming the island.

According to the report prepared by the University of Georgia's Wardell School of Forestry and Natural Resources, the origin of coyotes on Sanibel is unknown.

"Coyotes are strong swimmers and

may have made their way to the island during times of low tide (likely from nearby islands to the north). Alternatively, or perhaps additionally, it is possible that some individuals crossed the causeway which connects the island with Southwest Florida," the UGA report stated. "It is also unknown whether the population in question is resident to the island, or merely uses the island as a core area of their home range, moving between the island and other offshore habitats. It may be that coyotes are traveling regularly to the island in order to exploit key resource(s)."

In 1983, coyotes could be found in 18 Florida counties, expanding into 48 counties by 1990. The first confirmed sighting on the island occurred in February 2011 when a single coyote was photographed strolling through the JN "Ding" Darling National Wildlife Refuge.

By 2014, the Sanibel-Captiva Conservation Foundation (SCCF) had

reported that coyotes contributed to a significant portion of sea turtle nest depredation. That same year, 33 percent of nests were depredated by mammalian predators.

"In addition to nest depredation, they may also be causing sea turtles to abandon their nesting attempts and creating other negative impacts in the quality of nesting habitat," an SCCF report states, in part. "In fact, one of the tagging project goals was to characterize potential shifts of nest sites away from coyote-dense stretches of beach in response to these pressures, but based on 2016 data, we do not see any indication this is happening."

Once SCCF began to add protective screens on top of sea turtle nesting sights, the rate of depredation decreased significantly.

Dr. Barron also mentioned that coyotes are considered a nuisance species, due to their tendencies of preying upon domesticated pets and smaller native animals.

"(Coyotes) are one of the few wild animal species whose populations are expanding even as human populations expand into their territory," said Dr. Barron. "They're comfortable living around humans. They eat our trash and they attack smaller animals and family pets."

CROW has treated coyotes in the past, however, it isn't very often that they come across a healthy pup.

"When coyotes do come here, it's usually because they've been hit by a car," said Dr. Barron, who explained that this time of year is considered "puppy season" for coyotes. The animals typically breed during January and February, with litters of puppies born around 63 days later.

Dr. Barron also noted that dealing with puppies at the clinic is far easier than older coyotes.

"The young ones are usually extremely shy," she said. "Puppies tend to be submissive and timid - I've never had a coyote puppy try to bite me."✱

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Plant Smart

Largeleaf Geigertree

by Gerri Reaves

Largeleaf geigertree's (*Cordia sebestena*) native status is still being debated. Some sources say it is native only to the southernmost Florida Keys, where John James Audubon featured it in an 1832 painting of white-crowned pigeons.

But whether it was introduced to the U.S. at least a couple of centuries ago or is indeed native, there's no doubt about its value in the South Florida landscape.

Desirable attributes include pretty evergreen foliage and year-round showy orange flowers.

Add to those wildlife friendliness, low maintenance and high wind resistance, and it's easy to understand why this species is on Lee County's Protected Tree List.

A member of the borage, or forget-me-not, family, this tree is also called scarlet cordia.

It takes the form of a large shrub or small tree, usually 15 to 30 feet high with rough dark-brown bark and a rounded crown.

Alternative oval or heart-shaped leaves are deep green with paler undersides. They are up to eight inches long with pointed tips and about four inches wide. A covering of stiff hairs gives them a rough texture.

The clusters of tubular flowers bloom



Largeleaf geigertree is appreciated for its pretty evergreen foliage, showy flowers, and wildlife friendliness photos by Gerri Reaves

all year, but mostly in spring and summer, attracting hummingbirds, pollinating insects and butterflies, such as the large orange sulphur and Schaus' swallowtail.

The flowers have crinkly edges and measure an inch or two across. Their resemblance to a geranium from a distance earns the tree another name, geranium tree.

The pulpy white egg- or pear-shaped fruit is about an inch long and edible but not tasty.

High salt tolerance makes it suitable for coastal landscape, and drought



Clusters of tubular flowers appear year-round, but mostly in spring and summer

tolerance lessens the maintenance.

One thing this tree won't tolerate, however, is cold.

Plant it in sun or light shade in well-drained soil. It can grow in nutrient-poor soil but needs some organic content.

It is recommended that largeleaf Geigertree be used as a background plant, since the leaves are vulnerable to the geiger beetle, and the plant is generally pest sensitive.

Propagate it with the one or two seeds in the fruit.

Sources: *Florida Gardner's Guide* by Tom MacCubbin and Georgia B. Tasker, *Florida Landscape Plants* by John V.

Watkins and Thomas J. Sheehan, *Florida Plants for Wildlife* by Craig N. Huegel, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Growing Native* by Richard W. Workman, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, *Trees of Everglades National Park and the Florida Keys* by George B. Stevenson, *Wild Plants for Survival in South Florida* by Julia F. Morton, www.edis.ifas.ufl.edu, and www.regionalconservation.org.

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Garden Club Wraps Up Season



From left, Linda Uhler, Amy Bennett Williams and Gwenda Hiett-Clements photo provided

The Shell Islands Garden Club held its final meeting of the year on May 8 at The Community House. A salad luncheon has become a yearly event for this final meeting with all the members contributing a salad to share. This year, there was quite a variety – layered, Caesar, green pea, spinach and, of course, potato salad. At the business meeting, plans were laid out for next year’s activities which include the following:

- October 9 – Late Season Plants, Fall Thru Early Spring Bloomers
- November 13 – Design a Dish Garden; Cacti, Succulents and Companion Plants
- December 11 – Decorating the White House for Christmas
- January 8 – Easy Orchids for SW Florida
- February 12 – Flower Arranging Workshop
- March 12 – ART IN BLOOM; combination art and flower show held at the Sanibel Library
- April 9 – Preparing Your Landscape

for the summer
 May 14 – Plants that Grow Well in Southwest Florida

Speaker for the May meeting was *The News-Press* columnist Amy Bennett Williams. Years ago, Bennett Williams started the *Tropicalia* section of the paper. Today, she not only is featured on NPR radio, but also writes a weekly column for *The New Press* called Field Notes. She read several of her essays and then had a lively discussion about her career. Her final note was that there is good karma in plant sharing.

The Shell Islands Garden Club meets monthly from October to May. Although a majority of the members head north for the summer, an intrepid group called the Summer Girlz meet monthly on an informal basis for lunch and field trips. The first outing for them this summer will be in June to Brambles Tea Room in Naples. For more information, contact club president Susan Bellevue at 579-0252.✳

SCCF Sea Turtle Nesting Statistics

Sanibel-Captiva Conservation Foundation (SCCF) Sea Turtle Program monitors are waiting for sea turtle season to get into high gear, but there are a few nests coming in.

As of May 11, 2017

Sanibel East: 4 loggerhead nests, 0 green nest, 3 loggerhead false crawls*, 0 green false crawls

Sanibel West: 9 loggerhead nests, 0 green nest, 20 loggerhead false crawls*, 19 green false crawls

Captiva: 9 loggerhead nests, 0 green nest, 2 loggerhead false crawls*, 0 green false crawls

As of May 11, 2018

Sanibel East: 3 loggerhead nests, 0 green nest, 6 loggerhead false crawls*, 0 green false crawls

Sanibel West: 6 loggerhead nests, 0 green nest, 0 loggerhead false crawls*, 0 green false crawls

Captiva: 5 loggerhead nests, 0 green nest, 3 loggerhead false crawls*, 0 green false crawls

*False crawl – a failed nesting attempt

If you have questions, or would like to know more about nesting statistics on Sanibel, contact seaturtle@sccf.org or call SCCF at 472-2329.✳



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Prime Tarpon Time



by Capt. Matt Mitchell

The week's tarpon fishing brought some good days and some not-so-good days. The one thing that was very consistent was being able to find tarpon every time we fished for

them. Being set up in lots of rolling tarpon is always a good thing, and the calm conditions we had most days really helped out when it came to locating them. Pods of happy tarpon could be found anywhere from the beaches through the passes and in all the regular spots in the bay. The best action on my boat came while fishing them in the sound where I was able to set up and fish a full spread of both live baits and cut baits.

Some days tarpon eat, then other days they just don't. That's the only way I can explain it. While tarpon sit in rolling fish in the sound, you can often tell from their behavior when they are happy and content with no real movement almost like they are floating or just milling around. Often you



A tarpon jumps one last time at the boat before being released this week

photo provided

will see free jumps and a few crash baits on the surface. Gulfside tarpon generally seem to have more movement to them. These fish require staying on them and making multiple presentations. This week I was able to return to a few of the same places and pull right up on these fish day after day.

Baits that tarpon wanted to eat seemed to almost change by the day. One day,

both our bites in the bay came on cut mullet, then the next day both bites came on live crabs drifted under a float. Putting out a variety of baits insured at least you had it covered if they decided they wanted to eat. Even the fish we jumped fought totally differently with one staying close to the boat and making lots of leaps, while the other made crazy long runs that required us to chase it between other boats. We jumped three other tarpon but did not manage to keep them on for very long.

The only guarantees when going tarpon fishing is that no two days of tarpon fishing nor any two tarpon battles will ever be the same. As a fishing guide, tarpon fishing is a love-hate relationship. When you have a good day, there is nothing else that

compares to it, then there are those days when you can sit in rolling fish and just not get a bite or worse yet not even find the fish. These bad days are as much of a part of tarpon fishing as the days you go out and make memories for a lifetime. Tarpon trips go one of two ways: get that first bite and be a rock star or get no bites and it might as well have been a sightseeing trip. Tarpon fishing is rolling the dice, fortunately the good days stay in your head much longer than the bad days.

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. ✨

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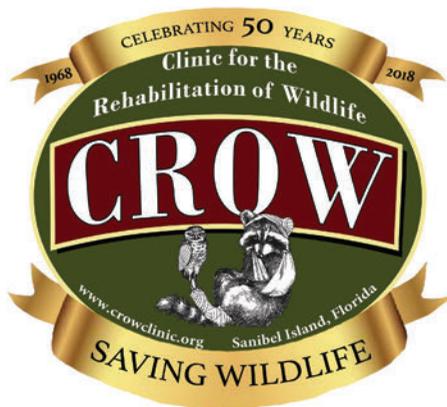


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CROW Calendar Of Events



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 David Waszmer, Visitor Education Center and gift shop manager at 472-3644 or dwaszmer@crowclinic.org. Hours are 10 a.m. to 4 p.m. Monday through Friday. Daily presentations are offered at 11 a.m. only. Wildlife Walk hospital tours are offered on Wednesdays, Thursdays and Fridays at 11 a.m. CROW is located at 3883 Sanibel-Captiva Road.

Friday, May 18, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Friday, May 18, 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 21, 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 22, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Species Profile: Snakes of Southwest Florida (daily presentation).

Florida is home to 46 species of native snakes, only six of which are venomous. Although there is a widespread fear and misunderstanding of this animal, most species are harmless to humans and form vital links in the ecosystem. Snakes are extremely valuable because they are efficient at

monitoring pest populations without relying on chemical pesticides which can degrade the environment and harm other animal species. One of CROW's animal ambassadors will be present.

Wednesday, May 23, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Wednesday, May 23, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Patient Profiles: Gopher Tortoises (daily presentation).

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

Thursday, May 24, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Thursday, May 24, 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.✳

Top Ten Books On The Island

1. *If the Creek Don't Rise* by Leah Weiss
 2. *A Shell of a Problem* by Jennifer Schiff
 3. *Sanibel Flats* by Randy Wayne White
 4. *Lillian Boxfish Takes a Walk* by Katheen Rooney
 5. *Camino Island* by John Grisham
 5. *Junonia* by Kevin Henkes
 6. *The Bricklayer of Albany Park* by Terry John Malik
 7. *The Marsh King's Daughter* by Karen Dionne
 8. *Wisdom from Gift from the Sea* by Anne Morrow Lindbergh
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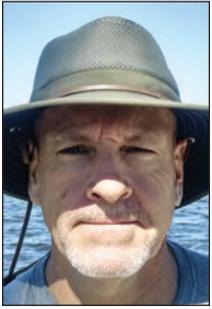
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CROW Case Of The Week:

Bald Eagle
Fledgling

by Bob Petcher

Bald eagles (*Haliaeetus leucocephalus*) are known for building the largest tree nests ever recorded for any animal species. Not surprisingly, these homes are very large in order to

compensate for the size of the parents and their fast-growing young. By the time eagle chicks are 9 weeks old, they are fully grown. These young reportedly remain in the nest to gain strength for 10 to 12 weeks before flying off.

While in those nests, sibling rivalry can get quite competitive as chicks turn into fledglings. Unfortunately, domination can occur when the older eaglet acts aggressively to its younger and smaller brother(s) or sister(s). Sometimes, the nest gets a little small come feeding time.

At CROW, a fledgling bald eagle was admitted to the hospital from Fort Myers. The eagle had been observed on the ground without care from its parents for more than 24 hours before it was rescued.

"The nest was easily visible by people that lived in neighboring houses. It is not uncommon for fledgling eaglets to end

up on the ground when they are learning to fly, but they should not stay on the ground for an extended period of time," said Dr. Robin Bast, CROW veterinary intern. "The parents were observed in the area interacting with the eaglet; however, there were two other siblings still in the nest and this means competition for resources as well as space in the nest."

When the fledgling arrived at the hospital, the intake exam did not reveal any broken bones or injuries. The eagle's body condition score was low, indicating it was thin. Blood samples were tested and revealed the bird was also anemic.

Dr. Bast confirmed no orthopedic abnormalities were noted. "The fledgling was thin and mildly dehydrated, and as a result had a mild anemia – low red blood cell count. It was treated supportively with an injection of iron and vitamin B12, and subcutaneous fluid therapy upon admission to the hospital," she said. "The next morning, it was moved to an outdoor enclosure and ate readily. It was likely thin because of competition for resources with two other siblings in the nest.

"Bloodwork was repeated five days after intake, and was within normal limits (thus) anemia resolved. At that time, the eagle's weight and body condition had improved with nutritional support."

Since there were two other eaglets in the patient's nest, CROW veterinarians decided it was best to release the patient once it was fully flighted rather than re-nest it immediately as it may be pushed right back out of the nest by the siblings.

Dr. Bast stated that the patient



Patient #18-1408 was released after a successful stay at CROW, including a period where it became self-sufficient in flight
photo by Brian Bohman

continued its clinic stay in a large flight enclosure and practiced making strong short flights on its own. Siblicide, or death resulting from competition for resources among siblings, is not an uncommon occurrence with eagles, she said.

After its second week at CROW, the bald eagle was released near its nest.

"This fledgling was successfully reunited with its family at the nest site on May 12, after two weeks in hospital," said Dr. Bast. "Both parents and both siblings

were observed in the nest at the time of release and the next day the eaglet was observed in the nest tree with its siblings."

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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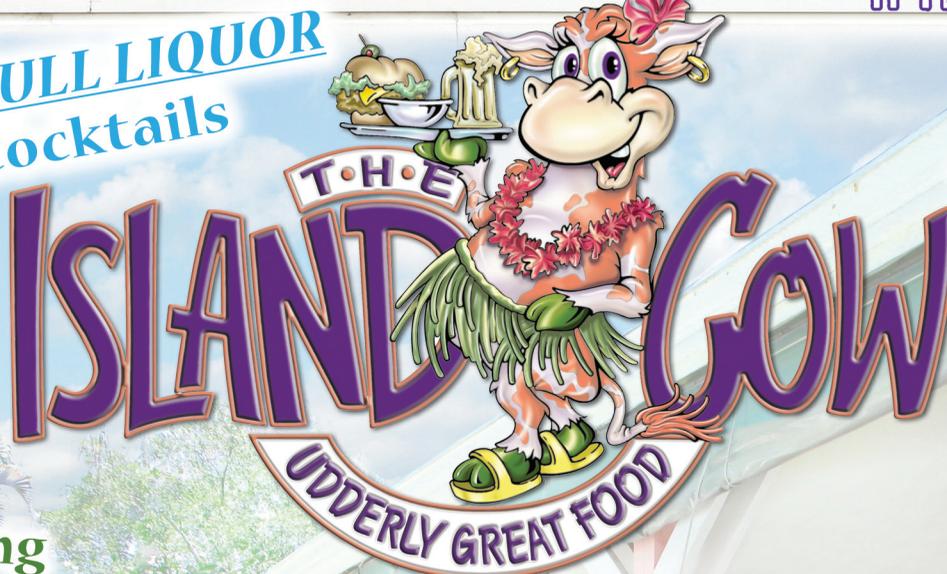
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Shell Of The Week

Orange Hoof Snail



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

The Orange Hoof Snail, *Hipponix subrufus* (Lamarck, 1822), has a cap-shaped shell that grows up to 12 mm (about 0.5 inch). It has a reticulated sculpture of concentric ridges crossed by radial cords of about the same

size. The shell inside has a horseshoe-shaped muscle attachment scar. The shell color is usually light orange-brown. Fresh specimens have a thick, light-brown periostracum. Hoof snails live attached to hard surfaces and are frequently found on the shells of other mollusks. The shell in the photos was found by Barb Hansen near Gulfside City Park on Sanibel. Learn more about local mollusks and their shells at www.shellmuseum.org/shells/southwest-florida-shells and www.shellmuseum.org/blog.

Shell Museum Events

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The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit www.shellmuseum.org.



The Orange Hoof Snail, *Hipponix subrufus*, from Gulfside City Park, Sanibel

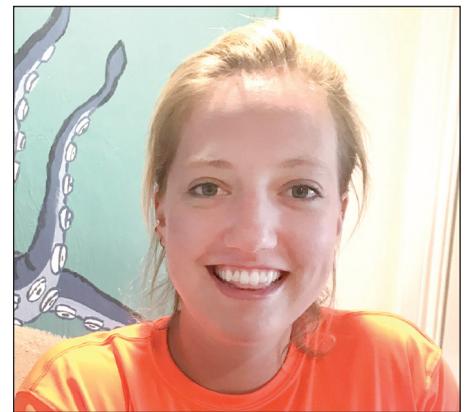
photo by José H. Leal

Sea School Welcomes New Staff Member

Sanibel Sea School recently welcomed Dani Lacy to the organization's team of marine science educators.

Lacy grew up in Louisville, Kentucky, studied biology and marine science at Wittenberg University, and earned a master's degree in tropical marine ecosystem management from the University of Miami's Rosenstiel School of Marine and Atmospheric Science. She has also studied at the Gerace Research Center in the Bahamas and taught marine science at the Dauphin Island Sea Lab before joining the Sea School's education staff.

"I am very excited to work for an organization where the lesson plans are designed to help students learn, understand and fall in love with the ocean," she said.



Dani Lacy

photo provided

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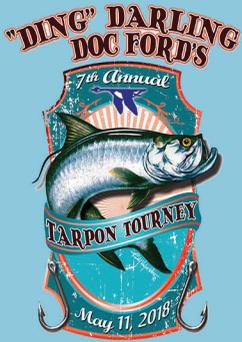
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'Ding' Darling & Doc Ford's Tarpon Tournament Results



The first place prize of \$13,185 went to Team Costa with Caloosahatchee Cowboy Charters for catching a day's total of six tarpon photos provided



Team Costa with Caloosahatchee Cowboy Charters Capt. Josh Constantine donned the winner's pink tarpon jacket, presented by Marty Harrity, back, from Doc Ford's, the tournament title sponsor



From left, volunteers Patty Sprankle, Jim Sprankle and Ann-Marie Wildman with DDWS Executive Director Birgie Miller at the captain's meeting on May 10



Team Doc Ford's took home the second place award of \$7,325



The team of European journalists returned this year, sponsored by the Lee County Visitor & Convention Bureau. Team Fish & Chips didn't catch any tarpon this year, but took home fifth place in 2015.



Winning Team Costa with Caloosahatchee Cowboy Charters pulls in one of its total of six for the day photo courtesy Lee County Visitor & Convention Bureau

Environmental Campaign Gains More Partners

Coastal Keepers' newest initiative is called Strawless on Sanibel (SOS), a campaign designed to reduce the use of disposable plastic straws on the islands and educate locals and visitors about the harm single-use disposable plastics can cause to wildlife and the environment. The organization partners with local businesses that have pledged to transition away from plastic straws, providing support and guidance throughout the implementation process.

Coastal Keepers announced that Casa Ybel Resort, Sundial Beach Resort & Spa, Traders "T2" and Lighthouse Café have recently signed on to participate in the initiative. They join Bailey's General Store, Doc Ford's Rum Bar & Grill, East End Deli, Sanibel Café, Sanibel Fresh and The Sanibel Sprout. A representative from each new partner business provided a statement explaining why they made the decision to eliminate plastic straws:

"We are proud to work with Coastal Keepers to raise awareness of the problems that single-use plastics pose to wildlife, our oceans and beaches." – *Froilan Ramirez, Jr., Casa Ybel Resort*

"Sundial Beach Resort & Spa is dedicated to conserving and protecting this beautiful island that we call home. The resort has been a Florida Department of Environmental Protection designated Florida Green Lodging

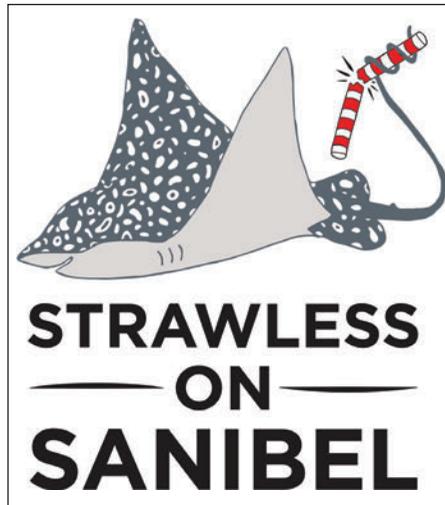


image provided

property for some time now and Coastal Keepers' Strawless on Sanibel aligns with our commitment to protect our natural resources and wildlife. In evaluating our operations, we continuously look for ways to improve our environmental performance and reducing beach litter through the strawless initiative is a simple way to make a big impact." – *Phillip Starling, Sundial Beach Resort & Spa*

"When we opened Traders 'T2' at the Village Shops on Sanibel, it was the perfect opportunity to become more environmentally responsible and use paper straws." – *Roseanne Giordani, Traders 'T2'*

"As a lifelong citizen of Sanibel who was raised to appreciate and protect wildlife, I recognize the dangers of some of the previously accepted

practices that in fact endanger wildlife and pollute our environment. I am in favor of any reasonable legislation that protects against harm to wildlife and the environment." – *Michael Billheimer, Lighthouse Café*

"We hope that community members will thank our participating businesses for their environmental leadership on Sanibel Island," said project coordinator Sam Lucas. More information is available on the Coastal Keepers website for those who are interested.

Coastal Keepers, formerly the Sanibel-Captiva Chapter of START, creates and implements local conservation initiatives that promote and improve the future of marine resources and coastal heritage. To learn more, contact coastalkeepers@www.sanibelseaschool.org or visit www.sancapcoastalkeepers.org.

Adult Basketball Summer League

Join the Sanibel Adult 3 on 3 Basketball League, sponsored by Whitney's Bait & Tackle. Games will be played at the Sanibel Recreation Center on Thursday nights. League games will start on June 7 with a season ending tournament on July 26. All games will be officiated. The last day for team registration is May 30. Each team can have a maximum of five players on their 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 at 472-0345.

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

Lap Pool Closed At Rec Center

The Sanibel Recreation Center lap pool is closed until further notice due to a significant underground water leak. Center staff is working with contractors to repair the facility and return it to full operation as quickly as possible.

The leisure pool and splash pad will be open during normal aquatic facility operating hours as follows: Monday through Thursday, 6:30 a.m. to 7 p.m.; Friday, 6:30 a.m. to 6:30 p.m.; Saturday, 8 a.m. to 5 p.m.; and Sunday, noon to 5 p.m.

All water fitness classes will be conducted as shallow water classes and will be held as scheduled in the leisure pool. The youth swim program (SWAT) will have optional practices at the Cypress Lake High School pool from 4 to 6 p.m. Monday through Wednesday.

For more information, call 472-0345.







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Refuge Leads Island In Just Water Movement

Move over bottled water! There's a new drink in town, and it's helping to save the earth and its creatures.

Seven years ago, the JN "Ding" Darling National Wildlife Refuge led the island movement to "kick the bottle." In 2011, the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) made the economically unsound decision to stop selling bottled water in its "Ding" Darling Nature Store.

The decision cost the store thousands in annual revenues. Instead, the store began selling reusable Kick the Bottle containers at cost. The refuge installed a filtered water refill station for filling the containers, and Tarpon Bay Explorers – the refuge's recreation concessionaire – followed suit.

"It wasn't a perfect solution, but it was the best one available at the time," said DDWS Executive Director Birgie Miller, who oversaw the switch. "The reusable bottles were still made of plastic, which uses unsustainable and earth-unfriendly petroleum to produce. Plus, they were flimsy and difficult to clean."

Earlier this year, Miller and her staff discovered Just Water, a start-up business by an eco-conscious group that includes actor Will Smith. Its container



Visitors can now purchase chilled, eco-friendly Just Water in the Refuge Nature Store photo provided

consists of 82 percent renewable resources, primarily paperboard sourced from forests where new trees replace those harvested.

The cap and shoulder components are derived from sugarcane, a renewable resource. The materials represent a 47 to 74 percent reduction

continued on page 25

Performance In Boards And Kayaks

by Ocean Tribe Paddlers



Recently, we were asked by a paddleboard shopper about the performance of two different boards. It's a great question to ask, but a very hard one to answer, and it applies to both kayaks and boards.

Typically when we ask about performance, we are thinking about speed, but most of us don't necessarily want to go fast across the ocean. However, vessels capable of speed are usually also capable of covering more distance per unit effort – and efficiency is something most of us are looking for.

The general rule is that the longer and narrower the vessel, the faster it will be. But, we trade stability for speed. You can have stable or fast, but not usually both in one vessel.

On paddleboards, displacement noses – those where the front of the board looks like a canoe more than a surfboard – are typically designed for speed. The displacement nose helps hold a straighter course and thus you will travel farther with each paddle stroke.

We could talk about performance for a long time, but our answer to her question was an invitation to come out with us and

test the two boards, to decide which one feels the best. She took us up on our offer, and very quickly picked her favorite. It is amazing how different two boards can feel on the water.

Paddling is a sport we can enjoy for years and years. In that time, many of us will change the equipment we use as our skills and desires change. Always ask for a demonstration of the boards or kayaks you are interested in buying. Good paddle outfitters are more than happy to provide a demo session, and you will very quickly find the vessel that is right for you at your stage in the sport.

With luck, you will paddle for a long time, aboard many different vessels. But in the beginning, the vessel that feels the best usually is. Happy paddling.

Ocean Tribe Paddlers is a club that helps the Southwest Florida paddling community better explore, enjoy and understand the ocean. Visit www.oceantribepaddlers.org or follow on Facebook to learn more.✧

Leadership Day At Sanibel School

The public is invited to The Sanibel School's First Leadership Day on Friday, May 25 from 8:30 to 10:30 a.m. Students from the school will present projects and perform for guests. There will also be guided tours of the facility with classrooms in action.

Reservations are requested by calling Cozetta Kelly at 472-1617. The Sanibel School is located at 3840 Sanibel-Captiva Road.✧

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Fish Caught



Maria Caldwell

photos provided

Harry Caldwell

Maria and Harry Caldwell caught a 12-pound and over 20-pound permit off the coast of Sanibel on May 9 with guide Ozzie Fischer. They also caught a 31-inch redfish with guide Nick Fischer.✪

Fish Caught



Luke Mancuso

photo provided

Luke Mancuso caught a 27-inch redfish on May 6 near Matlacha. He was using a Rapala twitching mullet around sundown while kayaking. Mancuso released this fish even though it was slot size. He said, "It was such a beautiful fish, and it's a species that is often taken for food. I felt bad for this guy being so close to over slot size; he lived another day. I think more people should practice catch and release with redfish as it is such an important species for local charter captains, and therefore the local economy. Without these fish, Sanibel and the whole Pine Island area would be missing a vital piece of its natural history, and wildlife."✪

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Fruit Wine Sabayon Pound Cake

- 1/4 cup, packed light brown sugar
- 1/4 cup water
- 4 large egg yolks
- 2 tablespoons sweet fruit wine
- 1/2 cup whipping cream, chilled
- 24 ounces your favorite berries, rinsed and patted dry
- 2 tablespoons natural sugar
- 1 bunch fresh mint
- 1 (16-ounce) pound cake loaf, preferably homemade

Combine brown sugar, water, egg yolks and 1 tablespoon of fruit wine in medium stainless steel bowl. Place bowl over medium sized pot of simmering water (bowl should not be in contact with water.) Whisk until mixture triples in volume and kitchen thermometer registers 160 degrees F (about 4 minutes.) Place bowl inside a larger bowl that has been filled with ice and water; whisk sabayon lightly until completely cool.

Whip cream in another medium steel bowl until soft peaks start to form. Slowly add sabayon to the whipped cream and fold together. Cover and refrigerate.

Purée 3/4 cup berries with 2 tablespoons sugar and remaining 1 tablespoon fruit wine in food processor. Pour purée into large bowl and stir in remaining whole berries until well-coated. Cut and arrange 3 thin triangle-shaped cake slices on a plate. Spoon berry mixture over cake. Top with sabayon and fresh mint leaf.*



Fruit Wine Sabayon Pound Cake

photo courtesy Fresh From Florida

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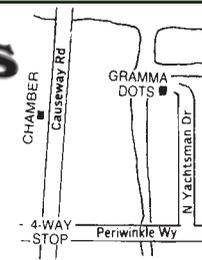


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Comedy Benefit For Hope Hospice

Broadway Palm Dinner Theatre will present An Evening with Kevin Nealon, a comedy benefit for Hope Hospice on Tuesday, June 5.

A beloved comedian and *Saturday Night Live* alumni, Nealon will entertain Hope supporters with a family-friendly standup performance. With Nealon's generosity, and the support of Broadway Palm and the community, 100 percent of the event proceeds will benefit Hope Hospice.

"My first experience with Hope was about 20 years ago when my grandmother was cared for in Fort Myers. I was beyond grateful for the love, compassion and comfort that was shown to her, and to the rest of my family as well," said Nealon. "Doctors, nurses, support staff and volunteers all brought comfort to my family at a

crucial time when we really needed it. I'm honored for this opportunity to support Hope in its mission to help others in Southwest Florida in the same caring, kind and loving way they helped my family."

Nealon stars in CBS's *Man with a Plan* and recently starred in *Weeds* on Showtime. He has appeared in several movies, including *Happy Gilmore* and *The Wedding Singer*.

"Kevin has been a longtime friend of Hope Hospice, and we are truly grateful that he will share his time and talent to help people during a most critical time of life," said Samira K. Beckwith, president and CEO of Hope Healthcare. "With changes in healthcare regulations and reimbursement, we need community support now more than ever to continue the promise of Hope and meet our community's needs."

Dinner begins at 5:30 p.m., followed by a 7:30 p.m. show. General admission tickets are \$65, and Meet-and-Greet

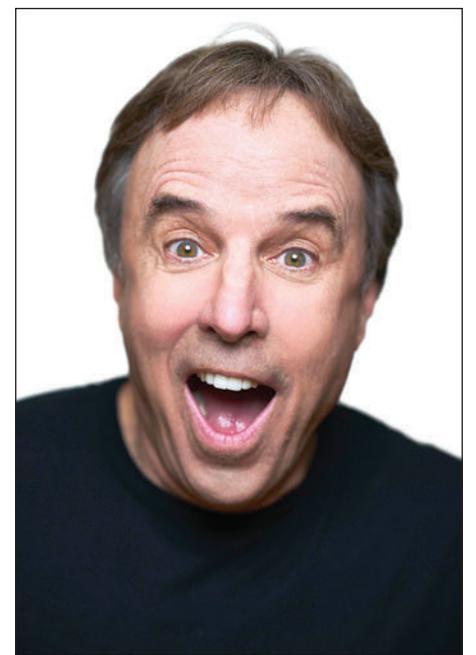
tickets, which include preferred seating and the opportunity to meet Nealon at a private, pre-event reception, are available for \$150.

To purchase general admission tickets, visit www.broadwaypalm.com or call 278-4422. To purchase a Meet-and-Greet ticket, visit www.donate.hopehcs.org/kevinwww.hopehcs.org/Kevin.

Sponsors include Broadway Palm Dinner Theatre, Chippendale Audiology, Studio Plus, Joint Implant Surgeons of Florida, WINK 96.9 FM, WXNX FM 93X, Traders, and Luis E. Signares, Attorneys at Law.

Hope Healthcare is a not-for-profit health care organization dedicated to providing care and comfort to every individual and their loved ones as they fulfill life's journey.

Broadway Palm Dinner Theatre is located at 1380 Colonial Boulevard in Fort Myers. For more information, call 482-4673 or visit www.hopehcs.org.



Kevin Nealon

photo provided

From page 22

Just Water

in greenhouse gas emission compared to PET plastic bottles. The sturdy container stands up to repeated use, and its wide mouth makes it easy to clean.

"Already we've received calls from various island businesses and organizations interested in carrying Just Water," said Miller. Among those making the change have been The Sanctuary Health & Wellness Center, CROW, Captiva Cruises, Cast About Charters and Adventures in Paradise.

For the "Ding" Darling store, which sells chilled Just Water for \$2 a bottle, the reward also comes in sales proceeds to benefit refuge research and education programs. In sales, the Just Water has proven 2.5 times more popular than the previous green Kick the Bottles.

"Again, it's not a perfect product,

but again, we are at the cutting edge of responsible merchandising," added Miller. "Plastic is taking over our world with toxic effect on wildlife and humans alike. We are always looking for ways to improve our carbon footprint and are proud to lead by example."

Thanks to DDWS' efforts, the refuge has, through the years, eliminated plastic shopping bags in the store and has transitioned to compostable plates, cups and flatware for event use. Plastic straws have been eliminated.

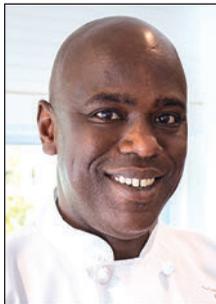
To support DDWS and the refuge with a tax-deductible gift, visit www.dingdarlingsociety.org or contact Birgie Miller at 472-1100 ext. 4 or director@dingdarlingsociety.org.

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AND EVERY WEDNESDAY	BAILEY'S GENERAL STORE— A portion of all Wine Sales every Wednesday this Summer will be donated to CHR!	OLD CAPTIVA HOUSE

The Community House

Kale



by Resident Chef Jarred Harris

I've been cooking for over 36 years and I have used kale mostly for plate and buffet garnishes. Over the past few years, and as the popularity of kale has grown, I have a new-found respect for this marvelous vegetable.

Kale, also known as leaf cabbage, is a "Brassica" and dates back over 2,000 years. Brassica are members of the cruciferous vegetable or mustard family, which include cabbages, Brussels sprouts, broccoli, cauliflower, rutabaga and turnips.

Kale was widely used by the Greeks and Romans strictly for medicinal purposes. It became very popular in Western Europe around the middle ages and was brought to North America during the 16th century by colonists. It became part of the European diet during World War II because it was easy to grow and could withstand cold temperatures.

There are many different types of kale and ornamental kale (which is edible). Most varieties prefer colder climates, however;

there are varieties that are grown in warm climates such as Florida and California. California is the largest producer of kale in North America.

Love it or hate it, kale is really good for you. Kale has over 15 percent of your recommended daily allowance of calcium (that's more than a glass of milk), almost 700 percent of vitamin A, 900 percent of vitamin K and more vitamin C than an orange. Cooking doesn't diminish most of the nutritional value of this vegetable and that makes it a wonderful addition to your diet.

If you don't like kale or you have only eaten it raw, try this simple recipe and tell me what you think.

Kale and Mushroom Lasagna

Ingredients

- 12 ozs. curly kale or cavolo nero
 - 2 tblsp. butter
 - 1 pound of crimini mushrooms (sliced thin)
 - 2 cloves garlic (minced)
 - 3 sprigs of thyme
 - 1 box of lasagna noodles
 - 2 tblsp. parmesan cheese
 - 1 cup of low fat ricotta
 - 6 ozs. low fat mozzarella cheese
 - 1 egg
 - Sea salt
- For the sauce:
- 3 cups milk
 - 1 bay leaf
 - 1 onion (roughly chopped)
 - 1 stick of celery (roughly chopped)
 - Black peppercorns
 - ¼ cup butter
 - ¼ cup flour
 - 2 tsp. Dijon
 - Pinch nutmeg

Method
 Preheat oven to 375F
 Cut kale into small pieces and blanch until tender, then cool.
 Place the butter in a saucepan on low heat, add mushrooms, garlic and thyme. Cook until mushrooms release all their liquid and set aside.
 Cook lasagna noodles in boiling salted water until al dente', then chill in ice water and pat dry with a paper towel.
 Place the ricotta, mozzarella and egg in a mixing bowl. Blend until smooth, then set aside.

In a saucepan over medium heat, add the milk, bay leaf, onion, celery and peppercorns. Bring milk to a boil, then reduce heat and simmer for 3 minutes. In a separate pan on low heat, melt the butter until it starts to brown. Add the flour and stir for 3 minutes. Add the flour mixture to the milk and simmer until the liquid begins to thicken.
 Remove from heat and season with Dijon and nutmeg.

Place a lasagna noodle flat on a cutting board. Spread the cheese mixture on the noodle, followed by the kale and then mushrooms. Gently roll the noodle and place in a baking tray. Continue the same process until all noodles are used.
 Pour the sauce over the lasagna noodles and bake for 35 to 40 minutes. Remove from oven and cool slightly. Serve 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.*

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.

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

Traders Gulf Coast Grill & Gifts has live entertainment on Tuesday and Thursday with the Danny Morgan Band. Chris Workman plays on Wednesday.

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

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

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Jean Le Boeuf, News-Press

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Opening Reception At BIG ARTS



C. Maria deLeon with her piece *On the Lookout* photos provided

An opening reception was held on May 4 for two exhibits at BIG ARTS: Open Doors and Art by the disABLED. Works are on view Monday through Friday in Phillips and Founders galleries. BIG ARTS is located at 900 Dunlop Road. For more information, call 395-0900.✱



Juliana Fernandez de Casto with her piece *Little Raccoon*



Katalina Jaime with her piece *The Foxes*



Cathleen Paz with her piece *Panda, Panda*



Sarah Coleman with her piece *Chicken and Eggs*



Carol S. Murphy with her piece *Milky Way*



Randy Vavroch with his piece *My Lady*



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Diners Show Support For CHR Fundraiser



From left, Melissa Rice, executive director of CHR; Calli, Bailie and Richard Johnson of Bailey's General Store; Bonnie McCurry of Sanibel Cafe; Dawn Sanchez; and Peter Rodriguez and Katie Gossic of Lowe's photos provided

Community Housing and Resources (CHR) Give Back Wednesday fundraiser was held May 9 at Sanibel Cafe and tables were full all day long. CHR thanks all the patrons who came out in

support of the first restaurant to participate in the Give Back Wednesday (#GBW) program. Restaurant owner Richard McCurry was there to meet and greet diners, many of whom were there to show

their support for CHR's new program. Participating restaurants are donating a portion of their proceeds from the day's earnings to CHR on Give Back Wednesday.



From left, Bonnie and Richard McCurry of Sanibel Cafe present a check to CHR Executive Director Melissa Rice

The next fundraiser will be held on Wednesday, May 23 at Joey's Custard, located in Bailey's Center. Stop in for breakfast, lunch or custards from 10:30 a.m. to 9 p.m. and show your support for CHR's #GBW.✪



Charley Ball of Barefoot Charley's Painting



Sanibel City Councilwoman Holly Smith



Elizabeth Piersol and Josef Reum



Richard McCurry with Billye and Ralph Curtis



Steve Greenstein of The Sanibel Captiva Trust Company and Shannen Hayes of Santiva Chronicle



Southwest Florida String Trio

photos provided

Shell Point Concert Series Begins In June

Tickets are now available for Shell Point Retirement Community's Summer Concert Series, which features monthly performances through August.

Shell Point's 2018 Summer Concert Series, which is open to the public, includes performances by:

Southwest Florida String Trio – Wednesday, June 13 at 7 p.m.

Wild Coffee Duo – Thursday, July 19 at 7 p.m.

Trillium Piano Trio – Thursday, August 16 at 7 p.m.

"The Shell Point Summer Concert Series is back for its eighth season with an engaging lineup of highly acclaimed musicians," said Laura Slack, director of resident life at Shell Point Retirement Community. "This season's theme is 'classically cool' with many talented performers from right here in Southwest Florida."

The Southwest Florida String Trio will perform an array of musical selections from composers such as Bach, Vivaldi, Schubert and Piazzolla, in Baroque and Beyond, Part II. Listeners will be provided background information on each composer and will have an opportunity to meet with the



Wild Coffee Duo Abbey Allison and Susie Kelly

musicians following the concert.

Sanibel's own Wild Coffee Duo, formed in 2015, will perform Back in Time: A Musical Retrospective of a Century Ago. With the end of World War I and the birth of Leonard Bernstein in 1918, audiences will celebrate music from this milestone year, including popular songs such as *I'm Always Chasing Rainbows* and selections from *West Side Story*.

Trillium Piano Trio will feature classical music with a modern twist. The trio's performance includes a

signature talk to explain the stories behind each piece, resulting in a relatable performance that connects the audience to the artistry of the music.

Cost for each concert is \$20 and all performances will be held in the Grand Cypress Room at The Woodlands at Shell Point, located at 14441 Woodson Lane in Fort Myers. To purchase tickets, visit www.shellpoint.org/summer or call the box office at 454-2067. Tickets will be held for pick-up at will call on the night of the performance.✪

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Saeshells of Sanibel #43



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Book Review

The Selfish Path To Romance



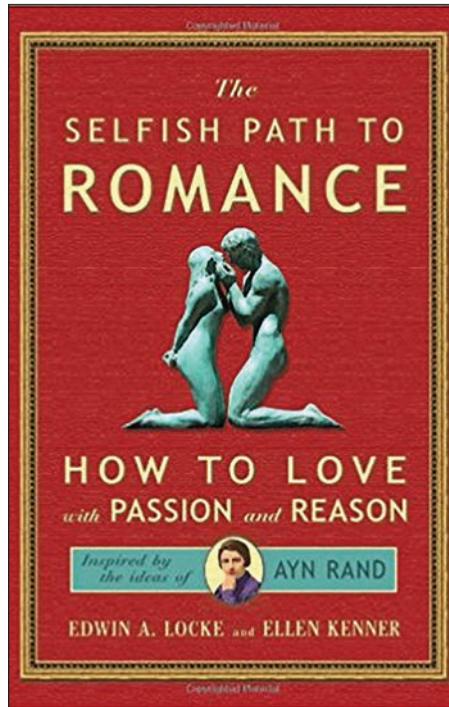
by Di Saggau

The *Selfish Path to Romance, How to Love with Passion and Reason* by Psychologists Edwin A. Locke and Ellen Kenner is inspired by the ideas of novelist

and philosopher Ayn Rand. Rand wrote, "It is one's own personal, selfish happiness that one seeks, earns, and derives from love." Locke and Kenner were inspired to build on Rand's understanding that love depends on reason, egoism, introspection and moral character. Their book offers a mindful, rational alternative for anyone serious about finding and sustaining a lifetime romance.

Kenner, who lives on Sanibel told me, "As a clinical psychologist, the most common complaint I've heard, over the years, from couples is along the lines of: I've lost myself in this relationship. It's all about his (or her) friends, work, family, kids, golf, other sports. I feel left out, invisible. And I typically cater to his (or her) choices. I feel guilty when I try to stand up for myself. And when I get the courage to speak up, I am so frustrated or angry, that it doesn't go well."

She said, "Passive-aggressive tactics backfire and typically, although not always, I hear: It's all about sex, his way. I've lost me. The theme of our book is you never want to betray yourself in a romantic partnership. That applies for both partners. Being true to yourself and lovingly honest with your partner is not easy. There are many internal pressures to say, 'Whatever you want, dear. It really doesn't matter



to me,' with the cost of festering resentment."

Kenner further said, "The book addresses how to remain true to yourself, communicate lovingly and learn to compromise well so that you don't end up seeing your partner as "the enemy." Even before that: How do you make yourself lovable? She said the word "Selfish" in the title doesn't mean the my-way-or-the-highway, narcissistic, manipulative way to romance. Rather, by "Selfish" we mean the self-respecting, self-nurturing, self-valuing, self-esteem way to romance for both partners. Then there is no festering resentment, resentment which leads to unhappy long-term marriages or to painful acrimonious divorces. My co-author and I deliberately chose that word to underscore the need to value yourself in any partnership, or more broadly, in any relationship. Never self-betray. It is such an achievement to be your own best friend with your partner as your highest social value."

The Selfish Path To Romance; How to Love with Passion and Reason is a thought-provoking and objective guide to finding and nurturing romantic relationships.*

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My 6-year-old son is having trouble following directions both at home and at school. His teacher and I are very frustrated. Please

give me some ways to help him follow directions better, and I will share them with his teacher. If we both do the same thing it might help.

Caitlin B, Fort Myers

Caitlin,

There are many, many reasons why kids don't follow directions: they didn't hear you; they don't remember what you have asked; they don't understand what you have asked; they are being; they may have learning and attention issues; and the list goes on. However, you owe it to your kids to give directions as clearly as possible and give them an opportunity to understand both your expectations and requests. Learning to follow directions is a critical life skill and, as a parent, this is a skill you will need to work on with your child often so they understand how important it is. Here are some suggestions to help you give directions successfully:

Ask for his attention before giving a direction

Minimize background distractions (ie television, computer)

Ask if he understands the direction by asking them to repeat what you have requested

Speak quietly using a soft firm voice – don't try to shout over the noise

Wait 5 to 8 seconds before repeating the direction – give your child time to process

Rephrase the question at least one time to help your child comprehend before letting emotions take over

Itemize and number complex instructions to a maximum of three steps. It's easier to remember multi-step directions when they are given in a sequential order

Be specific with your language and

what you are requesting. State your expectation precisely

If possible use a visual cue especially with children that have language, attention and auditory processing difficulties. Picture schedules, cards and prompts are very helpful for children who struggle with language and attention.

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.*

Poet's Corner



We invite submissions from local poets. Anyone interested may submit their work via email to Islandsunpoetry@gmail.com. Each week, an individual poem will be showcased.

by Hannah Star Rogers

Legend

Restraint is not the way to describe the look you gave me when a gray rubbery head ascended, looked at you, and then disappeared under the boat.
Or was it under the mangroves?
Or did it head out into the sea so that the waves camouflaged its departure,
Or did it press its snout under your chin and fall fast asleep?

Hannah Star Rogers holds an MFA from Columbia University and a PhD from Cornell University. Her writing has appeared in the Kenyon Review, LA Review of Books, Carolina Quarterly and Southern Women's Review.*

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Register For Rec Center Fun Days

Registration is open for the upcoming Sanibel Recreation Center half day Fun Days on Friday, May 25, Tuesday, May 29 and Wednesday, May 30, and the full day Fun Days on Thursday, May 31 and Friday, June 1. The Fun Days offer a variety of athletic games, craft projects and entertainment. Enrollment is available for children in kindergarten through eighth grade. The half day program operates

from noon to 5:30 p.m. and the full day program operates from 8 a.m. to 5:30 p.m. Each child needs to bring a swimsuit and towel. Light snacks will be provided.

The half day option is available to families seeking child care on school half days; however, these days are included at no charge for children currently enrolled in the after school program.

Youth Summer Day Camp begins on Monday, June 4. Register in advance and receive the Early Bird rate. For more information, contact the Sanibel Recreation Center at 472-0345.*

ABWA Woman Of The Year

Gabriela Bell, Sanibel Captiva Community Bank assistant office manager at the Library Way branch on Sanibel, has been recognized as the American Business Women's Association (ABWA) Sanibel Captiva Charter Chapter 2018 Woman of the Year for her service to the organization.

Bell joined Sanibel Captiva Community Bank in 2006 as a teller and has more than a decade of banking experience, including previous positions as customer service representative and teller supervisor. She assists with daily operations and customer relationships, including business and consumer banking. A Sanibel resident, she earned a bachelor's degree in labor law from the National Autonomous University of Honduras and a bilingual certificate from Kingston College in London. Bell currently serves as treasurer for the ABWA Sanibel Captiva Charter Chapter executive board.

The American Business Women's Association mission is to bring together businesswomen of diverse occupations and



Gabriela Bell photo provided to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition.*



(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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Draw "virtually" at Sanibel Public Library photo provided

Virtual Reality And Summer Reading

As Sanibel Public Library's "Your Library Reimagined" remodel project continues, the facility is open for normal operating hours. Popular services like computers, printers, high speed Wi-Fi, games and puzzles are available. The other half of the library is being renovated, expected to reopen in early fall.

Stop by the tech area between 10 a.m. and 1 p.m. to test drive a virtual reality (VR) viewer on May 18 and May 25. On those days, patrons age 10 and older can enjoy a five-minute VR experience. VR is a computer-generated simulation of images that creates environments that allow people to be "present" in an alternative environment; it starts with the real world and overlays objects with 360-degree video that captures an entire scene. TheBlu Deep Sea VR Experience is planned for Friday, May 25. Paint your own 3D masterpiece in a virtual world with Google Tilt Brush on Friday, May 18.

The library invites babies, preschoolers,

children and teens to register for the annual Summer Reading program. The kick-off party takes place on Saturday, May 26 at 10 a.m. Summer Reading Program participants will receive a special gift (quantities are limited). Youth Services Librarian Deanna Evans said, "As in years past, kids can earn books for their home library and for patients at Golisano Children's Hospital of Southwest Florida."

Summer reading programs encourage children to enjoy reading and give them opportunities to spend lots of time with books - a first step toward developing strong reading skills.

If families cannot attend the kick-off, they can still register in person or online. Logging reading time and activities can be done via paper or online with Beanstack, a link will be on the Children's page at www.sanlib.org.

For more information, call 472-2483. 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.

The Sanibel Public Library is located at 770 Dunlop Road.*



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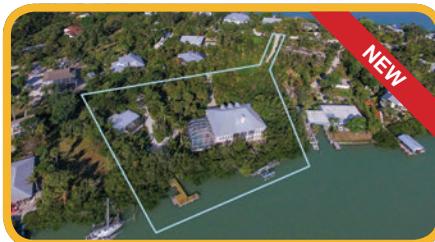
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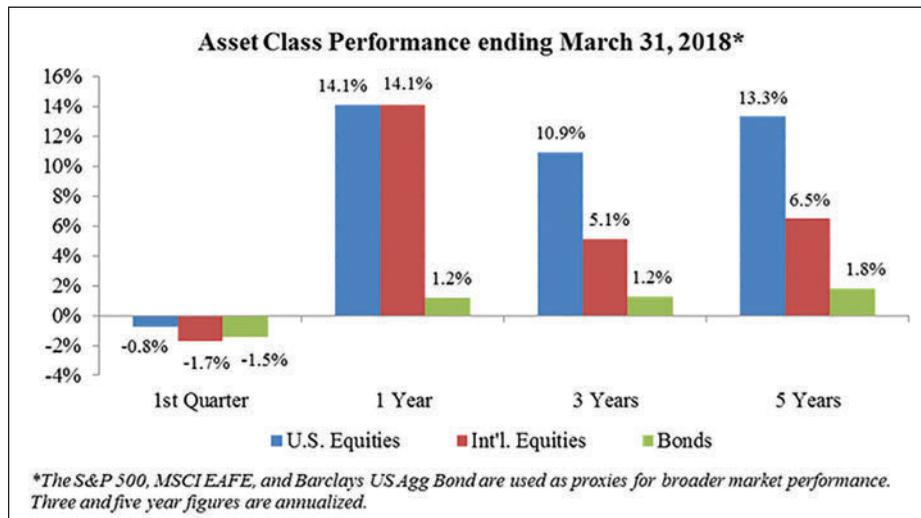
Portfolio Review And Strategy



by Craig Holston,
Chief Operating
Officer

Global stock markets moved modestly higher during the first quarter of 2018. For the first time in more than a year, day-to-day

stock market volatility has returned to historically normal levels. Last year was unusually calm as markets moved steadily higher throughout most of 2017 with minimal interruption. In fact, 2017 was the least volatile stock market year since the CBOE's Volatility Index (VIX) was established in the early 1990s.* With that context, we view recent stock market movements as rather normal. We encourage our clients to avoid focusing on the short-term market "noise" and instead look to the fundamentals of the economy and the companies we follow. From our perspective, corporate earnings



were quite strong in the fourth quarter of 2017, which portends well for this year and next, particularly when you factor in the tailwind of corporate tax reform.

On March 21, the Federal Reserve Board announced their decision to raise the federal funds rate by another 0.25 percent. The Fed will also continue to reduce the size of their balance sheet by letting Treasury and mortgage-backed securities mature over the next few years. This was largely anticipated by most market participants. Nonetheless,

it is another signal that monetary "tightening" clearly is occurring.

Other broad market interest rates have responded this year by moving higher. In the near term, higher interest rates will put price pressures on dividend-paying companies as the relative value between income-producing stocks and bonds readjusts. Though we continue to view higher interest rates as a symptom of a positive overall economy, we will continue to watch the shape of the yield curve. An

inverted (negative sloping) yield curve generally portends poorly for economic activity. We have seen some flattening in the curve over the past year as short-term interest rates have risen faster than long-term rates.

For the first time in years, bond investors are starting to feel the impacts of higher interest rates. Bond prices have moved lower in 2018, and that will continue as long as interest rates continue to move higher. The biggest impact will be felt by investors holding long-term bonds – an asset class we have avoided for years. Short-term bonds will also be impacted, but to a much lesser extent. Our investment team is watching these movements closely and will continue to evaluate the relative value between stocks and bonds as interest rates move higher. For the time being, we believe we are still a long way away from bonds being as attractive as stocks on a risk-adjusted basis. However, as rates rise, our willingness to use bonds in a more meaningful way across client accounts will increase.

The CBOE Volatility Index (VIX Index) is a leading measure of market expectations of near-term volatility conveyed by S&P 500 Index (SPX) option prices.

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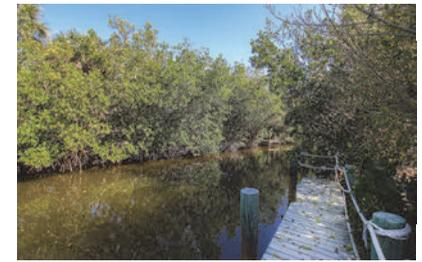
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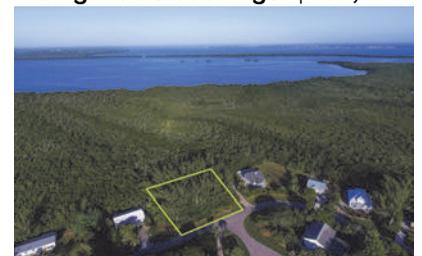
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It's true that Sanibel is very close to build-out, not many vacant residential lots remain. So, if you want to build your island dream home without tearing down, the wide parcel at 9441 Peaceful Dr offers an outstanding opportunity. On back circle of Gumbo Limbo at ~170' x 155', it overlooks conservation land to west & sunsets. Plenty of space for a variety of home/pool designs in convenient mid-island community. \$249,000



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Rotary Happenings

submitted by Shirley Jewell

Mark Thomas, golf course superintendent at Kelly Greens Golf & Country Club was Sanibel-Captiva Rotary's guest speaker on May 4. Kelly Greens Golf & Country Club is a private community with a 29-tee driving range and 18 regulation holes, located just over the Sanibel Causeway along Summerlin Road in Fort Myers.

Thomas was invited by club Rotarian John Schwandke, who lives at Kelly Greens. Schwandke thought it would be interesting for Rotarians to gain insight into the planning that went into a major golf course renovation. A recent rebuild of the Kelly Greens golf course took nine months at a cost of nearly \$4 million and



was completed in 2017.

Planning time started well in advance of the physical work, with studies conducted on numerous areas in need of improvement. Both club members and outside experts were involved in analyzing the situation and bringing forth major corrective and creative ways to not only solve the physical problems on the golf course, but planning for creating a challenging course. Thomas said, "Most important was a feasibility study including the project's physical elements – land area, topography, soils, geology, vegetation, drainage and water availability." A master plan was then developed with elements that determined a new course design by golf course architect Gordon Lewis.

The working team on a mission like this usually involves a land planner, building architect, civil engineer, irrigation designer, landscape architect, ecologist, planning consultant, contractors and workers in many different areas. It is important to have a team that communicates well. Thomas said a lot of talking went on before the project got started. He and

others involved with the project made work site visits to a couple of companies under consideration for elements of the project. Always mindful of the intended outcome of the project, Thomas did a lot of communicating on ideas, exploring and negotiating with the contractors for the best outcome and best price in the timeliest manner. Thomas gives credit to the in-house Kelly Greens staff for working so conscientiously alongside of him on this project, especially naming Director of Golf Charlie Vetter.

There was another decision Thomas and the board of directors made before this project began. The club did not want to let any of the groundskeeping staff go during this rebuild, so they assigned the task of removing, repositioning and replanting of all the trees on the Kelly Greens Golf course – all 800 of them. Employee involvement on a project such as this helps everyone on staff understand the magnitude of the project and how important that individual contributions make to the outcome.

After collecting all the information concerning the renovation of the golf courses at Kelly Greens, the feasibility report and cost portfolio was presented to and approved by the club's membership. On April 4, 2016, the work began by spraying the course to kill off all vegetation, followed by rototilling and scraping of all dead matter off the land. Trees that had to be removed were saved. Dirt was moved around, new design features were added and an old design flaw was corrected by providing more space between holes for a safer course. New bunkers were added throughout the course.

Lake surrounds were steep and maintenance of slope vegetation was

almost impossible to maintain, so this was addressed with the new landscape design. A four-inch layer of gravel was spread throughout the course, as well as 12 inches of greens mix topsoil by TIF Eagle, adhering to USGA standards. Tee boxes were redesigned and positioned for a new course of play. A new irrigation system was installed, making an impressive change to the greens and fairways.

Now on to the lakes. Enhancing most golf courses are beautiful lakes and water features. They are not only aesthetically pleasing but provide a significant habitat for wildlife. Here are some facts about the Kelly Greens aquatic systems from Aquatic Systems Lake and Wetland Services: Kelly Greens has 18 restored lakes/ponds and two wetland areas; They removed decayed matter from the lakes and added 35,000 native bluegill and redear sunfish to reduce midge fly larvae; 100,000 native plants covering five acres along 20,000 linear feet of shoreline were planted by Shoreline Littoral Planting; Custom lake aeration systems were installed in all 18 ponds; Alum was applied in January of 2017 to all 18 ponds to quickly reduce phosphorus levels following completion of the golf course renovation.

The Kelly Greens Golf Course is noted not only for its beauty but for its unmatched challenging play. This course is Audubon Certified and during construction, placed great emphasis on creating an environmentally safe golf course for its membership and guests.

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

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ISLAND SUN BUSINESS NEWSMAKERS

Royal Shell Real Estate



Jason Lomano



John Nicholson



McMurray and Nette



Cindy Sitton



Tracy Walters

The top producers for the month of April at the Royal Shell Real Estate Sanibel/Captiva office were: Lomano-Nicholson, top listings producers; Cindy Sitton, top listings producer individual/partners; McMurray and Nette, top sales producers team; and Tracy Walters, top sales producers individual/partners.✪

Financial Assistance For Youth Programs

The City of Sanibel Financial Assistance Program assists eligible residents and island workers' children to attend youth programs at the Sanibel Recreation Center. Individuals may apply for assistance for the youth after school program, fun days, holiday camps, summer camp, youth basketball,

babysitter training camp, volleyball camp and teen camp out programs.

Applicants are awarded financial assistance on a sliding fee scale. The committee, in a public meeting, makes an objective award determination upon review of the application packet. The name of the applicant and identifying information are removed from the application when determining the amount of assistance. Financial awards range from 60 to 80 percent.

For more information, call 472-0345 or visit www.mysanibel.com.✪

Speaker Addresses Identity Theft

Sanibel & Captiva Islands Chamber of Commerce business members learned several ways to protect their identity and defend against frauds, scams and cons from Lee County Sheriff's Office Crime Prevention Specialist Peggy Lince, who spoke at the monthly luncheon hosted by Blue Coyote Supper Club.

"Be careful of the information you give out," she said. "You never know who will use it to commit fraud or theft."

"Before you reveal any personal information, ask how it will be used, and will it be shared," Lince said. "You should also pay attention to your credit report by ordering a copy from each of the three major companies at separate times. Just always be cautious."

Frauds, scams and cons occur several ways, but the most common schemes include IRS frauds and scams, home improvement frauds, fake contests, social media and grandparent scams. While a con artist can be difficult to spot by looks alone, there are key words to be aware of: cash only, debt collector for items ordered by a deceased spouse or relative, good deals and last chance.

"While seniors are at risk, it's the Millennials who have become targets because they are known to be online



Peggy Lince photo provided

and sloppy with their information," said Lince. "The information may not be used immediately, but rather saved for when they are near or at retirement."

For more information on the Crime Prevention Unit of LCSO, call 258-3280 to talk with a specialist.

The next business luncheon will be held on Tuesday, June 12 at 11:30 a.m. at Sanibel Harbour Marriott Resort & Spa. Pamela Johnson of Lee County Economic Development will be the guest speaker. Reservations are required and can be made online at www.sanibel-captiva.org or by calling 472-1966.✪



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Highlights From 25th Annual Sam Bailey's Islands Night



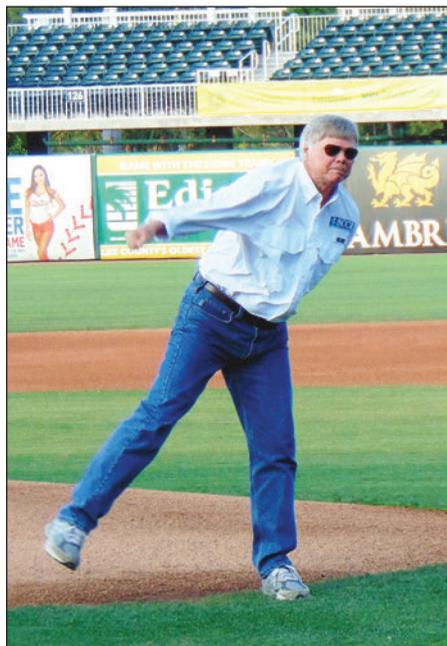
Members of The Sanibel School's Seahorse Chorale and Elementary Choir, under the direction of Joey Giangreco, performing the National Anthem during the 25th annual Sam Bailey's Islands Night, held on March 9 at Hammond Stadium in Fort Myers photos by Jeff Lysiak



Erick Lindblad with Miracle mascot Sway



During his welcoming remarks to the crowd, Marty Harrity took time to thank Sam Bailey for creating Islands Night



SCCF Executive Director Erick Lindblad throwing out the ceremonial first pitch



From left, Mick Denham, Chauncey Goss (hidden), Holly Smith and Kevin Ruane





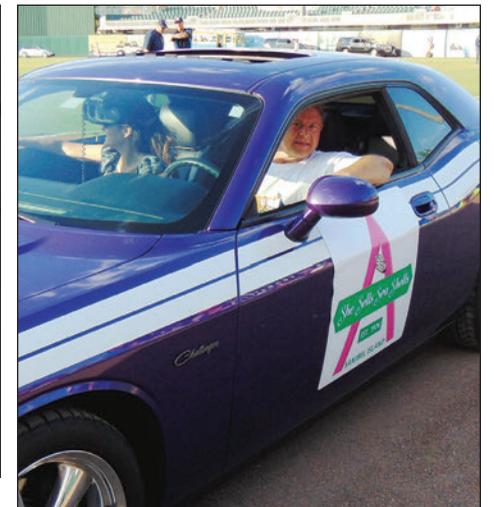
Giana Zanoli



The team from Sanibel Captiva Community Bank tailgating before the game



Billy Kirkland



Will Power

The Four Freedoms And Running Out Of Future



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

You get a fascinating perspective serving as estate planning counsel for 29 years, as I have. You get to see people make major transformations, and then eventually transition into a place that they're not quite sure how to act – namely their retirement years. I represent retired physicians, attorneys, CPAs, business owners and executives of publicly traded institutions, among others. When these individuals first retire, they are excited to exit the busy world that wore them down over the years.

Some choose to slow down, golf, play bridge, travel and enjoy themselves. I don't begrudge them at all. They've certainly earned it.

But there's something else that I've noticed. When a hard-charging, ambitious, determined individual suddenly has nothing to do, things seem to change. After enjoying a "sabbatical" of several months, they don't seem to know what to do with themselves.

That's when it gets interesting. Some will become consultants, an occupation that allows them to pick and choose the work they get involved in, while others dive into philanthropy and charitable causes. Some vigorously pursue hobbies left neglected over the years, while many spend more time with their grandchildren than they were ever capable of spending with their children.

Some, however, seem to run out of future. When this happens, a noticeable change occurs. Health often declines, as does mental acuity. They don't seem to enjoy life as much anymore. They haven't found a new purpose that engages them. I believe that if you take a look at four freedoms that everyone wants to achieve, no matter the age, it becomes easier to never run out of future.

These are the freedoms of time, money, relationship and purpose.

The first is freedom of time. There are two aspects to each freedom. Freedom **from** and freedom **to**. Retirees are free **from** the day-to-day grind that consumed their lives for many decades. Now they are free to engage in those activities that they enjoy doing. Those retirees fortunate enough to maintain good health don't spend a great deal of time in doctors' offices, instead, they are able to choose to take the time in those activities that they find motivating.

The next freedom is that of money. Most of the retirees that I encounter have done a good job of saving, and therefore have the freedom **from** obligations such as mortgages

or those found when raising a family. I have three daughters, one who just graduated with her master's degree, another who is going to enter professional/graduate school in the coming year, and a third beginning her college career this fall. I'm looking forward one day to being free from college tuition expenses! Most of those a couple of decades older than I are free of those types of expenses. The retirees I work with also have a freedom to spend their money on those things that provide fulfillment and energize them. Some choose to go back to school simply for education's sake. Others like to travel, become philanthropic or enjoy helping their children and grandchildren with life's expenses.

Once you gain freedoms of time and money, that opens the possibility of freedom of relationship. Again, we can be **from** those relationships that we find toxic or exhausting and can enter relationships that we find satisfying, loving and supportive. Finally, there is the freedom of purpose. This is the highest freedom that can only be obtained once we've achieved the other three freedoms. Here we find our meaning. Our why. It can mean many different things to many different people.

When we consider our freedoms in this fashion, it's impossible to run out of future no matter our age. If you find yourself stuck in a routine that you can't seem to break out of, I suggest that you consider these four freedoms, and what you want to be free **from** and free **to** do. That might just be the thought process that begins an entirely new and exciting chapter in your life.

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ISLAND SUN BUSINESS NEWSMAKERS

VIP Realty Group



Mary Lou Bailey



Teresa Baker and Glenn Carretta



Kit and Lynda Traverso

The top agents and sales teams for the month of April at VIP Realty Group were: Mary Lou Bailey, top sales; Teresa Baker and Glenn Carretta, top listings; and Lynda and Kit Traverso, top producers.✧

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Superior Interiors

How Can An Interior Decorator Help?



by Barb Cacchione

One of the most frequent phone calls that I get is from people who first outline a decorating challenge or need that they're experiencing and follow up with a

question, "Is that something you can do?" It seems that people are often unsure of just what an interior decorator can do for them and are intimidated about requesting their services.

It's not uncommon for people to express anxiety that a decorator will be too pushy, too "artsy," or just too expensive. The reality is that a good decorator can save you money, time and headaches by making wise recommendations, avoid expensive mistakes and take care of all the details that are necessary to achieve a beautiful result.

When beginning your search for an interior decorator, ask friends or contractors who have worked with them for referrals. When you meet with the decorator ask about their work style, how they charge for products and services, and

if they specialize in any decorating style.

In preparation for working with a decorator, you will need to do a bit of work so that the result will be tailored to your needs. Make a list of what you see as your needs, likes and dislikes. If possible, create a file containing pictures of items that appeal to you. In addition, couples should talk with each other about how their expectations are alike or different.

Prior to beginning the actual work on your decorating project, it is critically important to decide on a budget range that you are comfortable with. Defining the budget early on will make the time you spend with your decorator more productive and result in the best design within the price range that is within your comfort zone.

Once you have established your relationship with the designer and the budget, the design process should take place in your home. It is critically important that the design decisions be made in your home's lighting alongside the things that are already in place that will not be changed.

You need to expect that your decorator will gather the pertinent information, develop a design plan, present it, hone it and help you through the decision-making process. Once decided upon, she will do the necessary legwork, measurements, place orders and see the project through to completion, leaving you to relax and enjoy the beautiful results.

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

New Trustee Joins Sea School



Kyle and Christine Szymanczyk with their two sons photo provided

Sanibel Sea School has added Christine Szymanczyk to the nonprofit organization's board of trustees.

Szymanczyk grew up near Lake Michigan in the northern suburbs of Chicago, and has been visiting Southwest Florida since she was a child, when her grandparents moved to Naples. After graduating from Vanderbilt University,

she spent time traveling and studying in Australia before earning a master's degree in education at the University of Indiana.

After graduate school, Szymanczyk was selected as a Fulbright Scholar and moved to Argentina to teach English at the Universidad de Villa María. She returned to the United States and taught high school Spanish for a number of years before she decided to move to Sanibel with her husband, Kyle, and their two active little boys.

"Kyle's family has been involved with Sanibel Sea School for many years, and after getting to know the organization through the eyes of my oldest son, I am honored to join the board," Szymanczyk said. "Sanibel Sea School blends my love of the water, education and conservation." ✨

Golf Club Offers Island Special

Sanibel Island Golf Club is offering an Island Employee Summer Membership program for people who work on either Sanibel or Captiva islands.

Cost for the inaugural program, which will be offered through September, is a \$50 registration fee per person plus cost of a golf cart to play the 18-hole course.

"This is our first time doing this, and we hope to let the people that work on the islands know that we appreciate them," said Gene Taylor, staff professional at Sanibel Island Golf Club. ✨

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Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	5:43 am	7:59 am	2:58 pm	10:57 pm	Fri	4:48 am	8:01 am	2:03 pm	10:59 pm	Fri	4:45 am	9:27 am	2:39 pm	11:02 pm	Fri	7:53 am	1:16 am	5:08 pm	11:15 am
Sat	3:48 pm	11:59 pm	None	None	Sat	2:53 pm	None	None	None	Sat	5:47 am	10:18 am	3:47 pm	11:57 pm	Sat	5:58 pm	2:13 am	None	None
Sun	4:48 pm	None	None	None	Sun	3:53 pm	12:01 am	None	None	Sun	6:47 am	11:15 am	5:32 pm	None	Sun	6:58 pm	3:15 am	None	None
Mon	9:41 am	1:03 am	6:06 pm	11:34 am	Mon	8:46 am	1:05 am	5:11 pm	11:36 am	Mon	7:46 am	1:03 am	7:01 pm	12:44 pm	Mon	11:51 am	4:19 am	8:16 pm	2:50 pm
Tue	10:06 am	2:05 am	7:48 pm	1:56 pm	Tue	9:11 am	2:07 am	6:53 pm	1:58 pm	Tue	8:37 am	2:10 am	8:16 pm	2:24 pm	Tue	12:16 pm	5:21 am	9:58 pm	5:12 pm
Wed	10:31 am	3:01 am	9:33 pm	3:38 pm	Wed	9:36 am	3:03 am	8:38 pm	3:40 pm	Wed	9:24 am	3:05 am	9:23 pm	3:30 pm	Wed	12:41 pm	6:17 am	11:43 pm	6:54 pm
Thu	10:57 am	3:49 am	11:00 pm	4:50 pm	Thu	10:02 am	3:51 am	10:05 pm	4:52 pm	Thu	10:09 am	3:53 am	10:31 pm	4:28 pm	Thu	1:07 pm	7:05 am	None	8:06 pm

Island Seniors At Center 4 Life

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

The Center 4 Life will be closed on Monday, May 28 in observance of Memorial Day. Normal operating hours resume on Tuesday, May 29.

Trash & Treasures Sale Donations – Donations are now being accepted for the annual Trash & Treasures Sale. A tax deductible receipt will be provided for your donation of clean, gently used items. You may bring them to the Center 4 Life Monday through Friday between 8 a.m. and 3 p.m. Books, clothing, shoes, computers

or old TVs cannot be accepted. If you have any questions, call 472-5743.

Page Turners with Louise Fitzgerald & Ann Hartman – If you are not on the Page Turners list, and wish to be, email ocean@comcast.net or contact the center.

The featured book for Wednesday, June 13 is *Grapes of Wrath* by John Steinbeck. The movie will be shown at 12:30 p.m. followed by the book discussion at 2:30 p.m. Bring your own lunch.

Gelli Printing with Bea Pappas – Fridays, May 18 and 25. Cost is \$20 for members and \$25 for non-members. Beginners welcome.

You can do mono type or make papers for collage use. Supplies needed: paper towels, acrylic paints, water container and one-inch brush. The instructor will provide all other supplies.

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 noon; the game begins at 12:30 p.m.

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

New: Rummikub – Tuesday at 1 p.m.

Hand & Foot – Thursday at 12:00 p.m.

New: Canasta – Thursday at 12:30 p.m.

Hearts – Friday at 12:30 p.m.

Kayaking on Tuesdays – June 12 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.

Fitness Classes – Island Seniors, Inc. members pay \$4 per class, visitors pay \$7 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.✪

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 9 a.m.

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

Sanibel Community Church is located at 1740 Periwinkle Way.✪



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The Face Of A FISH Volunteer

FISH of SanCap volunteers are the heroes who achieve remarkable accomplishments every day. Volunteers have a real impact on the lives of island neighbors and help to make the community stronger.

Pat Boris, FISH volunteer, joined the team about 14 years ago after a long career in health care. "My greatest joy is helping people stay healthy and that is what brought me to FISH, to provide help at the simplest level; food, healthy safe homes, connecting to resources," Boris said.

She added, "Most volunteers start as part time islanders – snowbirds – as I did. I collected food, added FISH to our church mission outreach, posted pictures of our empty pantry, and helped spread the word. I worked at the front desk, meeting clients coming in wide-eyed for their first visit to the food pantry. They often apologized for a lost job, an inadequate job, an ill child, or life circumstances. I am always proud to say, 'this is why FISH is here, to help'.

"I got involved with home safety, especially with frail elderly. Together with FISH social workers, I developed an assessment tool to use at-home visits that dovetailed with FISH services. On our islands, many elders are alone, maybe after losing a mate, not wanting



Pat Boris photo provided

to impose on friends or neighbors, or even family. Sometimes they had no food in the house because they can no longer drive to the grocery store. Maybe there is mental confusion or falling issues. Whatever is discovered because of a home visit, FISH has the resources to help. There's no judgement, no shame. We are just neighbors helping neighbors.

"I have delivered meals and equipment, and I have visited many

of those same folks for the hurricane preparedness program, currently under way. Each encounter is well planned and personal, whether meals, equipment, hurricane, food pantry or other. Hundreds of hours are spent checking and rechecking details. There are phone calls, logs, hours and miles to track. It's never troublesome, it's a labor of love.

"With FISH, I found an amazing community of service. Maggi Feiner is always a step ahead, ready as the number one volunteer. The culture of giving in the FISH office rubs off. Some of these needing help also give back when they can. One woman brings banana bread to the staff, another brings cookies.

"The mission of FISH has never gotten tired. Every volunteer finds their niche, a place of joyful service, and completes their tasks with enthusiasm and compassion, serving the clients in a dignified and humane manner. I hope I have many more years to devote to FISH. I've watched it grow and change, but it always strives to meet the needs of people who come."

There are always opportunities to become involved with FISH of SanCap. With so many possibilities, everyone can find a good fit. If you are interested in volunteering with this unique organization, contact Lyn Kern, office and volunteer manager, at 472-4775.

For more information, visit www.fishofsan-cap.org.

Score Under Age



Jack Tukey photo provided

Jack Tukey shot a round of golf under his age at Sanibel Island Golf Club on May 12.*

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Florida Baseball Teams Near Bottom In Attendance Year After Year



by Ed Frank

You've just got to wonder if Major League Baseball is suited for the State of Florida.

Sure, spring training draws big, often record crowds, by the 15 teams that train in this state. But when it comes to the regular season, the Miami Marlins and the Tampa Bay Rays rank at the very bottom in Major League attendance year after year.

Through the first 29 home games this season, Tampa Bay averaged just 14,710 fans per game, ranking 29th. Miami was 30th, at the very bottom, with 10,877 fans per game through the first 30 games.

The issue came to light last week when former Rays All-Star third-baseman Evan Longoria, now with the San Francisco Giants, said the time may have arrived to consider relocating Tampa Bay. The Rays have searched and worked tirelessly to move the team from St. Petersburg and building a new stadium in Tampa without success. But Longoria told the Tampa Bay Times, this may not be the best option.

"Honestly, and this is maybe not something I should say, but my gut tells me that the best decision might be to move the team. I look at the example of the Miami Marlins and a new stadium didn't really solve their attendance issues."

He pointed out that the Tampa area has not supported the team even when it was playing winning baseball. "It's a selfish thing to say probably as a player, but I don't know, does anyone really want to play in front of 10,000 fans a night?"

Just compare Tampa's average attendance of 14,710 fans per game to the Los Angeles Dodgers at 46,633, the Boston Red Sox at 33,271 and Minnesota at 20,395. And, many of the Red Sox and Twins early season games have been played in cold, bitter, even snowy weather.

Professional football, basketball and hockey in Florida, however, are a different story. Miami ranks 16th in the NFL in attendance averaging 67,627 fans last season, and Jacksonville ranked 21st with 64,308 average attendance. The Miami Heat averages 19,631 fans per game, sixth best in the NBA, and Tampa Bay also is sixth best in the National Hockey League with 19,092 fans per game.

Even locally, the Florida Everblades hockey team averages more than 6,500 fans each game in 7,200-seat Germain Arena, one of the top teams in the ECHL.

So, do you get the point? Maybe the Rays' ownership and Major League Baseball should consider Longoria's advice. It pains me to write that perhaps the time has come to find a new home in another state for the Tampa Bay Rays.

Everblades Split First Two Games In Conference Finals

The Florida Everblades split the first two games with the Adirondack Thunder last weekend at Germain Arena in the best-of-seven conference finals of the ECHL. Florida skated to a 4-2 victory in Game One, but lost an overtime tussle in Game Two, 3-2.

The series moved to Adirondack's home ice in the Cool Insuring Arena in Glen Falls, New York for Games Three, Four and Five that started Wednesday and will continue tonight, Friday and Saturday nights. If Games Six and Seven are necessary, they will be held here in Germain Arena next Monday and Wednesday nights at 7:30 p.m.✪

CARD OF THANKS

The 25th Sam Bailey's Islands Night was truly a year to remember and as we bring this year's event to a close, we want to thank all of our sponsors for the continued support of our community through their generous contributions toward this community event.

Celebrating tradition, helping our community and embracing the future; these are the highlights of Sam Bailey's Islands Night and we thank each of you for helping make each year more spectacular.

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SPORTS QUIZ

1. Who were the only major-league shortstops to hit 20 homers twice through their age-21 season?
2. Name the last starting pitcher before St. Louis' Carlos Martinez in 2017 to strike out at least 11 hitters and walk at least eight in the same game.
3. In 2016, New Orleans' Drew Brees became one of three players with 30 touchdown passes in nine different seasons. Who else did it?
4. How many times has Xavier's men's basketball team reached the Elite Eight in the NCAA Tournament?
5. In 2018, Carolina's Justin Faulk became the 10th defenseman in NHL history to reach a natural hat trick. Who was the ninth to do it?
6. How many Canadian teams currently play in Major League Soccer, and how many of them were original members of the league?
7. Boxer Joe Louis holds the record for most consecutive successful world heavyweight title defenses. How many?

ANSWERS

1. Houston's Carlos Correa (2015-16) and Seattle's Alex Rodriguez (1996-97). 2. Seattle's Randy Johnson, in 1993. 3. Brett Favre and Peyton Manning. 4. Three times - 2004, 2008 and 2017. 5. Chicago's Dustin Byrdie, in 2007. 6. Three - Montreal, Toronto and Vancouver; none of which were an original member of the MLS. 7. Twenty-five.

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Jacob Lemmon photo by Jeff Lysiak

Sanibel Teen Among Nation's Top Athletes

by Jeff Lysiak

Jacob Lemmon grew up on Sanibel loving sports. As a youngster, he played baseball, football, basketball, soccer and golf while attending The Sanibel School. In his spare time, he enjoys fishing, biking and working out. No matter the sport, he was always considered gifted athletically.

"I've always had a tough time if I have to sit for awhile," said Lemmon, now 17. "I think exercising is fun, which keeps me pretty active. And as an athlete, you always have to strive for something. Sports is very goal-oriented."

Now a junior at Fort Myers High School, Lemmon has competed on the school's track and field team for the past three years. "I started out doing

pole vault when I was a freshman," he said, noting that at the time, he tipped the scales at 140 pounds. "But I kept growing and gaining weight, and they didn't have a pole that was long enough for me. I can't do that any more."

Undaunted, Lemmon turned his attention towards both the discus and shot put. And while he has carved out a formidable reputation as a shot-putter, he truly found his niche competing in discus. Currently, the teen is the top ranked high school discus thrower in the state of Florida.

"In the last competition (the Florida High School Athletic Association's 3A State Track & Field Championships, held on May 5), I almost broke 200 feet," said Lemmon, whose exact discus distance measured 196 feet, 4.75 inches. "Not too many people can throw (a discus equal to) their body weight."

In his first year of competing in discus, Lemmon placed 20th in the conference championships. But by his sophomore season, he won the conference title while placing 12th in the state. At this year's Lee County Athletic Conference Championship, Lemmon topped the competition with a toss of 183 feet, eight inches.

"I won the conference meet by 50 feet, then I won the states by 14 feet," he said, noting that earlier in the season, at the Florida State University Relays, held on March 24, he set the meet record with a toss spanning 193 feet, three inches.

Lemmon was recently ranked as the number one high school discus competitor in Florida, and number three in the nation (behind fellow athletes from Oklahoma and Massachusetts). Heading into his senior season, which he will compete for in his new home of Leesburg, Virginia, Lemmon is looking forward to advancing his skills as a track and field athlete.

"I'll definitely be competing in college," added Lemmon, who is considering several schools including Stanford University, Auburn University, the University of Virginia and the



Lemmon's personal best discus distance is 196 feet, 4.75 inches

photo provided

University of North Carolina, among others. "This summer, I'll be competing in the New Balance Nationals up in Greensboro, North Carolina. And in

the future, I'd like to see myself making Team USA (in the Summer Olympics). I just have to keep working hard." ✨



Jacob Lemmon competing as a junior with the Fort Myers High School track and field team photo provided

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Doctor and Dietician

Reduce Breast Cancer Risk



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

Did you know one of the risk factors for breast cancer is being a woman over age 50? Two out of three invasive breast cancers are found in women age 55 and older, and 97 percent of cancer deaths occur in women over age 40. Breast cancer is the second most common cancer in women, making it a significant health problem.

Is there anything you can do to reduce your risk? Obtain regular screening, as breast cancer screening has increased early detection and treatment. Advances in medicine and earlier stage tumor detection have made radical mastectomies rare. The most common sign of breast cancer is a painless, hard lump with irregular edges. A high percentage of

new cases are discovered by women who find lumps in their breasts, so self-examinations should be practiced.

Lifestyle can be modified to help decrease the risk. Hormone replacement therapy used to be commonplace, but due to the health risks involved, including heart disease, stroke, blood clots and breast cancer, doctors have prescribed it less. Since prolonged use of synthetic hormone therapy increases the risk of breast cancer, alternative solutions, such as diet and exercise, are great options to consider. Postmenopausal women who are overweight have a higher risk of breast cancer. Maintaining an ideal weight and following a diet higher in fresh foods, vegetables and fiber, such as the Mediterranean diet, decreases the risk. Some studies have shown a connection between alcohol consumption and breast cancer risk. Women should limit consumption to no more than one drink a day. Physical activity, such as exercising moderately for 30 minutes, 5 days a week, lowers risk and improves prognosis by decreasing endogenous sex hormone concentrations, insulin resistance and bad inflammation. Incorporating exercise and cancer-preventive lifestyle changes can reduce your breast cancer risk.

*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@carimgmedical.com.**

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I have been married for 25 years, and my husband recently left me for a younger woman. I am devastated, and I know I need help. I cannot believe this is happening. What

emotions can I expect as I go through this loss and for how long?

A: First, you are aware that you need to seek help. I recommend you seek help from a trusted professional as soon as possible as you mentioned. Betrayal is considered one of the most devastating losses one can go through. It is necessary for you to understand the process of grief when having been betrayed. Often when one has been betrayed, there are overwhelming emotions that are so intense, it is difficult to make any sense of them. It is helpful to understand what these emotions are and why you are experiencing them before you can take any action.

Grief involves stages one goes through: shock/denial, anger, depression, bargaining, sadness and acceptance. These stages come and go in waves and tend to overlap. One may be experienced more intensely than another at times.

There is no good, bad, right or wrong way to grieve. It's a process that is very individualized. Some people may feel stuck in one stage that prevents them from moving on. It's helpful to work with a professional to move through the stages.

Most commonly, people want to avoid the grief experience because the emotions can be so intense. It's common to engage in avoidance behaviors. Avoidance is the number one coping technique.

Anger is a common stage where people become stuck, especially when the issue of betrayal is in the anger stage. They become so focused on the wrong that was done to them that they never really fully experience the other emotions, such as the sadness due to the loss of the relationship. Other times, people become stuck in the denial stage by becoming focused on forgiveness. They are so quick to want to resolve the issue that they deny the full experiences of the anger and sadness involved in the loss.

The following will assist you with the grief process:

Denial/Shock – The initial stage of shock or denial is when you are initially confronted with the betrayal. You may feel numb or as though you were hit with a two-by-four. This stage can be fairly short especially if the individual acknowledges the betrayal. It may be longer if someone has an issue with feeling anger. They might want to try and dismiss the seriousness of the transgression or try to focus too quickly on forgiving the transgressor, in this situation, your husband.

Anger – Once the betrayal and loss is fully acknowledged, the individual is likely to feel intense anger. This is a very delicate stage because this is when many things can go wrong in the process. First, it is important to realize the emotion of

anger is okay. However, actions that are influenced by anger may not be acceptable. For many, when they are initially hurt and react with anger, their inclination is to retaliate and hurt the betrayer who hurt them. It's natural to feel anger and realize that hurt lies beneath the anger. It's okay to let the person who hurt you know your feelings and that you need space to process your emotions.

Venting Emotions – The betrayed person needs to vent. Try to avoid venting to the person who has hurt you. Chances are the betrayer will react defensively which will only lead to your escalating anger. It's also best to talk with an unbiased yet trusted person who will listen and understand. If that is not possible, a minister or therapist can help you through this process.

Write grief letters – Another way to vent is to write about your feelings. It can be a very cathartic exercise and can help with purging without going to the betrayer. It's a way to vent without misplacing your anger as that can lead to displacing your anger to others who have not done anything to hurt you. You never want to violate anyone else. If you need a physical anger release, that is fine as long as it is in a healthy way. You can go for a run, hit a punching bag, play golf or tennis. A physical outlet that is safe can help you feel better. As you work through your anger, you will begin to come to a point.

Sadness – It is a recognition of what you have lost to its fullest extent. You begin to think about the good things in the relationship that you miss. You realize the shattered trust and know you can never regain that complete trust again. Once someone has violated our trust, we can get to a point where we may be able to continue the relationship with them, yet knowing forever that they have the capacity to violate that trust and betray us again. During the time of sadness, it's important to release the emotions just as releasing the anger. Again, you can write your feelings, and I suggest keeping a journal. You can also imagine telling the person who hurt you how you feel without holding back and the loss of the relationship that grieves you. Of course, it's okay to cry. Crying is a part of grief and it's healing.

Acceptance – Be mindful that the grief process is a healing process and there is no magical time this will end. It is very individualized. It was built into our systems to help us cope with the numerous losses we experience in life. If we trust the process fully, we will heal. This means allowing the feelings to be what they are, no judgments, no criticisms. If you learn to trust this healing process, you will at some point get to acceptance. Be patient with yourself and release any self-blame. This is a time where decisions can be made and action can be taken. It is your decision if your husband can lead to more hurt and is not worth it to you to sustain the relationship, or you may decide that there is more good in the relationship to you to let it go. Whatever you decide, take extreme care of yourself and seek all the support you need for as long as you need 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.**

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dearPharmacist

Three Tests To Check For Adrenal Fatigue



by Suzy Cohen, RPh

Dear Readers: Do you feel tired and drained of energy all the time? Maybe you've been trying to correct your thyroid hormone without luck. If you're adrenals are weak, you'll have thyroid

disease, as in hypothyroidism.

Think about the past year or two. Have you been under pressure or a lot of stress. If work, school or relationships are causing you to suffer with constant deadlines,

pressure or anguish (even mental anguish) then it's possible that your exhaustion is from adrenal fatigue.

Adrenal fatigue is the type of fatigue that occurs when your "fight or flight glands" produce too much cortisol and aldosterone (think of the alarming stage), and then after a while, too little cortisol because they're completely worn out. The antidote to adrenal fatigue is easier said than done, although a mental or physical vacation from the stress might help. One overlooked reason for low libido is the pregnenolone steal.

How do you know for sure if this is what you're dealing with? There are three home tests you can do to see if you have adrenal fatigue. I know of a fourth as well, in my extended version of this column. If you want to read that, please sign up for my newsletter at www.suzycohen.com, and I'll email it to you next week.

The Pupil Test – Go into a dark room and shine a little flashlight towards your eyes. Your pupils respond to light and

dark, and upon the light shining into your eyes, they should constrict (get smaller) immediately. The constriction happens within seconds if you're healthy, but if your pupils stay dilated for 10 to 20 seconds before constricting, or they never constrict, then you probably have adrenal fatigue.

Thermoregulation – Adrenal fatigue will absolutely compromise the feedback loop that controls your body's temperature. You might feel cold, then feel suddenly hot. Your temperature may vary by two degrees from day to day. If you take your temperature three times in one day, and three more times the next day, then take the average for each day, it should not differ by more than a couple of degrees from day to day. If it does, your adrenals are taxed, and temperature stability is more difficult to achieve. This might explain the hot/cold problem you have.

Dehydration – Do you crave salty foods like potato chips? It's possible that this is due to adrenal fatigue and the resulting

fluctuations in aldosterone hormone. Your body can't utilize fluid effectively, or properly regulate sodium and potassium levels which causes mild dehydration, even though you could be drinking plenty of water. This is very common for people who have chronic fatigue, or who have been seriously ill for a long time.

Blood Pressure Response – You'll be taking your blood pressure twice for this test. Make sure you've drunk enough water the day you test. Lie down in bed and rest for five minutes then take your blood pressure. Then get up and take your blood pressure immediately (while standing up). The top number (systolic) should go up by about 8 to 10 points. If it doesn't, it's a clue that your adrenals are overworked.

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. ✨

Beautifulife:

True Colors



by Kay Casperson

It always amazes me to see how people react when faced with the pressure of a crisis, confrontation, emergency, disaster, crossroads or just a major decision. Why is it that some people tend to change so much

when the going gets tough instead of staying true to who they have always portrayed to have been to the world?

Why is it that so many shy away from the person they truly are down deep inside, and instead try to be someone that they never really fit well into the mold of anyway? I feel strongly about the fact that we should dig deep inside to pull out the personalities, gifts and traits that we were blessed with and to not be afraid to let the world know who we really are.

Wouldn't it make life better if we knew exactly who someone was at the start of a relationship or friendship rather than finding out later that this person is completely different than what we

thought? My suggestion would be to get to know someone long enough to see them work through the good times and the tough times to see how they react and who they become or don't become in the midst of it all.

Maybe it would be a good idea to test the waters when thinking about a long-term relationship with someone and make sure that you witness their character during both the calm and chaotic times of this thing called life. My aunt used to tell me when I was young that if you go through all four seasons with someone in a relationship you will really get to know them, but I also think that the seasons should be more than just certain times of the year.

I believe that you should go through the various seasons of life both positive and negative which would include commitment, achievements, discoveries and blessings as well as seasons of sickness, sadness, loss and disagreements. You see we all tend to change over time, good or bad. We are always learning and growing, so it would be hard for anyone to stay of the exact same mentality forever.

Some of the best advice that I can give is that even if you feel you know someone well enough to make a commitment to them in any kind of partnership, whether it be your work or personal life, make sure you look deep enough to see their

true colors. Take a look at their past, their present and also what their plans are for the future.

I would also encourage you to make sure that YOU are wearing your true colors at all times so that anyone you meet knows exactly who they are engaging with. Don't be afraid to show the world who you really are because you were designed to be unique and special and have much to contribute to all those who are lucky enough to know you. I am confident that grasping this notion will help push you in the direction of living your most balanced

and beautifulife forever.

My affirmation for you this week is: "I am wearing my true colors at all times so the world can see all that I am meant to be."

Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva islands and manufactures beauty and lifestyle products sold across the country. To stay inspired, visit www.kaycasperson.com or follow on social media @kaycasperson. ✨

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Florida Highway Patrol	278-7100
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Building Department	472-4555
Planning Department	472-4136
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Library - Captiva	239-533-4890
Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
Post Office - Captiva	472-1674
Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	472-6197
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
Symphonic Chorale of SW Florida	560-5695
CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc ..	http://abwasanibelcaptiva.org
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
Democratic Club of the Islands	Demclubislands@gmail.com
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH. OF SANCAP 24-hr service	472-0404
Sanibel Island Fishing Club	472-8994
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus	395-1202
Sanibel-Captiva Shell Club	facebook.com/sancapshellclub
Sanibel Youth Soccer	www.sanibelsoccer.org
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

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press@islandsunnews.com

PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Bear And Allison

Hello, my name is Bear. I am a 4-year-old male labrador retriever mix who is a loveable lug. I think I am a lap dog and, so far, no one has told me otherwise. Don't let my salt and pepper face fool you - I am a young four years old but very well-mannered and trained. I would be a great addition to any family. I already know quite a few of the Canine Good Citizens requirements. My new family can continue the training and have me tested and certified CGC if they wish. My adoption fee is \$75.



Bear ID# A584931

Hi, I'm Allison. I am a 7-year-old female domestic shorthair who is very loveable and affectionate. I am an absolute sweetheart that would prefer to be the queen bee around the house. I am a 'Super Senior' and my adoption fee includes spay, up-to-date vaccinations, rabies, county license and a 10-day health guarantee. That's a \$500 package.



Allison ID# A737552

My adoption fee is \$25. The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at www.leegov.com/animalservices or call 533-7387.*

Haven on Earth Animal League

Triscuit And Blueberry



Triscuit

Hello, my name is Triscuit. I am a beautiful 1-year-old Calico kitty, and I recently had a litter of kittens. I am currently living with a foster family. I will be spayed and brought



Blueberry

up to date on all vaccines. My adoption fee is \$100. Hi, I'm Blueberry. I am a beautiful 1-year-old Russian Blue kitty with bright green eyes. I am a very shy little girl and really need to be in a quiet home with someone that will give me time to adjust. I am currently staying with a foster mom. I am spayed and up-to-date on all vaccines. My adoption fee is \$35. 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.*

Bake Sale And Pet Adoption Fundraiser

The Haven on Earth Animal League (HEAL) cat rescue will hold several fundraising and adoption events this month. On Saturday, May 19, a bake sale will take place in the Publix shopping center parking lot at the Shops at Village Walk on Dani Drive from 10 a.m. to 3 p.m. There also will be an adoption event at the PetSmart on Six Mile Cypress Parkway on the same day from 10 a.m. to 3 p.m., and raffle tickets for several great prizes

will be sold. Then, on Sunday, May 20, a second bake sale will be held at Petco in Gulf Coast Town Center from 10 a.m. to 3 p.m. Several cats and kittens will be available for adoption at each event. Proceeds from the bake sale and raffle will benefit HEAL and go toward veterinary and food costs for the numerous cats and kittens that are being cared for by the organization's volunteers. Since its inception, HEAL has rescued more than 1,200 cats and kittens and placed them into forever homes. To make a donation, or inquire about available cats and kittens, contact Marcie Fernandez, HEAL's founder at 410-9983 or email haveneearthanimalleague@yahoo.com.*

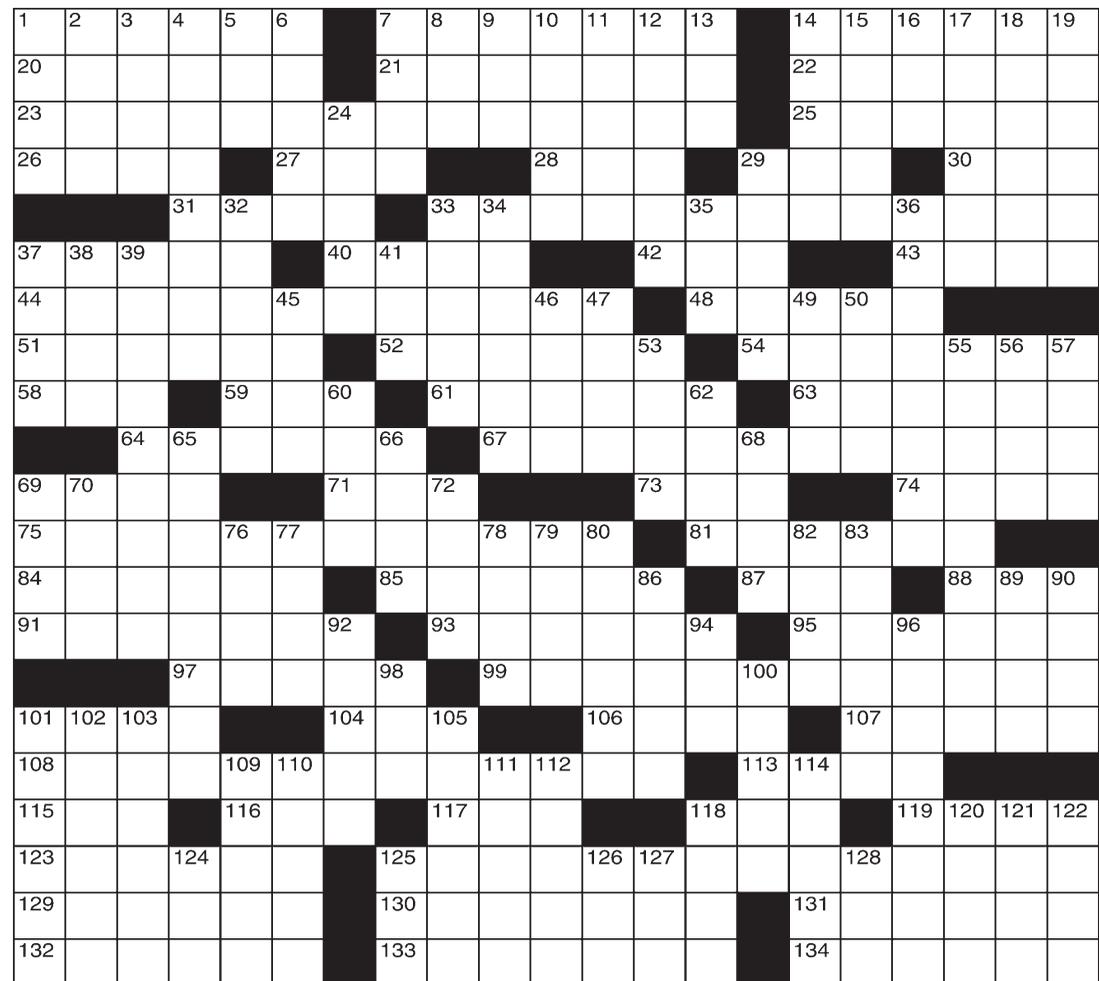
PUZZLES

Answers on page 53

Super Crossword

FLEET GROUP

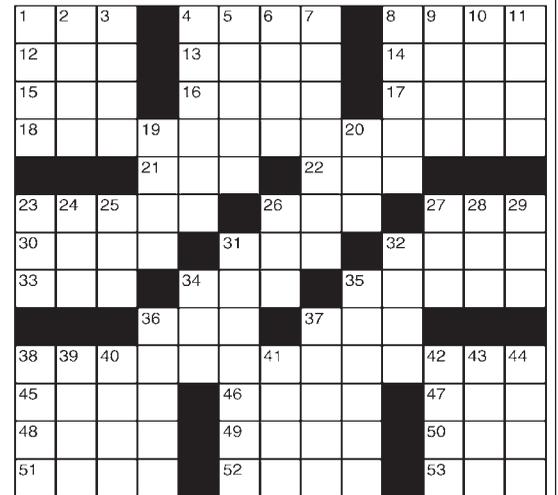
- ACROSS**
- 1 Ones doing stand-up
 - 7 Dancer's bodysuit
 - 14 Roosevelt's predecessor
 - 20 Wide road
 - 21 Work history summaries
 - 22 Unabridged
 - 23 What many a thin person has
 - 25 Be there for
 - 26 "What — is new?"
 - 27 Actor Benicio — Toro
 - 28 Here, to Yves
 - 29 — carte (not prix fixe)
 - 30 Prefix with fascist
 - 31 Beams
 - 33 Specialty of many emergency teams
 - 37 Is sore
 - 40 Ballet move
 - 42 Dawn deity
 - 43 Nutrition Facts group
 - 44 Alternative to jogging
 - 48 Recurrent theme
 - 51 Often-stubbed digit
 - 52 Used a saber
 - 54 Color-mixing board
 - 58 Smoke waste
 - 59 — port (PC connection)
 - 61 Ladderlike in organization
 - 63 Charlton Heston film
 - 64 Harry at Hogwarts
 - 67 Cornmeal mush
 - 69 Starting on
 - 71 Jim-dandy
 - 73 "Mean Girls" actress
 - 74 Stretches of history
 - 75 Vigilante retribution, perhaps
 - 81 Informant
 - 83 Snowden
 - 84 Hindu belief
 - 85 Moment
 - 87 See 56-Down
 - 88 China's Sun — -sen
 - 91 Keeping up contact
 - 93 Bait
 - 95 Without risk
 - 97 Some lap dogs, briefly
 - 99 It doesn't stop at a lot of stations
 - 101 Big hauler
 - 104 Dernier — (latest thing)
 - 106 Bad guy in "Othello"
 - 107 Spine-chilling
 - 108 Improv comic's skill
 - 113 Sail support
 - 115 Clickable address
 - 116 State of rage
 - 117 Mattel man
 - 118 "Emmy" has two
 - 119 Had to repay
 - 123 Element in antiseptics
 - 125 Wish for getting better
 - 129 Shells out
 - 130 Australian sheepdogs
 - 131 Skittish
 - 132 Badger
 - 133 Moment
 - 134 Sculptures without limbs
 - DOWN**
 - 1 Small eatery
 - 2 Egg shape
 - 3 See 124-Down
 - 4 It accrues
 - 5 Summa — laude
 - 6 Dilapidated
 - 7 Kazakh river
 - 8 State north of Kan.
 - 9 The same, at the start?
 - 10 May bloom
 - 11 Friends, in Florence
 - 12 Have a home
 - 13 Brit. military honor
 - 14 Cures
 - 15 Scheduled
 - 16 Mel of the diamond
 - 17 Austrian port
 - 18 Borgnine with an Oscar
 - 19 Totally alters
 - 24 Coil deviser Nikola
 - 29 Fable author
 - 32 Invite to a movie, e.g.
 - 33 Lawn tools
 - 34 Not much, as of salt
 - 35 DVD- — drive
 - 36 Wrongdoer
 - 37 "Mamma Mia" group
 - 38 NFL receiver Carter
 - 39 Zenith
 - 41 Santa helper
 - 45 Part of SSW
 - 46 Bowl game gp.
 - 47 Hair care products
 - 49 — by Dana (perfume)
 - 50 Old TV's "— Three Lives"
 - 53 Info to input
 - 55 Like college juniors
 - 56 With 87-Across, fishy hero
 - 57 Little bits of work
 - 60 Lover boy
 - 62 Cubs great Sandberg
 - 65 Straying from the subject
 - 66 Diva Diana
 - 68 Increases fraudulently
 - 69 Sparkling wine city
 - 70 Duck relative
 - 72 TV-advertised music label
 - 76 Veritable
 - 77 It beats a 10
 - 78 Slush Puppie company
 - 79 Wheedle
 - 80 Leg on which a cello rests
 - 82 Wimpy type
 - 83 Tapers off
 - 86 Hip-hop headwear
 - 89 Others, in Latin
 - 90 Daly of "Cagney & Lacey"
 - 92 Anne of "Wag the Dog"
 - 94 Less than zero: Abbr.
 - 96 Worry about
 - 98 — Lanka
 - 100 Amiens' river
 - 101 Slogging-in-mud sound
 - 102 A moon of Jupiter
 - 103 Less harsh
 - 105 Bic buy
 - 109 Sorts
 - 110 Piece of hair
 - 111 Boat spines
 - 112 Like klutzes
 - 114 Natty tie
 - 118 In the past, in the past
 - 120 Takes as a spouse
 - 121 "And so ..."
 - 122 Hides gray, in a way
 - 124 With 3-Down, really disorderly
 - 125 Schuss, say
 - 126 Julio's "day"
 - 127 Strong wish
 - 128 Lennon loved her



King Crossword

ACROSS

- 1 Swelled head
- 4 Marble chunk
- 8 Taj Mahal city
- 12 "You've got mail" co.
- 13 Carry on
- 14 Hairstyle
- 15 Hollywood trickery, for short
- 16 Basin accessory
- 17 Greek vowel
- 18 Firetruck gear
- 21 "— Impossible"
- 22 Officeholders
- 23 Bocce equipment
- 26 Coquettish
- 27 Coll. transcript no.
- 30 Fairy tale preposition
- 31 Unc's kid
- 32 Witticism
- 33 Kitten's comment
- 34 Wield oars
- 35 Choral composition
- 36 Jewel
- 37 Dine
- 38 Free from responsibility
- 45 PC picture
- 46 Tramcars' contents
- 47 Grand —, N.S.
- 7 "Symphonie Fantastique" composer
- 8 Low-pH chemicals
- 9 Suitable
- 10 Ceremony
- 11 Somewhere out there
- 19 Potter's need
- 20 Whatever number
- 23 Vagrant
- 24 Mimic
- 25 Depressed
- 26 Intimidate
- 27 Eviscerate
- 28 Chart format
- 29 Likely
- 31 Ease
- 32 Hebrew letter
- 34 Ump
- 35 Oats-nuts-fruit concoction
- 36 Hook-nosed Muppet
- 37 Rid of fleece
- 38 Grown-up nits
- 39 Beige
- 40 Go sightseeing
- 41 Genealogy chart
- 42 Oil cartel
- 43 Sandwich treat
- 44 Iodine source

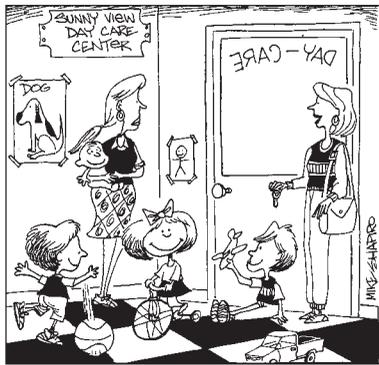


DROP THE FIRST MAGIC MAZE LETTER TO MAKE A NEW WORD

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

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

- Avenues
- Crickets
- Fever
- Hallowed
- Beagle
- Dread
- Foxtail
- Lawful
- Brainy
- Emotion
- Frock
- Mangle
- Coverage
- Fetch
- Goats



"I'll be back to pick up my kids when they're ready for _____."
answer on page 55

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!

Deduce
ANGEL _____

Huge
GATER _____

Issue
CIPTO _____ _____

Ignite
LIKEND _____ _____

TODAY'S WORD

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

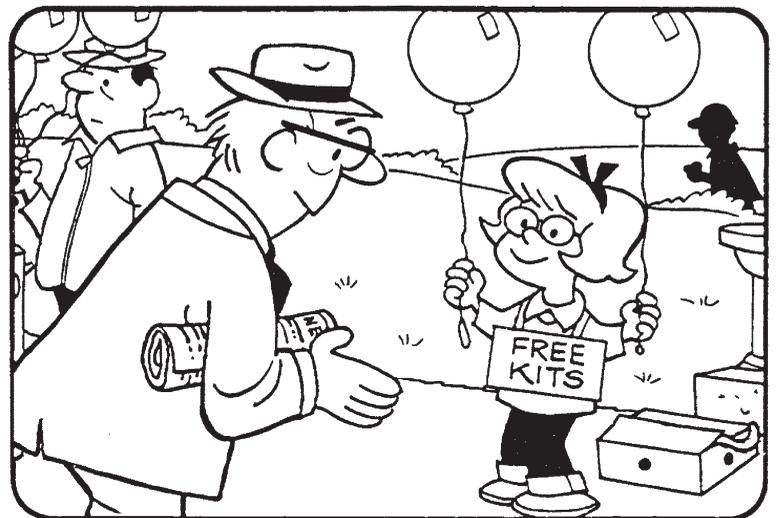
SUDOKU

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.

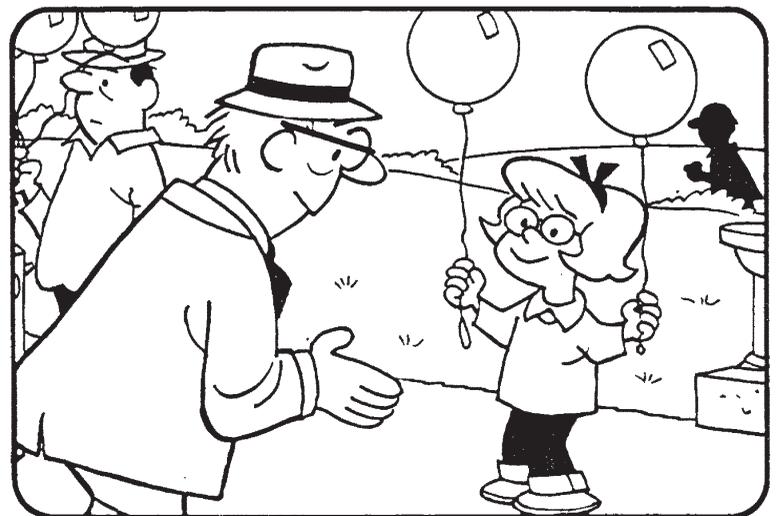
answer on page 53

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Zipper is missing. 2. Hat is different. 3. Paper is missing. 4. Sign is missing. 5. Balloon is missing. 6. Box is missing. 7. Paper is missing.

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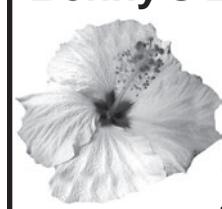
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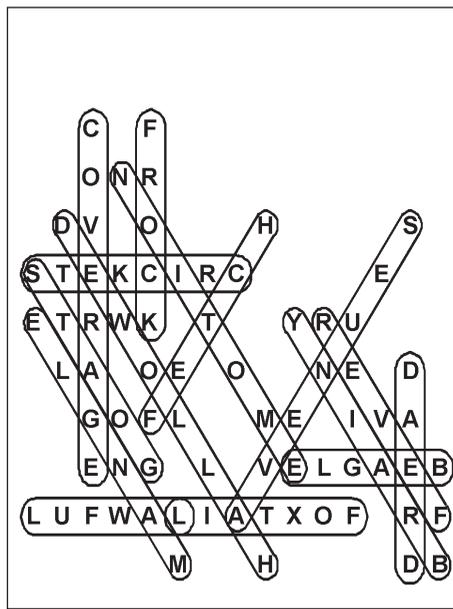
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1	9	3	4	2	7	6	5	8
7	6	5	1	3	8	4	9	2
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Wear a helmet

Use lights at night

Always be courteous



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FOR WEEK OF MAY 21, 2018

Aries (March 21 to April 19) Although you might prefer moving forward at a steady pace, it might be a good idea to stop and reassess your plans. You could find a good reason to make a change at this time.

Taurus (April 20 to May 20) Just when you thought you had everything planned to the smallest detail, you get some news that could unsettle things. But a timely explanation helps put it all back on track.

Gemini (May 21 to June 20) Home and work continue to compete for your attention. But you handle it well by giving each its proper due. Someone you trust offers valuable advice. Listen to it.

Cancer (June 21 to July 22) Unsettling news creates a difficult but not impossible situation. Continue to follow your planned routine, but keep your mind open to a possible change down the line.

Leo (July 23 to August 22) Lick your wounded pride if you like, but it's a better idea to find out why your suggestions were rejected. What you learn could help you deal with an upcoming situation.

Virgo (August 23 to September 22) Feeling a bit listless? No wonder. You might be pushing too hard to finish everything on your to-do list. Cutting it down could help get your energy levels up.

Libra (September 23 to October 22) Taking time out of your busy schedule might be the best way to handle that sensitive private matter. It will help reassure everyone involved about your priorities.

Scorpio (October 23 to November 21) Insist on full disclosure by all parties before agreeing to be part of a "great deal." What you learn should help you decide whether to go with it or not.

Sagittarius (November 22 to December 21) Your decision to protect the secret that was entrusted to you might irk some people. But it also wins you the admiration of those who value trust and loyalty.

Capricorn (December 22 to January 19) Creative activities take on a practical approach as you realize you might be able to market your work. Ask for advice from someone experienced in this area.

Aquarius (January 20 to February 18) If you're suddenly a bit unsure about your decision, ask trusted colleagues and/or friends or family members for suggestions that could help resolve your doubts.

Pisces (February 19 to March 20) A workplace situation could get stormy. But

stay on course until there's a solution that meets with everyone's approval, and things can finally calm down.

Born This Week: You keep an open mind on most matters, making you the confidante of choice for people who need your honest counsel.

STRANGE BUT TRUE

- It was noted Spanish filmmaker Luis Bunuel who made the following sage observation: "Age is something that doesn't matter, unless you are a cheese."

- You might be surprised to learn that we call coffee beans aren't actually beans -- they're the pits of the coffee beans.

- Would you believe me if I told you that there were parachutists (better known now as skydivers) before there were airplanes? Yep, it's true! In Paris in the year 1900, a man leaped from the Eiffel Tower and made a safe descent using a parachute. It

wasn't until December 17, 1903, that the Wright Brothers made the first controlled, sustained powered flight in Kitty Hawk, North Carolina.

- According to statisticians, about 200 people a year die while watching -- not playing -- football.

- Of all the stamps that have been used by the U.S. Postal Service, more have featured George Washington than any other person; so far there have been 305 with the likeness of the nation's first president.

- If you ever make a trip to Alaska, you might want to keep in mind the fact that it is illegal there to wake a sleeping bear for the purpose of taking its picture.

- We don't often associate museums with beverages, but it seems that they're fairly popular throughout the world. For instance, museums dedicated to coffee and/or tea can be found in London, Moscow, Paris, Sao Paulo, Zurich and Kyoto, as well as in

China, South Korea, Colombia and Angola. Germany has three of them. Coffee and tea must be quite popular in the Netherlands; museums dedicated to the beverages can be found there in five different cities.

THOUGHT FOR THE DAY

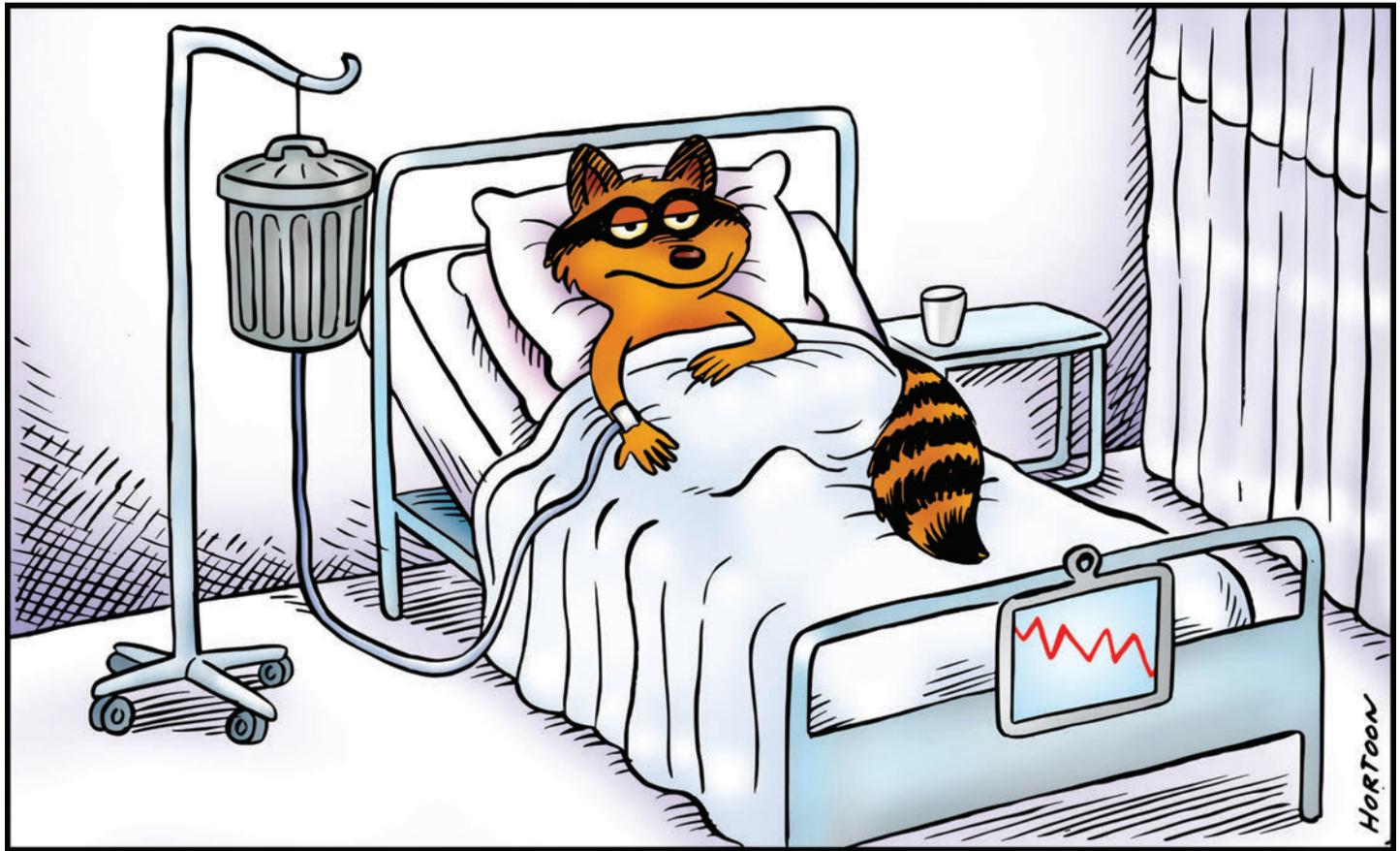
"Testing can show the presence of errors, but not their absence." -- Edsger Wybe Dijkstra

SCRAMBLERS

1. Glean;
2. Great;
3. Topic;
4. Kindle

Today's Word
COLLEGE

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Venetian Gardens	Fort Myers Beach	2016	4,016	\$1,775,000	\$1,775,000	0
Oak Knoll at Bonita Bay	Bonita Springs	1997	3,562	\$1,600,000	\$1,500,000	100
Orchid Ridge	Estero	2006	3,652	\$1,329,900	\$1,249,000	19
Sunset Captiva	Captiva	1980	2,272	\$1,229,000	\$1,140,000	3
Banyan Cove	Estero	2002	4,486	\$1,175,000	\$1,000,000	97
Cape Coral	Cape Coral	2012	3,328	\$985,000	\$970,000	59
Vittoria	Fort Myers	2007	3,274	\$980,000	\$970,000	75
Kenwood	Estero	2003	3,019	\$979,000	\$950,000	36
Cedar Glen	Estero	1999	3,028	\$949,000	\$900,000	71
Edgewater	Fort Myers	2005	3,449	\$899,900	\$850,000	179



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