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Eden Oak Preserve Hearing Postponed

by Jeff Lysiak

When more than 100 people visited the Lee County Hearing Examiner's office last Friday morning to voice their opposition to a major residential development located off Shell Point Boulevard in South Fort Myers, those attending the hearing expected an opportunity to have their voices heard. However, before any public comment was allowed, Hearing Examiner Laura Bellflower announced that the applicant for Eden Oak Preserve – the Ontario, Canada-based Eden Oak, LLC – had requested a continuance of the hearing, which was granted.

The new hearing date for the Eden Oak Preserve application is Tuesday, September 25. It will be held at the office of the Lee County Hearing Examiner, located in Room 218 (second floor) of 1800 Monroe Street in Fort Myers. The hearing will begin at 9 a.m.

The project, which has been in the

works for the past six years, has come under heavy scrutiny and opposition by environmental activists and local residents alike due to many reasons. Most notable are plans to construct the 55 single-family home development on 36 acres of land currently designated coastal mangrove wetlands; the development would also include 55 boat slips in mangrove habitat which provides public protection from storm surges, flooding and designated critical habitat used by several endangered and listed species.

According to Rae Ann Wessel, natural resource policy director for the Sanibel-Captiva Conservation Foundation (SCCF), development on this property has been proposed and appropriately rejected repeatedly over the past 40 years beginning with The Estuaries development in the 1970s.

"We've been fighting it since 2012," said Wessel. "The original plan called for 171 boat slips. The marina, clubhouse, multi-family and all but four single family units have been eliminated from the east side of Shell Point Boulevard. But this is all critical wetland habitat. Why in this day and age, with concerns about sea level rise, would we want to put people

continued on page 13

Sanibel Selected Top Vacation Destination



Sanibel Island ranked the number 15 vacation destination

photo courtesy Expedia

by Jeff Lysiak

Visitors from one of the leading travel booking websites recently ranked Sanibel as one of the top vacation destinations in North America,

based upon reviewer experiences posted to the website during 2017.

In an email sent to Sanibel City Manager Judie Zimomra on May 14 from Expedia Communication Specialist

continued on page 44

Fourth Graders Take Trip Through Sanibel History



Docent Clevie Goodwin, right, showing the group a replica of the Key Marco Cat, a 1,000-year-old artifact discovered during an 1896 archeological dig on Marco Island

photos by Jeff Lysiak

by Jeff Lysiak

Last Thursday morning, 36 fourth grade students from The Sanibel School visited the Sanibel Historical Museum & Village, spending an hour

learning about the island's earliest settlers, what life on Sanibel was like a century ago, and touring several of the historic buildings located on the village grounds.



Lynne Campean leading the group of youngsters through the village

After riding bicycles from the school, the group – along with teachers Julie Wappes and Laura Wolf – arrived at Shore Haven, the 1924 structure relocated to the village from its original location on San Carlos Bay. Inside, museum

volunteer Lynne Campean shared her knowledge of Sanibel's earliest settlers, the Calusa Indians, and the subsequent arrival of Spanish explorers.

According to Campean, Sanibel was continued on page 10

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From left, Deborah Butler, Bea Pappas, Linda Erhart, Anne Mitchell and Linda Jennings discussing what printmaking techniques and tools they will use during last week's Gelli Printing class at Sanibel's Center 4 Life photos by Jeff Lysiak

New Gelli Printing Class Catching On

by Jeff Lysiak

One recent innovation in the world of abstract art is beginning to catch on locally, as members of Sanibel's Center 4 Life have taken to the Gelli printmaking process with plenty of enthusiasm and excitement.

"I started working with the Gelli process about four years ago, teaching classes at BIG ARTS," said instructor Bea Pappas. "The old process used a food-based product that only lasted about three prints. But then somebody very smart came up with the idea for using silicone, which is reusable."

For those who may be unaware, Gelli Printing is a form of art called monoprinting. Previously, artists used to have a press to transfer paints from the plate onto papers or fabrics. But with the creation of the Gelli plate, made of soft, reusable silicone, artists can apply paint onto the plate with a brayer, put the paper/fabric onto the plate, apply some pressure with their hands or a brayer, and the paint is transferred from the plate to the paper/fabric.

Artists also have the freedom to blend multiple colors or incorporate a variety of textures using stamps, stencils, screens and found objects. Using the same paper/fabric several times, they can create an image containing multiple layers and patterns.

During last week's Gelli Printing class, four students observed the process with Pappas. They collaborated on ideas for improving their previously created artwork, suggesting different stencils, screens and materials to be used. Pappas brought along a number of materials to be used as canvases, and multiple colors of foil - red, gold, silver, black, white and granite - to be incorporated into each artist's creations.



Instructor Bea Pappas has been teaching Gelli Printing classes for the past four years



Linda Erhart applies the Gelli liquid to her stencil

"It's a brilliant product and process, because you never know what you're gonna get... unless you can think backwards."

One of Pappas' students, Linda Jennings, said that she took one of the Gelli Printing classes last year. "I enjoyed it enough to come back again," she said. "I also like that I can come up

continued on page 4



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OBITUARY



JAMES A. POSHEK II

James A. Poshek II (aka, Jaime, Monkey, Posh) of Estero passed away on May 16, 2018. He was born on July 15, 1962 in Chicago, Illinois.

He is survived by his parents Patricia and James of Sanibel, his sister Kimberly of Naples and brother Kevin of Sanibel, and multiple aunts and many cousins. He is preceded in death by his brother Daniel.

Jaime grew up in Ogden Dunes, Indiana and summered on Donnell Lake, Michigan. He enjoyed skiing, sailing and fishing at both homes. He graduated from Portage High School where he was on the soccer and tennis teams and did a lot of graphic art for the school.

Jaime graduated from Michigan State University with a BA in marketing. He was a member of the Delta Chi fraternity and the Michigan State soccer team.

Upon graduation, he lived on Orchard Lake, Michigan for 15 years and worked for O/E Systems marketing IBM computers. Jaime then moved to Sanibel where he was in management at The Sanctuary Golf Club.

He later moved to Estero to continue his career in computer marketing where he worked for Adknowledge for 13 years. He worked most recently for their Reach Mobi division.

Jaime was an avid traveler, skier and gardener. He was a gifted artist and his art is displayed in homes and businesses across the country. He was a talented self taught chef and prepared creative and innovative meals for co-workers, family and friends. His sense of humor was broad and unique and his imitations and jokes brought laughter to many.

Jaime was a special person with the desire to always be happy, optimistic and sure. He loved everyone and was a true and loyal friend to many people across the country.

His passing is an enormous loss to

his family and friends especially his Delta Chi brothers that he has had enduring relationships with for over 30 years.

Jaime taught us all to live life full and he will continue to be a light along the way.

His first memorial will be held at St. Isabel Catholic Church, 3559 Sanibel-Captiva Road on Sanibel, on Friday, June 8 at 11 a.m.

If you wish to make a memorial donation, please consider FISH of SanCap or St. Isabel Catholic Church.*

From page 3

Gelli Class

with new ideas that might be used with another collage I already made.”

Another student, Anne Mitchell, explained that she enjoys the idea that “nothing is wasted” when it comes to the print-making process. “Even the scrap paper that we use to clean our rollers doesn’t get thrown away,” she added. “It can become your next piece of art.”

Gelli Printing with Bea Pappas is offered every Friday from 12:30 to 3:30 p.m. through August 31 at the Center 4 Life, located at 2401 Library Way. Cost is \$20 per class for members and \$25 per class for non-members. Supplies needed include a one-inch paintbrush, acrylic paints, water container and paper towels; all other materials will be supplied by the instructor. For more information, call 472-5743.*



Anne Mitchell applying another layer to previously-created artwork photo by Jeff Lysick

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The Community House



Resident Chef Jarred Harris, right, will lead a Farm to Table cooking class on June 15

photos provided



Summer Kids Cooking Camp runs from July 30 to August 3

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.

Baking Classes

Professional French baker Andre Gratesol is teaching a series of baking classes on Thursdays from 10 a.m. to 1 p.m. Maximum 16 students, so sign up early. Cost is \$50 per session.

Yoga And Shell Crafting

Yoga classes continue in May on Tuesdays and Thursdays at 10 and 11:15 a.m. with Dr. Susan Pataky. Shell crafting lessons are held at 10 a.m. on Mondays. All ages are welcome but children must be accompanied by an adult.

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

Alcohol Ink Classes

Anita Gober will teach classes on Alcohol Ink techniques on Wednesday, May 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.

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.

Farm To Table Dinner

On Friday, June 15 from 10 a.m. to noon, there will be a Farm to Table Dinner 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.

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

OBITUARY

MILDRED E. HASSELMAN

Mildred Estella Hasselman, 93, of Sanibel passed away on Sunday, May 13, 2018. She was born on April 25, 1925 in Brownville, New York to the late Earnest and Maybel Schaber.

Mildred graduated from Brownville-Glen Park High School and Watertown School of Commerce; she went on to work at the New York Port of Embarkation in Brooklyn, New York. Mildred met her husband of 64 years while working at the New York Central Railroad offices in New York City. After wedding at St. Patrick's Cathedral, Mildred and Dick followed the typical railroad career, moving their family roughly 20 times within 42 years.

After a stint of living in Gladwyne,

Pennsylvania where Dick served as vice president for Penn Central Transportation and Conrail, Mildred and Dick relocated to Sanibel in 1996. Mildred was a parishioner of St. Isabel Catholic Church, where she sang in the choir. Civically, she was active in the Cub Scouts of America, where she served as Den Mother while rearing her sons. She also found joy working as a volunteer at Bryn Mawr Hospital in Pennsylvania. In her spare time, Mildred was fond of golfing, sewing, decorating and traveling.

She is survived by loving husband, Richard B. "Dick" Hasselman; and sons, Richard Dwight of Fullerton, California, and James Christopher of Ardmore, Pennsylvania.

Memorial services will be held at 11 a.m. on Thursday, June 14 at St. Isabel Catholic Church, 3559 Sanibel-Captiva Road, Sanibel, FL 33957.✽

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GRADUATION



Bailie Johnson photo provided

Richard and Mead Johnson are proud to announce the graduation of their daughter, Bailie, with a bachelor of science in business management from Florida Gulf Coast University (FGCU). She will now pursue her master of business administration degree at FGCU.

Bailie plans to continue her career in the family business, Sanibel Packing Company with a focus on Sanibel Catering Company by Bailey's.✪

Vacation Bible School Offered



Vacation Bible School participants with school co-leader Meghan Warner, center photo provided

St. Michael & All Angels Episcopal Church invites elementary school children between ages 5 and 12 to attend Vacation Bible School. Classes will be offered from 9 a.m. to noon June 11 through 15 on the church campus. Children from Sanibel-Captiva and Fort Myers are all welcome to join in as well as visiting children, grandchildren, nieces, nephews and friends.

St. Michael's Parish Nurse Wendy Warner, RN, and her daughter Meghan Warner, the church youth leader, lead

this fun week of learning, singing and activities. Wendy, who has served as the St. Michael's nurse for three years, is also a member of the church Sunday School teaching team.

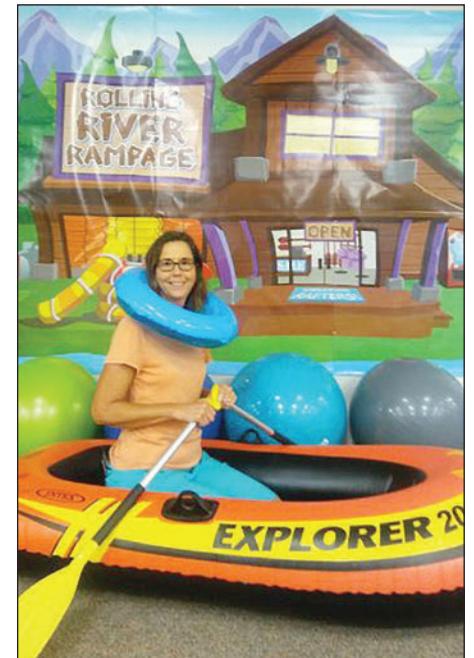
A graduate of Florida Gulf Coast University, Meghan has led the church youth group for three years. She has also been a counselor at the Diocesan summer camp for children. Both Wendy and Meghan have taken leadership roles with Girl Scouts of the USA.

Vacation Bible School learning activities promote understanding of the Bible stories in ways that children with different learning styles can grasp, and have fun doing it. Small group lessons and individual learning, in such areas as painting, cooking and music, allow participants to be creative and artistically expressive about the meaning behind the stories. Snacks and lunch are provided each day, and there is no charge to attend. To register, call 472-2173 by Friday, June 8.✪

Vacation Bible School Ready To Launch

Rolling River Rampage Vacation Bible School (VBS) is about to launch at Sanibel Community Church, located at 1740 Periwinkle Way. Dianna Anderson is gearing up to take the kids on a white water rafting adventure with God. If your child is in preschool through completed fifth grade, you won't want to miss out on the fun.

VBS runs June 4 through 8 from 4 to 7 p.m. Activities include dinner, exciting new music, amazing science, creative crafts, fun recreation and memorable Bible stories that help children know God is always with them as they ride the rapids of life. There is no charge to attend. For more information or to register your child, call Holly at 472-2684.✪



Dianna Anderson is ready for some white water rafting photo provided

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Low-Speed Vehicle Rental Business Application Denied

by Jeff Lysiak

Members of the Sanibel Planning Commission deliberated for more than two and a half hours on Tuesday over an application seeking conditional use approval to bring a low-speed, electric-powered vehicle rental business to the island. And similar to a nearly identical business application submitted in late 2016, commissioners voted to deny the application based upon it being in conflict with the objectives of the Sanibel Plan, conditions set forth in the Land Development Code and concerns over safety.

Laura DeBruce and Jeffrey Blackman, owners of Sanibel Carts, LLC, submitted an application to open a low-speed vehicle rental business within the Palm Ridge Place Shopping Center. They planned on an inventory of seven street-legal, solar/electric vehicles (five of them four-passenger vehicles, with the other two six-passenger vehicles) that would be rented out of Suite 15 of the commercial building.

"The applicant indicates that only seven carts will be rented out at any given time, and that if all carts have been rented, no additional carts will be brought onsite and made available for rent," the planning department staff report reads, in part. Vehicles would only be rented to drivers age 21 or older, and drivers would be informed to only operate those vehicles on city roadways (i.e. not on the shared use path or off-road).

Josh Ooyman, city planner, stated during his presentation of the application that the planning department had several objections to items proposed by DeBruce and Blackman. "Staff finds that the proposed low-speed vehicles contain similarities to the means of transportation discussed in this statement, and therefore should be viewed in the same light as having the potential to exacerbate traffic delays," he said. "The safety hazard aspect also bears consideration as low-speed vehicles could create unsafe situations on roadways with respect to faster traffic."

Another objection noted by Ooyman was that the proposed business would not comply with the Sanibel Plan's goal of reducing the volume of traffic on Sanibel. "Staff finds that the proposed rental vehicles, although battery-powered and more environmentally-friendly than the common automobile, will still provide increased opportunities for automobile usage on-island and place additional demand on the natural infrastructure and roadway systems," he added.

"Are we being too exclusive here with regards to the Sanibel Plan?" asked Commissioner Roger Grogman.

Roy Gibson, senior planner and acting director of planning, stated that slower moving vehicles contribute to traffic backing up on island roadways. Other vehicles

attempting to pass the low-speed rental carts is the primary concern for safety.

"These vehicles will definitely slow things down, even if there are only seven of them," said Commissioner Karen Storjohann.

During her presentation to commissioners, DeBruce stated that she and her husband were surprised by the "inconsistencies between our report and the staff report," which she noted they only received on Friday following four months of meetings and email communications with the planning department. She suggested that offering solar/electric-powered vehicles "conforms with the ideals of living on a sanctuary island."

"Every time someone drives a (solar/electric) cart, it will benefit wildlife, it will benefit the air, and it will benefit water quality," said DeBruce, who also explained that their environmentally-friendly vehicles are more compact than standard automobiles, SUVs and trucks.

Blackman stated that he thought it was ironic that they received the city's staff report only after a report in opposition of the application submitted by the Committee of the Islands was published online. "Low-speed vehicles do not take up space, they do not harm the environment and they do not contribute to traffic fatalities," he said.

After fielding questions from several members of the commission, DeBruce reiterated that there had been no indication from her communications with the planning department that their proposal would conflict with the Sanibel Plan, and that she had spent in excess of \$10,000 towards the planning of the business.

"We've been told that sometimes the planning commission does not agree with the planning department staff," said DeBruce. "I turn to you, the planning commission, and hope that this will be one of those times."

Gibson noted that the planning department staff reviews every application "page-by-page," and that their report is "prepared objectively" and independent of public comment received by the city.

During discussions on the application, a number of commissioners questioned whether any low-speed vehicle rental business could be approved on Sanibel, what protective devices and safety features are included on the vehicle, and if the applicant had considered requesting a continuance of their proposal in order to address the planning department's concerns.

Commissioners Richard Johnson and Chuck Kettelman discussed the dilemma of allowing off-island rental businesses – on Captiva and in Fort Myers – that use large commercial trucks with trailers bringing street-legal carts onto Sanibel, but not allowing such a business to be based on the island.

Bruce Rogers, former director of Sanibel's planning department, stated during public comment that he objected to the application because it conflicts with the Sanibel Plan.

"It is apparent that any proposal, including this one, which puts additional motor vehicles on Sanibel roads is not in accord with the Sanibel Plan," said Rogers. "If the city is persuaded that rental of these type of vehicles would be a desirable addition to Sanibel, then the proper procedure would be to amend the Sanibel Plan and Land Development Code to permit this use and set out standards for approval."

"It's a big, big safety issue," added Claudia Burns.

After some additional deliberation and comments, Commissioner Dirk DeWerff made a motion to approve denial of the application, which was seconded by Commission Chair Dr. Phillip Marks, the motion passed by a 6 to 1 vote, with Grogman casting the lone dissenting vote.

Storjohann suggested that the issue of permitting low-speed vehicle rental businesses on Sanibel needs to be addressed at the planning commission's subcommittee level. "I think we've created a problem," she added.

In other business, commissioners approved a variance that would allow a boat dock to be relocated closer than 15 feet from the side property lines as extended into the water, the installation of a new elevator-style boat lift to extend approximately 9.2 feet farther than the maximum permitted waterward extension, and allowing the boat lift to be located closer than 15 feet from the extended side property lines. The request was submitted by property owners Randy Wayne White and Wendy Webb for their dock parcel located at 6428 Pine Avenue.

"Although the reduction of the terminal platform width would further reduce the variance to the waterward extension, staff finds that the proposed lift does not project into the waterway or obstruct the navigable channel more than a boat moored adjacent to the existing dock," the staff report concluded.

The White/Webb variance request was approved, 6 to 1.

At the beginning of the meeting during public comment, several residents spoke out in objection of a proposed subdivision action for a property located at 3869 West Gulf Drive. The owner of the lot proposes to subdivide the parcel for the development of four single-family homes.

City Attorney Ken Cuyler suggested that members of the commission "not get too involved into this" since the application is still being reviewed by the planning department staff.

"This is far too important for the planning department to handle by themselves," said Dr. Steve Brown, a neighboring resident of the parcel, who also suggested that the application be heard by the Sanibel City Council. He added that approving the subdivision would "open Pandora's box" since it conflicts with principles of the Sanibel Plan.

There is no timetable for the planning commission's consideration of the 3869 West Gulf Drive parcel application.✱

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BAT YAM-TEMPLE OF THE ISLANDS

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

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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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Volunteer Lynne Campean describing the process of how a visible gas pump works in front of the Old Bailey General Store photos by Jeff Lysick

From page 1

Fourth Graders

uninhabited during the American Civil War. In 1868, William Smith and his son arrived on the island to establish a castor bean plantation. Around this same period, commercial fisherman Terevo Padilla opened fishing camps on Sanibel and Captiva.

"Sanibel was opened to homesteading in 1884, and any

American citizen over the age of 21 could acquire as much as 160 acres of land, providing he or she resided on the property for five years and paid proving fees," a sign inside the village's Rutland House explained. "Some women held title to land as their husbands had fought for the Confederacy and could not own land."

Inside the Rutland House, museum docent Clevie Goodwin talked about what life was like inside a typical



Volunteer Annette Pacyga, left, gave out replica Spanish gold coins to every student

"cracker-style" home 100 years ago. Built of hard Florida pine in 1913, the structure features a wide hallway and strategically placed doors and windows that allow for better circulation, keeping the house cooler during hot summer months.

Emilie Alfino, executive director of the museum, explained that the facility welcomes students from The Sanibel School on a yearly basis. "We try and teach them the ways our island pioneers used to live, and how that differs from how we live today," she said, adding that some of the most

popular experiences featured during the tour are how early settlers kept house, what clothes they wore and how they dealt with mosquitoes.

According to Alfino, the fourth graders are also interested to learn that Sanibel used to be home to several farms and plantations. "Some of the tools they used to use are positively prehistoric," she added. "And all the work used to be done with mules – there weren't any tractors back then."

Making their way through the village, the group visited the Morning Glories Cottage, a Sears & Roebuck kit home

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purchased from a catalog and built in 1925.

"People would assemble these kit homes like a puzzle, or like Legos," Campean told the students. "And a lot of the people who built these homes only had a fourth or fifth grade education."

At the Old Bailey General Store, Campean described to the youngsters what the experience of buying gasoline for your automobile was like in the early 20th century, demonstrating the practice with one of the two visible gas pumps displayed in front of the building. Inside, Goodwin told the group how the store operated, with clerks assigned to pick up items on a shopper's grocery list and bag them for delivery to their homes. Students also asked questions about some of the antique grocery items on display.

According to Goodwin, the original Bailey's store was destroyed by the 1926 hurricane. It was later rebuilt on higher land next to San Carlos Bay.

Later, the group visited the 1926 Post Office, Miss Charlotta's Tea Room and the Sanibel School House for White Children, where they saw what a typical classroom – open to all grade levels – looked like in the late 1800s.

"I just love seeing the wonder in their eyes that things were actually very different in the olden days," said Campean.

Wappes also explained that her class is studying a curriculum based upon the history of Sanibel and old Florida. "They learn all about the people that were here before us," she said, "and that technology has changed so much in a rather short amount of time."

Following their visit to the Sanibel Historical Museum & Village, fourth graders will write a reflection piece about their experience, what they saw and what they learned.

"The kids are old enough now to ride their bikes to places all over the island. We've also ridden to SCCF and the shell museum," added Wappes. "It's a real bonding experience for them."✱

Fun Facts About Sanibel History

500 BC to 1500 AD – Native Americans inhabit Southwest Florida, including the Calusa Indians

1500 to 1700 – Spanish explorers discover Florida's Gulf Coast
1833 – A group of New York investors sell farm land on "Sanibel"

1884 – Sanibel Lighthouse (Point Ybel Light) arrives via schooner, but sinks two miles from land

1896 – First schoolhouse on Sanibel opens

1899 – Telephone service activated on island

1918 – Wooden bridge connecting Sanibel and Captiva built

1926 – Ferry service between Fort Myers and Sanibel established

1942 – Electric service begins on Sanibel

1963 – Sanibel Causeway opens

1974 – Sanibel incorporates as a city

Youth Ministry End Of School Year Celebration

On Wednesday, May 30 from 6 to 8 p.m., Sanibel Community Church H2O Student Ministries high school group will be celebrating the end of the school year with a small group night at the beach. A fun-filled night is planned with beach volleyball, songs by the fire and roasting hot dogs and s'mores over the fire. During the evening, students will challenge the leaders to a game of beach volleyball, plus a guys verses girls challenge.

High school students are invited to

bring various items to create s'mores, such as chocolate-covered mint cookies, toasted coconut marshmallows, chocolate-covered peanut butter cookies or some leftover Memorial Day treats. The evening will wrap up with acoustic songs by the fire and some time for students to unwind, chat and make plans for their summer vacation.

H2O Student Ministries is a youth ministry program for sixth grade through 12th grade young men and women. The group meets on Wednesday evenings from 5 to 7 p.m. for middle school students and from 6 to 8 p.m. for high school students (Wednesday night meetings will be on summer break starting June 6), and on Sunday mornings at 11 a.m. at 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-denomination congregation located at 1740 Periwinkle Way (next to Jerry's Market).✱

Volunteers Needed July 4

The Sanibel-Captiva Independence Day Parade Committee is looking for volunteers to help out with a variety of tasks before, during and after the parade, which will be held on Wednesday, July 4.

For more information, contact Mary Bondurant at 839-3633.✱

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Golden crownbeard is a non-native wildflower of the aster family photo by Gerri Reaves
Plant Smart

Golden Crownbeard

by Gerri Reaves

Golden crownbeard (*Verbesina encelioides*) is a common non-native wildflower that was once cultivated in Florida and has now become naturalized.

Many people consider it a weed, for it can be invasive. It's commonly found in disturbed areas and undeveloped lots, growing two to three feet high.

It is found in most of the continental U.S. and is a problem plant in Hawaii.

A member of the aster, or daisy, family, it is also called skunk daisy, cowpen daisy and butter daisy, the latter because of its rich yellow color.

It blooms mostly in spring and summer and is a nectar source for bees.

The composite flower heads, which

can be up to a couple of inches across, appear on long branched hairy stalks.

Both the tiny disk flower and the surrounding ray flowers are yellow, and the rays are three-toothed.

The ovate or somewhat triangular leaves are grayish green and hairy on the undersides. They are toothed and mostly opposite in arrangement.

This wildflower is a fast-grower and requires full sun.

Native American tribes in the southwestern U.S. use this plant as an emetic and to treat stomach and skin problems and spider bites.

It is toxic to some grazing animals such as sheep and goats, and it is deer resistant.

Sources: *Florida Ethnobotany* by Daniel F. Austin, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, www.regionalconservation.org, www.sagebud.com, and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida.✱

Marine Science Field Trips Offer Outdoor Learning



Educator Shannon Stainken assisted Canterbury School students with a squid dissection photo provided

submitted by Leah Biery

In April and May, Sanibel Sea School hosted groups of students from eight local schools for marine biology centered field trips. Each program was carefully designed to complement the students' classroom-based learning, and the majority of participating schools requested and received partial or full scholarships, which are made possible by the nonprofit organization's donor-supported scholarship fund.

The field trips were held at Causeway Islands Park, and students rotated through stations that included activities such as surfing, seining, a squid dissection and, in some cases, a boat trip to a snorkeling location.

"We love hosting field trips," said

educator Johnny Rader. "It's fun to see the same teachers return year after year, and the kids are always so excited to be outside."

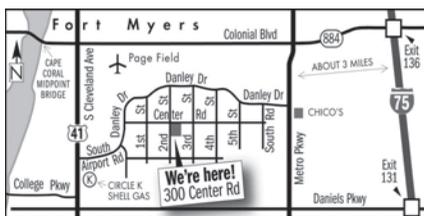
Visiting schools included Orangewood Elementary, Allen Park Elementary, Manatee Elementary, Cape Elementary, St. Francis Xavier School, Canterbury School, Tanglewood Elementary and Villas Elementary. A total of 825 students were able to attend, up from about 650 last spring.

"We are thrilled to see our field trip program growing," said Director of Education Nicole Finnicum. "The time between Easter and the summer, when our camps begin, is usually very slow for us. It's amazing to be able to stay busy exploring with school groups and put our scholarship funds to great use."✱

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Participants in Sanibel Sea School's expedition to Belize will take daily trips to snorkel on a coral reef photo provided

Sea School Taking Teen Campers To Belize This Summer

submitted by Leah Biery

After a successful expedition in 2017, Sanibel Sea School will once again offer an educational, biology-focused trip to Belize for teens this summer. Open to participants ages 15 to 18, the program will run from July 30 to August 8, and will include time spent in the jungle and on a remote island close to pristine coral reef habitat.

Campers will land in Belize City, then travel to Blue Creek Field Station in the Belizean rainforest, where they will stay in rustic accommodations, learn about the ecosystem, and take part in activities like guided nature hikes, river tubing and wildlife observation.

"Last year, we saw monkeys, toucans, tarantulas and so much more. In the jungle, you are completely surrounded by creatures and you can hear and see them all the time," said the organization's Director of Education, Nicole Finnicum.

Next, the group will move by boat to

South Water Caye. From there, they will take daily trips to the Belize Barrier Reef to snorkel. Participants will learn about coral reef conservation, practice identifying coral reef species, and develop critical skills for engaging in scientific inquiry and research.

"The South Water Caye Marine Reserve is a marine protected area, and it is home to some of the most pristine patches of reef in this part of the world," said Finnicum. "There is so much biodiversity, including everything from cleaner shrimps to nurse sharks."

There will also be plenty of opportunities for creativity, with time each day for writing and making art. Meals will consist of local delicacies like beans and rice, fried plantains and fresh seafood. Other program highlights will include beach walks, lounging in the many hammocks at both field stations, and playing games in the evening.

For younger students, ages 11 to 15, who are interested in coral reef ecology, Sanibel Sea School will also offer two weeks of camp on Big Pine Key, located in the Florida Keys.

To learn more and register for these and other camp sessions, visit www.sanibelseaschool.org.*

From page 1

Eden Oak

in a wetland zone like this?"

On May 4, the Lee County Department of Community Development submitted its staff report recommending denial of the rezoning application. "Regardless of the density proposed by the request, the request is inconsistent with Lee Plan goals, objectives and policies intended to limit density within the Coastal High Hazard Area," the report reads, in part. "Moreover, the request, if approved, will adversely impact environmentally critical and sensitive areas and natural resources."

In addition to concerns about habitat loss for several marine species including the smalltooth sawfish, diamondback terrapin and manatees, birds like mangrove cuckoos and American bald eagles would also be affected due to increased boat traffic.

Another concern is for public safety. Should Eden Oak Preserve be permitted to construct a major residential development off Shell Point Boulevard, traffic congestion for the lone evacuation route – affecting the residents of the retirement community along with people who live on Sanibel, Captiva and in South Fort Myers – could prove to be catastrophic.

"This area is in the evacuation zone for the most minimal of storms, so permitting additional development in wetlands in this flood prone region is in conflict with public safety," said Wessel. "Evacuation and flooding risks are substantial before the addition of the proposed additional units."

For additional information or to submit comments on the Eden Oak Preserve development, send an email to arodriguez4@leegov.com or rswiegert@leegov.com, call 533-8100 or write to Lee County Community Development & Zoning, 1500 Monroe Street, Fort Myers, FL 33901.*



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Rainy Season Has Begun



by Capt. Matt Mitchell

We now have had a low pressure weather system sit right on top of us for more than a week. It has brought rain daily coming both day or night. With

a lot more moisture funneling in lots of tropical moisture from the south, dodging rain has become part of the game if you want to get out and go fishing. These prevailing south winds did bring some higher than normal tides and some good mangrove and oyster bar redfish action. Catch-and-release snook fishing in and around the passes is finally getting fired up, although tarpon fishing unfortunately has not been great most days this week due to gusty south winds that made locating fish tough if not impossible at times.

The upcoming full moon at the end of May traditionally marks the best time of year to catch snook and trout out

on the beaches. These fish are now making that annual move out through the passes to the beaches, bringing anglers some of the most outstanding action of the year as they stack up in huge numbers to spawn. Dirty stirred-up water in the passes from all the rain is just what we have been waiting on for our catch-and-release snook bite to go off. Target these snook in all the local passes until you work out which tide they are feeding better on. Pinfish and grunts are becoming the bait of choice now in the passes as we get closer to our summer months.

Fishing for the next few days will bring some challenging slow-to-no tide patterns. My go-to during lousy tides is to target the passes as these will be the only places that we may see at least a little water movement. Another option during bad tide days is to target channel markers with structure to catch both gag grouper and a few tripletail. During these slow tides, it's also possible to fish the rocky structure in our deeper passes as you can hold the boat right on top of it. Although gag grouper season is closed, these hard-hitting fish are still a challenge to catch. Use just enough weight to get a live pinfish to the bottom and try to fish straight up and down to increase your chances of getting them away from the structure.



Dr. Dan from Sanibel with a quality snook caught while fishing with Capt. Matt Mitchell this week photo provided

If we do get a few calmer wind days, it should still be relatively easy to locate tarpon both out along the beaches and in the sound. Weather is the biggest factor in this fishery as options get less and less the harder the wind blows. While running and covering lots of water this week, I did manage to locate some rolling tarpon in the middle and northern sound, but we were unsuccessful in getting them to take bait even though they rolled and circled our

live crabs several times. Once you do find tarpon, that's half the battle, the other half is getting them to bite. Some days they do it, some days they just don't.

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

Send Us Your Fish Tales

We would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification. Email to press@islandsunnews.com or call 395-1213.

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CROW Calendar Of Events



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

Friday, May 25, 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 25, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Patient Profiles: Owls of Southwest Florida (daily presentation).

Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters.

This presentation discusses the unique adaptations of the native and migratory raptors of Florida, specifically the five species of nocturnal hunters known

as owls. One of CROW's animal ambassadors will be present.

Monday, May 28, Closed – Happy Memorial Day!

Tuesday, May 29, 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.

Wednesday, May 30, 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 30, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – CROW Case of the Week (daily presentation).

CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. While on site, students learn the ins and outs of conservation medicine and wildlife rehabilitation, and share their favorite patient stories. One of CROW's animal ambassadors will be present.

Thursday, May 31, 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 31, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Patient Profiles: Birds of Prey (daily presentation).

Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters.

This presentation discusses the unique adaptations of the native and migratory raptors of Florida. One of CROW's animal ambassadors will be present.✪

American Legion Post 123

American Legion Post 123 is hosting its 10th annual Redneck O'lympics this 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.

The following Sunday, June 3, a meatloaf dinner is on the menu from 1 to 8 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. Flags will be retired at 6 p.m. on Flag Day, Thursday, June 14. Post 123 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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CROW Case Of The Week:

Roseate Spoonbill

by Bob Petcher



The roseate spoonbill (*Platalea ajaja*) is a long-legged, medium-sized wading bird that has been called majestic and flamboyant – not necessarily in the same sentence.

The plumage of an immature spoonbill is a pale pink and becomes a brighter and more impressive pink color as it grows into an adult.

Roseate spoonbills sport an oddly shaped bill that resembles and works like a spoon. With it, they feed in shallow waters, walking forward slowly while swinging their heads from side to side. This sweeping action with their wide flat bills helps to sift muck and enables them to detect their next meal by feel. Once they detect the prey on their bill, they snap it closed, often swallowing the catch whole.

Interestingly, this social bird is only one of six species of spoonbills found in the world and the only one spotted in the Americas. Similar to balding men, they actually lose their feathers from the top of the head as they get older.

Roseate spoonbills are mostly found in coastal Florida, Texas and southwest Louisiana. They went through an early period of being endangered, but have made a comeback, including a 6.5-percent

increase in a recent 50-year span.

At CROW, a juvenile roseate spoonbill was admitted to the hospital from JN 'Ding' Darling National Wildlife Refuge with an injured wing. An intake exam and x-rays revealed the bird had a fractured right major metacarpal. The patient was taken into surgery a day after intake, and three cross pins were placed in the bone.

"The injury was a fracture of the major metacarpal bone, which is a bone towards the edge of the wing. The fracture was close to the carpus joint, which can make full healing difficult, but we were able to stabilize it with an external fixator," said Dr. Malka Spektor, CROW veterinary intern. "The surgery involved first realigning the bone, then drilling pins into the segments and connecting them with an external bar for stabilization."

A straw was placed across the pins, and methyl methacrylate glue was applied into the straw to maintain rigidity and support. This is known as an external fixator. Once in place, the pin placement and incision sites were covered in triple antibiotic ointment and bandaged. The wing was placed in a figure-8 wrap to immobilize the wing.

"The purpose for the cross pins and external fixator are to be able to align and stabilize the fracture. If we placed a pin into the bone, it would have involved the joint, which can prevent full healing in the long run," said Dr. Spektor. "The pins and fixator are a great option for stabilization of the fracture without causing too much trauma to the rest of the wing."

After a few days in the figure-8 bandage, the patient was switched to a body wrap, a move that produced less restriction in the wing area, said Dr.



Patient #18-1768 after undergoing surgery

photo by Brian Bohman

Spektor.

"The pins will stay in until the bone builds a strong callus so it is stable on its own, which usually takes three to four weeks," she noted.

After two weeks at the clinic, the patient's condition is improving in a slow but sure fashion.

"The spoonbill is getting physical therapy every three days to prevent contracture of the wing while it is healing," added Dr. Spektor. "The spoonbill will likely be with us for at least a few more

weeks while we wait for the bone to heal, and for the patient to rebuild strength. The patient eats well, and seems to be doing well through the healing process so far."

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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Shell Of The Week (Part One)

Lightning Whelk



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

The Lightning Whelk, *Sinistrofulgur sinistrum* (Hollister, 1958), is one of the local molluscan

celebrities, not only because of its large size, but also thanks to very special features that make this species truly remarkable. For instance, unlike most gastropods, which are right-handed, the Lightning Whelk has a left-handed shell (shell opening to the right with shell spire pointing "up"). Abnormally right-handed Lightning Whelks are very uncommon, but may be found on rare occasions. Male individuals in this species are considerably smaller than females, with females attaining up to 16 inches in length, and mature males reaching only about half that size. Pure-white ("albinos" or "albinistic") shells are not uncommon, but the color of the animal in those white-shelled abnormalities is always the usual velvety jet-black. Next week we will explore more about this great local species. Learn more about local mollusks and their shells at www.shellmuseum.org/shells/southwest-florida-shells and www.shellmuseum.org/blog.



The Lightning Whelk, *Sinistrofulgur sinistrum*. From left, world size record shell, about 16 inches, from off Carrabelle, Florida; shell from Captiva, about 4.5 inches; right-handed shell from Estero Bay, about nine inches.

photo by José H. Leal

Shell Museum Events

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

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

Daily Programs At Shell Museum

The Bailey-Matthews National Shell Museum, located at 3075 Sanibel-Captiva Road, offers daily Tank Talks at 11 a.m., 12:30, 2:30 and 4

p.m. Daily Shell Crafts are from noon to 3 p.m. (Shell Jewelry from 1 to 2:30 p.m. on Wednesdays). Included with museum admission, no reservations required. Schedule subject to change.

The museum also offers daily Beach Walks led by shell experts. For reservations and pricing, visit www.shellmuseum.org or call 395-2233.*

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First place winner Team Costa with Caloosahatchee Cowboy Charters photo provided

'Ding' Tarpon Tournament Breaks Records

The 7th annual "Ding" Darling & Doc Ford's Tarpon Tournament on May 11 topped previous years' fundraising efforts by netting \$120,000 from tournament sponsorships, donations and silent auction proceeds to benefit the JN "Ding" Darling National Wildlife Refuge.

The tournament also broke the record for fish caught, set in the first year of the tournament. Anglers photo-recorded 49 tarpon catches this year, compared to as few as two and as many as 39 in the previous six years.

The 2018 tournament paid out

\$29,300 in prizes to five winning teams out of the 55 registered teams. The first place prize of \$13,185 went to Team Costa with Caloosahatchee Cowboy Charters members – including Capt. Josh Constantine, Chris Magnano, Kyle Potts and Chris Mills – for catching six fish total.

"It was a great day of fishing," said Constantine, who pulled in three of the team's fish. "Catching a giant tarpon, that's good every time."

Four teams caught four tarpon each to take the remaining four cash prizes, ranked according to when they recorded their first tarpon catch of the day. Team Doc Ford's pulled in the day's second tarpon at 7:31 a.m., nabbing the second-place award of \$7,325. Team Mabry Electric won \$4,395 for third place; Team Barker Boatworks, \$2,930 for

fourth place; and Team Captiva Cruises, \$1,465 for fifth place.

Awards were also given for female angler to Deb Powers from Team Fishin' Divas, senior angler to Brian Bartholomew from Team Poondoggers, amateur team to Team On Island, and others who caught fish that day.

"One hundred percent of the anglers' registration fees goes to the awards purse," said tournament organizer Birgie Miller, executive director of the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). "That's why our sponsorship partners are so important to us. They pay the costs for putting on the tourney and contribute to the charity proceeds."

DDWS organizes the annual tournament with Doc Ford's Rum Bar & Grille of Sanibel Island, Fort Myers Beach and Captiva Island as the title sponsor. Tournament social events took place at the Fort Myers Beach location.

"To date, the tarpon tournament has raised nearly \$450,000 for refuge water research, wildlife research and education," said Miller. "We can't thank Doc Ford's enough for their incredible show of support these past seven years. They've already committed for the 2019 tourney, which will take place next May, the date to be determined by choice of the winning team."

"We are so grateful for this fundraiser, because not only does it add much-needed dollars to the refuge budget, it also supports our conservation mission," said supervisory Refuge Ranger Toni Westland. "Plus, it is an opportunity to remind anglers, both professional and

amateur, about the importance of ethical and responsible fishing."

For more information on the tournament and this year's winners, visit www.dingdarlingtarpontourney.org.

Tournament sponsors for 2018 include Title Sponsor: Doc Ford's Rum Bar & Grille; Champion Sponsors: Nimrod, Raiser's Edge; Premier Sponsors: Mark and Gretchen Banks, Diversified Yacht Services; Presenting Sponsors: Custom Tees, Gasparilla Vacations, Joseph M. Kelley Plumbing & Heating, Stockyard Bricks; Platinum Sponsors: Captiva Diva, Congress Jewelers, Mabry Brothers, Inc., Organized Chaos, Suncoast Beverage Sales; Gold Sponsors: Andrew Thompson Co., Fort Myers Marine, HighTower Advisors, The Historic Bait Box, Island Condo Maintenance, *Island Sun/The River Weekly News*, Jensen's Marina, Law Office of Christopher G. Hill PC, Law Office of Janet M. Strickland PA, Media Source, Misty Wells' "Let's Take It Outside," *Nautical Mile Magazine*, On Island, RS Walsh Landscaping, Shell Point Retirement Community, Trophy Case of Fort Myers, Whitney's Bait & Tackle, Wilbur Smith Attorneys at Law; Silver Sponsors: Anisa Stewart Jewelry, Bailey's General Store, *Florida Weekly*, Fort Myers Brewing Company, Gresham Family, Gulf Star Marina, Island Inn, *Island Sand Paper*, Must Do Visitor Guides & MustDo.com, Peter and Barb Rogers, Sanibel Captiva Community Bank, Semmer Electric/Bonita Bill's Waterfront Cafe, Tarpon Bay Explorers.*

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DDWS Associate Director Sarah Lathrop with Carrie Alexander at her send-off party at the refuge photos provided

Wildlife Society Announces Staff Changes

The "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) recently announced two permanent staff changes.

Philanthropic coordinator Carrie Alexander resigned her post as of May 17. Alexander, who began as an intern three years ago, has held her current position for two years. A geology and environmental science student from Hanover College in Indiana, she graduated in May 2015 and joined DDWS in September of that year.

Alexander will be moving to Sydney, Australia to pursue her love of conservation in an entirely new habitat.

"While bittersweet, we are excited about this next step in her life and wish her all the very best," said DDWS Executive Director Birgie Miller. "She has grown into a valued member of our team and will be missed a great deal."

Senior intern Sierra Hoisington recently joined the DDWS staff in a full time capacity and will be taking over the position vacated by Alexander. Hoisington, a graduate of Clemson University with a bachelor's degree in wildlife and fisheries biology, began in the position of DDWS intern in fall 2016. In her new position, she will be assisting with events, educational outreach, donor stewardship, photography contest and all fundraising efforts.



Sierra Hoisington

"Sierra's passion for 'Ding' Darling and conservation overall is infectious," said Sarah Lathrop, DDWS associate director. "She has become a crucial part of the 'Ding' team and we are so happy she will be joining us full time."✱✱

SCCF Turtle Tracks Program



Sea turtle tracks on the sand

photo provided

Sea turtle nesting is heating up on island beaches. The Sanibel-Captiva Conservation Foundation (SCCF) Sea Turtle Program volunteers are on the beach at dawn every morning finding nests from the night before. Did you know that 50 percent of the tracks they find are false crawls and not a nest? In these cases, something just wasn't right and the female turtle returned to the water without depositing her eggs.

Join other sea turtle enthusiasts every Thursday at 10 a.m. at the SCCF Nature Center, located at 3333 Sanibel-Captiva Road for a Turtle Tracks program presented by volunteers of the monitoring program. SCCF has been monitoring sea turtle nesting since 1992.

Learn about these amazing creatures. Admission is \$5 per adult, with SCCF members admitted free. Visit www.sccf.org for more information.✱✱



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photo courtesy Fresh From Florida

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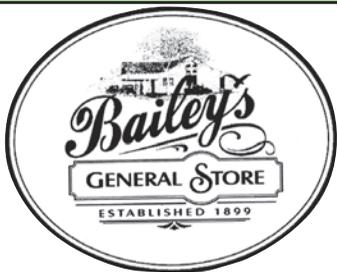
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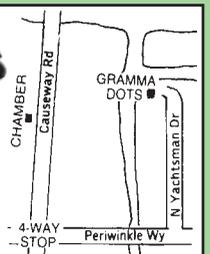


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Slow Down And Focus On Perfection

by Ocean Tribe Paddlers



When many of us try to improve our paddling, we focus on going faster. That's not necessarily a bad thing, but just paddling more furiously is usually not the best path to fast paddling. Cadence – how often you paddle per unit of time – is how we make paddle craft go faster, but cadence alone will not help us achieve optimal results.

Rather than just increasing cadence, try paddling with a more perfect stroke. To do that, you should initially decrease your cadence. Make deliberate, neat strokes, and do it for 45 minutes or so. Strive to have a perfect catch, an efficient power phase, a clean exit and an efficient return. Find elegance in your paddling technique.

We correspond often with one of the leading paddle designers in the country, and his advice is to listen to the paddle.

A good, efficient paddle stroke should make no (or at least very little) noise. The noise, particularly on the power phase, is generated by the turbulence of the water over the paddle, and turbulence tells us that the stroke is not efficient. So, listen to your paddle – once it says nothing, you are doing it well.

After you perfect your perfect stroke, then you can begin to increase your cadence to increase the speed of your craft.

We will also remind you that, when using a paddle, the goal is not to push water towards the back of the boat. The goal is to provide a nearly stationary point in the water past which we slide the boat. It may sound counterintuitive, but when you begin to picture the boat sliding past the paddle – rather than pulling the paddle past the boat, you will create a more efficient paddle stroke that stems from the muscles in your torso.

Eventually, efficiency translates into speed, and then into distance covered. Happy perfect paddling out there.

*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.**



Zebra longwing butterfly

photo provided

Stroll Through A Butterfly Garden

On Wednesday, June 13 at 10 a.m., Sanibel-Captiva Conservation Foundation (SCCF) will host a walk and talk in the butterfly garden at the Bailey Homestead Preserve, located at 1300 Periwinkle Way. See

what butterflies are flying and spot the plants they lay their eggs on. Caterpillars will be spotted. Learn to build a butterfly garden with plants from the Native Landscapes and Garden Center.

Cost to attend the program is \$10, which includes a laminated SCCF butterfly guide. Reservations are required; call the Native Landscapes and Garden Center at 472-1932.*

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Girl Scouts, front row, from left, Kate Sawicki, Emalee Peach, Lily Brennan and Alana Vandenbrink; middle row, from left, Sophie Allen, Molly Dunn, Marit Foster, Mimi Howard and Addison Sprecher; back row, from left, Joey's staff member Erik Howell, shop owner Joey Almeida and staff member Luke Czaster photos provided

Local Business Helps Girl Scouts Earn Badge

Joey's Custard staff welcomed nine girls from Sanibel-Captiva Girl Scout Troop #485 for an important life lesson in operating a business. The activity took place at the ice cream shop and restaurant in Bailey's Shopping Center on May 12. With the training provided, the girls earned their scouting Business Owners badge.

Joey's Custard co-owner Joey Almeida closed the shop for the morning in order to give undivided attention to the aspiring small business owners. "I am happiest when I am with the kids," he said. "I get to share what I know and, at the same time, watch the children grow. I love encouraging kids to be their best selves, and to learn that they can have fun doing it."

Girl Scout Troop co-leader Chrissy Allen chose Joey's Custard for the project because "Joey is a wonderful model for our scouts. He grew up on the island and went to The Sanibel School, just like our girls. He is young and successful, and Joey's Custard is a popular hangout with our scouts."

Allen started the troop two years ago. Her charges are all fourth and fifth graders at The Sanibel School. "Inspiring our girls to be entrepreneurs is important," she said. "They will understand the hard work and the rewards of small business ownership in this community."

Volunteer Anna Howard, who was on hand to help, remarked on the values that the scouting instills in girls. "The Girl Scouts teaches girls to help each other, and to take pride in country and in service," she said. "The organization pushes for environmental sustainability, which is so important to our island home."

Debi Almeida, co-owner of the shop,



Helping the Girl Scouts earn their Business Owners badge were, from left, volunteer Cindy Lopez, Joey's Custard co-owner Debi Almeida, volunteer Anna Howard and troop co-leader Chrissy Allen

raised four children on the island. "I am delighted to have this opportunity to give back to the island," she said. "Making a connection with the business community is important for these maturing children. They learn the behind-the-scenes work that can make or break a business."

The girls began their morning, by readying the shop as it opens for business each day. They then learned about operating the various food preparation stations. As a final project, each girl prepared a sundae.

Volunteer Cindy Lopez, 22, grew up in Girl Scouts. "Nine years of scouting have helped me to pursue my professional goals with confidence. I am now studying to be a medical professional," she said. "Scouting showed me that my dreams are attainable. It's wonderful that Joey's Custard is helping these girls along the path toward success."

For information on the Girl Scouts and Troop #485, contact scout co-leader Chrissy Allen at chrissyallen@gmail.com.*



Operating the bagel station with Erik Howell are, from left, Lily Brennan, Addison Sprecher and Molly Dunn



Cleaning up with Luke Czaster are, from left, Emalee Peach, Kate Sawicki and Mimi Howard



From left, Alana Vandenbrink, Sophie Allen and Marit Foster open Joey's Custard for business

Rotary Club Essay Contest Winners

submitted by Chet Sadler

Over the past five years, Sanibel Captiva Rotary has challenged eighth graders at The Sanibel School to write an essay using the Rotary Four-Way Test as the foundation of the composition. Over 35 students submitted an essay this year. It was a difficult task choosing the top three essays plus an honorable mention from all the well written essays submitted.

The Four-Way Test of the things Rotarians think, say and do is a 24-word code of ethics, and one of the world's most widely printed and quoted statements of business ethics:

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build goodwill and better friendships?
4. Will it be beneficial to all concerned?

The students were challenged to consider a problem or conflict faced by teenagers or young people in their age group, perhaps a dilemma they have faced personally, or an issue facing the community, school, team, club or friends. Then, they wrote an essay describing how they could apply one of the Four-Way Test principles to address or resolve the conflict.

Language arts teacher Paula Bolado was instrumental in working with the students on their essays. The students



From left, language arts teacher Paula Bolado, Adam Livermon, Mason Macalka, Emily and Anna Wells, Gina, Johnny and John Jensen, and Rotarian Chet Sadler

photo provided

showed high levels in areas of grammar, thought and writing form. The winner of this year's first place award and a \$100 check was given to Anna Wells. Her essay on peer pressure stood out for its insight into the influence others have on actions and decisions of today's students. She discussed how one solution to peer pressure is "stay close to your true friends" and not get involved in things that can put one in danger. The \$50 second place award went to

Johnny Jensen for his essay addressing school shootings. He explained the fear that students have today going to school and the dilemma of upholding the 2nd Amendment rights while banning assault weapons. The \$25 third prize went to Mason Macalka for his essay on school walk-outs. He applied the fourth principle to this action and made a case that it may not be beneficial to all concerned if everyone walked out. The final honorable mention went to Kayla

Nette for her essay on the struggles teens face in today's world.

The Sanibel Captiva Rotary Club extends a big thank you to The Sanibel School, Principal Chuck Vilardi, language arts teacher Paula Bolado, and to the students who took time to write their thoughtful essays. The Four-Way Test is the foundation of Rotary. The essays are an opportunity to make the four principals a part of the students' lives now and into the future.*

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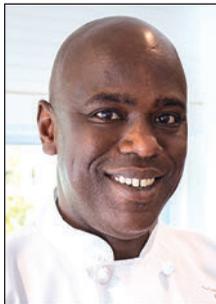
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The Community House

The Blackberry



by Resident Chef Jarred Harris

The blackberry is a late spring, early summer delight here in Florida. Did you know that there are three species of blackberries that are native to Florida? They are the southern blackberry, also known as the dew berry, the sand blackberry and the saw blackberry. All three varieties grow wild throughout Florida and are delicious.

The blackberry is a member of the rosacea or rose family and the plant that produces the berry, has been grown in many countries around the world for centuries and was considered an invasive weed. Ancient Romans and Greeks used the blackberries to treat gout and used the leaves to make tea to treat other illnesses.

There is much folklore associated with the blackberry. Some believe that the "crown of thorns" placed on Christ's head was bramble or blackberry vine. British folklore stipulates that blackberries

should not be picked after October 11 (Old Michaelmas Day) because the devil has made the blackberries rotten or poison by spitting and doing other wicked things to them.

There are powerful antioxidants and nutrients in blackberries that help improve healthy heart function, digestive health, cancer prevention, immune functions and improved memory. Blackberries contain B vitamins, riboflavin, niacin, folic acid and copper, all important for proper metabolism functions. These berries also contain large amounts of vitamin C, vitamin E, vitamin A and vitamin K.

Florida blackberries will be in season for a few more weeks. Purchase some and try this simple recipe:

Blackberry and Lemon Curd

Ingredients

- 1 ¼ cup fresh blackberries
- ¼ cup fresh lemon juice
- Zest from 1 lemon
- ¾ cup sugar
- ¼ cup (1 stick) unsalted butter (softened)

Method

Place the blackberries and lemon juice into a saucepan over medium heat. Cook for 7 minutes or until the blackberries are soft. Strain the mixture through fine mesh strainer to remove the seeds. Set aside to cool.

Combine the zest of the lemon and the sugar well, and set aside.

Cream the butter and sugar until well combined. Add the eggs, one at a time and mix thoroughly then add the blackberry juice and blend until well

combined.

Pour into a small saucepan and cook over medium heat, stirring until thickened, about 10 minutes. Remove from heat and let cool before pouring it into a container.

The curd will keep in the refrigerator for two weeks.

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.*

Top Ten Books On The Island

1. *Shell of a Problem* by Jennifer Schiff
 2. *If the Creek Don't Rise* by Leah Weiss
 3. *Bricklayer of Albany Park* by Terry John Malik
 4. *Gift from the Sea* by Anne Morrow Lindbergh
 5. *Little Fires Everywhere* by Celeste Ng
 6. *Mangrove Lightning* by Randy Wayne White
 7. *Book of Polly* by Kathy Hepinstall
 8. *Camino Island* by John Grisham
 9. *Marsh King's Daughter* by Karen Dionne
 10. *Strangers in their Own Land* by Arlie Hochschild
- Courtesy of MacIntosh Books and Paper.*

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 Kathy Buda. 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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From left, Library Commissioner Linda Uhler, reader Olivia Kauffold with her 2017 book donation and Garrett Gablehouse of Golisano Children's Hospital photo provided

Summer Reading Kick-Off Party This Saturday

As Sanibel Public Library's Your Library Reimagined remodel project continues, half of the facility is open for normal operating hours. Summer Reading program registration is open for babies, preschoolers, children

and teens. The kick-off party takes place on Saturday, May 26 at 10 a.m. Participants will receive a special gift (quantities are limited).

As in years past, kids can earn books for their home library and for patients at Golisano Children's Hospital of Southwest Florida. Children who participate in the Summer Reading Program can receive free books for their own personal library. The Sanibel Public Library Foundation matches each book "earned" with a book for the

hospital.

Last year 1,810 books were "earned" by island readers for young patients at the hospital. Since its inception in 2012, young readers have helped to contribute more than 6,000 books to the hospital.

If families cannot attend the kick-off party, they can still register in person or online. Logging reading time and activities can be done via paper or online with Beanstack (a link is on the children's page at www.sanlib.org). This year, Beanstack is now offered as a smartphone app. Last summer, more than half of readers used Beanstack to track their summer reading and earn awards. The app not only logs reading time, but also delivers personalized book recommendations.

Summer reading programs encourage children to enjoy reading and give them opportunities to spend lots of time with books to develop strong reading skills. Children also benefit from the rich literacy experiences afforded by the special events and organized programs the library offers.

Family Storytime is scheduled for 11 a.m. on all Wednesdays in June and July. This family storytime is a baby-to-age-5 program that encourages the development of pre-reading skills with singing, reading, writing and playing. On Fridays in June and July, stop by the library at 2 p.m. for family-friendly musical movies. If you know the words, then sing along.

Incoming sixth through 12th graders are invited to VIP After-Hours

gatherings on Tuesday evenings in June and July from 6 to 7 p.m. Creating a guitar pick and cupcake decorating are just a few of the planned activities.

On Tuesday, June 5, kids ages 5 to 11 can make a rain stick, build a tambourine and decorate a maraca shaker, then make some noise. The program starts at 3 p.m.; no registration is required.

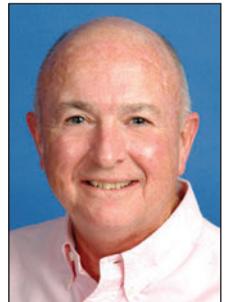
Sanibel Public Library cards are available to all residents of Sanibel and Lee County, Florida at no charge. Visitor library cards are available for a \$10 annual fee. For more information, call 472-2483 or visit www.sanlib.org.

ISLAND SUN BUSINESS NEWSMAKERS

RE/MAX Of The Islands



Kimberley Andrews



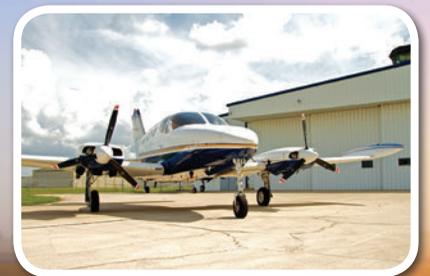
Chuck Bergstrom

Kimberley Andrews was the top sales associate in April for RE/MAX of the Islands. Chuck Bergstrom was the top marketing associate in April.



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Book Review

The Great Alone

by Di Saggau

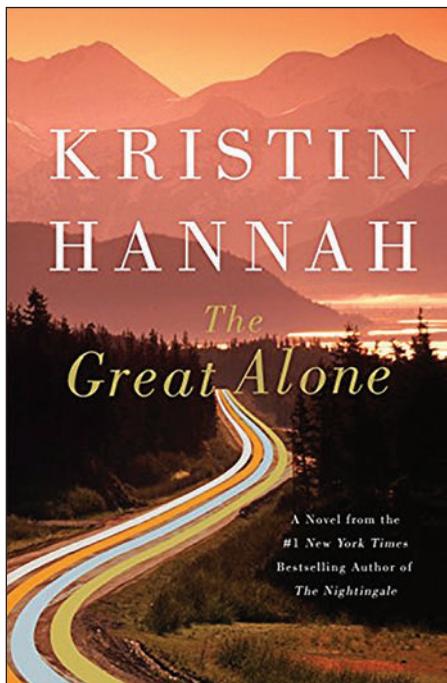


Alaska, in 1974 is unpredictable, unforgiving and untamed. In Kristin Hannah's new book *The Great Alone*, it's about a family in crisis and the ultimate test of

survival. Ernt Allbright, a former POW, came home from the Vietnam War a changed and volatile man. His daughter Leni barely recognized him. He was moody, distant and quick to anger. They moved again and again. Upon losing another job he decides to move his family north, to Alaska, where they will live off the land in America's last true frontier.

Ernt has inherited some land and a cabin from a war buddy. When he gets there, he liked the nothingness he saw, the vast emptiness. It was what he'd come for. His wife Cora and 13-year-old daughter Leni are not as pleased with the place but they make due in order to please Ernt. Leni is caught in the riptide of her parents' passionate, stormy relationship. She dares to hope that a new land will lead to a better future for her family. She is desperate for a place to belong. Cora, will do anything and go anywhere for the man she loves, even if it means following him into the unknown.

In a wild, remote corner of Alaska, they find a fiercely independent community of strong men and even stronger women. Large Marge becomes their close friend and protector and she's a strong character, a big, rough-looking woman who looked like she could fell a full-grown cedar tree and sling it over her shoulder and keep going. At first, Alaska seems to be the answer to the Allbright's prayers, but their lack of preparation and dwindling resources cause huge problems. As winter approaches and darkness descends on the state, Ernt's fragile mental state deteriorates, and the family begins to break apart. In their small cabin, covered in snow, blanketed in



18 hours of night, Leni and her mother learn the terrible truth. They are on their own in the wild, with no one to save them but themselves.

The townsfolk say, in Alaska you can make one mistake. One. The second one will kill you. When Ernt starts bonding with Mad Earl, a white supremacist survivalist and nut-case, things start to escalate in a bad way. Another character, Tom Walker, the local rich guy, tries to help the Allbrights but it is not well received by Ernt. *The Great Alone* is a portrait of human frailty and resilience, the indomitable character of the modern American pioneer and the spirit of a vanishing Alaska. It's a daring story about love and loss, the fight for survival, and the wildness that lives in both man and nature.✪

Volunteers Needed July 4

The Sanibel-Captiva Independence Day Parade Committee is looking for volunteers to help out with a variety of tasks before, during and after the parade, which will be held on Wednesday, July 4.

For more information, contact Mary Bondurant at 839-3633.✪

have found this childhood activity a refreshing way to reduce anxiety, create focus or bring about more mindfulness. Please join in this fun, relaxing activity. Participants may bring their own materials or use those provided.

Checkers – June 1 through 30. Available during normal library operating hours: Tuesday, Thursday: 10 a.m. to 6 p.m.; Wednesday: Noon to 8 p.m.; Friday, Saturday: 9 a.m. to 5 p.m.

Play classic checkers or try other versions such as Fox and Geese, Give Away, Shifting Pyramids, Corner Checkers or Goban. Instructions included. Alternatively, reverse the field and play Tic-Tac-Toe or Super Tic-Tac-Toe.

Children's Programs

School Smart

by Shelley M. Greggs, NCSP



Dear Shelley, I'm concerned about my second grader losing her reading skills over the summer vacation. She worked so hard all school this year, and I don't want her to regress. What are some fun ways to help her keep his reading skills?

Tammy D, Estero

Tammy,

You are wise to think about possible academic regression. Regression occurs with most children but they usually can recoup any lost skills within 12 weeks of the new school year's start. It's much better to avoid this regression by keeping your child engaged during her time off from school with activities that support the skills she has already learned. Summer doesn't need to harm your child's progress, and it can even be an opportunity to gain more reading fluency and enthusiasm.

The first thing is kids need to keep reading during the summer, and there is easy access to books. During the school year, most of the books they read may be assigned for class. Summer gives kids the chance to choose books that are more "fun" and aligned with your child's interests. The library is always a good place to start looking for children's books. Many libraries keep lists of good books broken down by reading level to help guide you. Reading experts also suggest following the "five finger rule" when choosing books. Have your child open a book and read the first page. For every word he doesn't know, have him raise one finger. If he has more than five fingers raised at the end of the page, the book is probably too hard. Summer reading books shouldn't be so easy that they are boring, but they also shouldn't be so challenging that they frustrate a child. It is important for kids to experience the confidence that comes from succeeding with a book. The best part about summer reading is that it gives kids the opportunity to build up positive experiences – reading doesn't always need to feel like work.

Choosing books gets more complicated when kids are older and have developed more definite tastes – including, for some, an established aversion to reading. Recommendations from librarians can still be helpful here, since they see a wide range of kids and know all the resources the library provides. Remember, traditional stories aren't appealing for everyone. Lots of kids who avoid traditional books find that they enjoy reading comics, which still offers a solid reading experience. Graphic novels for kids like the hugely popular *Diary of a Wimpy Kid* series have converted many an indifferent reader. Books about computers, astronomy or wars will sometimes capture attention when a novel does not.

A great way to expose kids to books that are slightly outside their range is by reading more difficult books aloud. As a rule, it is good for kids to read things at their independent level and be read to at a higher level because it helps to build vocabulary and makes the listener a better reader. Learning and educational specialist Susan Schwartz says reading aloud is one of the best ways parents can help improve reading skills. "Never stop reading to your kids," Schwartz says. "You should read to your children every day, especially during the summer. Not only is it a fun, immersive experience for your child, it's also a learning one." Schwartz recommends *The Read-Aloud Handbook* by Jim Trelease as a great resource for parents looking for good stories that lend themselves to being read out loud.

So, whether you decide to practice vocabulary or just join the library reading challenge, the most important role of the parent in summer reading is to be encouraging. Help your child have enjoyable, positive reading experiences, and you'll see her skills mastery and confidence grow.

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.✪

June Programs At Captiva Memorial Library

The Captiva Memorial Library is offering the following free programs for adults and children in June:

Adult Programs

Coloring for Grown-ups – June 1 through 30. Available during normal library operating hours: Tuesday, Thursday: 10 a.m. to 6 p.m.; Wednesday: Noon to 8 p.m.; Friday, Saturday: 9 a.m. to 5 p.m.

The repetitive motion involved in coloring has a calming effect and adults

Checkers – June 1 through 30. Available during normal library operating hours: Tuesday, Thursday: 10 a.m. to 6 p.m.; Wednesday: Noon to 8 p.m.; Friday, Saturday: 9 a.m. to 5 p.m.

Play classic checkers or try other versions such as Fox and Geese, Give Away, Shifting Pyramids, Corner Checkers or Goban. Instructions included. Alternatively, reverse the field and play Tic-Tac-Toe or Super Tic-Tac-Toe.

Make Your Own Instruments – Thursday, June 14 at 2 p.m. Create instruments out of recycled materials. Kids can have a jam session with their own instruments.

Great Jazz – Thursday, June 21 at 2 p.m. Hear stories about jazz greats.

Listen to jazz music and create your own jazz art using watercolors.

Snakes Can Have Hissy Fits – Thursday, June 28 at 2 p.m. Learn about snakes and the sounds they create. Make your own rattlesnake rattler to take home.

The Captiva Memorial Library is located at 11560 Chapin Lane in Captiva. For more information about a program or to register, call the library at 533-4890. Check the Lee County Library System website at www.leelibrary.net to find out about programs at other locations. Call the host library, or Telephone Reference at 479-INFO (4636), for more information about a specific program.✪



Will Erickson and Miles Priestley reviewing the list of ingredients

photos provided

Junior Chefs Have Fun In The Kitchen

submitted by Preston Hanni

During the 2017-18 school year, once a month, the kids joined their friends for a cooking class

at The Community House's Culinary Education Center, under the leadership of Resident Chef Jarred Harris. This year, they explored the tastes and recipes from a different country every month. These excellent young chefs have exceeded all expectations in their enthusiasm to learn how to become proficient in the kitchen. Armed with the recipes, they have been able to recreate what they learned in class in their homes.



Resident Chef Jarred Harris working with cooking class participant Ronan Maughan

The Community House Kids Cooking Class gives us the opportunity to learn about and cook new foods.

Kayce Nette, from kids cooking class, states "I love learning about food from different countries." This is true! Every cooking class takes you to a different country.

"I like to eat the food we make. Everything you get to cook you get to eat!" states Alexander Erickson, also from kids cooking class. This week, we visited Thailand. Some food we made was: Thai Spring Rolls, Thai Green Curry, and Banana Spring Rolls with a

continued on page 34

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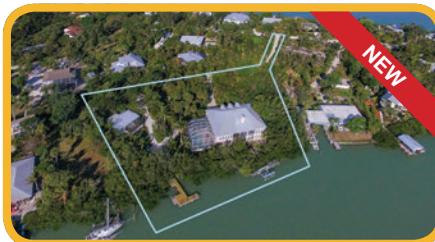
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Lions Learn The Value Of Holistic Medicine



Dr. Brian Healey, left, educates the Lions Club about the value of holistic medicine

Dr. Brian Healey, featured speaker at the Sanibel-Captiva Lions Club dinner meeting on May 16, gave members and guests an informative primer on alternative wellness practices. As Healey told it, holistic medicine can effectively treat many medical conditions.

Healey, who founded Sanibel Wellness and now operates Fort Myers Acupuncture & Massage, told the crowd that Western medicine “can save and prolong life” in the event of life threatening injury or disease, but is “not so good at dealing with chronic lifestyle illnesses. For chronic illness and promoting wellness, holistic medicine has a better track record.”

Healey pointed to several factors that can either promote or undermine wellness, including diet, emotional state, relationships and stress.

“Holistic medicine looks at the entire individual and drills down in search of deeper causes,” he said. “Four patients with ulcers will get four different treatment plans, not a single protocol. As a holistic practitioner, I provide individualized care rather than a formulaic standard.”

Healey began his journey into alternative medicine, first as a teacher of yoga and then as a medical massage therapist for muscular-skeletal conditions. Now a board-certified Doctor of Oriental Medicine, he specializes in a variety of additional modalities, including meditation, nutrition, homeopathy, acupuncture and herbal remedies.



Lions outgoing president Tom Nachazel with Lion George Veillette photos provided

Healey pointed in particular to acupuncture as an important treatment for pain. “Acupuncture is based on an internal flow of energy in the body that the Chinese call Chi,” he said. “The acupuncture points, lying along the Chi lines of energy, act as valves. These control points adjust the flow of Chi through any area of the body. Disease, dysfunction, pain and different types of headaches can all respond to acupuncture.”

Lions member Bob Kern, who introduced Healey to the group, attested to the validity of acupuncture

continued on page 41

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Historical Society New Board Member

The Captiva Island Historical Society recently announced the addition of Nancy Riley to the organization's board of directors.

A retired Florida educator, Riley's career involved working with adults and young students implementing technology into education. She hopes to use those skills to further the mission of the historical society in bringing to life the history of the islands.

Riley has been generous with her time, experience and energy as a volunteer for organizations on the islands. At the JN "Ding" Darling National Wildlife Refuge, she shares with visitors her love of the islands and their unique environment. She volunteers with Sanibel-Captiva Conservation Foundation in a variety of foundation activities, including sea turtle



Nancy Riley photo provided
monitoring on both Sanibel and Captiva. She is also a shell ambassador with the Bailey-Matthews National Shell Museum.

Riley and her family have a long association with Sanibel and Captiva. They have visited the islands many times since the 1980s, and now make their full-time home here.✽

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

En Plein Air

The realist masters have avoided the Gulf and I must assume

that paradise is difficult to paint.
What to do with the sounds of warblers

unfolding through fallen palms? How to ensure the advancement of each tiny wave with the

enhancements of the landscapists' gift?
Each water-shape, a glaze in every form

along the sea is herein featured – in the length of a walk – eternal undulating green – all miniature,

all impossibly present. What to do when the little horse conchs populate the ground

as orange-gowned fairies? To touch seems wrong, but without examination, how can they be embalmed in paint?

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.✽

From page 29

Junior Chefs

Coconut Caramel Sauce. The chefs, Chef Jarred and Chef Jeff, also make it really fun and we all love learning something new.

Kids cooking class regular Ronan Maughan states, "I love always learning something new and cooking classes have a lot to offer."✽



Molly Dunn and Chef Jeff Samson

photo provided

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9441 Peaceful Dr in Gumbo Limbo

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Spanish Cay #A7

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734 Anchor Dr in Sanibel Estates

Modernized ground-level near-beach split-plan 3 bedroom with dock. \$949,000



569 Lighthouse Way in Sanibel Estates

Dockage with 2 lifts at updated ground-level pop-up with 3 bedrooms, 3 baths. \$1,395,000



More listing info & real estate blog at SanibelSusan.com

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Susan Andrews

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Elise Carnes

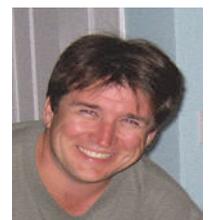
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- Beachcomber (6)
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- Breakers West (2)
- By-the-Sea (1)
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- Colony Resort (1)
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- Coquina Beach (2)
- Cottage Colony West (6)
- Donax Village (2)
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- Ibis at The Sanctuary (1)
- Island Beach Club (7)
- Janthina (1)
- Kings Crown (5)
- Lake Palms (1)
- Lighthouse Point (6)
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- Mariner Pointe (36)
- Nutmeg Village (3)
- Pelicans Roost (1)
- Pointe Santo (16)
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- Sand Pebble (3)
- Sandpiper Beach (3)
- Sand Pointe (5)
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- Sanibel Arms West (3)
- Sanibel Moorings (4)
- Sanibel Shores (2)
- Sanibel Surfside (2)
- Seascape (1)
- Seawind (4)
- Sea Shells (5)
- Sedgemoor (1)
- Shell Island Beach Club (4)
- Somerset (3)
- Spanish Cay (17)
- Sundial East (10)
- Sundial West (12)
- Sunset South (5)
- Tantara (1)
- Tarpon Beach (1)
- Tennisplace (5)
- Villas of Sanibel (1)
- Wedgewood (1)
- White Sands (2)
- Yacht Haven (1)

- Bayshore Village (4)
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- Bright Water (3)
- Butterknife (1)
- Caloosa Shores (1)
- Castaway Estates (6)
- Chateaux Sur Mer (2)
- Del Sega (5)
- Dinkins Bayou (1)
- The Dunes (17)
- Eastwood Landings (2)
- Foley, aka Sanibel Place (2)
- Gopher Walk (3)
- Gulf Pines (2)
- Gulf Shores (6)
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- Little Lake Murex (4)
- Long Acre Lake (2)
- Metes & Bounds (18)
- Mitzi (1)
- Moonshadows (1)

- Palm Lake (2)
- Periwinkle Properties (1)
- Poinciana Circle (1)
- Richardsons (3)
- Rocks, East (6)
- Rocks, West (1)
- The Sanctuary (3)
- Sanctuary, Augusta Greens (1)
- Sanibel Bayous (2)
- Sanibel Center (1)
- Sanibel Estates (22)
- Sanibel Highlands (4)
- Sanibel Isles (2)
- Sanibel Lakes Estates (6)
- Sanibel River Estates (7)
- Sanibel Shores (7)
- Seagull Estates (12)
- Seaspray (3)
- Sea Oats (4)
- Shell Harbor (14)
- Southwinds (2)
- Watershadows (2)
- Windrow (1)
- Woodring (1)
- Captiva Gold Coast (1)
- Captiva Village (3)



David Anderson

Realtor®, Closing Coordinator, Office Manager, Sales Associate



Lisa Murty

Realtor®, Sales Associate



Rotary Happenings

submitted by Shirley Jewell

We had a great meeting last Friday morning. It was remarkably inspiring. First on our agenda was the presentation of the Rotary Four-Way Test Essay winner awards to three outstanding middle school students from The Sanibel School. Rotarian and essay contest program chair Chet Sadler and Sanibel School middle school language arts teacher Paula Bolado spoke about how the test simulates critical thinking regarding ethical questions and the impact on future generations based on decisions made by applying the Four-Way Test.



Rotary's Four-Way Test is one of the guiding principles of Rotary and although simple in direction, it is sometimes complicated in its application. These principles have been developed over the years to provide Rotarians with a strong, common purpose and direction. They serve as a foundation for our relationships with each other and the action we take in the world.

The Four-Way Test of the things we think, say or do is a test used by Rotarians worldwide as a moral code for personal and business relationships.

The test can be applied to almost any aspect of life:

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build goodwill and better friendships?
4. Will it be beneficial to all concerned?

Thirty-seven middle school students participated in this essay writing exercise with seven essays being selected by Bolado for assessment by our own Rotary Four-Way Test Essay Committee. Each member of the committee read the essays and then graded the essays with first, second and third grade evaluations.

First place winner Anna Wells' topic was peer pressure; second place winner Johnny Jensen wrote about school shootings and gun control; and third place winner Mason Macalka's topic was school walkouts.

This upcoming generation has been forced to experience some harsh and scary realities of what growing up in this present society has come to, but the true facts are, they are equal to the challenges of the future. Sanibel-Captiva Rotarians congratulate our three Four-Way Test winners. Great job!

Our morning's guest speaker was Vince Modarelli, major gifts officer for Habitat for Humanity of Lee and Hendry Counties. Modarelli is an interesting person who, after a 23-year career in journalism, decided to change course in his life and take on his current position at Habitat, just over a year ago. As a newsman, he witnessed the

need for decent affordable housing for hard working families in our local communities. Through his volunteer work with local nonprofit agencies in Bonita Springs, including The Rotary Club of Bonita Springs Noon Club, he was drawn to the prospect of working directly on this housing problem.

"No matter who we are or where we come from, we all deserve to have a decent life. We deserve to feel strength and stability day after day. We deserve to know we have the power to take care of ourselves and build our own futures. At Habitat for Humanity, this is what unites us," said Modarelli. "Through shelter, we empower. Our shared vision is a world where everyone has a decent place to live. Because you, me, we - we're all humans. And every single one of us deserves the opportunity for a better future."

Habitat has been building homes in our community for a long time. The Harlem Heights neighborhood was the first Habitat build outside of Georgia, the home state of Habitat for Humanity. That year was 1982. As of October 2017, there have been 1,500 homes built in Lee and Hendry counties. Habitat continues to build houses today in Harlem Heights and has plans to build an additional 160 homes on a 20-acre site near the soccer complex on Kelly Road in Fort Myers. Modarelli noted that Sanibel and Captiva residents have always been supportive of Habitat and continue to be in every aspect of the builds, from financial contributions to hands-on construction

team efforts.

Property throughout our local counties is extremely expensive. A few years ago, Habitat began considering purchasing housing in need of renovation as a solution to the affordable housing problem. Habitat had that on the drawing board when Hurricane Irma hit our area hard - particularly Bonita Springs and Lehigh Acres - last year. The Rotary Club of Bonita Springs Noon Club took on the challenge to help with cleanup after the hurricane and led this project with Rotary clubs across our area, with assistance from USA Disaster Relief volunteers from all over the United States. Cleanup turned into rebuilding and renovation projects on homes devastated by the hurricane. Reality set in and an idea was spawned from this experience. Habitat for Humanity and Rotary International would join together to create a pilot program in Lee and Hendry counties that would financially support renovating homes in the area and promote Rotary volunteer teams working on those renovations.

Modarelli explained how Habitat selects the families they help and how they work together to provide affordable housing for these deserving families. Read next week's column and you will hear more details.

*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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4. Shell Seekers – Captiva

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- Stunning coastal décor, 2 story coffered ceilings in the living room, gorgeous master suite & fantastic outdoor living
- **\$9,250,000** EUR € 7,722,826

5. Sanibel Condo – Boat Dock & Across from Beach

- 2 BR/ 2.5 BA condo located off East Gulf Drive in Seawind Community
- Community pool, tennis courts, boat docs, and steps to nearby beach access
- **\$530,000** EUR € 434,183

6. Shell Harbor Canal Home – Sanibel

- 3BR/2.5BA situation on a private cu-de-sac with boat dock & lift
- Screened in pool overlooking canal & beach access w/ parking
- **\$1,099,000** EURO 900,317



10. Jensen's Marina & Cottages – Captiva

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11. South Seas Beach Home – Captiva

- 4BR/ 3BA perfect for daily sunsets
- Fully upgraded, private deck, steps from the Gulf
- **\$3,445,000** EUR € 2,822,195

12. Direct Access Canal home with Boat dock & Lift – Sanibel

- 3 BR/3 BA home located on 100 feet of canal frontage with direct Gulf access
- Old Florida style home with boat dock & lift, quick access to San Carlos Bay, screen enclosed pool
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Tiffany, Jeff, Joan & Joe Burns

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Kathy Haungs, Denice & John Beggs



Shannon MacKenzie photo provided

Refuge Adds Summer Education Intern

Education intern Shannon MacKenzie arrived on May 7 to help the JN "Ding" Darling National Wildlife Refuge on Sanibel with staffing shortages this summer, thanks to funding from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS).

MacKenzie, a senior at Washington State University in Pullman, is studying environmental and ecosystem sciences

with hopes to become a teacher or park ranger.

"That's why this internship in the education department is so perfect for me," she said. "I get to teach children about the environment around them. It's a lot of fun to see a child's face light up when they learn something new."

Having visited family often on Sanibel, MacKenzie was excited to spend the summer here and learn about a new ecosystem. She will assist Refuge Conservation Educator Sara Hallas through mid-August, when she will return to school to finish her degree.

"There is always something new to learn here, with new wildlife on the refuge every day," she added. "I absolutely love it at 'Ding' Darling. There's great staff who are so knowledgeable."

DDWS provides living stipends and other benefits for about a dozen interns each year. The refuge supports interns and resident volunteers with free housing.

"Our interns bring youthful energy, enthusiasm and creativity to the refuge team," said Supervisory Refuge Ranger Toni Westland. "At the same time, the program gives students and recent graduates an opportunity to learn hands-on about the environment and refuge operations."

For more information about the refuge internship programs, contact Westland at 472-1100 ext. 237. To learn about supporting the refuge intern program, contact Sarah Lathrop, DDWS associate director, at 472-1100 ext. 4.✳

Superior Interiors

Light Up Your Life

by Jeanie Tinch



Proper lighting plays such an important part in the success of any design plan. I find that few of my clients truly think about the impact that lighting can have on the successful

completion of their design project.

Dining room chandeliers can be the design inspiration for the room itself. Here are a couple rules to ensure your chandelier is properly hung in your dining room. First rule is that the entire chandelier should be no wider than 12 inches less than the width of the table. Second, the bottom of the chandelier should be no lower than 30 inches above the tabletop, in a room with an 8-foot ceiling. Finally, if your ceiling is higher than that, raise the fixture three inches higher for each additional foot of ceiling height.

How about a chandelier placed in the master bath or powder room for that matter. A dramatic fixture adds another element of texture and drama in a bath setting.

Now let's talk a bit about bedroom lighting – and specifically task lighting. Matching lamps flanking the bed should be positioned at a proper height for evening

reading. An advantage of lamps positioned in this manner provides an effect of washing the walls with even lighting which can make a room appear larger.

The play of light can enhance a beautifully designed living room. Place a swivel task lamp between two side chairs. They are beautiful and practical and are not obtrusive to an overall design plan and furniture arrangement in a room. Table lamps are available in any size to balance the height of different end tables, providing just the right amount of task lighting to each side of a sofa. Recessed accent lighting is another excellent way to draw the eye up and add extra height to a room. A carefully integrated lighting plan can make a beautiful difference.

Kitchen lighting requires careful planning because there are so many options to consider. Pendant light is used to light areas such as a kitchen island. One option is three pendant lights designed to illuminate the island and the ceiling as well. The addition of a drum pendant light hung over the dinette table could make a design statement as well as illumination.

I'd really like to urge you to consider updating your lighting fixtures because they can help you dramatically change the way your home looks without a tremendous investment. And remember, you can make a room seem larger by washing its walls with even lighting, and conversely you can make a larger room feel smaller and cozier by lighting just a few areas with pools of light.

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



Our Family Wishes Everyone a Happy and Safe Memorial Day



Remembering Our Fallen Heroes This Memorial Day

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Interior Design Professionals Honored

Linda and Dana Coin, owners of the Decorating Den Interiors, serving Sanibel, Captiva, Fort Myers and Cape Coral, were honored for business achievement and at the company's 49th annual conference and supplier market held recently in Orlando.

The Coins and their team received the prestigious Crystal Award for 2017 sales that put them among the top three in the United States. Also presented to the team was the Premier Club Award for cumulative multimillion dollar sales achievement.

Designer Trinette Nelson received the Director's Award for 2017 sales and the distinction of being named as one of the top five designers internationally.

"We've returned from conference with an extensive library of before and after high resolution digital photographs featuring room makeovers from this year's Dream Room competition," said Linda Coin. "They are fabulous designs with interesting stories behind them, making for an ideal workshop or seminar program for organizations looking for a speaker for their meetings," she added.

Decorating Den Interiors' room makeovers have been featured in such publications as *Traditional Home*, *Elle*



From left, Trinette Nelson; Barb Cacchione; Marcia Feeney; Linda Coin, Decorating Den Interiors owner; Jim Bugg, Decorating Den Interiors corporate president and CEO; Katie Frederic; Jeanie Tinch; and Dana Coin, Decorating Den Interiors owner photo provided

Décor, *Better Homes and Gardens*, *Veranda*, the prestigious Canadian publication *Arabella*, among others.

"As North America's largest interior design and home furnishings franchise company, we offer our clients fine

furniture, case goods, accessories, lighting, floor and wall coverings, draperies and other hard and soft window treatments from our LIVV Home Collection of furnishings," Coin said. "We bring samples directly to

the client's home or office, provide complimentary design services and personally oversee projects through installation." ✨

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www.SanibelCaptivaRealEstateGuide.com

Will Power

Does Your Dog Bite?



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

One of my all-time favorite movie scenes is from *The Pink Panther Strikes Again*, where Inspector Jacques Clouseau (played by legendary actor Peter Sellers) inquires of the innkeeper, "Does your dog bite?"

While reaching to pet the animal, Clouseau is viciously attacked causing him to yell in shock, "I thought you said that your dog does not bite!?"

"THAT is not my dog," the innkeeper calmly replies.

Despite seeing it hundreds of times, I still laugh at that scene.

As most of you know, the plot of the *Pink Panther* movie series revolves around the heist of a famous large pink-hued diamond and Clouseau's ensuing shenanigans pursuing the thieves.

But it's not so funny when mother or father loses precious jewelry or other valuables while in assisted living or nursing home care.

Anecdotally, the loss of keepsakes and valuables appears to happen quite frequently when a loved one is in the care of another, whether in their own residence or in an assisted living facility. Unfortunately, when valuables disappear, they are almost never recovered, and it's very hard to prove who may be responsible. Further, most assisted living facilities are not contractually liable for valuable items lost or stolen while one is in their care.

I'm not, by the way, accusing all health care workers of committing theft. I'm sure many such caretakers have been accused of taking items that were long ago lost, but faulty memories led to false accusations. With that said, enough valuables have disappeared from the homes of those being cared for or from the rooms in assisted living facilities that residents should consider taking precautionary steps to avoid the heartache of losing an item near and dear to their hearts.

So let's review what steps you may want to consider before moving yourself or another loved one into a residence where others are readily present.

First, if one owns valuables that one doesn't often wear, consider storing them in a bank safety deposit box. The annual charges are well worth the investment to ensure that your valuables aren't prone to those who may have sticky fingers. When you have a safe deposit box, it is usually a good idea to have a trusted relative as a signor on the box, and for you to advise of the bank location and box number that you have rented, as well as where your key is stored.

Second, if you have already considered giving some or all of your valuables away to loved ones now (as opposed to bequeathing them in a will), you may get the added

benefit of watching your loved ones enjoy the gifts. Here you should consider getting appraisals and filing gift tax returns if you or your spouse is likely to have to file a federal estate tax return.

Third, if you don't already have riders covering the valuables on your homeowner's or renter's policy, speak to your insurance agent. Your agent will tell you what steps should be taken to guard against loss. Most of the time; however, it is not the financial loss that hurts when losing jewelry and other keepsakes; it is the emotional loss as well. To that end, if you decide to give jewelry that is already covered by an insurance rider, make sure that you remove the rider from the policy after the gift is completed.

I have known some who use modern surveillance equipment to record video of those who work in the home. While I don't believe that this is the best option, it could catch a thief red-handed, so to speak, and lead to the recovery of the item if discovered soon enough after the heist.

I believe that the takeaway from all of this is that those who are vulnerable should work to minimize the opportunity of those who might be interested in taking valuables by not having them around to begin with.

After all, most of us don't have a trusted manservant like Clouseau's Cato Fong – who would never steal anything. Instead, Cato would rather karate chop the inspector upon his arrival from home after a hard day's work.

So don't end up like Chief Inspector Dreyfus who eventually ended up in the funny farm (pun intended!). When you or a loved one is in need of assisted living or nursing home care, don't forget to secure the valuables.

©2018 Craig R. Hersch. Learn more at www.sbslaw.com.✪

City Memorial Day Schedule

The City of Sanibel administrative offices will be closed in observance of Memorial Day on Monday, May 28 and will resume regular operating hours on Tuesday, May 29.

Refuse, recycling and vegetation waste collection by Advanced Disposal scheduled for Memorial Day will be one day later. Therefore, if your normal pick-up day is Monday, May 28, your waste will be picked up on Tuesday, May 29. The altered schedule will remain in place for

the rest of the week. The normal waste collection schedule will resume on Monday, June 4. If you have any questions, call Advanced Disposal at 334-1224.

The Sanibel Recreation Center will be closed in observance of Memorial Day on Monday, May 28 and will resume regular operating hours on Tuesday, May 29. If you have any questions, call the Sanibel Recreation Center at 472-0345.

Center 4 Life/Civic Center will be closed in observance of Memorial Day on Monday, May 28 and will resume regular operating hours on Tuesday, May 29. If you have any questions, call the Center 4 Life at 472-5743.✪

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Burns Family Team, from left, John and Denice Beggs, Tiffany Burns, Joe and Joan Burns, Jeff Burns, Kathy Haungs and Shaelyn Dimiceli photos provided

Real Estate Team Adds New Member

The Burns Family Team with Premier Sotheby's International Realty has added realtor Tim Drobynk to their team. Drobynk brings decades of real estate experience and strong community involvement to the Burns Family Team.

Drobynk has lived in Florida since the 1970s. He attended Elon University and graduated with a master's degree in business administration. Drobynk has lived in Southwest Florida since 1995 and has been a Sanibel resident since 2001. He has been broker/owner

of a real estate company, regional sales manager for a national builder, and had been involved with commercial acquisitions.

"We are very excited to have Tim as a part of our family team," said Jeff Burns. "He has decades of real estate experience and is also raising a family here on the island. We've enjoyed working together for years and decided that joining forces would be a great move to better serve our island friends and neighbors."



Tim Drobynk

The Burns Family Team is comprised of Jeff and Tiffany Burns, Joe and Joan Burns, John and Denice Beggs, Kathy Haungs, Shaelyn Dimiceli, executive assistant Becky Sterling, and now, Tim Drobynk. The team has over 150 years of combined island real estate experience.

"We feel strongly about our motto 'Your local experts with a global reach,'" Burns added. "With the addition of Tim, we are gaining very strong experience that our valued clients will benefit from. From local expertise to a global marketing program, we want to provide the best real estate service possible."✧✧

From page 32

Holistic Medicine

for his own chronic pain.

"For my lower back pain, Brian stuck me in the right shoulder and the right knee," Kern said. "The pathways were unexpected, but when I got up and walked away, I felt much better. It is phenomenal stuff."

During the meeting, which was led by Lions Club President Tom Nachazel, Rick Wagner was inducted as treasurer, and George Veillette was recognized as Lion of the Year.

As outgoing president, this meeting was Nachazel's last. Reflecting back on his year as president, as well as on his 25-year association with the club, Nachazel praised the Lions for their community spirit.

"I am a Lion, because I love the

thought of helping people," he said. "I wanted to give back. The Lions Club provides the avenue for me to do just that," said Nachazel. "Our club will always be a work in progress. It's fun working with such fine people."

The next dinner meeting of the Sanibel-Captiva Lions Club will be held from 6 to 8 p.m. on Wednesday, June 20 at The Community House. The guest speaker will be Margaret Muhundro, executive director of the Sanibel Public Library.

For more information about the Sanibel Captiva Lions Club, visit www.sanibelcaptivalions.org.✧✧

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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	11:22 am	4:29 am	None	5:44 pm
Sat	12:12 am	5:03 am	11:45 am	6:30 pm
Sun	1:13 am	5:32 am	12:08 pm	7:11 pm
Mon	2:07 am	5:57 am	12:31 pm	7:48 pm
Tue	2:56 am	6:20 am	12:55 pm	8:23 pm
Wed	3:41 am	6:42 am	1:22 pm	8:58 pm
Thu	4:24 am	7:07 am	1:52 pm	9:35 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	10:27 am	4:31 am	11:17 pm	5:46 pm
Sat	10:50 am	5:05 am	None	6:32 pm
Sun	12:18 am	5:34 am	11:13 am	7:13 pm
Mon	1:12 am	5:59 am	11:36 am	7:50 pm
Tue	2:01 am	6:22 am	12:00 pm	8:25 pm
Wed	2:46 am	6:44 am	12:27 pm	9:00 pm
Thu	3:29 am	7:09 am	12:57 pm	9:37 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	10:54 am	4:39 am	11:38 pm	5:22 pm
Sat	11:35 am	5:24 am	None	6:13 pm
Sun	12:29 am	6:08 am	12:10 pm	6:59 pm
Mon	1:11 am	6:49 am	12:40 pm	7:42 pm
Tue	1:50 am	7:27 am	1:06 pm	8:25 pm
Wed	2:31 am	8:03 am	1:27 pm	9:09 pm
Thu	3:20 am	8:37 am	1:46 pm	9:51 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	1:10 am	7:45 am	1:32 pm	9:00 pm
Sat	2:22 am	8:19 am	1:55 pm	9:46 pm
Sun	3:23 am	8:48 am	2:18 pm	10:27 pm
Mon	4:17 am	9:13 am	2:41 pm	11:04 pm
Tue	5:06 am	9:36 am	3:05 pm	11:39 pm
Wed	5:51 am	9:58 am	3:32 pm	None
Thu	6:34 am	12:14 am	4:02 pm	10:23 am

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.

Center 4 Life Scheduled Facility Maintenance Closure – The Center 4 Life will be closed from Monday, June 4 to Friday, June 8 in order to complete numerous maintenance projects. The facility will reopen and activities will resume on Monday, June 11. Some of the projects include repairing and replacing kitchen flooring, roof repair, deep cleaning and painting of the facility. All of these projects have been scheduled during this time in an effort to minimize the inconvenience to our patrons.

The Sanibel Recreation Center offers 35 land and water fitness classes each week which are included in your Sanibel Recreation Center membership. The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. For more information, call 472-0345 or visit www.mysanibel.com.

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.

Leisure Lunchers – University Grill & Bob Rauschenberg Gallery at FSW Tour – Wednesday, May 30. Cost is \$5 per person with lunch on your own. This is a docent-led tour through Bob Rauschenberg Gallery at FSW State College of works by Steve Keene called 57 Miles or 455 Furlongs. Keene is known as the “World’s Most Prolific Painter.” *Time* magazine called him the “Assembly Line Picasso.” Keene estimates that he has created enough paintings since the 1990s to extend more than 57 miles or 455 furlongs, hence the name of the exhibit. Lunch is on your own at the University Grill. Advance registration is required.

Murder in Paradise at Broadway Palm Dinner Theatre – Thursday, May 31. Cost is \$45 for members and \$50 for non-members.

This fun night of murder mystery comedy is an interactive production, wrapped around a four-course meal that is served to your table by the suspects, of course. Bring your imagination and appetite... it’s comedy to die for.

When you arrive, you’ll be given a new name and a new identity for the evening, as you are an honored guest. During the course of the evening, you’ll witness several crimes, including at least one murder, and it’s your job to figure out “whodunnit.” There will be a detective

to lead the investigation, but you’re free to do a little detective work yourself. Become part of the action or just sit back and watch the mystery unfold while having dinner.

Prizes are awarded to the person that solves, or comes closest to solving, the mystery. Price includes dinner and show, but does not include drinks and gratuity. Carpool arrangements will be made for transportation. Advance registration is required.

Gelli Printing with Bea Pappas – Fridays, May 25, June 15, 22 and 29. 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 and 26 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.*



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Island Seniors Take Paddlewheel Cruise Through Intracoastal Waterway



Taking part in the Intracoastal Waterway cruise were, from left, Libby Countryman, Veena Vajani, Eileen Kehoe, Bud Reinhold, Deborah Butler, Christl Smith, Mary Ann Gilhooley, Joan Sperry, Anne Walter and Amy Brown
photos by Jeff Lysiak
by Jeff Lysiak

Nine members of the Island Seniors group, along with Center 4 Life Senior Program Recreation Assistant Amy Brown, traveled off-island recently to take part in a paddlewheel cruise, a relaxing 4.5-hour excursion between Fort Myers and the WP Franklin Lock in Alva.

Boarding the *Captain JP*, a 500-passenger, three-story paddlewheeler departing from the downtown Fort Myers Yacht Basin, guest traveled slowly up the Caloosahatchee and along the Intracoastal Waterway that connects the Gulf of Mexico with the Atlantic Ocean through a series of five locks.

Throughout the late morning and early afternoon, passengers viewed picturesque points along the 33-mile journey. Passing underneath the Edison Bridge, the crew shared information about some of the manmade islands dotting the northern side of the Caloosahatchee. "After Hurricane Charley, some of those islands were devastated," the narrator explained, noting how full of roosting birds the islands were today. "As you can see, Mother Nature has made quite the comeback."

During the next 90 minutes, the vessel slowly meandered past several landmarks including the FPL Power Plant, where hundreds of manatees congregate every winter while seeking warmer waters, the mouth of the Orange River and the historic Tice Railroad Bridge, built in 1903. "They keep the bridge open most of the day, since only two trains pass through there every day," the narrator noted.

Just before the buffet lunch was served, the paddlewheeler arrived at the WP Franklin Lock. Becoming operational in 1939, the lock is 400 feet long, 56 feet wide and 14 feet deep. It takes approximately 15 minutes



Entertainer Jerry Burton performed for two hours on the way back to Fort Myers

to open and drain two to three feet of water (about 178,000 gallons, at a rate of 28,900 cubic feet per second) through its gates. More than 15,000 vessels travel through the lock every year.

After lunch, on the way back to Fort Myers, entertainer Jerry Burton performed for two hours, singing songs made famous by The Rat Pack, Elvis Presley, acts that popularized "The Motown Sound" and pop, rock and country singers of the 1950s through 1980s. Passengers sang along and danced throughout Burton's act.

"The paddlewheel boat always seemed like something the group would really enjoy," said Brown. "It's the whole package – a day out on the water, live narration, fun entertainment and, of course, food."

According to Brown, visiting downtown Fort Myers is something the Island Seniors do quite often. Between October and May, the group



Entering the WP Franklin Lock from the west



Some of the Island Seniors dancing to the sounds of Motown

attends shows at the Florida Repertory Theatre, visits some of the city's newest restaurants and has participated in historical walking tours of the area.

"I thought it was really interesting, and good food," said Deborah Butler. "Our group really had a good time singing along, and dancing."

"I loved the cruise. Going through the locks was interesting. The weather was nice, too," added Veena Vajani. "We all danced together. That was really fun."

Another member of the Island Seniors, Eileen Kehoe, talked about how the group from Sanibel got other passengers out onto the dance floor. "Many people on the boat were sitting in their chairs after lunch, and we Center 4 Life exercise enthusiasts decided to liven up the scene," she said. "One by one, we headed out to

the dance floor and gave the singer a reason to keep the party going."

Upcoming Leisure Lunchers outings with the Island Seniors include Tuesday, June 19 at Cip's Place and Tuesday, July 10 at Sweet Melissa's Café. Advance registration is required; separate checks will be provided.

A special lunch excursion to The Off Broadway Palm Theatre will be held on Wednesday, July 18. Following lunch at Cristof's on McGregor Boulevard in Fort Myers, the group will take in a production of *The Savannah Shipping Society*. Cost is \$39 for members and \$49 for non-members. Limited seating is available and advance registration is required. Transportation will be via carpool.

For more information about these outings or to sign up, call the Center 4 Life at 472-5743.✪

Pro Racing Driver Provides Lesson That It's Okay To Go Out On Top



by Ed Frank

For so many professional athletes, they abhor the thought of retiring when their careers near the end. Whether it's the money, ego or countless other reasons, so many attempt to prolong the inevitable, often to embarrassing conclusions.

This is not the case, however, for Danica Patrick, one of the most famous professional athletes in the world, who, at just 36 years old, will climb into her bright green GoDaddy race car for the final time this Sunday for the 102nd running of the Indianapolis 500 Mile Race.

There is little doubt that Patrick could remain a competitive driver in this male-dominated sport for years. But having proven success and broken records in various levels of racing, she is closing out this part of her professional life as her focus shifts to an entrepreneurial career.

She will start Sunday in her GoDaddy car in seventh position, having qualified at 228.090 miles per hour in her four-lap qualifying run, just a few ticks slower than pole sitter and teammate Ed Carpenter's time of 229.618 miles per hour. Twenty-six drivers qualified for this famous race at speeds slower than Patrick's.

Her racing accomplishments fill pages, but among the highlights was her rookie year in 2005 at the Indy 500 when she stunned the world by leading 19 laps and finishing fourth, earning Rookie of the Year and becoming the first woman to lead laps and score a top-5 finish in the historic race. She made history again three years later when she became the first woman to win a major open-wheel race in the Indy Japan 300.

In 2010, she moved to NASCAR racing where she continued to rewrite the history books. She broke records for the most top finishes of any female, with a total of seven top 10s in the NASCAR Cup Series. Three years later, she transitioned to the Monster Energy NASCAR Cup Series and made headlines with her record-setting performance in the 55th Daytona 500 when she became the first woman to win a NASCAR Cup pole position, finishing in eighth place.

Patrick is returning to the Indianapolis 500 for the first time since 2011, but she announced last November it will be the last race in her sterling career. She has moved into the world of business, launching a clothing line, authoring a fitness book and is the sole proprietor of a vineyard in California.

And it doesn't hurt that she has been featured in numerous magazine covers, was named among *Time Magazine's* 100 Influential People and appeared in 13 GoDaddy Super Bowl commercials. Her net worth as of last June was \$60 million, according to

Celebrity Net Worth. She is proving it is okay to go out on top – a lesson other athletes could learn from her.

Finally, if you watch Sunday's Indy 500, don't be surprised if you see Green Bay Packers quarterback Aaron Rodgers nearby as the two have been in a relationship in recent months.

Florida Everblades Skate To League Finals

The Florida Everblades hockey team defeated the Adirondack Thunder four-games-to-one to win the ECHL Eastern Conference Championship and will face the winner of the Fort Wayne Komets-Colorado Eagles Western Conference series in the best-of-seven Kelly Cup Championship. Colorado was leading that series 3-2 early this week.

It will be the first time the Everblades have reached the league championship series since 2012 when they won the title. Florida also won Eastern Conference Championships in 2003 and 2004.

The Everblades defeated Adirondack all three games last week on the Thunder home ice, 3-2, 7-3 and 3-2.

Interestingly, Tampa Bay of the National Hockey League was leading Washington three-games-to-two in search of a Stanley Cup title clash with the expansion Las Vegas Golden Knights as of Monday of this week. Should Tampa Bay win that fourth game, we will have two Florida hockey teams skating for league championships.*

From page 1

Destination

Jodie Booras, Expedia's accolades for the island were based upon reviews of more than 4,600 travel destinations visited last year by its website users.

"Not to be too outdone by its southerly state-mate (Key West, which ranked 14th), Sanibel clinches the No. 15 spot in its first appearance," Expedia's website stated. "Visitors fall in love with the place for many reasons. Go shelling on the beach, fill up on fresh seafood at joints like the super-fun Bubble Room, and spend peaceful time at JN 'Ding' Darling National Wildlife Refuge."

Ranking ahead of the top two Florida destinations were Wailea, Hawaii; Cambria, California; Springdale, Utah; Quebec City, Quebec; Ashland, Oregon; Calgary, Alberta; Victoria, British Columbia; Sedona, Arizona; Cambridge, Massachusetts; Minneapolis, Minnesota; Paso Robles, California; Solvang, California; and Bar Harbor, Maine. Rounding out the top 20 were Pittsburgh, Pennsylvania; Washington, DC; Charleston, South Carolina; Rosemont, Illinois; and Montreal, Quebec.

"The top destinations were chosen by verified Expedia reviewers throughout 2017 and rose to the top of over 4,600 reviewed cities," Booras explained. "Each of these cities received a least 600 reviews and are listed in order of highest-reviewed out of five."

As news of the Expedia ranking spread across the island last week, a number of locals offered their reaction.

"To be one of only two Florida destinations chosen in the top 15 of Expedia's Top Rated Vacation Destinations

in North America is quite an honor, but as anyone who is fortunate to have vacationed on Sanibel would attest, it is well deserved," said John Lai, president and COO of the Sanibel & Captiva Islands Chamber of Commerce. "We have consistently offered world-class beaches, shelling, shopping, biking, fishing and dining, but our sustainable initiatives and undisturbed natural environment are truly what sets us apart. Sanibel offers the complete package for families of all seasons of life."

As a longtime resident and mayor of Sanibel, Kevin Ruane stated that the island makes a terrific destination due to "the uniqueness where nature and people do exist."

"It is an amazing place to live where more people realize just how special a place it is," said Ruane. "The tranquility overtakes you and you forget that this is a city and not a tropical island."

For more information and the complete list of top destinations, visit <https://viewfinder.expedia.com/features/top-rated-vacation-destinations-in-north-america>.

Late last year, Expedia included Sanibel and Fort Myers in its ranking of Post-Natural Disasters: 10 Places Making A Comeback.

"Florida's west coast took a beating during Hurricane Irma, but by late September, Fort Myers and Sanibel Island were back at it," the website posted on December 1, 2017. "The beaches, such as Captiva Island, Bonita Springs and Boca Grande, among others, have all reopened and passed their water testing. Southwest Florida International Airport is running as usual, and many of the parks and businesses have rebounded or are well on their way."*

SPORTS QUIZ

1. Who was the first player to hit his 499th and 500th career home runs in the same game?
2. Name the player who led the American League in both doubles and triples in 1970. Hint: He played for the Minnesota Twins.
3. Who was the last running back before Matt Dayes in 2016 to rush for at least 1,000 yards in a season for North Carolina State?
4. Which was the last NBA team before Golden State in 2016 to have 47 assists in a game?
5. Who was the first American woman inducted into the Hockey Hall of Fame?
6. Name the last woman before Evgenia Medvedeva in 2017 to win back-to-back world figure skating singles titles.
7. Entering 2018, when was the last U.S. Open playoffs for men's golf?

ANSWERS

1. Albert Pujols did it with the Angels in 2014. 2. Cesar Tovar had 36 doubles and 13 triples that season. 3. T.A. McLendon, in 2002. 4. The Phoenix Suns, in 1991. 5. Cammi Granato, who was captain of the U.S. women's hockey team that won Olympic gold in 1998. 6. Michelle Kwan, in 2000-01. 7. It was 2008, when Tiger Woods beat Rocco Mediate.

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From left, FISH Executive Director Maggi Feiner, CFI Grants Chair Virginia Stringer, FISH Board Chair Nichole McHale and The Sanctuary Golf Club General Manager Ken Kouril with the new FISH of SanCap delivery van photo provided

New Delivery Van Provided For FISH

The Charitable Foundation of the Islands (CFI) and The Sanctuary Golf Club board came together in March to help FISH of SanCap serve its clients more effectively. The result of their collaboration is a sizable van that will provide efficient pickup and delivery of supplies to the FISH food pantry.

"FISH volunteers face major challenges keeping the pantry stocked, because they have at their disposal only personal cars to pick up supplies," CFI Grants Chair Virginia Stringer said. "Personal vehicles don't have the space or equipment to transport heavy items or large quantities. The new van solves these problems."

Delivered to FISH in early April, the van has transformed the organization's pantry services. "A delivery of frozen food and canned goods from the Harry Chapin Food Bank can weigh as much as 800 pounds," FISH Executive Director Maggi Feiner said. "The new van's weight limit is 1,600 pounds, which is phenomenal for us."

In addition to food and home supplies, FISH routinely loans health equipment to clients, including walkers, wheelchairs, commodes, crutches and canes.

"These items all require delivery to clients' homes," Feiner said. "Wheelchairs and commodes in particular are heavy and bulky. The van can easily handle the load."

The vehicle is a 2018 Chevrolet City Express cargo van. Although spare on bells and whistles, it is longer and taller than a typical van, and it is fuel efficient.

"The van comes with a backup camera, and the dealership, Victory Lane Chevrolet, donated sturdy partitions, which it installed between the front seat and the cargo area. They are a really important safety feature for us," said Feiner.

The entire partnership making this

acquisition possible for FISH includes the CFI/Sanctuary Grant, along with an anonymous private donor, Victory Lane Chevrolet and salesman Big Mike. The total cost of the van is \$23,000.

FISH currently serves more than 750 island families. "Our client base has grown considerably in recent years," Feiner said. "Walking through our doors and admitting that you are hungry and cannot feed your family is a humbling experience," she added. "With SNAP cutbacks and cost increases for food, gasoline and rent, the number of people in need continues to escalate. The van will help us keep our pantry continuously stocked for these families, with no gaps in service."

The van makes as many as seven runs per week. In addition to the Harry Chapin Food Bank, the van stops at the Sanibel Island Farmers Market on Sundays. "The market gives us several cases of tomatoes, plus peppers, eggplants – all varieties of veggies," said Feiner. "Our pantry clients love fresh veggies and fruits."

FISH volunteers pick up produce as soon as the farmers market closes on Sunday. It is sorted and refrigerated and ready for clients Monday morning, promptly at 10 a.m. FISH also picks up supplies from Bailey's General Store and Island Pharmacy. The volunteer drivers receive special training on the equipment and operation of the vehicle.

During the season, approximately 200 FISH volunteers support 43 discrete services, with about 50 stepping up in the summer months. Food pantry hours of operation are 10 a.m. to 4 p.m. Monday through Friday, "but our staff works 8:30 a.m. to 5 p.m., and I am on call 24/7. We are there whenever clients need us," Feiner said.

The CFI Grants Committee, headed by Stringer, also includes Cindy Brown, Brenda Harrity, Chris Heidrick, Mike Kelly, Jim Pouliot, Nathalie Pyle and Chip Roach.

The Charitable Foundation of the Islands' partnership with the 2018 Sanctuary Charity Classic and its many generous sponsors has helped it to provide the funds for this van and its many other charitable endeavors. The Sanctuary Charity Classic has collaborated with CFI to assist the islands' neighbors in need for more than 15 years. Since its inception, the event has raised over \$1.5 million, making it possible for CFI to bring abundant critical resources to area nonprofit

organizations.

The Sanctuary Golf Club and its members provide the club and the golf course for the day. Ongoing generosity from the community and The Sanctuary's members demonstrates the caring nature of the islands.

For more information on grant giving through the Charitable Foundation of the Islands, visit www.charitablefoundationoftheislands.org.

Dunes Nifty Niners Club Champion



Roberta Rohl

photo provided

Roberta Rohl earned The Dunes Nifty Niners Club Champion golf title. Twenty five ladies participated in the event.

The season was concluded with an Olympic theme dinner party hosted by Geri Perkins and Joanne Mallow.

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Doctor and Dietician

Keeping Your Brain Sharp



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

The saying, "Use it or lose it!" actually holds true for the brain. To keep it sharp, the brain needs to be stretched and exercised. Physical exercise is great for both the body and the brain, as exercise nourishes both. Brain exercises, or "neurobics," are important to challenge your brain. We tend to get into routines and do things the same way over and over, but changing things up can help exercise the brain. Try taking a different route instead of the same one when driving to familiar places. Using all five senses can challenge and exercise the brain. For example, those who are right-handed can try to use the left hand for various activities. Smell, taste, touch, listen to and look at new things.

Choosing fresh, healthy foods and maintaining healthy weights are better for your brain. High cholesterol, elevated blood pressure and obesity all increase the risks of dementia. Engaging in exercise during midlife can significantly reduce the risks of dementia and cognitive impairment later in life. Increase your intake of fresh, real foods and colorful vegetables, and try to avoid fake, processed and sugary foods.

Exercise reshapes the brain. When we don't use our muscles, they atrophy. The brain is no different. Boost the health of brain cells, stimulate growth of new blood vessels in the brain and encourage new neuronal connections. When your kids and grandkids are playing video games, consider joining them for a few. You will learn something new and stimulate different areas of the brain. Why let kids have all the fun? Join them in some physical activity too, like taking a walk while enjoying the sights and sounds at the beach or along a beautiful local nature path.

Staying active both physically and mentally boosts brain function and keeps your brain sharp.

This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@caringmedical.com.

Lions Continue Collecting Used Eyeglasses

The Sanibel Captiva Lions Club continues to collect used prescription eyeglasses and sunglasses as part of its Recycle For Sight program. The club reports collection in April slowed slightly from an exceptional March, but still relatively strong.

In April, a total of 296 eyeglasses were collected and includes 67 cases. Year-to-date items collected have exceeded 3,000 – at 3,142 – and last year's 12-month total has been exceeded with two months remaining.

"We greatly appreciate the efforts of our community in donating their unused glasses and cases," said Lion Tom Nachazel. "It allows our club to provide them to those in need."

Lions deliver the eyeglasses, sunglasses and cases to the Bonita Springs Lions Club, where they are further categorized and sent on to a Lions Recycling Center to be cleaned and categorized by prescription and prepared for distribution in the United States and throughout the world.

To donate used glasses, including reading glasses, place them in the specially marked Lions Recycle For Sight collection boxes located at the following businesses:

Sanibel – Ace Hardware, Bank of the Islands, Bailey's General Store, Island Pharmacy, Joey's Custard, Sanibel Captiva Community Bank (Library Way and Periwinkle Way locations), Sanibel Community Church, Sanibel Public Library, Sanibel Eyecare, Santiva General Store, Senior Center – Center 4 Life.

Captiva – Captiva Memorial Library and Bank of the Islands.

The Sanibel Captiva Lions meet on the first and third Wednesday of each month at 6 p.m. at The Community House. Visiting Lions are welcome. For more information or to get involved, contact membership chairman Steve Schulz at stevensschulz@comcast.net or 233-6261.✪

Barre Fitness Classes At Rec Center

Registration is now open for summer sessions of Barre Fitness classes at the Sanibel Recreation Center. A Barre workout combines functional strength, dance, Pilates and yoga concepts into a series of movements designed to strengthen the entire body. Participants will primarily utilize bodyweight for resistance while focusing on alignment and posture with the goal of enhancing body awareness, coordination, balance and strength.

Cost is \$27.50 for members and \$36.50 for non-members. Class size is limited to 10 participants. Register in advance to reserve your spot.

June Summer Session:

Mondays, June 4, 11 and 18 at 8:30 a.m.; Tuesdays, June 5, 12 and 19 at 7 a.m.; Thursdays, June 7, 14 and 21 at 5:30 p.m.; and Fridays, June 8, 15 and 22 at 8:30 a.m.

July Summer Session:

Mondays, July 9, 16 and 23 at 8:30 a.m.; Tuesdays, July 10, 17 and 24 at 7 a.m.; Thursdays, July 12, 19 and 26 at 5:30 p.m.; and Fridays, July 13, 20 and 27 at 8:30 a.m.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information, call 472-0345 or visit www.mysanibel.com.✪

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Support Your Thyroid With Supplements



by Suzy Cohen, RPh

Dear Readers: Hopefully you realize that in order to look, feel and function your best as you age, it's imperative that you take good care of your thyroid gland because it plays a role in many

plaguing symptoms from head to toe including hair loss, chronic fatigue, skin problems, insomnia and weight gain. The trouble is that lab tests lie and don't usually confirm what you're feeling. I had to find that out myself the hard way, and that's why I wrote *Thyroid Healthy*.

Ever since I dealt with a bout of hypothyroidism years ago, and healed myself completely, I've been a big advocate of supplements for thyroid support.

One quick thing, your T4 has to lose one iodine atom to form T3, that's what the numbers stand for. It's the T3 that works and helps energize you, burn off fat, grow pretty hair beautiful and improve memory. Converting that T4 to T3 is a big deal. All the T4 in the world won't cure hypothyroidism if you don't activate it to T3 and, to do that, you need certain cofactors and nutrients like the following:

Probiotics: You need probiotics to convert the T4 hormone you make (or take in the form of medication). As much as 20 percent of your inactive T4 is converted to T3 in your gut, if your digestion is working well. Unfortunately,

many of us have woefully inadequate gut health because we are lacking friendly bacteria.

Zinc: Zinc is critical for activating T4 to T3 in the liver and kidneys and it improves the function of specific enzymes (deiodinase) that activate thyroid hormone. Remember, you want to activate it by converting the T4 your gland spits out, into T3.

Selenium: Like zinc, this mineral is also needed for certain deiodinase enzymes which convert T4 to T3. Selenium is also needed to balance excess thyroid activity that may be caused by internal or external stressors.

Catalase: Hydrogen peroxide is sometimes high in people with thyroid disorders, so neutralizing it is important, especially if you have Hashimoto's. Catalase is as an antioxidant to reduce hydrogen peroxide that you make in your liver. It's extremely beneficial to your blood stream, to your thyroid and to all your organs. By the way catalase helps break down alcohol, that's why some people take it for hangovers, lol!

Hydrogen peroxide is a free radical that can take your body over. Hydrogen peroxide has been studied and it's implicated in oxidative stress disorders and many chronic illnesses.

Ashwagandha: This incredible herb stimulates production of both T4 and T3 in your body. It also nourishes your adrenal glands, so if you feel like you can't cope with stress, this is a wonderful botanical to consider. There's a longer version of this article waiting for you, after you sign up for my free newsletter at www.suzycohen.com

You can heal yourself. Truth is, I used to be a human doing, and I had to train myself to become a human being.

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.

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Can you explain why some people easily bounce back from setbacks and others do not?

A: It does seem as though some people are prone to sailing through life's storms, while

others struggle to rise above when knocked down. Those who have the ability to rise above adversity seem to have something called resilience. Resilience is the ability to recover from difficult experiences: the loss of a loved one through death, divorce, a job loss, a traumatic experience or a serious illness. It's the strength of mind, body, spirit and emotions (the whole) that contributes to those people who are able to respond well to adversity and overcome it. Learning to build resiliency is the key.

Every one of us has the ability to cultivate that inner strength needed in order to rise above the many challenges life brings. Our brains are adaptable to manage emotions and cultivate inner strength to recover from a variety of mental health issues and not just survive, but thrive, regardless of what obstacles life throws your way. Through much research, it appears that internal strengths and coping mechanisms better predict who

will triumph over adversity than external circumstances. These strengths and coping mechanisms, the protective factors if you will, will help you rise to resilience. Below are some examples of how one can become more resilient:

1. Sense of autonomy
2. Rational thought process
3. Healthy optimism and self-esteem
4. Meaning and purpose in life
5. Good health habits
6. Character
7. Balance
8. Adaptability
9. Sense of Humor

It's never too late to work towards these relative concepts. It doesn't occur in an all-or-none fashion, rather it exists on a continuum.

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

Overeaters Anonymous

If food is a problem for you, Overeaters Anonymous can help. Meetings are held in Room 132 at Sanibel Community Church on Tuesdays at 5:30 p.m. and on Fridays at 9 a.m.

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

Sanibel Community Church is located at 1740 Periwinkle Way.

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Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
Post Office - Captiva	472-1674
Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	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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PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Mitchell And Lilac



Mitchell ID# A738385

Hello, my name is Mitchell. I am a 1-year-old male terrier mix who is a handsome little guy that loves to show off my ears for pictures as you can see. I am the perfect size for apartment or condo living. I have gone to events with our staff and volunteers so I have been around adults, kids, big dogs, small dogs – you name it!

My adoption fee is \$75.

Hi, I'm Lilac. I am a 1-year-old female domestic medium hair who is a beautiful cat that, as you



Lilac ID# A738725

can tell, gets along well with others. My adoption fee is just \$50. This includes spay, up-to-date vaccinations, rabies, county license and a 10-day health guarantee. That's a \$500 package. Another added bonus is all cats are adopt one and get a feline friend at no charge.

My adoption fee is \$50.

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

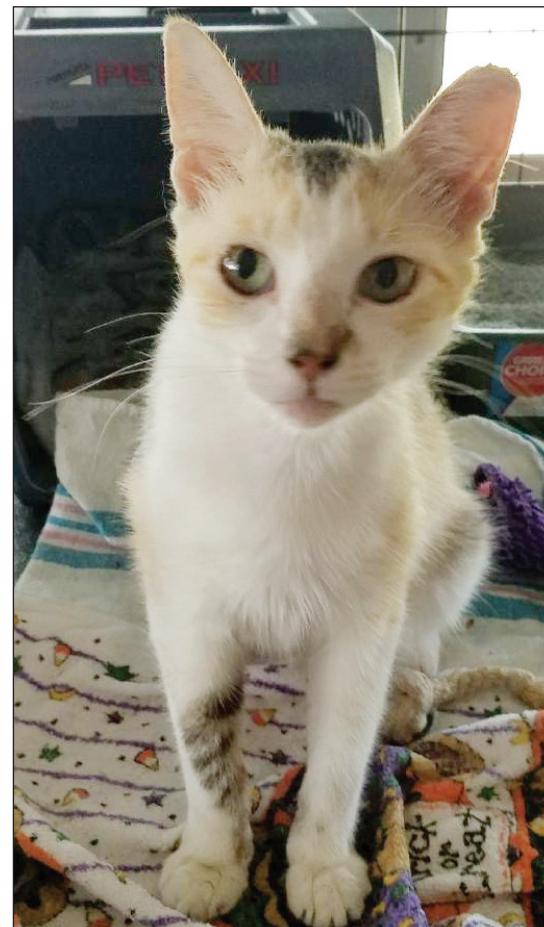
Paige And Nigel



Nigel

Hi there! I'm Nigel. I am a beautiful, 1-year-old, silver-smoke tabby boy. I'm told that my coloring is quite rare. I am a lap kitty that likes attention and am looking for a lap to call mine forever. I am currently living with a foster mom. I am up to date on all vaccines. My adoption fee is \$100.

Hello, my name is Paige. I am a beautiful, calico female kitty, not even 2-years old. I am very affectionate and I even get along with friendly dogs. I have been fully vetted and brought up to date on all vaccines. I tested positive for FIV, but



Paige

I'm told that I can still live a long, happy life once I find my forever home. I am currently staying with a foster mom. My adoption fee is \$75.

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

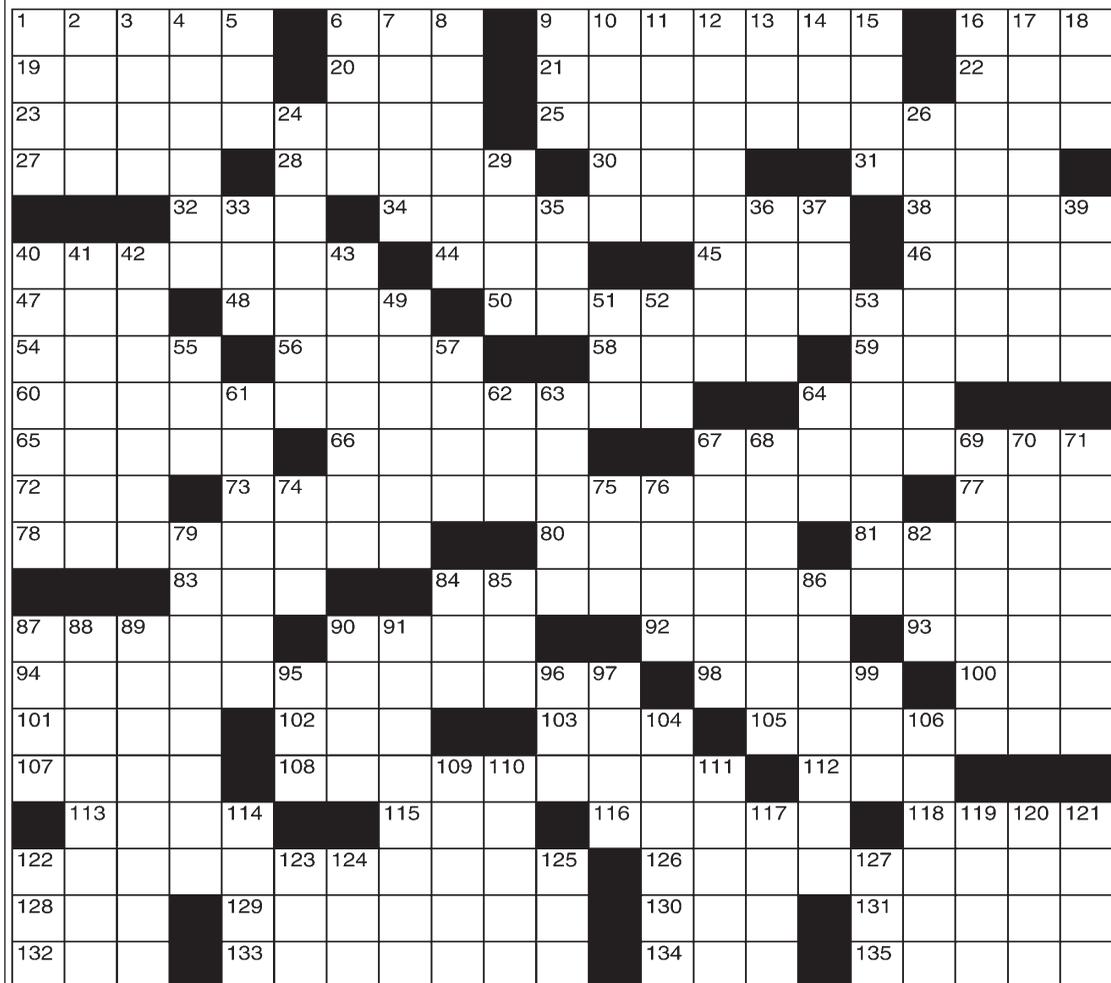
PUZZLES

Answers on page 53

Super Crossword

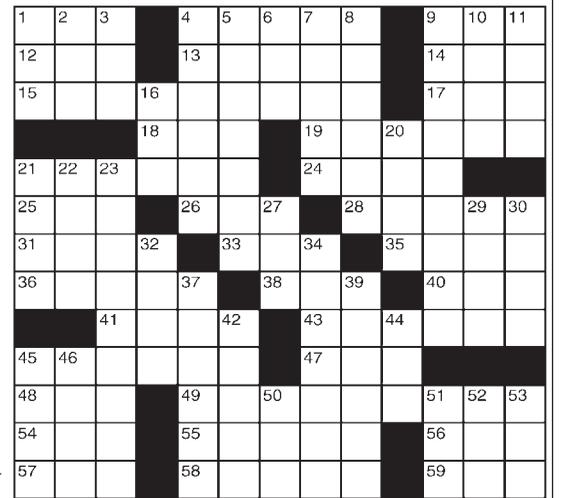
INTRO TO POE

- ACROSS**
- 1 Iraqis, e.g.
 - 6 Yank's Civil War foe
 - 9 "View of Toledo" artist
 - 16 Road sign no.
 - 19 — Haute, Indiana
 - 20 Fruit eater in Genesis
 - 21 "Naked" rodent
 - 22 Byronic "before"
 - 23 A second time
 - 25 When you get there
 - 27 Flat-topped rise
 - 28 Choose to participate
 - 30 Nosh, say
 - 31 Like a desert
 - 32 "Sister Wives" ainer
 - 34 Lots of
 - 38 Greater than
 - 40 President Nixon
 - 44 Snatch
 - 45 RV hookup gp.
 - 46 Zlich
 - 47 Love of Lennon
 - 48 What jailbirds are behind
 - 50 Color akin to navy
 - 54 Pop singer Lovato
 - 56 Journalist Paula
 - 58 Dimwit
 - 59 Lock plates
 - 60 Cold, cloudy conditions, say
 - 64 See 77-Across
 - 65 Declaration at the door
 - 66 Spock player
 - 67 Has a printed price of
 - 72 Secretive U.S. org.
 - 73 "Since the subject has come up ..."
 - 77 With 64-Across, of equal status
 - 78 Olympic skater Witt
 - 80 Packaging abbr.
 - 81 Ugly beasts
 - 83 Puppy's bite
 - 84 "Seems suspect to me"
 - 87 Dimwit
 - 90 Singer with the 2001 hit "Thank You"
 - 92 Kemo — (the Lone Ranger)
 - 93 Simon or Diamond
 - 94 Meditated on
 - 98 Guitar great Lofgren
 - 100 "Botch- —" (1952 hit song)
 - 101 "What —!" ("He's the best!")
 - 102 Balkan repub.
 - 103 Shag, e.g.
 - 105 Get flushed
 - 107 Actor Michael of "Star Trek: The Next Generation"
 - 108 Cowardly
 - 112 Day, in Peru
 - 113 Shed tears
 - 115 Rap's "Dr."
 - 116 Arsenal
 - 118 Take apart
 - 122 "Such is life"
 - 126 One may seek respite
 - 128 Family cat, e.g.
 - 129 Stephen, French-style
 - 130 & so forth
 - 131 Huge name in insurance
 - 132 Voting "yes"
 - 133 Least lax
 - 134 With 135-Across, poem whose first line is found among this puzzle's 11 longest answers
 - 135 See 134-Across
- DOWN**
- 1 Quark locale
 - 2 Actress Russo
 - 3 Oval portions
 - 4 Respiration
 - 5 Briny deep
 - 6 Lop a crop
 - 7 Best Musical of 1980
 - 8 Gentle
 - 9 Kiwi relative
 - 10 Trotted
 - 11 Twilight, old-style
 - 12 1995 Leslie Nielsen comedy
 - 13 Long span
 - 14 Avis offering
 - 15 Other, in Peru
 - 16 Restorations
 - 17 Exchanged for the better?
 - 18 Slippery sort
 - 24 Flip out
 - 26 Jail cell parts
 - 29 Linguist Chomsky
 - 33 Testing spot
 - 35 Osaka sash
 - 36 Off-limits
 - 37 Slangy "OK"
 - 39 Actress Charlotte and others
 - 40 Tennis champ Andy
 - 41 Notion about motion
 - 42 Charges
 - 43 Enticed
 - 49 Aussie miss prez
 - 50 Post-WWII
 - 51 Fish-fowl link
 - 53 "Yes, it's also included"
 - 55 "— so sure!"
 - 57 Put a label on
 - 61 Second draft
 - 62 Pull along
 - 63 "Laughing" mammal
 - 64 Greek letter
 - 67 Guy keeping the peace
 - 68 Smidgen
 - 69 Refrain
 - 70 Former
 - 71 Grappled, in dialect
 - 74 In the know
 - 75 Amp (up)
 - 76 Summers, in French
 - 79 Painkillers
 - 82 Fired thing
 - 84 Altar words
 - 85 Carpooling lane abbr.
 - 86 Misleading sort
 - 87 Apple debut of 2010
 - 88 Person with a pet pooch
 - 89 No longer fazed by
 - 90 Editor's mark
 - 91 Pin-ons worn by staffers
 - 95 Not refined
 - 96 East ender?
 - 97 Repents of
 - 99 — Lankan
 - 104 Not stay dry
 - 106 Queasiness
 - 109 Norway's currency unit
 - 110 Wails in lamentation
 - 111 Performs, in the Bible
 - 114 Virgil, e.g.
 - 117 Indy 500, e.g.
 - 119 Tube fan's punishment
 - 120 Desert hill
 - 121 "The Good Earth" wife
 - 122 87-Down user's buy
 - 123 Suffix with Seattle
 - 124 Pewter part
 - 125 In place
 - 127 Lt. Tasha on "Star Trek: The Next Generation"



King Crossword

- ACROSS**
- 1 Gorilla
 - 4 Lathers
 - 9 Justice Dept. div.
 - 12 Felon's flight
 - 13 Violinist's stroke
 - 14 Young chap
 - 15 Shift back and forth
 - 17 Work with
 - 18 Have a bug
 - 19 Texas city
 - 21 Suppress the sound
 - 24 Landlord's due
 - 25 Web address
 - 26 Finish
 - 28 Nephew's sister
 - 31 Author Bellow
 - 33 — -tac-toe Brooklyn"
 - 35 Pharmaceutical
 - 36 Spritelike
 - 38 "Bow-wow!"
 - 40 Historic period
 - 41 Pedicurist's target
 - 43 Got away from
 - 45 Supernatural spirit of Islam (Var.)
 - 47 Existed
 - 48 Regret
 - 49 Confuses
 - 54 Where — at
 - 55 " — Grows in
 - 9 Saabs
 - 9 Discomposed
 - 10 Low voice
 - 11 Concept
 - 16 Half- — (Starbucks option)
 - 20 Oklahoma city
 - 21 Clio or Erato
 - 22 Caspian feeder
 - 23 Most superficial
 - 4 Vain
 - 5 Rich
 - 6 Lawyers' org.
 - 7 Engine
 - 8 Home of Volvos and
 - 37 oars, maybe
 - 39 Fires
 - 42 Cultivated land
 - 44 Gls' entertainment org.
 - 45 Faucet problem
 - 46 Twine fiber
 - 50 Spoon-bender Geller
 - 51 End of the alphabet
 - 52 Comedian Philips
 - 53 — Paulo, Brazil
- DOWN**
- 1 TV alien
 - 2 Chum
 - 3 Ostrich's cousin
 - 27 24 horas
 - 29 Remedy
 - 30 "Zounds!"
 - 32 Friend of Dorothy
 - 34 Guys with



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

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

- Bend
- Circle
- Clock
- Corner
- Horn
- House
- League
- Maypole
- Moon
- Neighborhood
- Table
- Time
- Town
- Track
- World



"Now remember, your _____ is no reflection on your future with the company." 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!

Snide

Shield

Secret

Brief

TODAY'S WORD

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

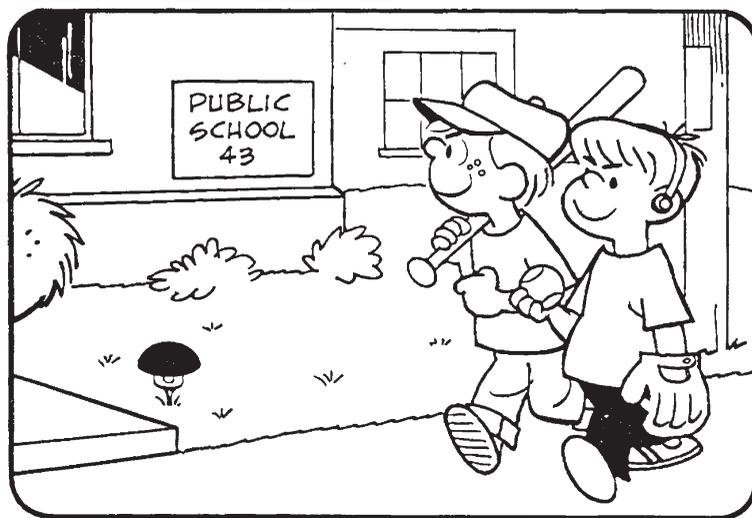
SUDOKU

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.

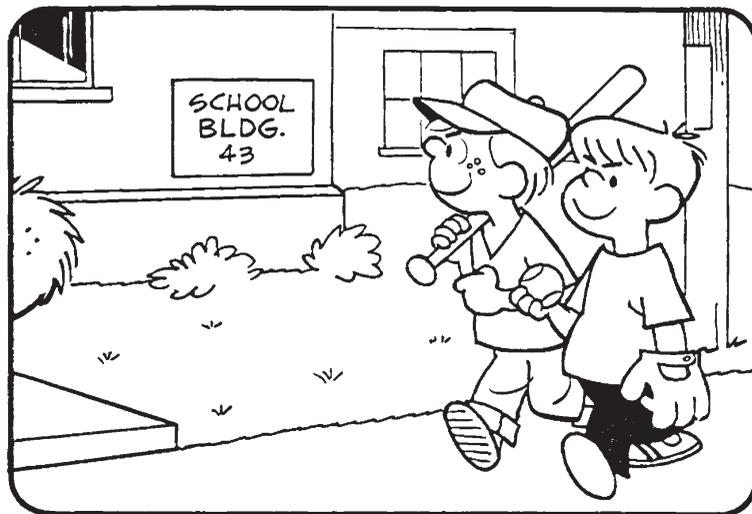
answer on page 53

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Window is higher. 2. Sign is different. 3. Lawn light is missing. 4. Neckline is different. 5. Headset is missing. 6. Glove is different.

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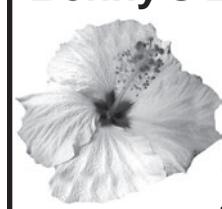
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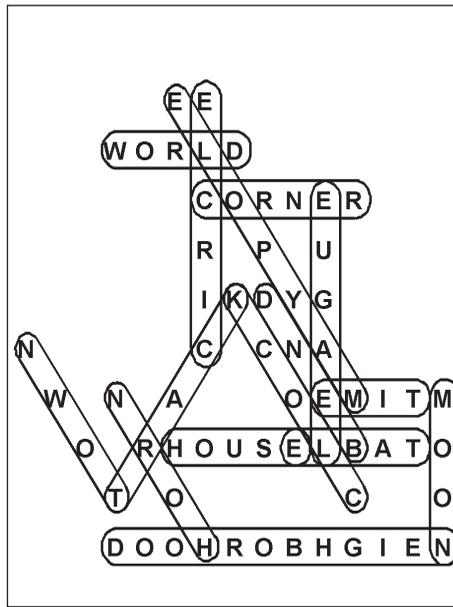
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 ITS ATREE YMA
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MAGIC MAZE



SUDOKU

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

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Don't Harm The Fish**



by Capt. Matt Mitchell

Landing a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish.

Hold the fish in the water while you unhook it if you're going to release it.

The less you can touch a fish before release the better for the fish.

If you want a picture with the fish, support it as you lift

it out of the water – and do it quickly.

Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.

Florida just recently changed the regulations on fishing from shore. Florida residents as well as out of state visitors need a fishing license to fish from shore.

My Stars ★★★★★

FOR WEEK OF MAY 28, 2018

Aries (March 21 to April 19) Lots of possibilities begin to open up by midweek. Some seem more appealing than others. But wait for more facts to emerge later on before you consider which to choose.

Taurus (April 20 to May 20) Bravo to the determined Bovine. While others might give up, you continue to search for answers. Expect your Taurean tenacity to begin paying off by week's end.

Gemini (May 21 to June 20) You might want to consider stepping back from the task at hand for a while. This could help you get a better perspective on what you've done and what still needs to be done.

Cancer (June 21 to July 22) Your keen Cancerian insight should help you determine whether a new offer is solid or just more fluff 'n' stuff. The clues are all there waiting for you to find them.

Leo (July 23 to August 22) Being ignored is difficult for any proud Leo or Leona. But pushing yourself back into the spotlight might be unwise. Instead, let things work themselves out at their own pace.

Virgo (August 23 to September 22) Trying to uncover a colleague's secret under the pretext of showing concern is ill-advised. Control your curiosity to avoid raising resentment in the workplace.

Libra (September 23 to October 22) Expect to hear good news about a loved one. Also, be prepared for some changes in several family relationships that could develop from this lucky turn of events.

Scorpio (October 23 to November 21) Some surprises are expected to accompany a number of changes that will continue through part of next week. At least one could involve a romantic situation.

Sagittarius (November 22 to December 21) You might be upset by some of your critics. But most of your associates continue to have faith in your ability to get the job done, and done well.

Capricorn (December 22 to January 19) A workplace goal that suddenly seems out of reach is no problem for the sure-footed Goat, who moves steadily forward despite any obstacles placed in his or her way.

Aquarius (January 20 to February 18) Uncertainty about who is right and who isn't might keep you from making a clear-cut decision. Wait until you know more about what you're being asked to decide.

Pisces (February 19 to March 20) Be

careful to keep your emotions in check when dealing with a demanding personal situation. You need to set an example of strength for others to follow.

Born This Week: You have an extraordinary ability to rally people to do their best. You would be a treasure as a teacher.

STRANGE BUT TRUE

- It was noted wit Ambrose Bierce who made the following sage observation: "All are lunatics, but he who can analyze his delusion is called a philosopher."

- You might be surprised to learn that in January 2004, the Food and Drug Administration approved the use of maggots as a medical device for cleaning wounds.

- Presidential security was not always as formidable as it is today. In 1913, former President Theodore Roosevelt was walking down a Milwaukee street, heading to a speech he was scheduled to give. A man

named John Schrank pulled out a gun and shot toward Roosevelt, who staggered but did not fall. There was no blood evident, and Roosevelt, who was campaigning for a second term, insisted on delivering his speech. When he pulled from a coat pocket the 100 pages on which his speech was written, he saw a bullet hole through the sheets of paper. Still determined to carry on, he gave his speech before going to the hospital, where it was discovered that the bullet had penetrated four inches into his body. After the perpetrator was arrested, it became evident that Schrank was insane; he claimed that President William McKinley had revealed to him in a dream that Roosevelt was responsible for McKinley's assassination. Schrank spent the next 32 years in an insane asylum.

- If you see a group of flamingoes together in one place, it might be handy to know that the appropriate collective noun is a "flamboyance."

- The instruments used by professional flute players are usually made from precious metals -- either sterling silver, 14-carat gold or platinum.

THOUGHT FOR THE DAY

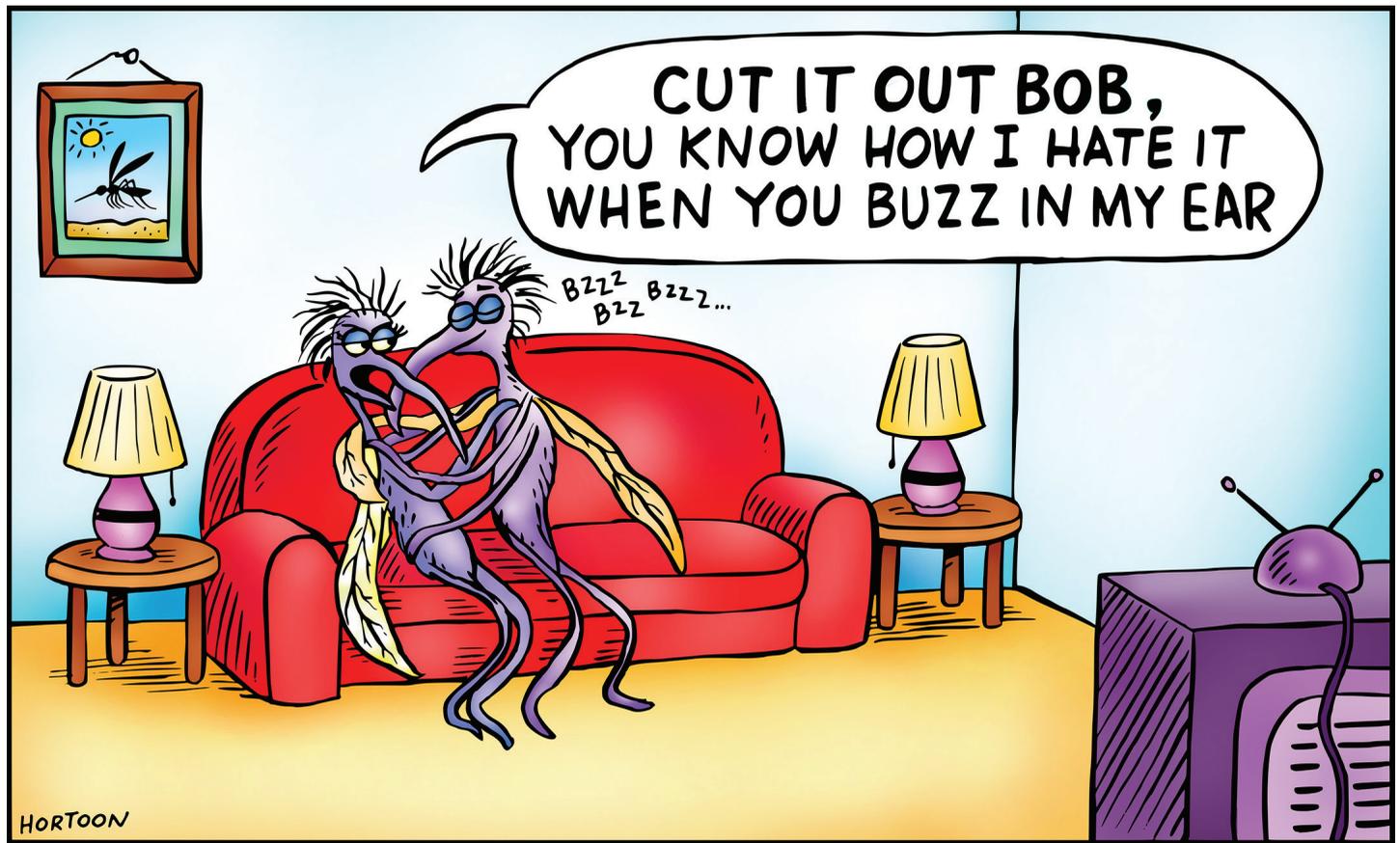
"It is an ironic habit of human beings to run faster when we have lost our way."
- Rollo May

SCRAMBLERS

1. Unkind; 2. Defend;
3. Covert; 4. Inform

Today's Word
OFFICE

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Edgewater	Fort Myers	1998	4,757	\$3,295,000	\$2,700,000	180
White Heron Subdivision	Sanibel	1988	4,352	\$2,499,000	\$2,499,000	112
Cape Coral	Cape Coral	2008	4,430	\$1,900,000	\$1,825,000	303
Creekside	Bonita Springs	1996	4,527	\$1,875,000	\$1,500,000	41
Sanctuary At Wulfert	Sanibel	2017	3,534	\$1,695,000	\$1,695,000	168
Southport On The Bay	Bonita Springs	2001	3,100	\$1,495,000	\$1,295,000	84
Palmetto Point	Fort Myers	1985	3,380	\$1,199,999	\$1,025,000	73
Kinzie Island	Sanibel	1991	3,018	\$1,195,000	\$1,118,000	60
Ridge	Bonita Springs	1999	4,149	\$1,175,000	\$975,000	411
Creekside	Bonita Springs	1995	3,718	\$1,150,000	\$1,120,000	12

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BREAKFAST LUNCH DINNER

