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SANIBEL & CAPTIVA ISLANDS, FLORIDA

APRIL 26, 2019

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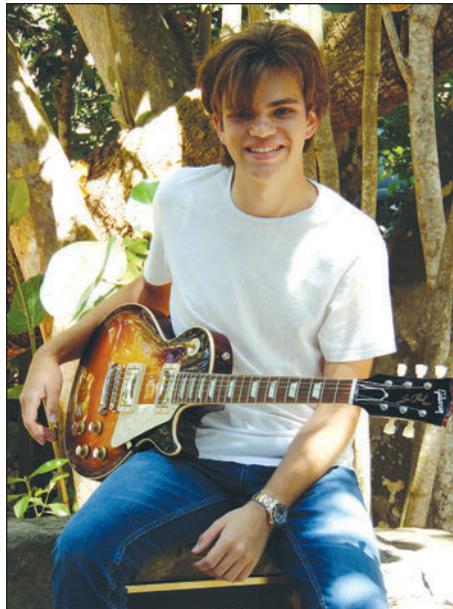
Big Gigs On The Horizon For Teen Blues Musician

by Jeff Lysiak

The islands' best known teenage blues musician, Johnny Jensen, is preparing to play at one of the most significant performances of his young career next month when he takes the stage opening for one of America's most enduring classic Southern rock bands.

The 15-year-old Captiva native will be opening for The Marshall Tucker Band on Thursday, May 9 at the Southwest Florida Event Center, located at 11515 Bonita Beach Road in Bonita Springs. The critically acclaimed six-man band from Spartanburg, South Carolina has been recording and touring for more than 45 years. Their hit singles include *Heard It In A Love Song*, *Fire On The Mountain*, *Can't You See* and *Take The Highway*.

According to Jensen, who will take the stage at 7 p.m. and perform for approximately 45 minutes, the



Johnny Jensen photo by Jeff Lysiak

opportunity to open for The Marshall Tucker Band came about after attending the Bonita Blues Festival back in March.

"I was invited to participate in the after



The Marshall Tucker Band

hours jam... I played three songs," said Jensen. "The manager of the Southwest Florida Event Center reached out to me on Facebook and asked if I'd like to

photo courtesy Red Light Management

perform at one of their upcoming shows. She sent me a list of bands I could play with, and I chose The Marshall Tucker

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Sanibel Bicycle Club representative Tom Sharbaugh is given an update on feedback received on the Shared Use Path Master Plan by City Manager Judie Zimomra

photos by Jeff Lysiak

City Updating Master Plan For Shared Use Paths

by Jeff Lysiak

For eight hours on Monday, City of Sanibel officials and Project Advisory Committee stakeholders met with members of the public during a Shared

Use Path Master Plan Open House, held in the Sanibel Recreation Center gymnasium. The information-sharing session offered the latest feedback received from the Shared Use Path Master Plan online survey, goals and objectives of the pathway system and the vision for the path's future.

According to the latest statistics gathered by the city, 89 percent of respondents say that Sanibel's Shared Use Path is very important to the quality



City representatives and island residents checking out the latest Shared Use Path observations

of life on the island; 59 percent report a "very satisfied" overall experience using the paths; 48 percent rate their level of comfort as "very comfortable" while 37 percent rate it "somewhat comfortable."

Also, 41 percent of respondents say they use the paths on a daily basis, 37 percent use them several times a week and 10 percent once per week; and 55

percent of respondents say they would like to see more paths added to the current inventory of 26-plus miles.

"As of today, we've had 2,303 responses to our online survey, which is phenomenal," said City Manager Judie Zimomra, who noted that a large majority of respondents are island residents. "What

continued on page 30

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The Community House



Sissi Janku will instruct young artists in July photos provided



Florida wildlife and seascapes are popular subjects in Sissi Janku's painting classes

Yoga Classes

Yoga for all levels with Barbara Cline is held on Mondays and Thursdays at 8:30 a.m.

On Tuesdays, Vinyasa yoga with Susan Pataky begins at 10 a.m.

Sanibel Yoga for all levels is held at 10 a.m. on Thursdays with Susan Pataky.

Sanibel Yoga Chi (gentle) is held at 11:15 a.m. on Tuesdays and Thursdays with Susan Pataky.

Shell Crafting

Shell craft lessons are held at 10 a.m. on Mondays. All ages are welcome but children must be accompanied by an adult. Shell Crafters are on site until 1 p.m. on Mondays for those who would like to view or purchase their work.

Honey For Sale

Locally harvested honey is for sale, as well as chutneys and other products made by Chef Jarred Harris.

Children's Painting Classes

On Wednesdays in July, island artist Sissi Janku will offer painting classes for children ages 8 and older. Known for her popular adult classes, Colorful Sips, Janku is now designing classes for younger painters. With bright colors and fun techniques, Janku will show students how to complete a painting in two hours. The subjects will be local tropical wildlife, inspired by the works of famous artists such as Van Gogh. All materials (including aprons) will be provided. Cost is \$50 per class, which runs from 2 to 4 p.m. Sign up online at www.sanibelcommunityhouse.net.

Kids Cooking Camp

The first session of Kids Cooking Camp runs Monday, July 29 to Friday, August 2 from 9 a.m. to noon. Resident Chef Jarred Harris will teach young

chefs basic culinary fundamentals and help them develop their cooking skills. Students will learn kitchen safety and classic culinary techniques in team settings.

Day 1: Equipment orientation, kitchen safety, bread, soups and stews

Day 2: Pizza and pasta

Day 3: Team Challenge: Italian lunch

Day 4: Just Desserts

Day 5: Team Challenge: Desserts

For more information or to sign up, visit www.sanibelcommunityhouse.net.

Sponsorships are available. If you would like to sponsor a child for a day or a week, call 472-2151.

Cooking Camp For Kids And Teens

The second session of youth cooking classes will run Monday through Friday, August 5 to 9 from 9 a.m. to noon. Resident Chef Jarred will teach students professional kitchen etiquette and table settings, standard food safety practices, basic knife skills and proper use of weights and measures. The young chefs will also practice a variety of essential kitchen skills with other students who like to cook. Each day's menu is inspired by a different country.

Day 1: Thailand – Fresh Ingredients and Flavors

Day 2: India – Spices and Herbs

Day 3: China – Rice and Noodles

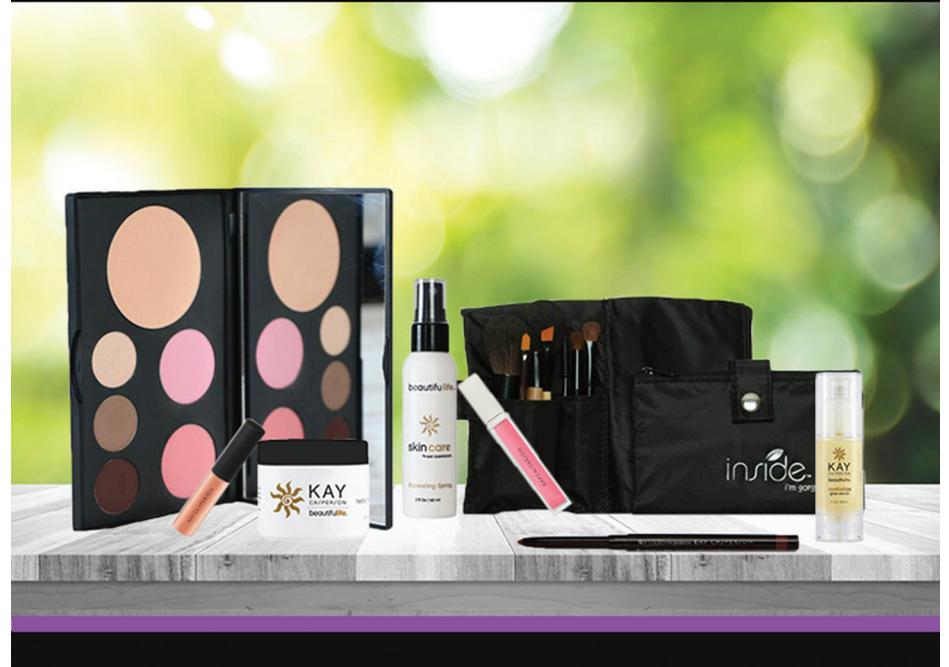
Day 4: France – Cookies, Cakes and Pastry

Day 5: Africa – Cocoa and Spice

For more information or to sign up, visit www.sanibelcommunityhouse.net.

Sponsorships are available. If you would like to sponsor a child for a day or a week, call 472-2151.

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



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Sanibel Historical Museum And Village

Looking Back: 'Ding' Darling, The Spaldings And Herman Dickey



From left, Jay Norwood "Ding" Darling, Herman Dickey, and Albert and Mary Spalding photo courtesy Sanibel Historical Museum and Village

This week's image features Jay Norwood "Ding" Darling, Herman Dickey, and Albert and Mary Spalding on a boat, pre-1940.

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

Our email address is press@islandsunnews.com

Churches/Temples

ANNUNCIATION GREEK ORTHODOX CHURCH

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

BAT YAM-TEMPLE OF THE ISLANDS

The Reform Jewish congregation has Friday Shabbat services at 7:30 p.m. (7 p.m. from May to Sept.) in Fellowship Hall of Sanibel Congregational UCC. Rabbi Stephen Fuchs, President Alan Lessack. www.batyam.org, 2050 Periwinkle Way, 579-0296.

HISTORIC CAPTIVA CHAPEL BY THE SEA

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

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

SANIBEL FELLOWSHIP, sbc

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

SANIBEL COMMUNITY CHURCH

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

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

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Reverend Deborah Kunkel, Associate Pastor. 7:45 a.m. Chapel Service, 9 a.m. Blended Worship Service, 11 a.m. Traditional Worship Service. Sunday School and nursery care at 9 a.m., www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

ST. ISABEL CATHOLIC CHURCH

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

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

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

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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

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OBITUARY



LOUISE MALIA JOHNSON

Louise Malia Johnson, a longtime resident and environmental activist on Sanibel, died in November after a long fight with Alzheimer's disease. She was 92.

Louise was born and raised in Syracuse, New York with her two sisters and two brothers, living on the south side of the city in sometimes difficult circumstances. She attended Syracuse University on a scholarship, where she met her husband of 43 years, Arthur, and went on to earn a BA in English, an MA in library science and a PhD in the arts. She later taught English at Alfred University in the southern tier of

New York State.

It was when Louise and her family moved to Sanibel in 1977 that she found her mission for the second half of her life. She volunteered at Sanibel-Captiva Conservation Foundation (SCCF) guiding nature walks, and fell in love with the flora and fauna of the island.

Starting in the 1980s and lasting into the 2000s, Louise served for 13 years on the Sanibel Wildlife Committee, seven years on the planning commission and on the city council as vice mayor and mayor. While some longtime residents may remember her most as one of the first female mayors of the island, she felt her most meaningful impact came on the planning commission, trying to protect and preserve Sanibel's unique environment.

In 2012, Louise received the Rachel Carson Award from the Center for Environmental and Sustainability Education for her longtime service to the community of Sanibel. She volunteered with many organizations on the island, including her local church, Zonta International, and a variety of environmental organizations.

Louise is survived by her daughter Deborah, her son Steven and his wife Karena, her granddaughter Hannah, as well as nieces and nephews. The family asks that you remember Louise for her love of Sanibel's beaches, JN "Ding" Darling National Wildlife Refuge and the special people of the island who strive to keep it as natural as possible. Contributions can be made to the Sanibel-Captiva Conservation Foundation.✧

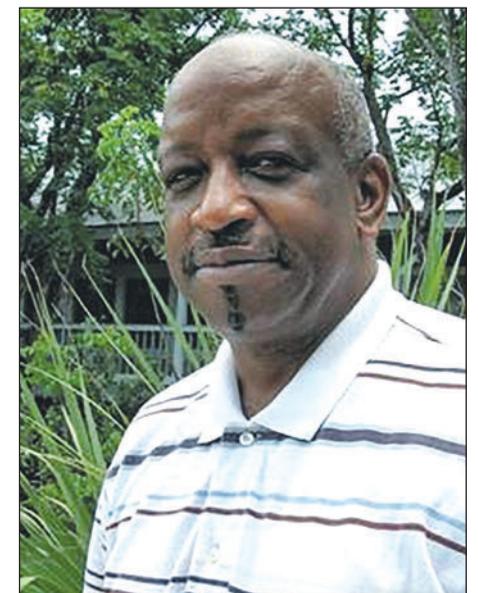
MEMORIAL SERVICE

A memorial service for retired City of Sanibel Director of Planning James C. Jordan will be held at St. Michael and All Angels Episcopal Church, located at 2304 Periwinkle Way on Sanibel, starting at 5 p.m. Friday, April 26.

When Jordan retired in 2018, he had more than 33 years of professional planning experience, all with the City of Sanibel. At the time of his retirement, he was the longest tenured city employee. He began his career with the city as a planning technician and was later appointed to the position of planner. Jordan earned his associate in arts degree from Edison Community College and his bachelor's degree from the University of Florida, majoring in public administration with a minor in urban planning.

His accomplishments included working on the following projects for the citizens of Sanibel:

- Serving as the city's planning director from 2009 until his retirement;
- Preparation of the evaluation and appraisal report based amendments of the Sanibel Plan;
- Preparation of Land Development Code (LDC) amendments for emergency electric power generator;
- Development and preparation of the city build-back regulations;



James C. Jordan photo provided

Facilitating the local business roundtable discussion group;
Preparation of *Citizen's Guide to Coastal and Flood Plain Management*;
Inventorying and updating the city's telecommunications tolerant areas.

Jordan was a legacy of the early Sanibel pioneer families and had considered Sanibel his home from the age of 3.✧



From left, Front Desk Assistant Sandy Nering, Executive Director Emilie Alfino, Business Manager John Friedlund and Volunteer Coordinator Jan Symroski photo provided

Summer Hours At Historical Village

The Sanibel Historical Museum and Village will switch to off-season summer hours on Wednesday, May 1. Summer hours are 10 a.m. to 1 p.m. Tuesday through Saturday.

The museum will be close on Thursday, August 1 and reopen Tuesday, October 15 with regular full-time hours, Tuesday through Saturday from 10 a.m. to 4 p.m.

Museum staff and board members plan a busy off-season working on key administrative tasks and many museum improvement projects that often take a back seat during the busy tourist season.

The museum will remain open during the BIG ARTS construction project. The project will continue through the remainder of the historical village's season and into next season, but parking and access for village guests and volunteers will be available

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

The Sanibel Historical Village is currently open Tuesday through Saturday from 10 a.m. to 4 p.m. Full guided tours take place at 10:30 a.m. and 1:30 p.m. at no additional charge, depending on docent availability. The village is located at 950 Dunlop Road and there is handicap access to the buildings. Admission is \$10 for adults over 18; no charge for members and children. For more information or to make a donation, visit www.sanibelmuseum.org or call 472-4648 during normal business hours.

The Sanibel Historical Museum and Village is a nonprofit organization formed with the mission to preserve, share and celebrate Sanibel's history.*



Anna Brown photos provided

Men's Society Hosts Missionaries

The St. Isabel Men's Society recently hosted two NET Ministries Missionaries, Anna Brown and Giovanni Mowrey, two of



Giovanni Mowrey 175 young Catholics ages 18 to 28 who leave behind their jobs, school, family and friends to devote nine months to serving with the National Evangelization Teams (NET). The meeting was open to

all parishioners and visitors. Divided into 16 teams, they travel across the United States for nine months to share the gospel with young people and their families. Since 1981, NET teams have led over 32,000 retreats and ministered to more than two million young Catholics. Brown is a 24-year-old from Saint Joseph, Michigan. She graduated with a master's degree in English from the University of Notre Dame in 2018. She converted into the Catholic church a year ago and shares her faith with

youth and young adults through NET Ministries. Mowrey is a 23-year-old from Bethlehem, Pennsylvania. He graduated from West Chester University (WCU) in May 2018 with a bachelor's degree in communication studies. He was also involved in varsity soccer at WCU. He will continue his ministry in the Naples, Florida area. If you are interested in joining the St. Isabel Men's Society for the 2019-20 season, contact the parish office at 472-2763.*

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Waivers, Permit Approved For Restaurant

by Jeff Lysiak

During Tuesday's Sanibel Planning Commission meeting, a pair of waivers plus a development permit were unanimously approved for the owner of the Sanibel Fish House restaurant, who was seeking to install a new outdoor patio area with 26 seats.

According to the city's community services department staff report, presented by Senior Planner Roy Gibson, restaurant owner Barry Greenfield sought waivers from two commercial district standards. First, because the existing restaurant building – located at 1523 Periwinkle Way – is nonconforming with respect to the minimum required 100-foot front yard setback from the roadway. Second, the property is nonconforming with respect to the maximum 50 percent developed area limit.

"The applicant is requesting a waiver to allow for the proposed brick paver patio and outdoor dining to be located within the minimum 100-foot front yard setback. However, the patio and outdoor dining will not encroach any more into the front yard setback than the existing restaurant building. Therefore, as proposed, the patio and outdoor dining area will not increase the nonconformance to the front yard setback," Gibson said. "The applicant is also requesting a waiver to allow for the property to remain in excess of the 50 percent developed area limitation. The applicant plans to remove an amount of existing developed area (some shell areas and walkways) that equals the amount of the proposed developed area that is being added with the new paver patio. This will result in no increase in the total amount of developed area on the parcel. Therefore, the proposed patio will not increase the nonconformance to developed area."

Gibson told commissioners that in conjunction with the proposed 26 bonus outdoor seats, the applicant was proposing to voluntarily reduce the allowed number of indoor restaurant seats



Sanibel Fish House

photo by Jeff Lysiak

from 200 to 174 seats, a decrease of 26 indoor seats. Therefore, the result would be no net change in overall seating at the restaurant.

"Although the existing Sanibel Fish House property is nonconforming with respect to commercial landscape buffer standards, the applicant is proposing to add vegetation around the proposed patio/outdoor seating area and will be restoring landscape within existing developed shell areas to offset the proposed patio area," Gibson added.

Terrence Lenick, the attorney for Greenfield, told commissioners that he had no objections to any of the 29 conditions for approval recommended in the city staff report, but requested an alternate location for the installation of a bicycle rack. The report specifies that it should be moved to "an alternate location outside of the front landscape buffer."

Following some input from commission members, Gibson confirmed that an alternate location could be determined at a later date that "does not directly impact the front yard landscape buffer."

"Between the building and the street, correct?" asked Lenick. "I just don't want it moved to the side (of the building). I think we can work with that."

Commission Chairman Chuck Kettelman later suggested that the bike

rack be installed at an "outside location that does not affect the integrity of the landscape buffer."

After some additional comments were made, Commission Vice Chair Roger Grogman made a motion to approve the waivers and development permit application. Members of the commission approved all three unanimously, 5 to 0, with Commissioner Paul Nichols absent and excused and Commissioner Matt Kirchner abstaining from the vote.*

Council To Recognize Former Director

by Jeff Lysiak

Members of the Sanibel City Council will formally recognize former director of planning James C. Jordan, who passed away last month, during their next meeting, to be held on Tuesday, May 7 at MacKenzie Hall. The meeting will begin at 9 a.m.

Beginning at 8:30 a.m., members of the community will have an opportunity to express their condolences to the Jordan family, who will be in attendance.

Jordan, a legacy of one of Sanibel's

pioneer families, lived on the island since age 3. After earning an associate of arts degree from Edison Community College, he graduated from the University of Florida with a bachelor of arts degree in public administration, with a minor in urban planning. In 1985, he joined the City of Sanibel's planning department as a technician, ascending to the position of planner. He was promoted in 2009 to director of the planning department and retired after 33 years of service to the community in September 2018.*

Census Bureau Job Opportunities

The City of Sanibel has been contacted by the U.S. Census Bureau for assistance in informing the community of job opportunities open for the 2020 Census.

The Census remains an important indicator in defining federal, state and local political districts for an accurate and fair representation in every level of government. Participation and assistance in the Census impacts the City of Sanibel and residents in regard to funding received over the next decade in areas including emergency preparedness, disaster relief and resiliency planning.

To be eligible for a 2020 Census job, persons must meet the following qualifications:

- Be at least 18 years old.
- Have a valid Social Security number.
- Be a U.S. citizen.
- Have a valid email address.

Complete an application and answer assessment questions. (Some assessment questions are available in Spanish. An English proficiency test may be required.)

- Pass a criminal background check.
- Commit to completion of training.

Be available to work flexible hours, including days, evenings and/or weekends.

To apply for a 2020 Census job, go <https://2020census.gov/en/jobs>.

For more information about the 2020 Census team and frequently asked questions, go to <https://2020census.gov/en/jobs/faqs.html>.*

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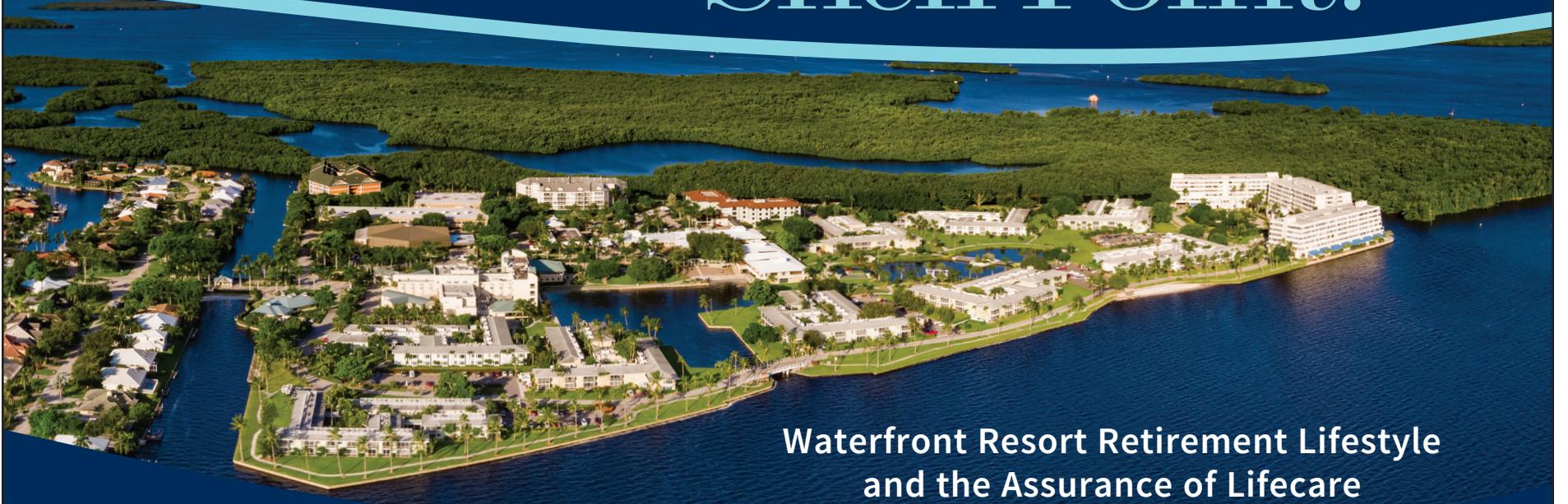
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Jeff Lysiak

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Jackson Williams and Andy Sullivan get their Nerf flyers ready to launch photos provided

Nerf Night At Sanibel Church

The LOGOS children's ministry at Sanibel Community Church had loads of fun at Nerf Night recently. After the typical rotation of music, art, Bible lesson and a family-style dinner, the children engaged in numerous Nerf activities, such as soccer, lacrosse, basketball, archery and darts. The teams were a mixture of all ages from kindergarten through fifth grade.



Spencer Sultz and Jack David made a great team

Each team competed for the title of Nerf Master. Everyone gave it their best shot to show off their kicking, aiming and throwing skills. They ended the evening with a Nerf-like dessert, a good old-fashioned Twinkie.

LOGOS is open to all families with children 3 years old through fifth grade. Every week has a unique theme.

Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market.) For more information, call Holly Patton-Roark at 472-2684 ext. 122.*

FISH Offering Youth Summer Scholarships

The last month of school is on the horizon and students are ready for summer break, while parents are planning for summer programming and camps for their children during the 10-week break.

The FISH of SanCap Summer Youth Scholarship Program provides partial financial assistance for children's summer camp sessions through various funding sources. This program is made possible through support from private donors and grant funding from the Sanibel-Captiva Kiwanis Foundation.

"Summer programs, now more than ever, play a crucial role in the development of school-age children. The structure that these programs provide is invaluable to the family and are enriching, educational, and of course, fun for the children," said Kathy Y. Monroe, FISH program director.

Island summer programs include:
 Captiva Island Yacht Club Junior Sailing Program: June 17 to 28 and July 15 to 26, Monday through Friday, 9 a.m. to 3 p.m. for ages 8 and up.

Children's Education Center of the Islands Summer Program: June 3 to July 26, Monday through Friday, 7:30 a.m. to 5:30 p.m. for Pre-K students.

Sanibel Recreation Center Summer Program: June 3 to August 2, Monday through Friday, 8 a.m. to 5 p.m. for grades one through eight.

Sanibel Sea School Program: June 3 to August 9, Monday through Friday, 9 a.m. to 4 p.m. for ages 6 and up.

The Community House Cooking Camp: Session #1 - July 29 to August 2; Session #2 - August 5 to 9, Monday through Friday, 9 a.m. to noon for ages 8 and up

Island Skills Camp at Canterbury School: June 10 to July 26, Monday

through Friday; June 10 to 14, July 1 to 3, July 22 to 26, 9 a.m. to 2 p.m.; June 17 to 21, June 24 to 28, July 8 to 12, July 15 to 19, 9 a.m. to 4 p.m.

Fishing Camp at Canterbury School: June 10 to 14, Monday through Friday, 9 a.m. to 4 p.m. for grades five to eight.

Paddleboarding Camp at Canterbury School: June 24 to 28, Monday through Friday, 9 a.m. to 4 p.m. for grades seven to nine.

As in years past, the Captiva Island Yacht Club and its members have donated scholarships to the youth summer sailing camp for 2019. This camp introduces youth to the great sport of sailing, beautiful waters and wildlife. Based on need and eligibility, scholarships will be offered to families as determined by the FISH Social Services Department.

"There are so many wonderful opportunities that offer a learning experience and appreciation for the unique environment we live in," said Monroe. "We are pleased to be able to provide assistance to children who will benefit from the adventures of summer camp on Sanibel and Captiva. We understand that families sometimes face economic challenges and must make difficult choices. Our hope is that no child is deprived of a summer camp opportunity because of this. Thank you to our donors and grantors for giving children the chance to experience camps here on the islands."

Scholarship assistance is evaluated on a case by case basis. The FISH Social Services Department determines eligibility for need-based financial assistance through a review of a family's income and expense documentation. Scholarship amounts vary depending upon the length and cost of the program, and the family's financial status. Available funding is limited and scholarships will cover only a portion of the tuition cost. For more information, contact Kathy Y. Monroe at 472-4775.*

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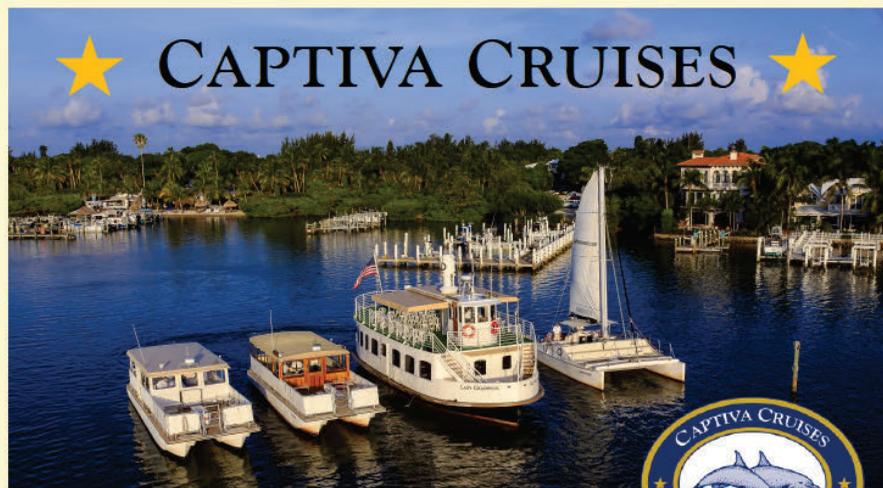
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'Shell' Found



Pam Schmidt photo provided

Pam Schmidt of Bonita Springs shared a photograph of her holding a "shell" she found on Captiva a number of years ago. "I used to work for Robert Rauschenberg and one day I was out by the 'Ding' Darling Fish House that is on the property," wrote Schmidt. "Next to the dock in the sand was this old World War II shell. I researched it back when I found it and learned that the military used to do training exercises in the bay during the war."*

Kiwanis Diners Delight Coupon Books Selling Out

Wednesday, May 1 marks the first day that the Kiwanis Club 2019 Diners Delight coupons can be used at local restaurants. As a result, the coupon books are being snapped up quickly, and the club encourages those interested to "get 'em while they last!"

Restaurants look forward to the local customers the coupon book brings in, at a time when the island's seasonal visitors are leaving. A total of 31 island

restaurants will welcome the 2-for-1 coupons this year, ranging from casual cafes to elegant dining establishments, and including new places and old favorites.

In addition to boosting customer traffic, restaurants like the fact that the coupons encourage diners to visit places they don't usually frequent and to try out different menu items. For diners, the books are the best deal in town, giving them two entrees for the price of one – a potential savings of over \$500 for those who eat out often.

A limited quantity of the coupon books are made available for sale, and they sell out every year. Those interested in securing a book can get one for a donation of \$40 from any Kiwanis

member. Booklets are also available at the following locations: Bank of the Islands, Sanibel Captiva Community Bank (two locations), Bailey's General Store, Island Winds, Sanibel Beach Club 2, Tortuga Beach Club, Shell Islands Beach Club, Periwinkle Park and Big Red Q Printing.

The Kiwanis Club would like to thank all the participating restaurants for their generous support of the coupon booklet program. Proceeds from the sale of the coupon books are used by the Kiwanis Club to underwrite recreation and education activities for island youth, including the Kiwanis Scholarship Program for local students pursuing advanced education.*

Top Ten Books On The Island

1. *When We Left Cuba* by Chanel Cleeton
 2. *Lost Girls of Paris* by Pam Jenoff
 3. *Where the Crawdads Sing* by Delia Owens
 4. *Lost Roses* by Martha Hall Kelly
 5. *Redemption* by David Baldacci
 6. *Peacock Emporium* by Jojo Moyes
 7. *Alice Network* by Kate Quinn
 8. *Sanibel Sunset Detective* by Ron Base
 9. *Gulf* by Jack Davis
 10. *Honoring the Enemy* by Robert Macomber
- Courtesy MacIntosh Books and Paper.*



F.I.S.H. OF SANCAP YOUTH PROGRAMMING FOR OUR FUTURE LEADERS

The F.I.S.H. OF SANCAP Summer Youth Scholarship Program provides partial financial assistance for children's summer camp sessions. F.I.S.H. partners with various island organizations to provide opportunities for children to attend summer camps. The Summer Youth Scholarship Program is made possible through support from private donors as well as grant funding from the Sanibel-Captiva Kiwanis Foundation. **Applications for the 2019 summer season are being accepted now.**



Other youth programs include:

Backpack Program: Nutritious weekend food for children and extra snacks for weekdays.

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Plant Smart

Washington Palm

by Gerri Reaves

The towering Washington palm (*Washingtonia robusta*) is a native of the desert mountain valleys and canyons of Sonora and Baja Mexico.

Also called Mexican fan palm, it was first imported into Florida in the 1920s and since then has been widely planted, often in stately rows near tall buildings.

But maybe this palm – named for George Washington, incidentally, – has been appreciated a little too much, for in 2003, it was added to the Florida Exotic Pest Plant Council’s (FLEPPC) list of category-II invasive plants.

The FLEPPC defines category II species as “invasive exotics [that] have increased in abundance or frequency but have not yet altered Florida plant communities to the extent shown by category-I species.” Furthermore, they are eligible for reclassification to category I if “ecological damage is demonstrated.”

Miami-Dade County, however, has taken the precaution of classifying it as a “controlled landscape plant” and prohibits its planting within 500 feet of native plant communities because of its invasive potential.

When choosing palms for your landscape, consider that this species is more likely to snap or topple over in high winds than some other palms, particularly native ones. Washington palm is also susceptible to nutritional deficiencies and a number of diseases that can be fatal.

This fast grower and can reach a height of 100 feet but rarely does in



Non-native Washington fan palm’s great height renders it vulnerable to lightning

photo by Gerri Reaves

Florida because of a vulnerability to lightning strikes. It is not suitable for small landscapes.

The fan-shaped accordion-pleated leaves measure three to five feet across and have drooping tips. The petioles are four to six feet long and lined with sharp teeth.

The tree tends to retain old leaves, forming a “thatch skirt” that most homeowners remove for aesthetic, rat-control and fire-safety purposes. The skirt inspires another common name,

petticoat palm.

However, once it reaches about 30 feet tall, it typically begins to drop the old leaves, thus reducing maintenance.

The straight trunk is reddish brown and, in some cases, retains the leaf bases, or “boots,” that create a crisscross effect.

In spring, branched clusters of small white bisexual flowers appear. They are followed by small black oval fruit.

Birds increase the palm’s invasive potential by eating the fruit and spreading the seeds. There is dispute about whether the fruit and terminal buds are edible for humans.

Long cottony fibers that trail from the crown inspire yet another name, cotton palm. This tree has moderate salt tolerance and does best if planted in full sun and allowed to dry out between waterings. Too much moisture for this desert palm can result in butt rot or other diseases.

Sources: *500 Plants of South Florida* by Julia F. Morton; *Florida Landscape Plants* by John V. Watkins and Thomas J.

Sheehan; *Florida, My Eden* by Frederic B. Stresau; *A Handbook of Landscape Palms* by Jan Allyn; www.edis.ifas.ufl.edu; www.floridata.com; www.palmpedia.net; and www.south-florida-plant-guide.com.

Plant Smart explores the diverse flora of South Florida.✽

County To Seek Acquisition Of Four Parcels

The Lee Board of County Commissioners recently authorized staff to pursue acquisition of four properties, totaling 401 acres, for the Conservation 20/20 program. All parcels are infill parcels adjacent to existing parks/preserves.

The parcels are:

Nomination 068-3 – 122.5 acres west of Lee County’s Pinewood Trails Park, and north of the Charlotte Harbor Preserve State Park.

Nomination 572 – 97.52 acres and Nomination 580 – 174.93 acres located in Alva south of the Conservation 20/20 Bob Janes Preserve and west of Caloosahatchee Regional Park.

Nomination 578 – 6.17 acres south of the Conservation 20/20 Pine Lake Preserve within the City of Bonita Springs east of Kent Road, north of the Bonita Springs Nature Place and Kehl Canal.

The Conservation Land Acquisition and Stewardship Advisory Committee (CLASAC) in March unanimously recommended these parcels move forward for acquisition.

Conservation 20/20, which has preserved more than 28,900 acres since its inception, is Lee County’s environmental acquisition and management program. Conservation lands help the county protect drinking water, enhance water quality, provide nature-based recreational opportunities, protect areas from flooding and provide wildlife habitat.

For more information, visit www.conserva2020.org.✽

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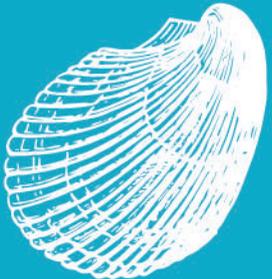
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Kelyse Schafer gets ready to stomp her cup while Pierce Padgett, Keeva Clark, Addison Quillen and Camile Whalen look on photos provided

Team Sports Night A Big Hit

LOGOS Children's Ministry at Sanibel Community Church had a fun-filled night as they celebrated Team Sports Night. Each child chose

to wear the favorite sports team T-shirt or jersey. They also had the option to wear their school or club sports uniform to show team spirit towards the local team they represent.

In true stadium style, the children had hot pretzels and hot dogs. They had a choice to top their dirty water



Lucy Wolf, champion of the Cup Stomp competition, with Cindy Sitton, dinner dean

dog with chili, macaroni and cheese or America's all-time favorite, ketchup and mustard. After dinner, the crowds were rowdy as ever, as they prepared for the annual Stomp Competition. Each child was eager to earn the title for 2019 Stomp Champion for biggest and loudest stomp. Lucy Wolf took the honors.

Each week of LOGOS is centered around a different theme. This



Grant Muddell gets his hot dog ready

intergenerational program is for families who have children ages 3 years through fifth grade. The LOGOS program is on summer break now and will resume in the fall.

Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market). For more information about the LOGOS program, call Holly Patton Roark at 472-2684 ext. 122 or email holly@sanibelchurch.com.✧

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Yet Another Windy April



by Capt. Matt Mitchell

April always seems to play out as one of the windiest months of the year. This month brings constantly changing wind direction to deal with on a daily basis plus common

late cold fronts with winds often strong enough to keep everyone off the water. It's a frustrating time for anglers as we all want to tarpon fish, yet most days it's just too windy and rough to make that an option even though the tarpon are here.

Snook remained my main target species most days this week. Even though we were successful, my guide buddies are all rubbing their heads with these fish. I cannot remember a year that, in late April, our snook had not crossed the sound to the passes in huge numbers. Our annual snook spawn should be well underway. After a longer colder winter than normal, our water temperatures are now in the high 70s to low 80s. This week's full moon should be what it takes for them to make this transition.

Catching snook did not come that easy for us this week, though with some work and perseverance we managed right around double digit numbers all

week long. Most trips played out the same way with my clients catching quite a few in the mid-20-inch range then having at least one or two shots a trip at landing a much larger one. One very memorable lost fish we had this week brought us all the way to the back of the boat. On the first run, this rocket took off 50 yards of line and never jumped before being turned. Once the roughly 40-inch fish was laid up close to the surface by the stern of the boat, I was confident the battle was over. In the few seconds it took me to grab the landing net, this fish got a second wind and ran under the boat and back to the trees before the angler could get the rod around the bow to put any pressure back on the fish. This brief few seconds was all it took for it to part ways.

Spanish mackerel fishing provided good action close to home with a great bite going on between St. James City and the powerlines. Diving pelicans and lots of small bait fish made this action easy to locate. Rigging up with a short piece of single strand wire assured us that these sharp fish would stay hooked up. Throwing handfuls of live shiners while anchored up, we had mackerel feeding right next to the boat. Seeing how many guide boats were anchored up doing this same fishing is a sure sign that there wasn't many options in the wind.

*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.**



Nick Basilio from Pennsylvania with his personal best snook this season, a 32-incher that was caught and released with Capt. Matt Mitchell photo provided

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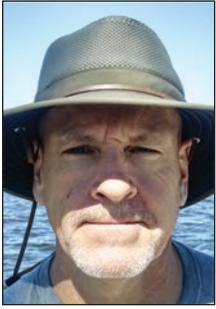
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CROW Case Of The Week:

Nine-Banded Armadillo



by Bob Petcher

The nine-banded armadillo (*Dasypodidae*) is found mostly in the southern part of the country or south of the border, but its range has expanded to some central U.S. states. They do prefer warmth and wet climates and reside in habitats that have trees or grassland.

While there are approximately 20 species of armadillo that exist in the world, the nine-banded armadillo is the only one that resides in the U.S. All other species reside in Central and South America.

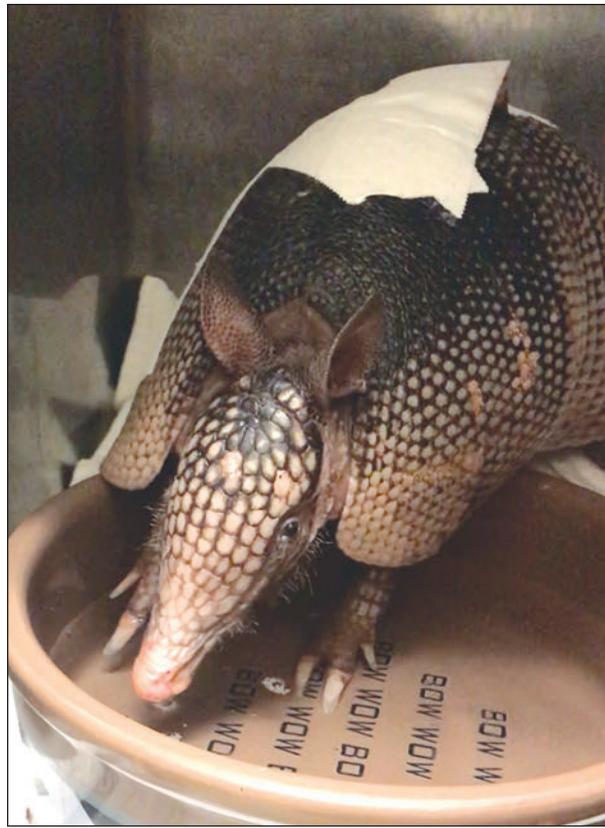
Armadillo is Spanish for "little armored one," which relates to the armor-like plates on its shell. Its large, pointed head has a long snout and pointy ears. Its short, strong legs have sharp claws that come in handy when digging burrows.

Unlike its cousin, the three-banded armadillo, the nine-banded armadillo cannot roll into a ball. It protects itself by digging a hole to shelter its soft underbelly and relies on its armor covering the rest of its body to shield predators.

Interestingly, a nine-banded armadillo is able to hold its breath under water for nearly six minutes. It can either swim with its weighted armor or plod along the river's bottom to get to the other side. In fact, to aid in its swimming capacity, it has the ability to inflate its intestines.

When a nine-banded armadillo is startled, it has been known to jump straight up in the air before running away. This act can cause it to be struck by a vehicle or wedged into a vehicle body part.

At CROW, an adult nine-banded armadillo was



Patient #19-1211 succumbed to its injuries after being struck by a vehicle

photo by Brian Bohman

admitted from Lehigh Acres after being hit by a car and becoming lodged within its radiator. An initial examination by veterinarians showed abrasions across the patient's dorsum (back) and a significant open wound through the bands right of its midline.

Additionally, veterinarians noted the armadillo's body condition to be plump, meaning it was very overweight/

obese. X-rays revealed the armadillo also suffered a fractured pelvis and fractured ribs.

CROW medical staff bandaged the wounds and commented that fractured ribs usually heal with strict cage rest for a period of time. Injuries to the pelvic region require surgery, however.

"In many cases where mammals fracture their pelvis, we can stabilize the fractures using plates and screws," said Dr. Kyle Abbott, CROW veterinary intern. "In the case of smaller animals, strict cage rest for a couple months can be used to heal the fractures. In the armadillo's case, surgery was not an option due to his shell blocking surgical access."

After staff flushed the wounds, an attempt was made to suture the bands back together, but due to the armadillo's excess weight creating tension, the sutures failed. Surgery was performed the following day in which a more rigid method was used to close the wound.

"The more rigid fixation involved drilling holes into the armadillo's bony carapace and then threading suture through these holes to bring the wound together," said Dr. Abbott.

However, the injuries were quite extensive, especially the large open wound and not enough blood flowing to the tissues.

"Unfortunately, the carapace wound of the armadillo began to have extensive tissue death, called necrosis. The necrosis was secondary to the extensive trauma the soft tissues received resulting in poor blood supply to these tissues," said Dr. Abbott. "This made the armadillo's prognosis for recovery very poor, and it was humanely euthanized."

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

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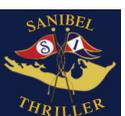
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Shell Of The Week

Fringed Vitrinella



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

At about 3.5 mm (0.14 inch) in diameter, *Episcynia inornata* (d'Orbigny,

1842) is one of the "medium-sized" members of the microgastropod family Tornidae (some species of the family measure about 1 mm in diameter only.) Its shell has a flattened trochoid ("top shell-like") shape, is translucent, probably transparent in the living snail, very thin and fragile, with about five whorls. Typically, the shell periphery is garnished with tiny teeth-like projections, with thin wisps of brownish periostracum (the "fringes") projecting from parts of the shell. The umbilicus is open, lacking a callus. Read more about local mollusks at www.shellmuseum.org/southwest-florida-shells and www.shellmuseum.org/blog.

Shell Museum Events

See truly giant shells. Watch a live Tank Talk. Take a daily beach walk. Check out our family programs. We are the only natural history museum in North America devoted entirely to



The Fringed Vitrinella, *Episcynia inornata* shells. Drop by and let us inform and inspire you. Visit www.shellmuseum.org or call 395-2233. *The Bailey-Matthews National Shell*

Shells Found



Christian Acevedo photo by A. Ziehl

Christian Acevedo, 8, visiting from Chicago, Illinois, found a horse conch, true tulip, alphabet cone, banded tulip, shark's eye, pear whelk and paper fig while staying at Loggerhead Cay. This is Christian's second year visiting Sanibel.*

photo by James F. Kelly. *Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit www.shellmuseum.org.**

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An extra special thank you to our auctioneer, Tommy Williams, and our Honorary Co-Chairs, Ralph and Jean Woodring.

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Solo Kayak Transport



by Kealy McNeal

Lifting, loading and carrying a kayak seems to be one of the biggest concerns people have when they're getting into the sport. Transporting a kayak alone is not terribly difficult, but it's important to make sure you load your boat properly and safely. At first, the kayak might feel heavy and awkward to carry. But the more you practice the easier it gets, because you'll be building strength and stamina along the way. Remember, no matter what your age, there is no need to strain your body when moving your kayak.

Kayak carts are ideal for longer distances between the water and your vehicle. They are a good option if you need to move your kayak over fairly even ground, but they are not suitable for very rough or rocky launch sites. Kayak carts are two-wheeled attachments that slide onto one end or the center of your boat so that you can simply wheel your boat along using a handle. Built on the same

basic principles as a wheelbarrow, the result is that you bear very little of the weight yourself. Most kayak carts can be folded or easily broken down to be tucked into your boat or one of your hatches while you paddle.

If you have a plastic boat, you can also drag your kayak by holding onto the toggle or grab-loop at the bow of the boat. It's not a good idea to drag a composite or fiberglass boat, because this can result in expensive damage to their more fragile hulls. If you do choose to lift your kayak, remember to bend with your knees and keep your back straight when you reach down to pick it up. You might also wear your PFD to add padding at your shoulder for the kayak to rest on.

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

From page 1

Blues Musician

Band. They seemed like a good fit with my music style."

Performing on stage since age 5, Jensen has played his guitar alongside such prestigious acts as Elvin Bishop, Matt Schofield, Bryan Lee and local favorites The Marty Stokes Band and The Troublestarters. In addition to appearing as the opening act at both the 2nd and 3rd annual Sanibel Blues & Jazz Festival, he also participated in the International

Blues Challenge, winning the Youth Solo Showcase of the 2018 Regional Competition, held at the Rhythm House Dinner Club in Fort Myers.

Last June, Jensen had the opportunity to perform at two music venues in Nashville, taking the stage at Douglas Corner Café and Brown's Diner. There, he met several industry representatives who expressed an interest in his music. He also played alongside Bryan Lee, the legendary blind guitarist known as "The Braille Blues Daddy."

"(Lee) said, 'Who's that on stage with me?'" the musician's mother Gina Jensen recalled from the moment her son shared the stage with the Bourbon Street icon. "Because I'm liking what I'm hearing!"

For his May 9 performance, Jensen is planning to perform several original songs – including *Livin' On My Knees*, *You Got Me Hangin'* and *I Need Your Lovin' Bad* – as well as a handful of cover tunes. They will include Robben Ford's *Tired Of Talkin'*, Doyle Bramhall II's *Everything You Need* and John Mayer's version of *Ain't No Sunshine*.

Joining Jensen on stage at the Southwest Florida Event Center will be rhythm guitarist Dave Dust and bass guitarist Todd Haut.

"I've loved The Marshall Tucker Band for a long time and I've played *Can't You See and Heard It In A Love Song* before," added Jensen. "They're great songwriters and it's a really big thing for me to open for them."

For tickets or more information, call 245-9910 or visit www.swfiventcenter.com.

Also, Jensen will appear during The Center Bar Concert Series on Sunday, May 12. This special Mother's Day performance – open to all ages – will include drink specials, food vendors and raffle drawings with prizes for moms. Jensen will take the stage at 1 p.m. while fellow guitarist David Julia will appear at 4 p.m. The Center Bar at the Promenade at Bonita Bay is located at 26811 South Bay Drive in Bonita Springs.

"I'll have my full band performing with me then – Miguel Azcuy on drums, Carlos Barreto on bass guitar and Viktor Azcuy on keyboards," said Jensen, who released a five-song EP, titled *What I Call Me*, last September. It is available via music service platforms, including Amazon, iTunes and Spotify.

This summer, Jensen and his band will travel to The Villages to take part in the Youth Blues Showcase, scheduled for Sunday, July 28 from 4 to 8 p.m. In August, the local rounds of the International Blues Challenge will take place in the Fort Myers region; the finals will again be held in Memphis in January 2020.

Meanwhile, the budding musician is enjoying life as a freshman at Canterbury School. He was elected vice president of his class and also plays with the school's jazz band and golf teams.

"I've only been playing golf seriously for about a year, but I really like it," Jensen added. "It just calms the mind. I don't take it very serious, but I enjoy being outside."

For additional information, visit Johnny Jensen Music on Facebook.✳

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from left, Rachel Rainbolt, CROW development and education manager; Susan Tucker, interim president, TIOF; Claudia Burns, The Story of Ospreys presenter at CROW; and Carol Smith, TIOF director and Nest Watch program coordinator photo provided

Osprey Coloring Book Now Available

The International Osprey Foundation (TIOF) has sponsored the reprint of 10,000 copies of a coloring book featuring the osprey. The book, titled *Look Who's Flying!*, is intended as an educational tool in line with the foundation's mission. The book was conceived and written by Claudia Burns and illustrated by Dave Horton in 2005, under the auspices of TIOF. The free, educational book focuses on the "tough love" technique used by osprey parents to teach a reluctant chick how to fly.

Burns is the presenter of the *The Story of Ospreys* at the Clinic for the Rehabilitation of Wildlife (CROW). She has monitored osprey nests for 25 years and co-presented with the late Mark "Bird" Westall for many years, learning a lot about these raptors from the "master." The coloring book is available at CROW's Visitor Education Center, JN "Ding" Darling National Wildlife Refuge Visitor & Education Center on Sanibel and on TIOF's website as a free download. Through educational programs and materials such as

coloring books, TIOF encourages the public to learn about the fascinating lives of these excellent anglers.

Founded in 1978 by Westall, The International Osprey Foundation, organized as a nonprofit group, is dedicated to the ongoing preservation of the osprey as well as others in the raptor family. The osprey, a large brown and white bird of prey, is unique among North American raptors for its diet of live fish and ability to dive into the water to catch them. They are also considered an indicator species for the health of local waters.

TIOF's Nest Watch teams monitor osprey nests during nesting season on Sanibel, Captiva and in Fort Myers. Membership dues help support research grants, awarded primarily to university graduate students working on osprey and raptor projects throughout the world. The foundation also offers guidance and assistance in providing osprey nesting platforms on Sanibel and Captiva islands, which increases the life span of the osprey by 50 percent.

For more information about TIOF, visit www.ospreys.com. To become a Nest Watch team member, report an osprey platform in need of repair or help with TIOF's mission to help preserve osprey, email Susan Tucker at sanibelsue@msn.com.✱

Sanibel Causeway Bridge Inspections

Lee County Department of Transportation (DOT) consultant TY Lin International will perform planned bridge inspections on the three Sanibel Causeway bridges as part of a routine monitoring program established in 2013. Work is anticipated to begin Monday, May 6 and be completed by summer, weather permitting. No lane closures are anticipated.

Workers will be on the bridge shoulders from 9 a.m. to 4:30 p.m. on weekdays. Motorists will navigate slight lane shifts with minor traffic disruptions during the daily set up and breakdown of equipment. Lee DOT will place variable message signs to alert drivers.

The purpose of the inspection is to check the status of the repairs made to selected cracks, as well as to evaluate the performance of the different materials that were used in those repairs. Additionally, workers will monitor cracks identified in prior inspection reports.

For more information, visit www.leegov.com/dot, call 533-9400 or email leetraffictoc@leegov.com.✱

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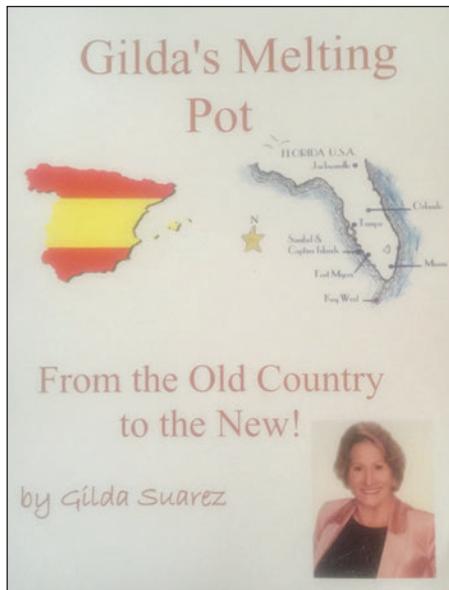
Cookbook Signing With Gilda Suarez

MacIntosh Books and Paper will host a book signing with Gilda Suarez on Thursday, May 9 from 4 to 6 p.m. Suarez will be signing copies of her cookbook, *Gilda's Melting Pot, From the Old Country to the New!*

Suarez is known to many on the islands for her involvement as past vice president, owner and manager of various title insurance companies. She retired in 2010, but came out of retirement two years later as presenting sales executive for Fort Myers 21, known as Century 21 Mobile Home Community in south Fort Myers.

Suarez was born and raised in Tampa, Florida and moved to the Sanibel-Captiva community in 1987 with her husband, the late Jose "Joe" Suarez.

Joe and Gilda shared a passion for cooking and entertaining with friends and family. When Joe became ill, they began writing a cookbook as therapy and to leave as a legacy to their three sons, 16 grandchildren and one great grandchild. The labor of love began in



Cookbook by Gilda Suarez photo provided 2011 and was completed in 2018. Now Gilda would like to share their favorite recipes with friends and customers from Sanibel and Captiva.

MacIntosh Books and Paper is located at 2330 Palm Ridge Road in Palm Ridge Place on Sanibel. For more information or to reserve a copy of the cookbook, call 472-1447.*

CROW Calendar Of Events

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

For reservations, contact the Visitor Education Center at 472-3644 ext. 229 or reservations@crowclinic.org. Hours are 10 a.m. to 4 p.m. Monday through Saturday (closing Saturday beginning May 4). Daily presentations are offered at 11 a.m. and 2 p.m. Wildlife Walk hospital tours are offered Monday through Friday at 11 a.m. only beginning May 1. CROW is located at 3883 Sanibel-Captiva Road.

Friday, April 26, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

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

Friday, April 26, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Species Profile: Snakes of Southwest Florida (daily presentation).

Florida is home to 46 species of native snakes, only six of which are venomous. Although there is a widespread fear and misunderstanding of this animal, most species are harmless to humans and form vital links in the ecosystem. Snakes are extremely valuable because they are efficient at monitoring pest populations without relying on chemical pesticides which can degrade the environment and harm other animal species. One of CROW's animal ambassadors will be present

Friday, April 26, 2 to 3:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

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

Friday, April 26, 2 p.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

Saturday, April 27, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Baby Care at CROW (daily presentation).

Wildlife parents are devoted to the care of their young and rarely abandon them, and juveniles found "abandoned" might actually be in a natural stage of development. Those needing assistance are placed in a specialized wing of the wildlife hospital and are provided supportive care around the clock until they are old enough to care for themselves.

Saturday, April 27, 2 p.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Gopher Tortoises (daily presentation).

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

Monday, April 29, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

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

Monday, April 29, 11 a.m., adults: continued on page 24



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BIG CHANGES AT BIG ARTS

Many of you have been the reason for BIG ARTS success over the years – be you donor, volunteer or ticket patron -- so we wanted to share with you the path that brought us to the decision to build a new home for BIG ARTS.

Our journey started more than seven years ago when it was clear that the aged BIG ARTS facility had reached its useful life. The Board launch a due diligence process that included an exhaustive search for options and designs – an effort led by Judy Baum – whose talent and passionate commitment resulted in forging a solid path forward. A facilities committee was create under Chuck Ketteman’s leadership. While considerable consideration was given to renovation, the only feasible option within code and dollars was to rebuild on the same footprint. BIG ARTS engaged architect, Amy Nowacki, whose earlier commissions include the Captiva Community Center and Sanibel Community House. Both those designs preserved what we wanted for BIG ARTS: a warm and welcoming place that honored our history and island style. With a team of acousticians, performance hall design experts, project managers and the voices of our members who provided valuable insight and feedback, we arrived at a vision for BIG ARTS new home.

We watched with both tears and excitement as the old BIG ARTS building was demolished on April 1 by Stevens Construction. We now watch the new walls emerge and image the next 40

years of a building filled with joy, laughter, learning experiences and fellowship.

Realizing our dream carried the weight earning your support. BIG ARTS home will be 100% privately funded. To assure our success, Jim Pigott stepped forward to lead our capital campaign. Jim went into high gear many months ago, recruiting a powerhouse group of islanders and has marched us all forward with solid results. We are getting there, but we are not home yet.

Construction continues apace over the summer made possible by lead gifts to the campaign. In the fall, we will launch the BIG ARTS “Continue the Dream”, community-wide public appeal to make it to the finish line.

In the meantime, turn in to www.bigarts.org when the BIG ARTS Dream Cam will keep you posted with photos and video from the construction site. Watch the dream come true. Our thanks to Doc Ford’s for making the “Dream Cam” possible.

We look forward together to the opening in January 2020. Let’s Continue the Dream together!

Susan D. Heisler

Don Rice

Susan Heisler, Don Rice
Co-Chairs
BIG ARTS Board of Directors

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From page 22

CROW Calendar

\$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.

Monday, April 29, 2 p.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – CROW Case of the Week (daily presentation).

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

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

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

Tuesday, April 30, 11 a.m.,

adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Virginia Opossums (daily presentation).

Virginia opossums are the only marsupial, or pouched mammal, native to the United States. They are highly adaptable animals and can live in a variety of habitats, both natural and human made. Although it may not be obvious to some people, opossums are a unique member of Florida's wildlife, playing an important role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

Tuesday, April 30, 2 p.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Species Profile: Snakes of Southwest Florida (daily presentation).

Florida is home to 46 species of native snakes, only six of which are venomous. Although there is a widespread fear and misunderstanding of this animal, most species are harmless to humans and form vital links in the ecosystem. Snakes are extremely valuable because they are efficient at monitoring pest populations without relying on chemical pesticides which can degrade the environment and harm other animal species. One of CROW's animal ambassadors will be present.

Wednesday, May 1, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended

for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Wednesday, May 1, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Gopher Tortoises (daily presentation).

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

Thursday, May 2, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

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

Thursday, May 2, 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 serving barbecued ribs and chicken from noon to 8 p.m. this Sunday, April 28. Kentucky Derby Day is Saturday, May 4. On Sunday, May 5, it's Cinco de Mayo with a Mexican Fiesta from noon to 8 p.m.



The ladies auxiliary meets on Tuesday, May 7 at 6 p.m. and the general meeting will be held on Wednesday, May 8 at 6 p.m.

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

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

On Tuesdays, tacos are served all day. Spaghetti and meatballs are served all day on Wednesday. On Fridays, a six-ounce ribeye steak sandwich is on the menu. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m.

If you have a flag that needs to be retired, you can drop it off at Post 123.

American Legion Post 123, located at Mile Marker 3 on Sanibel-Captiva Road, is open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. The public is welcome. For more information, call 472-9979.*

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From left, Grant, Charles and Caroline Muddell, and Lydia Whalen with their lemonade stand sign photos provided

Local Children Put In Long Day To Help Others

Grant, Caroline and Charles Muddell, along with Lydia Whalen, set up a lemonade stand to support Sanibel Sea School. After their parents attended the

organization's fundraiser, Octifest, on April 13, the youngsters learned how many children in need are able to experience the ocean through the nonprofit organization's scholarship program, and they decided they wanted to help. After a long day of serving cold drinks to thirsty walkers and bikers, they delivered a check to Dr. "Doc" Bruce Neill, executive director of Sanibel Sea School. "What these kids did for Sanibel



From left, Grant, Caroline and Charles Muddell, and Lydia Whalen present their lemonade stand earnings to Sanibel Sea School Executive Director Dr. Bruce Neill

Sea School is truly amazing, and we are so grateful," he said. "They worked hard to raise this money, and we are going to make sure it goes directly to getting more kids in the ocean this year."

Sanibel Sea School is a 501(c)3 nonprofit whose mission is to improve the ocean's future, one person at a time. For more information, visit www.sanibelseaschool.org.

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Blueberry Breakfast Casserole

2 cups fresh blueberries, rinsed and dried
 1 loaf bread or 6-8 small rolls (your favorite kind)
 4 ounces low-fat cream cheese (cold so it can be cubed)
 8 large eggs, beaten
 1½ cups low-fat milk
 1/4 cup maple syrup
 1/4 cup butter, melted
 Nonstick cooking spray
 Preheat oven to 350 degrees F. Cut bread into 1-inch cubes. Cut cream cheese into small cubes. Lightly spray a 9x9x2-inch baking dish. Place half of the bread cubes in the dish. Evenly place the cream cheese cubes and 1 cup of the blueberries over the bread. Add the remaining bread cubes and blueberries to the top of the casserole. In a medium-sized bowl, combine eggs, milk, maple syrup and butter. Slowly pour egg mixture



Blueberry Breakfast Casserole

over bread. Cover casserole with foil and bake for approximately 45 minutes. Insert a toothpick in the center of the casserole; when it comes out clean, remove the foil

photo courtesy Fresh From Florida
 so the casserole can brown on top. Let cool slightly and serve warm with extra maple syrup on the side.*

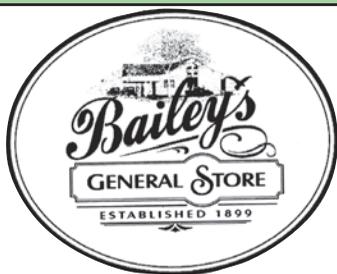
LIVE ON THE ISLANDS

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.
Traditions on the Beach at Island Inn has live entertainment on Friday with Woody Brubaker and Marvilla Marzan. Dusk performs on Saturday. Mike Arnone plays on Sunday and Monday. Woody Brubaker performs on Tuesday. Dusk returns on Wednesday. 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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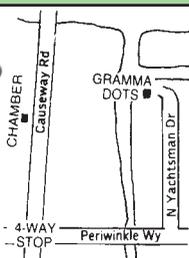
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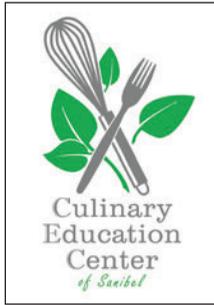
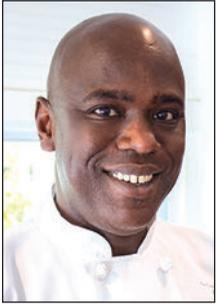
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The Community House

Collard Greens



by Resident Chef Jarred Harris

Collard greens are a type of green leafy vegetable that belongs to the Brassica family. This vegetable is related to broccoli, spring greens, Brussels sprouts, cabbage and kale. Collard greens are also known as “non-heading cabbage” or “tree-cabbage” due to large cabbage-like leaves. The name “collard” originates from the word “colewort,” which is a synonym for wild cabbage.

Collard greens date back to prehistoric times and are one of the oldest members of the cabbage family. Originating in the eastern Mediterranean, the Greeks and Romans grew several varieties of collards over 2,000 years ago. Collards didn't reach America until the early 1600s and quickly became a staple vegetable in the southern states of America.

The health benefits of collard greens include detoxifying the body,

strengthening bones, supporting healthy digestion, preventing anemia and lowering cholesterol levels. Other benefits include slowing down the aging process, managing diabetes and improving your overall mood. Collard greens have anti-bacterial and anti-viral properties and the ability to prevent the development of certain types of cancer and cardiovascular diseases.

Collard greens are an excellent source of vitamin K, vitamin A, manganese, vitamin C, dietary fiber and calcium. In addition, collard greens are a very good source of vitamin B1, vitamin B6, iron, vitamin E and omega-3 fatty acids, calcium, copper and selenium.

If you would like to try collard greens, they are available in most grocery stores, fresh or frozen.

Here is a simple recipe to try:

Collard Greens**Ingredients**

- 2 lbs. collard greens (tough stems discarded and leaves chopped coarsely)
- 1 medium onion (roughly chopped)
- 2 garlic cloves (minced)
- 1 tbsp. olive oil
- 2 tbsp. sesame oil
- 2 tsp. salt
- 1 tsp. pepper
- 1 qt. chicken or vegetable stock
- 1 tbsp. liquid smoke

Method

In a large skillet, heat the olive oil and sesame oil on medium heat. Add the onions and cook until the onions are translucent.

Add the garlic and cook for about

30 seconds, then add the liquid smoke, chicken stock, salt and pepper. Bring the liquid to a boil, add greens and simmer for 25 minutes, or until the greens are tender.

Serve with cornbread or rice.

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.*

May Programs At Captiva Memorial Library

The Captiva Memorial Library is offering the following programs during May:

Adults

Coloring for Grown-ups – Experience the latest trend in relaxation, adult coloring books. Researchers and art therapists alike have touted the calming effects of coloring, and adults have found this childhood activity a refreshing way to release their creativity, relieve stress and meet other participants. Coloring pages designed for adults, as well as colored pencils, will be provided.

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

Youth Services

Merry Month of May (regular library hours) April 30 to May 1 – Celebrate May Day with books and planting flower seeds. Use recycled materials to help get your garden started.

Mix and Match Martian cubes (regular library hours) May 28 to June 1 – Color and cut out the Martian cubes to create silly mix and match aliens. All materials provided while supplies last.

Teens

Constellation cubes (regular library hours) May 28 to June 1 – Cut and fold constellation cubes to use as a decoration for your desk or as small luminaries. All supplies, excluding LED candle, are provided while they last.

Go online to www.leegov.com/library and click on “What to Read Next” and the link to “Staff Recommended Newsletters.” Under “Kids and Teens,” click the link to “Exploring with Miss Naomi” to find Miss Naomi’s book recommendations for learning about space, including astronauts, scientists and mathematicians, the solar system and exoplanets.

All branches will be closed on Monday, May 27 for Memorial Day.

Stop by to read a favorite magazine or newspaper; find a good book, DVD, or music CD; color; create a craft; do a puzzle; or play a game of checkers.

Captiva Memorial Library is located at 11560 Chapin Lane on Captiva. Regular hours are Tuesday and Thursday from 10 a.m. to 6 p.m., Wednesday from noon to 8 p.m., Friday and Saturday from 9 a.m. to 5 p.m., closed Sunday and Monday.*

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Book Review

My Lovely Wife

by Di Saggau



Samantha Downing's debut novel *My Lovely Wife* has an outrageous premise that makes for an engrossing read.

Millicent and her husband have been married for

15 years. They have respectable careers – she is in real estate, he's a tennis pro. They have two teenage children, Jenna and Rory, with all the normal adolescent problems. They are still in love, but to keep their marriage interesting, they have resorted to a twisted pastime. They have a penchant for killing women.

The book begins with the husband, who remains unnamed, flirting with a girl in a bar. He shows her a text that reads "Hello. My name is Tobias. I am deaf." These words will come back to haunt him later. We learn how Millicent and her husband met and how they planned their first victim. She is identified as Lindsay, a young woman who went missing a year earlier and was discovered in an abandoned Woodview, Florida motel. Now the story really gets interesting.

Millicent was supposed to have dumped Lindsay's body in a swamp, but now she claims that she changed

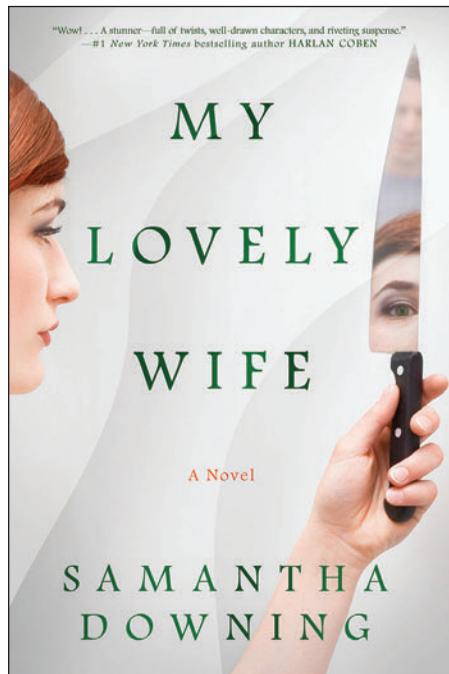


image provided

her mind to distract the authorities. She changed things in order to place the blame on Owen Oliver Riley, a local serial killer who somehow escaped conviction. You might be thinking, why would I care to read this? Believe me, it's a thriller and, if you check other reviews, you'll find it's worth continuing to the end.

The unnamed husband is a nice man, it's easy to like him and that might make you feel guilty, but by this time as the book moves ahead you're going

to be hooked. The husband is basically a simple man who has been suckered into a dark habit by his charming wife. Downing expertly mixes the everyday events of a suburban life with teenagers and plotting murders. You'll meet the couple's friends and many other characters who play interesting roles in the plot. The book takes several wild turns and leads to a shocking surprise

toward the end.

This is a wickedly plotted novel full of psychological suspense. *My Lovely Wife* was another one-day read for me because I could not put it down. Author Heather Graham said, "A fantastic foray into what we know and what we do not about those closest to us. Intricately plotted, fascinating characters, I loved it." I eagerly await Downing's next thriller.*

School Smart



by Shelley M. Greggs, NCSLP

Dear Shelley, My son's pre-school teacher has mentioned to me that my son might have a language disorder. I'm unsure of what she means since

he pronounces all his sounds and letters correctly. Isn't that that what a language disorder means? Please clarify this for me.

Ellen K, Fort Myers

Ellen,

There is a difference between a speech impairment, saying letters and sounds correctly and a language disorder. We often hear the words speech and language used interchangeably. They might mean the same thing when we're talking casually about communication, however when used diagnostically, they have very different meanings. And speech disorders and language disorders may occur separately, or an individual may have both kinds of disorders at the same time.

Audiologist Dr. Ellen Koslo, professor at Columbia University says, "Speech refers to the actual sound of spoken language. It's the oral form of communicating. Speech is talking using the muscles of the tongue, lips, jaw and vocal tract in a very precise and coordinated way to produce the recognizable sounds that make up language. Young children who are learning how to speak will probably substitute, leave out or distort normal speech sounds, but as they mature, these speech distortions should disappear. For example, if a 5-year-old is still substituting the sound f instead of being able to pronounce the th sound, that would be considered an articulation error and considered a speech problem.

Language refers to a whole system of words and symbols – written, spoken or expressed with gestures and body language – that is used to communicate meaning. A child who has good speech and pronounces words correctly may still have poor language or, in other words, trouble putting words together to express herself or trouble understanding what's being said to her."

Language deals with meaning. A child with a language disorder may have a difficult time understanding the meaning of what's being said, which is called a receptive language issue. In contrast, a child may have trouble communicating his own thoughts, which is called an expressive language issue.

Here are a couple of very basic milestones to guide you when considering whether your child's speech and language

are developing typically. Most children, by their second birthday, have a vocabulary of about 50 words. By age 2 or 3, a typical child starts understanding a lot more language than he can express. You can also visit www.nidcd.nih.gov/health/speech-and-language for more detailed information on these milestones.

Here are some signs that could cause concern:

Doesn't understand his name, the word no, or simple commands by age 1

Isn't saying words by 14 to 16 months of age

Can't answer basic "wh" questions (what, where, who) by age 3

Has difficulty being understood by people outside the family after age 3

Has noticeable hesitations or repetitions in speech past age 5

Can't tell a sequential story (a story with a beginning, middle and end) by age 5

Shows limited development of vocabulary

Children develop speech and language skills at their own individual pace, however if your child has any of the above problems, it would be a good idea to talk to your child's teacher, school psychologist, speech and language pathologist or pediatrician. They may refer you for an assessment or an evaluation to find out if a problem exists. Treatment options can be different for each child, so getting the right diagnosis is very important.

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

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

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

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



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Sanibel Sea School offers a free guided beach walk each month photo provided

Sea School To Offer Free Beach Walk In May

Sanibel Sea School will offer one last free community beach walk this season on Saturday, May 4 from 9 to 11 a.m. Residents and visitors are welcome to join the organization's marine science educators to explore what has washed ashore. They will talk

about any interesting organisms and objects found on the beach, share some basic shell biology and answer any questions you might have.

Meet at Sanibel Sea School's flagship campus, 455 Periwinkle Way, at 9 a.m. This event is free and family-friendly, no reservations are required.

Sanibel Sea School is a 501c3 nonprofit whose mission is to improve the ocean's future, one person at a time. Learn more at www.sanibelseaschool.org.

Upcoming Programs At Sanibel Library

Weekly children's programs with Youth Service Librarian Deanna Evans continue in April at Sanibel Public Library. The full event schedule, which includes technology programs in virtual reality, is on the calendar at www.sanlib.org.

Experience Virtual Reality on Monday April 29 from 10 a.m. to noon for patrons age 10 and older. First come, no registration required.

Weekly Children's Schedule for April: Storytime for preschoolers and their caregivers will be held on Wednesdays and Thursdays at 11 a.m. This program helps develop pre-reading skills through songs and stories.

Geared specifically for children in fourth through sixth grade, the After-school Clique will meet on Wednesdays at 3 p.m. in April. The group will be crafting, building, and playing – with books and a snack.

The After-School Crew (for children in kindergarten to third grades) will meet at 3 p.m. on Thursdays. If you love dogs and books, you can read to Bessie, a bearded collie and trained reading education assistance dog. At 3:45 p.m. on rain-free Thursday afternoons, sign up on-the-spot; program finishes by 5 p.m. No registration is required for weekly



Bob Kent and Betty Shewfelt experience Oculus Go virtual reality photo provided

children's programs. Weekly youth schedule changes in May.

The public is welcome. There is no registration required and no additional cost to participate.

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

Sanibel Public Library District Board of Commissioners and staff are asking for your input and ideas about your use of library services and how we may enhance those services to better meet your needs. We appreciate you for taking the time - just 5 minutes - to respond. Go to www.sanlib.org to answer the survey, or stop by the Library this month. Thank you.



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From page 1

Shared Use Paths

the survey is telling us is (Sanibel's Shared Use path system) has been a big success."

The city's current path system, which extends more than 26 miles from Lighthouse Beach Park on the eastern end to the Blind Pass Bridge on the western end, adopted the current version of the Shared Use Path Master Plan in 2009. An update is being conducted to recognize the improvements completed over the past decade and will guide the long-term vision for the Shared Use Path system.

"By and large, people are happy with our Shared Use Paths because the system is excellent," said Director of Community Services Keith Williams. "We've gotten some terrific feedback both online and at these meetings."

One frequent suggestion Williams had heard is to add a section of Shared Use pathway along Rabbit Road.

However, several obstacles – including right-of-way access, drainage, utilities and environmental impacts – make that suggestion problematic.

The online survey also revealed that 57 percent of respondents rate their level of satisfaction with Sanibel's Shared Use Path signage as "very satisfied" while 31 percent rate themselves "somewhat satisfied." Regarding amenities (including benches, water fountains, shelters and bathrooms), 61 percent of respondents say they are "very satisfied" while 32 percent rate themselves "somewhat satisfied."



Three Shared Use Path improvements have been planned for the future: Palm Ridge Road, East Gulf Drive and Middle Gulf Drive image courtesy City of Sanibel

Asked in the survey, "Do any of the following elements make you feel uncomfortable or unsafe while using the Sanibel Shared Use Path?" responses included:

- 43 percent – Other path user behavior or attitude
 - 42 percent – Paths are overcrowded or congested
 - 41 percent – Visibility at intersections, driveways or curves
 - 38 percent – Path or lane too narrow
- "I think this process is going rather smoothly," said Tom Sharbaugh, president of the Sanibel Bicycle Club

who is also a member of the Project Advisory Committee. "I think what people are telling us is that we need to improve safety, make sure there's enough room to pass other users, and we need to clear obstacles on a timely basis. In general, the survey is being handled very well. We've got good communication."

Between 2013 and 2017, a total of 39 pedestrian and bicycle crashes were officially reported. Of that number, four incidents resulted in an incapacitating injury, 15 resulted in non-incapacitating injuries and eight reported "possible

injury." Twelve incidents resulted in property damage only.

Among the more than two dozen comments received via the interactive online map are:

"The crosswalk over Periwinkle, just west of Bailey Road, should be removed. Too dangerous here with incoming cars merging and not yet alert for bikes in roadway."

"Difficult for bikers crossing at crosswalk to see bikers coming from either direction on the path. Perhaps a traffic mirror would work."

"I like that the path has been marked to remind bikers to 'warn when crossing.' However, the locations should be given more consideration. The four-way at Periwinkle and Lindgren can be a busy area, some portions of the path are narrower than others and visibility is limited in some directions."

"The Chamber of Commerce needs bike racks in their front yard for the many folks that ride there on bicycles."

The city's Shared Use Path online survey period ends on Tuesday, April 30 at midnight. To access the survey, visit www.sanibelbikeped.com/survey. All citizens of Sanibel – including motorists, bicyclists and pedestrians – are welcome and encouraged to participate.

The final Project Advisory Committee meeting will be held on Tuesday, April 30 beginning at 9 a.m. The meeting is open to the public.

Additional information for this project can be found at www.sanibelbikeped.com. For more information, contact Keith Williams at 472-6397 or sanibelbikeped@mysanibel.com.



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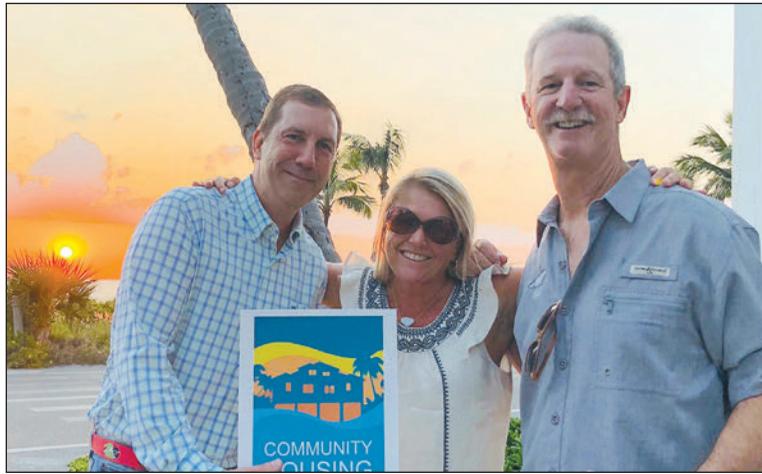
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Back from left, Mary and Ed Holden and Grace Powers Sacramona. Front from left, Linda Sacramona and Susan Hinckley. photos provided



From left, Doug and Paige Babcock with Bob Moyle



Jerry Edelman and Melissa Rice



George Campean and Richard Johnson



From left, Carole Fallon, Bunny Ospa, Shirley Schulz, Nancy Cleare, Maryann Gilhooley, Joan Sperry, Anne Bresslau and Mary Anne Chiffi

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90-Year-Old Sanibel Swimmer Captures Gold

by Jeff Lysiak

It's never too late to try something new.

That's the best advice Sterling Fulmer could offer, because he himself took that same advice many years ago from his son, Joe.

"Back in 1988, after I turned 60 years old, my son rode his bicycle across the United States for the American Lung Association," recalled Fulmer, who first visited Sanibel the following year. "At the end of his trip, I met him on the boardwalk in Atlantic City. And the first thing he said to me was, 'Dad, you're gonna do this next year!'"

Fulmer, who had never participated in a cross-country ride, was hesitant at first. But then he took his son's advice and signed up for the Seattle-to-Atlantic City adventure. He completed the nearly



Sterling Fulmer with his five swimming medals photo by Jeff Lysiak
2,900-mile marathon in 1989 and, now 30 years later, the nonagenarian is showing no signs of slowing down.

Earlier this month, Fulmer and several members of his family – including Joe, daughter Jaydn McCune and granddaughter Kelly McCune – took part in the 2019 YMCA Masters Swimming Nationals, held at the Roden Aquatic Center in Orlando. As a group, the family won a pair of bronze medals, competing in the 100-yard relay in both the freestyle and mixed stroke competitions.

But as a solo swimmer, Fulmer did even better. He captured first place in three competitions – the 50-yard freestyle, 100-yard freestyle and 200-yard freestyle – earning a gold medal for each.

"There were over 500 swimmers competing at the event, but maybe only 20 of them there actually had any expectations of winning anything," said Fulmer, standing on the dock of his Junonia Street home he shares with his wife, Bea. "I was as surprised as anybody."

Fulmer completed the 50-yard race in 52.32, the 100-yard race in 2:00.54 and the 200-yard race in 4:40.66. Asked

what it's like to take part in a senior's swimming competition, a wide smile came across his face. "When you're standing on the edge of the pool, ready to make your dive, I'm thinking my goal is just to finish the race," he said with a chuckle.

Originally from Lockhaven, Pennsylvania, Fulmer has always been active athletically. He used to run and swim for conditioning in his younger years. Later, he took up bicycling after his knees became too sore to run any longer. At age 80, he took part in his first parachute jump. At 86, he swam in his first aquatic competition. These days, he still swims two or three days each week at the Sanibel Recreation Center.

As for others who might be thinking about taking part in a competition, the athletic senior shared some words of wisdom.

"If you're thinking about entering a race but aren't sure about it, my advice is to push the envelope... just try it," said Fulmer. "You never know what will happen. And you might just like it. And you might even win."*



Sailors learn to rig and launch their own boat

photos provided

Registration Open For Junior Sailing Camps

Children ages 8 to 15 of all experience levels will have a great time on and off the waters of Roosevelt Channel at the Captiva Island Yacht Club's (CIYC) sailing camps this summer. They will learn

to rig and sail a boat single-handedly, how to race a sailboat and how to handle a kayak. Families need not belong to the club for their children to participate.

Session 1 of the two-week U.S. Sailing certification program runs Monday through Friday, June 17 to 28. Session 2 is runs Monday through Friday, July 15 to 26. Each of the sessions will have a family award luncheon on the closing Thursday, where participants will be recognized with



Sailors begin their learning in an international Optimist Pram

certificates and view a slide show of all the fun. The closing Friday is a family sail day when all the participants can invite their families to come and sail with them, and see what they've learned. This is the proudest day for students to show their skills on the water.

CIYC will run the camps with licensed and certified instructors. Each child will be assigned his/her own sailboat and an instructor for each three to five campers.

The only qualification for participation

is successful completion of a swim test (50-yard swim, tread water, put on a U.S. Coast Guard Approved Type III personal flotation device (PFD) in the water and swim back 50 yards wearing the PFD. It will be conducted on the first day of the programs.

Enrollment is limited so early sign up is recommended. For more information or enrollment forms, contact Lauren Davies at 472-4133, ext. 4 or accounting@captivaiyc.net.*

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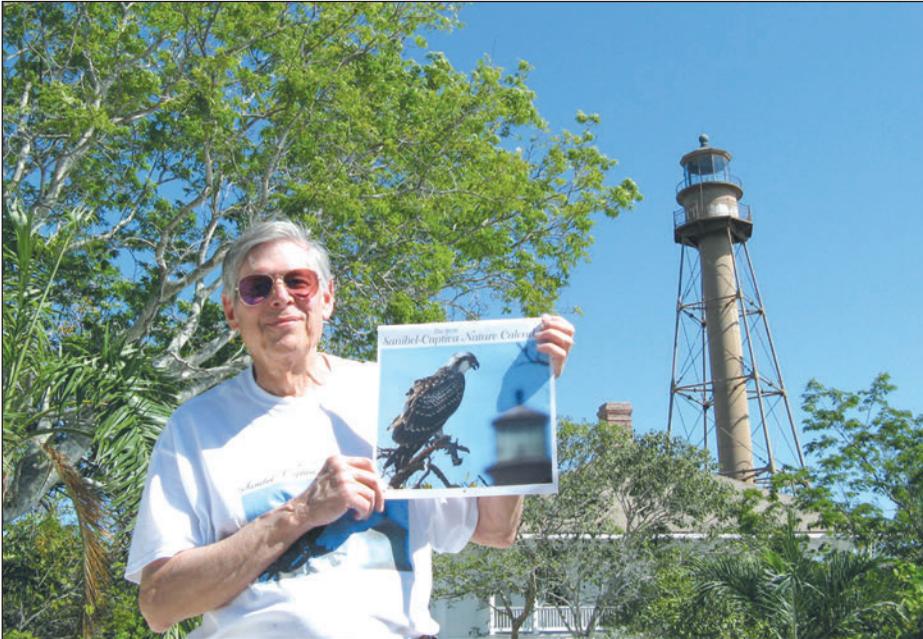
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Jim Fowler with his 2020 Sanibel-Captiva Nature Calendar

photos provided

Fowler Publishes New Edition Of Nature Calendar

The cover of the 2020 Sanibel-Captiva Nature Calendar features a spectacular photograph of an osprey with the Sanibel Lighthouse in the background by annual island visitor Marianne Bargiotti. The back cover shows a sunset as seen from Tarpon Bay by islander Theresa Baldwin.

This edition of the calendar shows four of the area's most common water birds and four species of birds found on the shores. Also included images of a migrating warbler, butterfly, alligator and blue tang photographed on an off-shore reef.

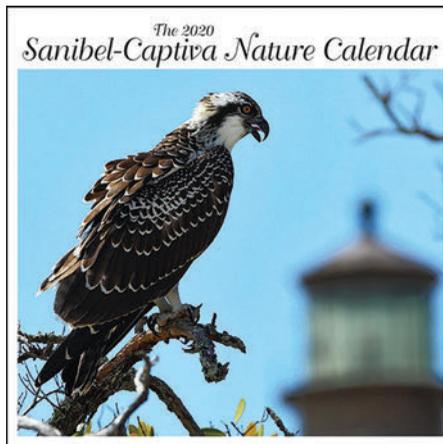
Photographers featured in this edition are Theresa Baldwin, Marianne Bargiotti, Cliff Beittel, Peter Hawrylyshyn, Robert Kimbrell, Sara Lopez, Lorraine Sommer, Kyle Sweet, and Don and Deb Thompson. Well known writers and island residents Betty Anholt and Charles LeBuff, as well as SCCF Shorebird Program Coordinator Audrey Albrecht, have written the monthly photo narratives.

First published in 1988, this is the 32nd edition of this popular calendar, sold only in Southwest Florida.

Each photograph is accompanied by complete subject information, including description, nesting, breeding and feeding habits, range, habitat, status and health.

Each fall, a portion of the publisher's proceeds are donated to a regional conservation organization. Last September, \$500 was donated to both Save The Manatee Club and Turtle Time. To date, the publisher has donated over \$24,000 to conservation organizations in Southwest Florida.

Recognizing that paper manufacturing and printing can have harmful environmental effects, this publication is printed on recycled paper in North America. Again this year, the calendar will be available, upon request, with a



Front cover



Back cover

shipping envelope made from trash. The publisher saved the make-ready sheets from the press set-up and created custom-fit mailing envelopes. This paper is usually sent through the printing press once then on to recyclers or the landfill. Now this paper will be used a second time as envelopes, thereby further reducing waste.

The calendar retails for \$14.95 and is sold throughout Southwest Florida in fine book stores and gift shops. For mail orders, send \$14.95 (plus \$2 shipping and handling) to: Sanibel-Captiva Nature Calendar, P.O. Box 356, Sanibel, FL 33957. For the custom Blind Pass Tide Edition, send \$17.95 (plus \$2 shipping and handling).*

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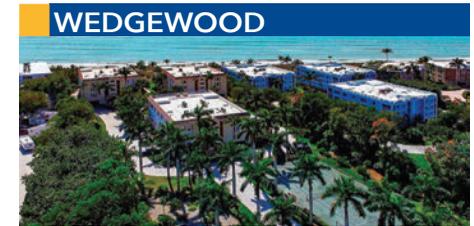
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The Sanibel Captiva Trust Company

Q2 Investing



Ian N. Breusch, Chief Investment Officer, The Sanibel Captiva Trust Company

Following a rather tumultuous December, stock markets quickly rallied higher during the first

quarter of 2019. In fact, stock markets have largely erased much of what transpired in December. We believed much of the trading activity, particularly late in December, did not reflect the fundamentals of the economy or individual companies. Nonetheless, it was encouraging to see how quickly market participants reversed course in the new year. As is often the case,

a rapid sell off is often followed by an equally speedy recovery.

As we look forward to the second quarter, some of the concerns regarding a global economic slowdown remain, but many have subsided. Earnings for U.S. companies remain solid overall, but are not nearly as robust as what we experienced last year on the back of corporate tax reform. We continue to expect positive GDP and earnings growth in the U.S. this year, but results will be more muted than in prior years. Europe is struggling with anemic economic growth, and the ongoing "Brexit" saga is not helping matters. The U.S. and China continue to negotiate their trading relationship, and concerns remain about China's economic growth prospects, regardless of whether the two sides reach a new deal.

On December 19, the Federal Reserve Board raised the federal funds rate another 0.25 percent. The stock market volatility that ensued is well

documented, but the reaction in the bond market was equally notable. The yield curve flattened out further, and the inversion between two-year and five-year Treasury bonds remains. Given the market's reaction to the Fed's latest increase, we do not expect any further rate increases in 2019. Furthermore, investors (via futures contracts) are betting that we have already experienced the peak for interest rates in an economic expansion that began 10 years ago. For the first time in many years, market participants expect the next Fed action to push rates lower, instead of higher. While we do not anticipate a recession in 2019, the fact that we are reaching an inflection point with interest rate policy coincides with our view that we are closer to the next recession than farther away.

As a matter of investment philosophy at The Sanibel Captiva Trust Company, we believe wholeheartedly that investors should not make significant portfolio changes simply because we may be drawing closer to the end of an economic expansion. Instead, we believe in building an asset-allocation mix between high-quality stocks, bonds and cash that makes good sense in any market environment (good or

bad) and that ties back to each client's unique long-term goals. The long-term performance objectives we set with our clients already assume we will have periods of time (like December) when stock markets move lower.

Given the backdrop highlighted above, we believe we are well positioned for the long term. Our growth-oriented stocks continue to post pleasing results. The more-mature companies that pay higher dividends have largely underperformed growth stocks the past few years. However, if interest rates are indeed peaking, these types of defensive companies should do measurably better. By having a mix of both growth and value stocks alongside some high-quality bonds (when appropriate), we are confident we can continue to deliver consistent solid investment results through time.

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From left, ABWA officer Mary Bondurant with Mona Strasser, Lynn Hoops, Gaby Bell and Craig Albert of Sanibel Captiva Community Bank photo provided

Bank Supports ABWA Scholarship Program

Sanibel Captiva Community Bank announced is the Leadership Sponsor of the American Business Women's Association (ABWA) 40th anniversary gala supporting continuing education scholarships. "Sanibel Captiva Community Bank has a natural alliance with the local ABWA chapter," said Craig Albert, president and CEO. "Both organizations support the progress of women in business and we're proud to be part of their continuing education scholarship program."

"With the support of Sanibel Captiva Community Bank, we are

delighted to be able to bring back our local continuing education scholarship initiative," said ABWA officer Mary Bondurant of Kingfisher Real Estate. "The gala commemorates forty years of progress in professional development and networking for business women on the islands. All proceeds will go to supporting our mission."

The ABWA Back to the '70s 40th Anniversary Gala will be held on Friday, May 3 at Sundial Beach Resort & Spa on Sanibel from 6:30 to 10:30 p.m. Attendees are encouraged to sport the hair fashion and attitudes that made the '70s memorable. A '70s foodie buffet will showcase favorites of the era, including sliders, chocolate fondue and signature cocktails, with '70s tunes from The Renata Band. Tickets at \$40, in honor of the 40th anniversary, are available on Eventbrite at <https://ABWASanibelCaptiva.Eventbrite.com>.*



Board members for the 2019-20 season, from left, President Annette Hendrick, Corresponding Secretary Donna Oberhill, Publicity Officer Judy Risch, Membership Officer Dottie McGovern, Second Vice President Vicki Bundshu, First Vice President Lori Schulz and Treasurer Suzanne Cullen photo provided

St. Isabel Women's Guild Installs Board

St. Isabel Women's Guild held its annual end of season luncheon and 2019-20 installation of board members on April 11 at Sundial Beach

Resort & Spa. This April marked the 41st anniversary of the formation of St. Isabel Women's Guild. There are 104 ladies in the guild this year continuing the original mission of working "in an ecumenical spirit on service and social projects that reach beyond St. Isabel, offering fellowship to all the women in the parish." Membership is open to all ladies of the parish who are interested in joining the efforts.*

Digital Lee Exhibition To Open

Lee County students will show off their artistic abilities during the opening celebration of Digital Lee at the Sidney & Berne Davis Art Center on Friday, May 3 from 6 to 10 p.m.

Digital Lee is a year-end showcase that highlights the best designs of the school year from participating middle, high and post-secondary schools in Lee County. Students in graphic design, web design, animation, digital photo and publication (CTE) programs have been invited to submit digital artwork that they created using industry-standard software and techniques. Selected works will be part of the opening night celebration, and awards will be given for excellence in each discipline on Friday, May 10.

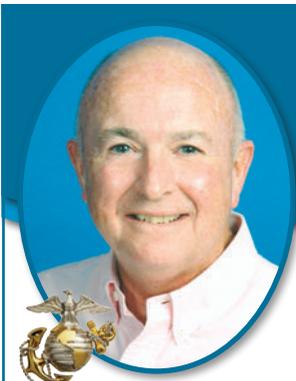
The goal of the showcase is to bridge the gap between education and industry, providing opportunities for students to gain internships, jobs and other design and technology experience that will enrich their futures and build the community.

There is a \$1 entry donation for the opening night celebration. The awards ceremony honoring this year's exhibition winners is free to attend. The show closes on May 29.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers.*



Submissions from a previous Digital Lee competition photo provided



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836 Donax St.



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

\$575,000

3941 Coquina Dr.



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

\$849,000

4156 West Gulf Drive



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

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\$380,000

Sandalfot #3C1



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

\$699,000



Robin Cook and Steve Greenstein of The Sanibel Captiva Trust Company show they are prepared to judge the Far Out & Groovy Award photos provided

ABWA Goes Back To The '70s With Local Support

Robin Cook and Steve Greenstein of The Sanibel Captiva Trust Company will judge the popular Far Out & Groovy Award at the American Business Women's Association (ABWA) Back to the '70s 40th Anniversary Gala, supporting continuing education scholarships. "The Sanibel Captiva Trust Company is uniquely

qualified to provide judges for this competitive award," said Cook, executive vice president and ABWA member. "Our commitment to exceptional investment management and client service is ideal preparation."

"Sponsoring a gala award is fun, but it's also a great way to be part of ABWA's new continuing education scholarship program," said Greenstein, executive vice president. "We support ABWA's goal to elevate professional development for business women on the islands and believe communities thrive when local business and residents



Calli and Bailie Johnson, sponsors of the '70s Pina Colada, with the fresh ingredients available every day at Bailey's General Store and Bailey's Marketplace



From left, Nate Grey, Mike Cohn, Derrick Grey, John Grey and Brian Foskey on the John Grey Painting team stand up for Flower Power

align on projects like this to improve the future."

Bailey's General Store is '70s Pina Colada Sponsor. "Since the Pina Colada rose to popularity in the '70', the freshest ingredients have been available at Bailey's," said Calli Johnson of Bailey's management team. "Sponsoring some fun at their 40th anniversary gala is our way to be part of ABWA's continuing

education scholarships."

"At Bailey's, we feel that being part of the community also means giving back to the community," added Bailie Johnson, of Bailey's catering team. "As a business, we support the idea of development opportunities for local women professionals."

John Grey Painting stands up for continued on page 14B

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Bank of the Islands' staff:

Front row: Darrin Grotrian, Heather Harrison, Willy Ocasio, Robbie Roepstorff, Rob Lisenbee
 Middle row: Pam Edwards, Jeanne Vaughn, Geoff Roepstorff
 Back row: Susan Schulte, Tammy Friend, Szilvia Wiebe.

Through the We Love Our Islands program, Bank of the Islands has proudly donated \$80,000 to 38 island non-profits, houses of worship and service organizations.

We mark this milestone by saluting all the charities that make our island community so special.

Your island charity could be the next recipient. Please stop by our Sanibel or Captiva offices to learn how.

Beyond our sponsorship funding and other non-profit support, the We Love Our Islands program is just one of the reasons we are proud to be

Your Island Bank.



The We Love Our Islands program has supported these Island Non-Profits to date:

- ABWA
- Bailey-Matthews National Shell Museum
- Bat Yam
- Big Arts
- Charitable Foundation of the Islands
- Children's Education Center
- Clam Bayou Preservation
- Community Housing & Resources
- CROW
- F.I.S.H. of Sanibel-Captiva
- For Kids' Sake
- Friends Who Care
- Golisano Children's Hospital
- Human Trafficking Awareness Partnerships
- Kiwanis
- Lions Club
- Noah's Ark
- Old Schoolhouse Theater Foundation
- P.A.W.S.
- Periwinkle Partnership
- PURRE
- Rotary
- Saint Isabel's Church
- Sanibel-Captiva Cares
- SCCF - Sanibel-Captiva Conservation Foundation
- Sanibel Community Association
- Sanibel Community Church
- Sanibel Congregational Church
- Sanibel D.A.R.E.
- Sanibel Historical Museum and Village
- Sanibel Public Library
- Sanibel School
- Sanibel Scholarship Fund
- Sanibel Sea School
- Sanibel Trails in Motion Fund
- Southwest Florida Community Foundation
- St. Michael and All Angels Episcopal Church
- Zonta



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Bank of The Islands



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From left, Richard Kirschner, District 6960 governor-elect; Eldon Bohrofen, Sanibel-Captiva Rotary Club president; Richard Hall, District 6960 Area 3 assistant governor; Richard Green, Sanibel-Captiva Rotary Club president-elect; John Raho, treasurer; Chet Sadler, secretary; and Don Russell, segeant-at-arms. Not pictured, William Lefendre, vice president.

photos provided

Sanibel-Captiva Rotary Installs New Officers

submitted by Shirley Jewell



There was such a good vibe at The Community House on April 9. Everyone was there to celebrate what Sanibel-Captiva Rotary has accomplished in the last nine months and to recognize that the year 2019-20 will be the gold standard for our club leadership and club activities going forward.

On each of the dining tables sat a placard that read: "Together, we see a world where people unite and take action to create lasting change across the globe in our communities and in ourselves." Our club leaders put those words into action and raised the bar on fundraising events that support club giving to Rotary projects throughout the world and here in our own

backyard.

Sanibel-Captiva Rotary Club President John Danner (2018-19) explained that our installation of next year's club officers is held three months in advance of them taking office, because snowbird Rotarians from the North take flight soon and they are an essential part of our club.

Danner recognized the club's outstanding global and district partnering activities, outstanding trust board, and club membership increases. Thank you go out to: our student exchange hosts and mentors, Rotarians and friends partnering with Sanibel Congregational United Church of Christ for the meal packing event, The Sanibel School Interact Club advisors, Paul Harris Award accomplishments, The Sanibel School 4-Way Test committee, scholarship committee, and for all of our club's community service activities.

"There never was a time when there wasn't a willingness to line up to help out," Danner said. "You all are my inspiration."

Rotary District 6960 Gov. (2018-19) Sandra Hemstead then came to center-stage to say a few words of thanks to our club. Hemstead noted that we are



From left, Richard Kirschner, Richard Hall, Mary Schoeffel, Cindy DeCosta, James Cardle, Annie Campbell, Roger Grogman, John Danner and Roger Triffshouser



From left, Richard Kirschner, Richard Hall, Chris DeCosta, Dorrie Hipschman, Scot Mowry, Barbara Ellis and Clark Rambo

an exceptional club with exceptional participation in Rotary projects within all levels of Rotary. She mentioned how impressed she is with how we present our Happy Bucks donation collection segment at meetings collecting money for wheelchairs, scholarships, CART, polio, Shelter Box, Gift of Life and more. She noted that Sanibel-Captiva Rotary has an average donation of \$355 per member going to the Rotary Foundation each year. These dollars continue to support Rotary projects all over the world. District shout-outs went to Richard Green for Rotary Means Business and Chet Sadler for the Rotary 4 Way-Test essay contest.

District 6960 Governor-Elect (2019-20) Richard Kirschner came up next and to give his thanks to the current officers of the club. Kirschner said, "Rotary is a place where people of all religions, politics and business ventures can put all prejudices aside and come together to make the world a better place."

Kirschner, aided by Area 3 assistant governor Richard Hall, completed the Sanibel-Captiva installation of club officers for Rotary year 2019-20.

*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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Positivity Was The Theme For SCCF's Beer In The Bushes Fundraiser



From left, Kevin Ruane, Lisa Heidrick, Melanie Congress, Doreen Ruane, Eric and Mary Ellen Pfeifer and Chris Heidrick attending Beer In The Bushes, a fundraiser for the Sanibel-Captiva Conservation Foundation (SCCF) held on April 20

photos by Jeff Lysiak



From left, Cheryl and Marc Giattini and Diane Neitzel



Dr. Heather Barron and Deb Ames



Doug and Robin Cook



From left, Jerry Edelman, Jonathan Tongyai and John Morse



From left, Fred Bondurant, Mary Bondurant, Bonnie Bondurant and Rob Balasco



Beer In The Bushes attendees wore white attire in a sign of positivity



Bury Me Brewing converted a hearse into a portable microbrewery



Colorful decorations above the SCCF Nature Center porch



From left, Sue Plein, Danny Plein, Stefanie Plein, Steve Plein, Stacie Thompson and Mike Thompson



Tameca Jones, the Queen of Austin Soul, and Chris McQueen performing



Microbrewery stations dotted the SCCF Nature Center property



Food trucks stayed busy throughout the night



There were steady crowds mingling throughout the evening

Will Power

Beneficiary Or Trustee



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

When going over your estate plan, it's easy to get lost in the jargon. This occurred to me recently during a meeting with a client, Patricia, who was upset that one of her sons was not listed in her documents as a successor trustee.

I was befuddled since this very same client told me how irresponsible this son was. In fact, I distinctly remembered the client saying that she didn't want this son to have any control over the client's bank or brokerage accounts. So I first confirmed with her that we were talking about the same person.

"Well, yes," Patricia answered, "I don't want him to control any of my money, at least while I'm alive."

"So why are you upset that he is not going to serve as your trustee?" I asked.

"Because I still want to treat all my children equally!"

This is where I explain that being a trustee is not an honor, nor does it bestow any more of a beneficial interest on the person acting as trustee. Instead, acting as a trustee is a job. It is laden with a lot of responsibility.

Whomever serves as your successor trustee must have the ability to interact with your financial advisors to determine what your asset mix should consist of. In fact, your trustee is held to the prudent investor standard under Florida law. Violating that standard could lead to a lawsuit where the other beneficiaries of the trust recover damages against the trustee.

If stocks or bonds need to be sold in order to have cash to pay for in-home nursing care or other convalescent care expenses, your trustee is the one who makes decisions which assets should be sold to do that. If you need to move out of your home for care, then the family member that you have named as your trustee will have to decide whether to continue to have your finances continue to carry the expenses associated with owning the home or whether it would be prudent to sell it.

These are not easy decisions.

Your trustee will file your tax returns. He or she will interact with your CPA as well as your attorney when deciding legal matters associated with your estate. When you die, your trustee will have a fiduciary duty to your creditors, taxing authorities and the other beneficiaries. If your trustee violates these fiduciary duties, then he or she can be held liable, and have to pay an attorney out of their own pocket to defend the claims or to satisfy any judgments if they are deemed to have acted negligently.

Just because someone is a trustee does not mean that the amount they are entitled to as a beneficiary will change. If Cynthia is a 25 percent beneficiary of the estate, she does

not receive any additional beneficial interest when acting as the trustee.

Cynthia may get reimbursed for her out of pocket expenses associated with fulfilling her trustee duties, such as air fare, car rental, hotel expenses, overnight express charges and the like. She will also be entitled to take a trustee's fee for her time. The fee that she takes is usually well earned, and is taxed as ordinary income much like a CPA's or attorney's fees would be taxed to them as ordinary income.

Many family members graciously perform their duties without taking a fee. More often than not, his or her siblings will not appreciate it and expect the child you have selected to act as trustee to do it all for free even though the duties can be enormously burdensome.

It is therefore vitally important when naming a trustee that you select someone who will devote the requisite time and attention to these important matters, and will be comfortable interacting with your professionals. Someone who is confident, diligent and detail oriented makes for a fine trustee. They don't necessarily have to have any background in law, accounting or taxes. So long as they know how to interact with your team of professionals, it usually works out fine.

As you can see, it really isn't a matter of being fair to one child or another. I would go so far as to say that not only have you not bestowed an honor upon the family member that you select as your trustee, rather you have handed them a job. A big job, at that.

So don't worry about being equal. Select the family member who is the most likely to do the job right.

To make sure you've selected the proper trustee, visit www.estateprograms.com/selectingyourtrustee for a complimentary copy of my book on the matter.

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From page 8B

ABWA

Flower Power as a sponsor of the gala. "For over 50 years, we've offered every color of the rainbow to our customers and are no strangers to the vibrant colors of the '70s," said owner John Grey. "But we're involved because we support the program for continuing education scholarships for women professionals on the islands."

"We believe in supporting continuing education," added Nate Grey. "We pursue ongoing education at John Grey Painting and are happy to be part of launching a new scholarship program."

"John Grey Painting is a great community supporter, and has done so much to lift up Sanibel," said Marty Short of Donald Short & Associates Insurance and ABWA gala chair. "We're

very excited about the auction items that have been donated to the gala, including a valuable gift certificate from John Grey Painting. Someone very lucky will win a design solution package for their home or business."

The ABWA Back to the '70s 40th Anniversary Gala will be held on Friday, May 3 at Sundial Beach Resort & Spa on Sanibel from 6:30 to 10:30 p.m. Proceeds from the auction and sponsorships will go to support the new ABWA Continuing Education Scholarships program. Auction items range from home improvement packages to weekend resort stays, high value gift certificates and fashion.

There will be an ultimate '70s foodie buffet and cash bar showcasing favorites of the era. The Renata Band will provide entertainment. Attire inspired by the '70s is encouraged. Tickets at \$40 are available at <https://ABWASanibelCaptiva.Eventbrite.com>.

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Tom and Lorraine Langan photos provided



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The Island Store on Andy Rosse Lane



Moe and Eric Dampier



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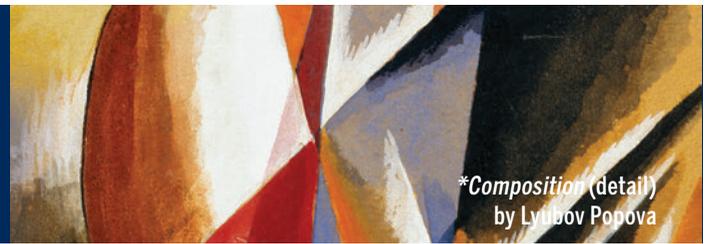


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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	5:53 pm	1:28 am	None	None
Sat	11:26 am	2:34 am	7:32 pm	1:54 pm
Sun	11:34 am	3:33 am	9:20 pm	3:45 pm
Mon	11:50 am	4:21 am	10:41 pm	4:49 pm
Tue	12:05 pm	5:01 am	11:43 pm	5:35 pm
Wed	12:18 pm	5:34 am	None	6:14 pm
Thu	12:35 am	6:02 am	12:31 pm	6:49 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	4:58 pm	1:30 am	None	None
Sat	10:31 am	2:36 am	6:37 pm	1:56 pm
Sun	10:39 am	3:35 am	8:25 pm	3:47 pm
Mon	10:55 am	4:23 am	9:46 pm	4:51 pm
Tue	11:10 am	5:03 am	10:48 pm	5:37 pm
Wed	11:23 am	5:36 am	11:40 pm	6:16 pm
Thu	11:36 am	6:04 am	None	6:51 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	8:11 am	1:33 am	6:14 pm	10:43 am
Sat	12:17 pm	2:45 am	8:09 pm	2:42 pm
Sun	10:16 am	3:40 am	9:17 pm	3:46 pm
Mon	11:06 am	4:26 am	10:21 pm	4:40 pm
Tue	11:40 am	5:09 am	11:21 pm	5:30 pm
Wed	12:09 pm	5:47 am	None	6:15 pm
Thu	12:09 am	6:21 am	12:34 pm	6:55 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	8:03 pm	4:44 am	None	None
Sat	1:36 pm	5:50 am	9:42 pm	5:10 pm
Sun	1:44 pm	6:49 am	11:30 pm	7:01 pm
Mon	2:00 pm	7:37 am	None	8:05 pm
Tue	12:51 am	8:17 am	2:15 pm	8:51 pm
Wed	1:53 am	8:50 am	2:28 pm	9:30 pm
Thu	2:45 am	9:18 am	2:41 pm	10:05 pm

Island Seniors At Center 4 Life

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

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

Page Turners with Louise Fitzgerald and Ann Hartman – If you would like to be on the list for Page Turners book discussions, email oceann@comcast.net or contact the center.

The book for discussion on Wednesday, May 8 at 2:30 p.m. is *After Anna* by Lisa Scottoline.

Dr. Noah Alderman, a widower and single father, has remarried a wonderful woman, Maggie Ippolitti, and for the first time in a long time, he and his young son are happy. Despite her longing for the daughter she hasn't seen since she was a baby, Maggie is happy too, and she's even more overjoyed when she unexpectedly gets another chance to be a mother to the child she thought she'd lost forever, her only daughter Anna.

Riveting and disquieting, *After Anna*

is a groundbreaking domestic thriller, as well as a novel of emotional justice and legal intrigue. And *New York Times* bestselling author Lisa Scottoline will keep readers on their toes until the final shocking page.

– www.scottoline.com

Line Dancing Classes – Tuesday, April 30 at 1:30 p.m. Cost is \$2.50 for members and \$5 for non-members. Join the group for an hour of fun. The instructor will review dance steps then turn up the music for dancing. Bring a friend.

Wisteria Tea Room – Wednesday, May 2. Cost is \$24 for members and \$34 for non-members.

Wisteria Tea room is a transformed Florida bungalow, built circa 1919, located in the downtown Fort Myers River District. Sip a cup of tea and order from the special lunch menu, which includes gratuity. Advance registration required as seating is limited. Carpooling available departing from Sanibel at 9 a.m.

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

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

Leisure Lunchers Trip to Sweet Melissa's Café – Wednesday, May 15.

Experience the award-winning Sweet Melissa's Café. Executive Chef Melissa Talmage challenges your taste buds to explore a creative menu with an array of tastes, textures and eclectic ingredients. Talmage is a semi-finalist James Beard nominee. *USA Today*

listed Sweet Melissa's as one of the 10 best restaurants in South Florida. Guests will have an opportunity to speak with Chef Talmage, and learn about her background and approach to food. Separate checks will be provided. Limited seating available. Advance registration required.

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

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

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

Hand & Foot – Thursday at noon.

Hearts – Friday at 12:30 p.m.

Kayaking on Tuesdays – May 7 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 \$10 per class. Annual membership is \$20. Sanibel Recreation Center members must show their membership card to attend. Fitness class schedule is as follows:

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

mat work. Athletic footwear is required. Connie DeCicco is the instructor.

Essential Total Fitness – Monday, Wednesday and Friday at 9:30 and 11 a.m. (available through May 10).

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.*

Fort Myers To DC Nonstop Service

The Lee County Port Authority recently announced that United Airlines will inaugurate new service between Fort Myers and Washington, DC on October 29. United will operate twice-daily, year-round service between Washington Dulles International Airport (IAD) and Southwest Florida International Airport (RSW).

For more information or to book a flight, visit www.united.com.*



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Life Insurance

Some Beneficiary Considerations



J. Brendan Ryan,
CLU, ChFC, MSFS

There are some downsides to making one's estate the beneficiary of life insurance, annuities, qualified retirement plans and certain bank accounts. Instead

of the estate, which forces property to pass through the probate process when the estate owner dies, naming a person, a trust or a business, the beneficiary avoids the negative aspects of the probate process.

What are those negatives? Briefly, the process can cause significant delays in getting the property distributed to the heirs; the process is not private but rather subject to public scrutiny; it can be costly; and it can be subject to dispute as to, for example, whether this is truly the latest will written by the decedent, whether coercion was involved in executing the will, or what the decedent really meant by certain language.

There is more to say on this subject. I take great strides to dissuade clients from naming their estates first, or "primary" beneficiary for their life insurance or annuities. But I am not so demanding regarding the secondary, or "contingent,"

beneficiary. And I sometimes advise people to indeed name the estate as primary beneficiary.

For example, when I am taking an application for life insurance on a person whose family is in flux in some way or certain relationships are for at least the time being not stable but could go either way, the estate may temporarily be the best choice as beneficiary. That designation should be temporary and changed as soon as clarity in the family merges. (Beneficiary designations can be changed as often as desired.)

In a recent case, my client delineated what was a complicated scheme in which he wanted some funds to go immediately to his children when he dies and then after one child dies to those grandchildren. But a few of his sons' children he wanted to leave out, so after his death and the death of those offspring, he wanted those shares to be paid to his surviving offspring. Very complicated. I do not think a policy beneficiary designation can be so accommodating. So, I suggested that he make the policy payable to his estate and to let his will sort through all that. (I suspect some insurers will accommodate such tortuous wording.)

In another recent case, the client wanted to leave some of the death benefit to two children "equally or survivor" so that if one of the children dies before the client, the whole amount would go to the surviving child. The other two children were to receive their share "equally per stirpes" so that if one of these two children predeceased the insured, her offspring would get her share equally.

Here, the insurer advised the client to word the beneficiary designation to split the death benefit into two parts, one following the former distribution method requested above and one following the latter.

As stated above, one can change beneficiaries often, but few do so even when it is called for. But people die and relationships and affections change. A periodic review is essential.

One common oversight is a beneficiary designation that names an ex-spouse to receive a death benefit. In many cases that is intentional, for example, to protect the ex-spouse's right to receive alimony or child support. But, when that is the case, in order to avert nasty arguments and legal disputes, I suggest the following:

The policyowner should submit a new designation, changing the wording while keeping the designated person the same. For example, if the original wording says "Mary Jane Jones, spouse," change it to "Mary Jane Jones, former spouse." The wording and new date of the signed beneficiary form should update and reconfirm the policyowner's intention.

It should be noted here that many states now have a "divorce revocation" statute. Generally, these say that, absent an affirmative action to the contrary, like that suggested in the foregoing paragraph, a former spouse, if the primary beneficiary, is treated as having predeceased the insured. As a result, the secondary ("contingent") beneficiary gets the death benefit. If no secondary beneficiary has been named, under such a statute the death benefit goes to the

owner or the estate of the owner.

J. Brendan Ryan is a Cincinnati, Ohio-based insurance agent. He can be reached at jbryanclu@aol.com.✪

New Yoga For Osteoporosis Class Offered

Registration is open for the new Yoga for Osteoporosis class at the Sanibel Recreation Center. Class size is limited to 12 participants. A drop-in rate is available at \$12.25 per class for members and \$15.50 per class for non-members. Register in advance to reserve your spot.

Upcoming sessions include April 30, and May 7, 14, 21 and 28 from 9:45 to 11 a.m.

Yoga for Osteoporosis is designed for students of any age and level of yoga experience. Students with an interest in a yoga practice to build bone density, whether suffering with osteoporosis or osteopenia, or as a preventive therapy, will receive guidance for a safe yoga practice. In this class, you will explore 12 poses that are part of yoga for bone health. The use of chairs, blankets and blocks will help students find the version of each pose which is most supportive of their individual needs. Bring an empty stomach, bare feet and an open mind. You may want socks and/or a sweater for final relaxation at the end of the class.

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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Participants at a previous invasive fish roundup

photo courtesy Jason Boeckman

Free Fishing Competition To Remove Invasives

The Southwest Florida Cooperative Invasive Species Management Area (CISMA) will host its annual Invasive Fish Roundup from Friday, April 26 through Sunday, April 28. Weigh-in is from noon to 3 p.m. Sunday at Bass Pro Shops at Gulf Coast Town Center, located at 10040 Gulf Center Drive in Fort Myers. There is no cost to register.

Southwest Florida waterways are home to several non-native and invasive freshwater fish species. Many of these species have a negative impact on the health and populations of the region's native fish communities. The roundup is intended to raise awareness about the harmful effects of releasing non-native fish species into local waters and to collect data about invasive fish distribution to assist wildlife management professionals with efforts to control these species.

The free three-day competition is designed for teams with one to four anglers per team in both youth and adult categories. Prizes will be awarded in both categories for heaviest invasive fish and highest total net weight of

invasive fish caught. Additionally, a grand slam prize will be awarded in both categories for the greatest diversity of invasive species caught. Prizes include chartered fishing trips, rods and reels, tackle boxes and lures. Lures and tackle will also be awarded to the first 50 youth participants.

Fishing during the competition is permitted in all legal freshwater fishing areas in Southwest Florida, including Lee, Collier, Charlotte, Hendry and Glades counties. Participants must follow all state and federal fishing regulations and are asked to track the GPS locations of the invasive fish caught.

Some popular freshwater fishing opportunities at Conservation 20/20 Preserves are:

Pop Ash Creek Preserve, 9451 Nalle Grade Road, North Fort Myers.

Caloosahatchee Creeks Preserve, 17100 McDowell Drive and 10130 Bayshore Road, North Fort Myers.

Pine Lake Preserve, 12750 East Terry Street, Bonita Springs.

The fish will be donated to feed the wildlife patients at the Clinic for the Rehabilitation of Wildlife (CROW) on Sanibel, the animals at the Naples Zoo and Shy Wolf Sanctuary.

The event is sponsored by the Southwest Florida CISMA with support from the Florida Fish & Wildlife

Conservation Commission, U.S. Fish & Wildlife Service, Lee County Conservation 20/20, Conservation Collier and Bass Pro Shops Gulf Coast Town Center.

Participants must register in advance. To register and for complete competition rules, visit www.floridainvasives.org/southwest/nonnativefishroundup2019.✪

Sponsor A Tee Or Green In Name Of A Veteran

Songs and Stories for Soldiers, Inc., a Sanibel veterans service foundation, and the Florida Department of Veterans Affairs (FDVA) have announced that the beneficiaries of the Veterans Memorial Golf outing on Sunday, May 19 will be the 1,000 veterans in the seven veterans' nursing homes throughout the state of Florida.

Veterans' nursing homes provide healthcare services to veterans who are suffering from dementia or Alzheimer's disease. In 1988, Florida citizens endorsed a constitutional amendment to create the Florida Department of Veterans Affairs (FDVA) as a separate agency charged with providing advocacy and representation for Florida's veterans and to intercede on their behalf with the U.S. Department of Veterans Affairs. Their advocacy increases federal benefits for Florida's

veterans, improves the quality of life for veterans with service-connected disabilities, and provides access to federally funded medical care for eligible veterans.

Last year, the 501(c)3 Songs and Stories and for Soldiers foundation, which provides MP3 player systems, did a pilot study with the FDVA at the Port Charlotte center and the system was so well received that both parties agreed to expand the program. All of the proceeds from this year's outing will go to provide an MP3 player system to every veteran in the nursing homes.

To sponsor a green or tee in the name of a veteran, visit www.songsandstoriesforsoldiers.us. Every sign put in place pays for 10 MP3 player systems for the veterans in the nursing homes and honors a veteran.

Sanibel is rich with many veterans who have served our country. With Memorial Day just a week after the outing, it is a great time to remember a local veteran by sponsoring a tee or green. The foundation needs to raise \$10,000 in order to give an MP3 player to every veteran in the FDVA nursing homes.

Service groups and churches can sponsor one of their members who was a veteran with the veteran's name on a memorial placard at the golf outing. It is a great way to say, "Thank you for your service."

If you have questions or would like to schedule a speaker for your church of service organization, contact Dan Perkins at 973-687-4826.✪

SPORTS QUIZ

1. Name the last World Series before 2017 featuring two teams that each won 100 or more games during the regular season.
2. Which Yankees player hit the most home runs in his first three full years (at least 100 games per year) in the majors: Joe DiMaggio, Lou Gehrig or Mickey Mantle?
3. In 2017, South Florida's Quinton Flowers became the sixth player in Football Bowl Subdivision history to record 60-plus passing touchdowns and 40-plus rushing TDs during his career. Name two of the other five.
4. Name the top three coaches in terms of wins in Miami Heat history.
5. In 2019, Nikita Kucherov became the fastest Tampa Bay Lightning player to reach 100 points in a season (62 games). Who had been the fastest?
6. Who was the only Olympian to win five medals at the 2018 Winter Olympics?
7. Sergio Garcia set a Ryder Cup record in 2018 for most career points (25.5). Who had held the mark?

ANSWERS

1. It was 1970 (Baltimore versus Cincinnati).
2. DiMaggio had 107 home runs; Gehrig, 83;
3. Dan LeFevour, Tim Tebow, Colin Kaepernick, Lamar Jackson and Dak Prescott.
4. Erik Spoelstra, Pat Riley and Kevin Loughery.
5. Vinny Lecavalier, in 78 games in 2006-07.
6. Norwegian cross-country skier Marti Bjorger.
7. Nick Faldo, with 25 points.

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Highlights From Pickleball Tournament At Sundial Beach Resort



Darrin and Carson Klinger in action during a recent Pickleball tournament at Sundial Beach Resort & Spa. The tournament was run by Lucy Kitcher of Zero Zero Stay and included all levels of play, from 3.0 to pro singles, doubles and mixed. photos provided



Melissa Rice and Doreen Ruane



Ed and Bill Gray



Norbert Kunz and Dave Blue



Jean Baer and Mike Murray



Doreen Ruane and Melissa Rice

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Doctor and Dietician

Avoiding Knee Surgery



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

In our clinic, Caring Medical, we see many patients who seek our help for chronic pain after knee surgery. When we ask patients why they had surgery, many say, "to shave cartilage." Did you know that removing any joint tissue will result in the joint being more unstable? That's right! The consequences of many surgical procedures is abnormal joint motion and worsened knee instability, which, in time, leads to degenerative arthritis and chronic pain. The tissues most commonly removed during arthroscopic knee surgery are parts of the meniscus and articular cartilage, which normally help the knee glide smoothly. After removal, the bones are unable to move properly, and the remaining cartilage wears away. Once this occurs, bone begins rubbing against bone and arthritis ensues.

Studies show that after arthroscopic surgery, the chance of developing arthritis in the knee increases. This is because surgeries tend to worsen joint instability.

Thus, it is worth considering all non-surgical options that can help to stabilize the supportive joint structures that surgery would have otherwise destabilized. The majority of people we see with advanced arthritis of the knee have experienced years of traditional care, including hyaluronic acid and cortisone injections, and even a surgery to "clean out" the joint. Many have discussed future knee replacement with an orthopedic surgeon because the progression of arthritis appears to be unstoppable.

However, even having bone-on-bone arthritis does not necessarily mean knee replacement is the only option. Regenerative treatments like prolotherapy, with or without stem cells, are viable options for most patients who want alternatives to surgery. The goal of regenerative treatments is to stimulate the body to repair underlying structural damage that is causing the current arthritic progression in the knee, thus strengthening the joint and relieving chronic pain from osteoarthritis.

*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.**

Beautifulife:

Replenish

by Kay Casperson



What is the best thing you can do for yourself today? How can you fill up with inspiration, enthusiasm and enough energy to get through the week with a smile on your face and a spring in your step?

Replenish is a word that means refill, recharge or restore. If you don't take the time to replenish emotionally, spiritually, physically, environmentally and socially, you will dry up and have nothing left to give. This is not a good place to be when you have so many things to accomplish.

I make all of my products multi-purpose, and one of my best selling and most essential skincare products is called Replenish Day and Night Moisture Therapy. It is appropriately called Replenish because just as our lives need daily replenishing so does our skin. But, as with all of my products, there is a daily affirmation on the bottle that reminds you to take care of your life at the same time. This affirmation is: "I will take time to care for myself."

Since I believe that taking time to replenish is a vital daily and weekly goal, I would like to offer some suggestions as to how you could make that happen more regularly:

Take some time out of your day, whether it is just a few minutes or even a few hours, to find a quiet space. Turn off your phone and step away from all

communication to focus on clearing your mind.

Learn the importance of breathing and make it a point to focus on your breaths. Breathe in slowly, and when you exhale, let the things go that cause you too much stress.

Book a spa day for yourself and get a relaxing massage or facial. Add some essential oils or reflexology to your treatments and feel the benefits of total bliss.

Plan a getaway, for just a day or a few days, to a place that makes you happy. We all have those happy places and no matter what responsibilities you have, it is essential to take the time to visit them once in a while.

Go to a concert, a speaking engagement or a group event that will inspire you, bring you good feelings or motivate you to be the best you can be.

There are so many ways to replenish your soul, and it needs to be done regularly to manage the day-to-day tasks and keep up with your active, busy lifestyle. Remember, taking the time to care for yourself is essential to being the best you can be for others, and is also necessary for having your most balanced and beautiful life.

My affirmation for you this week is:

"I will make the time to care for myself more often so that I can continue to care for others and to enjoy the best and most beautiful life available to me."

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

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Free Interactive Demonstrations On Safe Kids Day

Golisano Children's Hospital of Southwest Florida will hold its annual Safe Kids Day event at Page Field offices of the Florida Department of Law Enforcement (FDLE) on Saturday, April 27 from 11 a.m. to 2 p.m. Safe Kids Day provides a fun atmosphere for families to learn how to keep children safe in their homes and communities.

The event will also feature food trucks and live music. Families will be able to participate in interactive demonstrations and games to learn about the following subjects:

- Bicycle safety and pedestrian safety (free bike helmets will be given to all children while supplies last)
 - Car and bus safety, distracted driving and car seat installation
 - Gun safety
 - Internet safety and child identification
 - Keeping medications secure
 - Safe sleep
 - Water safety
 - Youth sports
- "Preventable injuries are the leading cause of death among children in the

United States, and Safe Kids Day provides parents with the tools to keep their children as safe as possible as they grow and develop," said Sally Kreuzscher, Safe Kids coordinator for Golisano Children's Hospital. "We created a fun atmosphere to teach kids how to avoid preventable injuries as they play with their friends, ride their bikes and go to school, and encourage Southwest Florida families to participate in this live-saving event."

In addition to the interactive games and demonstrations, Drug Free Southwest Florida and their partners will be on hand as part of the National RX Take Back initiative to collect unused and expired medications. The pills must be in their original containers, but personal information may be blacked out. The containers and pills will then be safely disposed of to ensure they stay out of the hands of children and avoid polluting waterways.

Safe Kids Day was made possible with the support of community partners, including Florida Department of Law Enforcement, Lee County School District, Lee County Emergency Medical Services, Florida Gulf Coast University, Drug Free Southwest Florida and Northwestern Mutual.

FDLE's Page Field offices are located at 4700 Terminal Drive in Fort Myers. For more information, visit www.golisanochildrensswfl.org.*

dearRPharmacist

Caffeine Is A Natural Option For ADHD



by Suzy Cohen, RPh

Dear Readers: Caffeine is the number one stimulant and psychoactive drug in the world. The category of attention-deficit/hyperactivity disorder (ADHA) medications such as

Concerta, Adderall, Ritalin, Dexedrine and others are "stimulant" drugs, and so is caffeine. They all raise certain compounds in the body such as dopamine and norepinephrine (and others).

Here are five reasons why I think this is a good option for some of you:

1. Most all medical treatments for ADHD include a nervous system stimulant, which may sound strange to you, considering the patient appears to be overly active, wound up or unfocused. But this is true – conventional treatment of ADHD utilizes physiological stimulants. Caffeine is a stimulant.

2. A study published in the *European Neuropsychopharmacology* concluded that caffeine can normalize dopamine levels (which is exactly what the pharmacy drugs do). Caffeine raises both dopamine and norepinephrine, just like the medications.

3. There was a study that evaluated caffeinated tea. They concluded that "The caffeine in tea can reduce one's fatigue, increase people's self-confidence, motivation, alertness, vigilance, efficiency, concentration and cognitive performance."

4. So profound is caffeine's impact on the brain and cognitive function that Stanford University even funded a small study to evaluate if dextroamphetamine is superior to caffeine in obsessive-compulsive disorder (OCD).

5. Caffeine has been shown to extinguish the action of adenosine receptors in your brain. This was discussed in a 2014 review

article published in the *Journal of Psychopharmacology* which recommended the use of caffeine for ADHD.

Just like methylphenidate, caffeine begins to work in about an hour and, as you might expect, the effect wears off after about four hours. Both methylphenidate and caffeine are absorbed and physiologically processed in a similar way. Their mechanism of action is the same, as are the side effects. One is a prescription amphetamine drug, the other is America's favorite hot coffee.

The downside is that caffeine can wear out adrenals if taken long-term. Caffeine content varies with each food and beverage, making daily dosing through diet somewhat difficult. With tea, the amount of time that you steep the teabag determines the caffeine content.

Some people find that caffeine helps their ADHD, while others find that it doesn't offer any benefit at all. Pay attention to your body and work with your doctor/therapist to find out what is right for you. Too much caffeine or excessively high dosing on stimulant medications may cause insomnia, tachycardia, aggression, diarrhea and dehydration.

The intake of caffeinated drinks, caffeine pills or energy drinks containing caffeine or guarana may seem like a nice and exciting alternative to prescription medications. I just want to caution you that if combined with conventional (amphetamine) medications, the impact could be dangerous. As an aside, many studies point to docosahexaenoic acid fish oil as a useful essential fatty acid, which may be taken with medications or caffeine.

How much caffeine is too much? The United States Food and Drug Administration hasn't fully defined this, but the Canadian government has suggested not to exceed 85 milligrams in kids age 10 to 12 years. I have a much more comprehensive version of this article that I can email to you if you sign up for my free newsletter at www.suzycohen.com

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: I am told that I am attracted to emotionally unavailable people, and it seems as though I am. I cannot understand why because I want a soulmate. Can you tell me what I am

doing wrong?

A: For a relationship to be a real authentic connection, he/she must be available and show up in the room for this to manifest. If this person is unavailable, then he/she is not your soulmate.

It can be confusing at first because the chemistry can feel so strong. Because of this, you are likely to accept behavior you would never accept with friends. Why? Because you accept intensity as intimacy, when in fact it's that mind-blowing, chances are this person is not your soul mate. So, in the beginning, you can watch for who they truly are through observing their behavior.

Start by noticing any red flags. Believe me, if this person is not right for you they will show up and don't ignore them as this is a fatal mistake.

Their words are not in alignment with their behavior

There is a push pull with their behavior
They are inconsistent in their behavior;

aloof/all over you, silent/totally talks about him/herself

They are active alcoholics, substance abusers, sex addicts

They give mixed messages, say they want to be with just you but they are not

You are trying to understand what they really mean as it's not what they say

They are elusive, sneaky, secretive and you catch them in lies

These are just a few examples of unavailable partners who may seem great in the beginning, however, they wear masks so you don't easily see their real self. Remember not to see what you want to see.

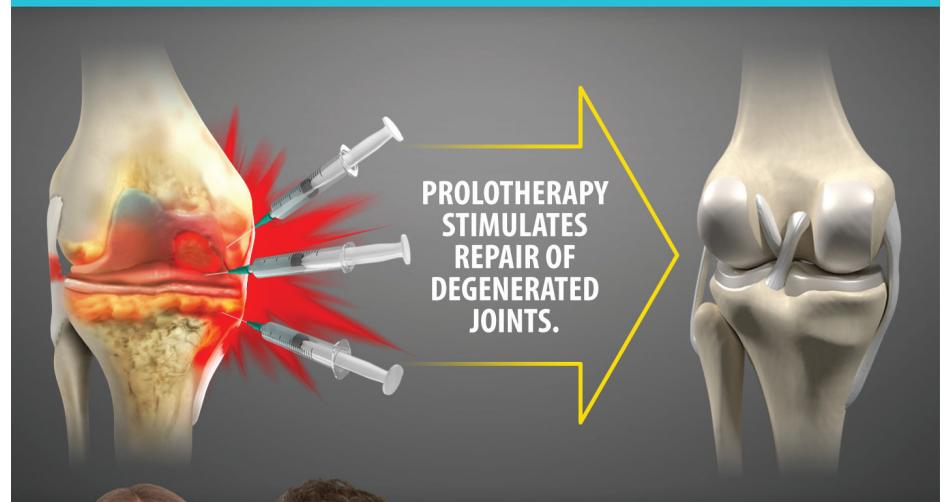
This can be deceiving. I'm not saying you are intentionally drawn to or involved with these types of people. I would like for you to pay close attention to the signs of what these people exhibit. Some can be highly manipulative, and you won't see it initially. Unavailable people are playing out their own unconscious defense against trauma or some emotional wound from the past that has not been healed.

That is not your problem, and you don't want it. Pay attention to the flags so you don't end up vulnerable to these types ever again. I would also advise that you talk with a professional to go deeper into why you are attracted to these types, because there are reasons and how you can learn to break the cycle.

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

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Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
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City of Sanibel	472-4135
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Library - Sanibel	472-2483
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Post Office - Sanibel (toll free)	800-275-8777
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Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743

ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	277-1700
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
Symphonic 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
Disabled Am Vets #108 (San-Cap Rep Ted Tyson) Help 211	984-5920
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH. OF SANCAP 24-hr service	472-0404
Sanibel Island Fishing Club	472-8994
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.sancapboating.club
Sanibel-Captiva Republican Caucus	395-0819
Sanibel-Captiva Shell Club	facebook.com/sancapshellclub 267-7291
Sanibel Youth Soccer	www.sanibelsoccer.org 395-2040
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

Harley And Oscar



Harley ID# A772947

Hello, my name is Harley. I am a 3-year-old female pit bull terrier who is a pocket pit with a face that looks like a Boston terrier. I love to run in our play yard with the volunteer team and interact with the other dogs. I have tons of energy that would do well in a home with a canine friend to play with. I am very smart and am currently learning my commands with the trainer and staff and would love to continue training with her new family.

My adoption fee is \$30.

Hi, I'm Oscar. I am a 1-year-old male domestic shorthair who is definitely not an 'Oscar the Grouch.' In fact, I am the exact opposite. I am a playful bundle of fun. The cat toys with the feathers hanging are my favorite because I get to jump around and catch them. He plays well with the other cats in our free-roam area and never seems to get tired. If you are looking for a young, energetic cat, I am the guy for you!



Oscar ID# A773925

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

April is National Prevention of Cruelty to Animals Month. Lee County Domestic Animal Services along with the Lee County Sheriff's Office (LCSO) works to prevent animal cruelty in Lee County. Many animals end up in shelters in need of homes as a result of neglect. LCSO's newest member, Deputy Chance, is an example of how giving shelter pets a new "leash" on life can be rewarding.

One way the public can get involved is to adopt a shelter pet. From April 1 through April 30, all adoptions will be reduced to \$30 with an approved application. The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. This is a \$500 package.

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

Joy And Athena



Joy

Hi, I'm Joy and I am just a joy to have around. I'm a beautiful 2-year-old calico girl. I raised a litter of my own kittens and then nursed two more litters that didn't have a mommy cat. I am looking for someone to love me forever. I am currently staying with a foster mom. I have been fully vetted, will be spayed and brought up to date on all vaccines. My adoption fee is \$100.

Hello, I'm Athena. I'm a beautiful girl and I know



Athena

it. I have a really unique brown and black color coat. I am spayed and current on all vaccinations. I'm only 1-year old and a very sweet girl with a big, fluffy tail. I'm currently staying with a foster mom. My adoption fee is \$100.

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.*

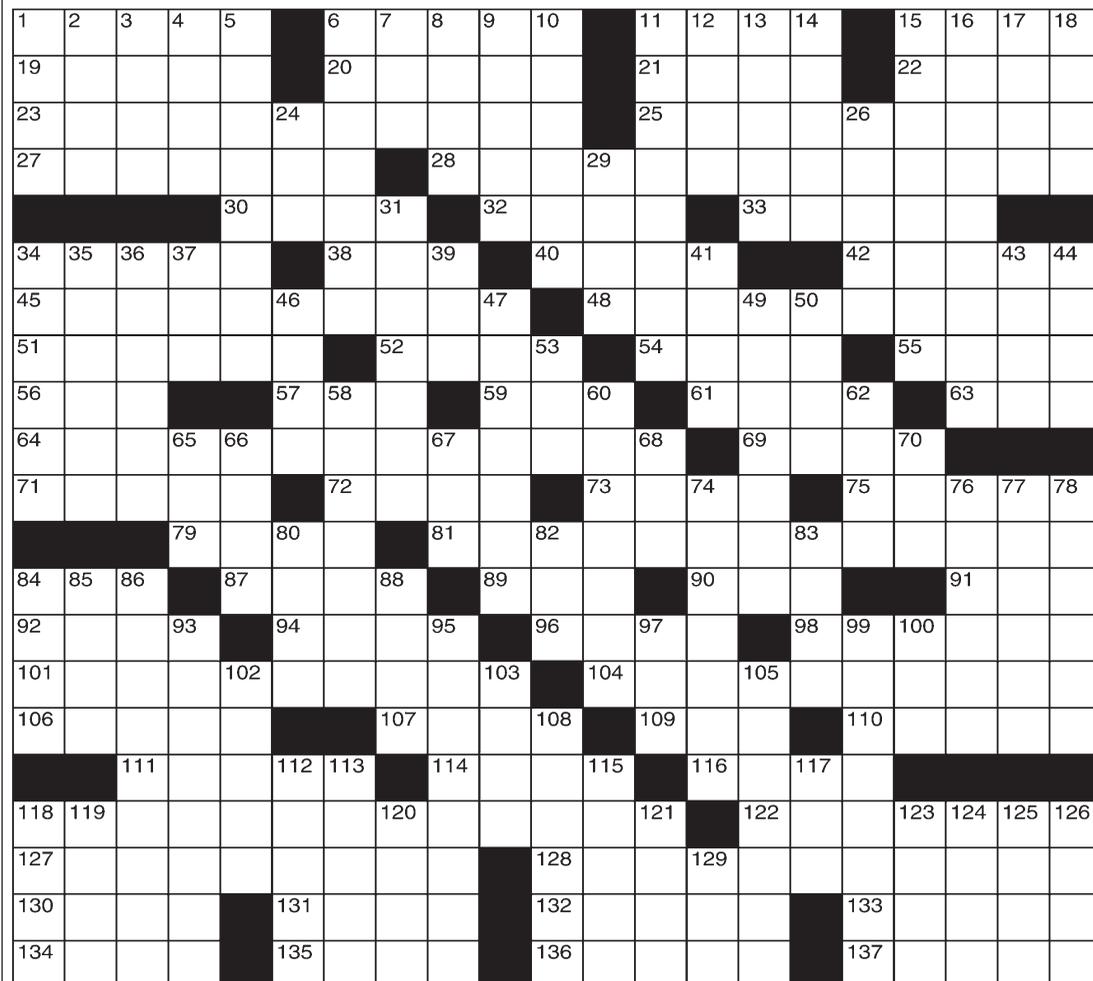
PUZZLES

Answers on page 31B

Super Crossword

PICK A CARD

- ACROSS**
- 1 Firing sound
 - 6 Frog sound
 - 11 Kerfuffles
 - 15 Soldiers of Seoul
 - 19 Old Aegean region
 - 20 Singer with the 2013 #1 hit "Royals"
 - 21 Typesetter's option
 - 22 Saber's kin
 - 23 Film that's both funny and gloomy
 - 25 Thin material used in painting and baking
 - 27 Bulls scores
 - 28 Putt-putt
 - 30 Yard sale proviso
 - 32 With 40-Across, classic grape drink
 - 33 Step inside
 - 34 "Mirage" actor Edward James —
 - 38 Boolean logic operator
 - 40 See 32-Across
 - 42 Opening bets
 - 45 Overhead air circulator
 - 48 Films, TV, hit songs, etc.
 - 51 Fancy snack
 - 52 — McAn
 - 54 See 50-Down
 - 55 Chilly powder
 - 56 "The Simpsons" shopkeeper
 - 57 Clock setting in NYC
 - 59 "... man — mouse?"
 - 61 Sketched
 - 63 Priest follower?
 - 64 Homeland
 - 69 " — Brockovich"
 - 71 Cynic's look
 - 72 Sheep group
 - 73 — vu
 - 75 Metal debris
 - 79 Pianist Hines
 - 81 Alternative medical practices
 - 84 Rubble maker
 - 87 TVs "Better Call —"
 - 89 " — hoo!" ("Hello!")
 - 90 Equal: Prefix
 - 91 Subpar mark
 - 92 High cards
 - 94 FBI agent
 - 96 Bulky brass
 - 98 Michigan county or its seat
 - 101 Important biblical meal
 - 104 Clownish type
 - 106 Really bug
 - 107 Give and take
 - 109 — chi
 - 110 Sales talk
 - 111 Of Tehran
 - 114 Fish story
 - 116 Pulitzer winner
 - 118 Dictionary, e.g.
 - 122 Film theaters
 - 127 Ethiopia, formerly
 - 128 Playing card apt to this puzzle's theme (hint: see the ends of the longest answers)
 - 130 "That's — bad idea"
 - 131 One fibbing
 - 132 Barbecue
 - 133 Ruhr Valley's chief city
 - 134 Tie feature
 - 135 Many August babies
 - 136 Determined to carry out
 - 137 Sown things
- DOWN**
- 1 Lettuce variety
 - 2 Dancer
 - 3 Santa — (some winds)
 - 4 Ill
 - 5 Test the tea, say
 - 6 Shutting
 - 7 CD- —
 - 8 City NNW of Provo
 - 9 Also include
 - 10 Economist John Maynard —
 - 11 Scared by
 - 12 "Get busy!"
 - 13 Well-timed
 - 14 Rigid
 - 15 Mixtures for chemical analysis
 - 16 Well-timed
 - 17 Boat's spine
 - 18 Feudal peon
 - 24 Dollar or euro divs.
 - 26 Blossom bit
 - 29 Breakfast chain, briefly
 - 31 Unstiffened shoe part
 - 34 — razor ("keep it simple" principle)
 - 35 Tackle
 - 36 Part of rpm
 - 37 Suffix with boff
 - 39 Rally cry
 - 41 Imitated
 - 43 Winged god
 - 44 Makes a dress, e.g.
 - 46 At no time, to poets
 - 47 12 p.m.
 - 49 Quaker products
 - 50 With 54-Across, service charges
 - 53 "D.C. Cab" actor
 - 58 Slobby sort
 - 60 Difficult and tiring
 - 62 Far-reaching
 - 65 " — -haw!"
 - 66 Epochs
 - 67 Java holder
 - 68 " — out!" (ump's call)
 - 70 Gun rights org.
 - 74 Relative of handball
 - 76 Nickname for Yale
 - 77 "Remington —"
 - 78 Singer Crow
 - 80 Sauce brand
 - 82 Kiddie
 - 83 Halo-worthy
 - 84 Fish story
 - 85 Univ. sports org.
 - 86 Serve as evidence of
 - 88 Racing units
 - 93 Eyes
 - 95 They begin on January 1
 - 97 Iota
 - 99 Failures to attend
 - 100 Domino dot
 - 102 Big names
 - 103 Broccoli — (salad green)
 - 105 "Honest Abe"
 - 108 Fork parts
 - 112 Sam of "Backtrack"
 - 113 Many a navel
 - 115 Bête — (pet peeve)
 - 117 Certain PC pic file
 - 118 Echelon
 - 119 Very dark, to poets
 - 120 "Gotta run!"
 - 121 Make a sweater, e.g.
 - 123 Additionally
 - 124 Think deeply and at length
 - 125 Under the covers
 - 126 IDs for the IRS
 - 129 "Xanadu" rock gp.



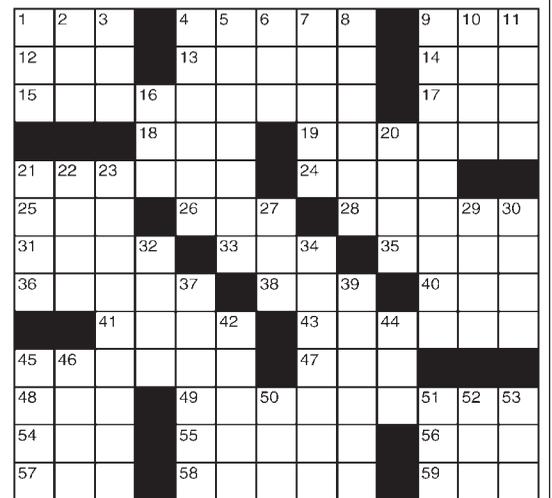
King Crossword

ACROSS

- 1 Mouth part
- 4 Uses an old phone
- 9 Taxi
- 12 Lemony drink
- 13 "Snowy" bird
- 14 11-Down cousin
- 15 Woodworker
- 17 Fish eggs
- 18 Parisian pal
- 19 McCormick's invention
- 21 Tennis need
- 24 Palm starch
- 25 — Khan
- 26 Morning moisture
- 28 Phobos and Deimos, to Mars
- 31 " — Your Enthusiasm"
- 33 British rule of India
- 35 Merriment
- 36 Military caps
- 38 Wrigley product
- 40 Listener
- 41 Heidi's range
- 43 Piece of pasta
- 45 Half a dime
- 47 Ailing
- 48 Jimmy Kimmel's network
- 49 "Seize the day" in Latin
- 54 Half of XIV
- 55 Elbows' counterparts
- 56 Dove's call
- 57 Tokyo's old name
- 58 Begin
- 59 Conclusion
- 8 Rill
- 9 Used the HOV lane
- 10 Lotion additive
- 11 Brewery output
- 16 LPG's Se Ri —
- 20 Quite enthusiastic
- 21 Poolroom item
- 22 Chills and fever
- 23 Thin-sliced raw meat
- 27 Witty one
- 29 Patricia of
- 30 Withered
- 32 Defraud
- 34 Gin flavoring
- 37 Motes
- 39 Harass
- 42 Point of view
- 44 Antiquated
- 45 Church section
- 46 Footnote abbr.
- 50 Actor Stephen
- 51 Hockey surface
- 52 A billion years
- 53 Chic, in the '60s

DOWN

- 1 Fond du —, Wis.
- 2 Actress Lupino
- 3 Apiece
- 4 Considered
- 5 Pilot light, e.g.
- 6 Illustrations
- 7 Lecherous looks

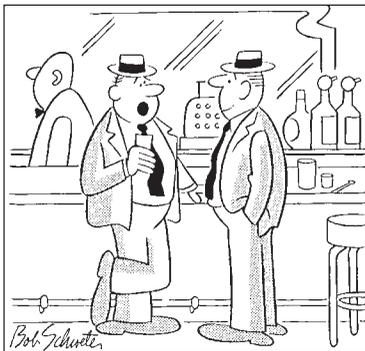


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 W L B T O R O P M K I F F D B
 Y W A E X P O R T U A S Q O M
 K G N I V L O V E R I F D B D
 Z I K X C H I L D T A X W Y E
 L U S Q O R N R C E T L J G C
 H F D C A Y E E W S V E E R N
 T S Q P N V R M L R K L L E A
 I H F E O I C B M U L Z Y N V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

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

- | | | | |
|-----------|------------|-----------|-----------|
| Advanced | College | Energy | Line of |
| Bad | Commercial | Export | Overdraft |
| Bank | Course | Import | Revolving |
| Child tax | Direct | Letter of | |



"Funny, I could never remember my wedding anniversary, but I have no trouble remembering the anniversary of my _____."

answer on page 31B

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!

Decide

VESOL

Dismay

CHINRAG

Delve

EDGERD

Trick

ICANT

TODAY'S WORD

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

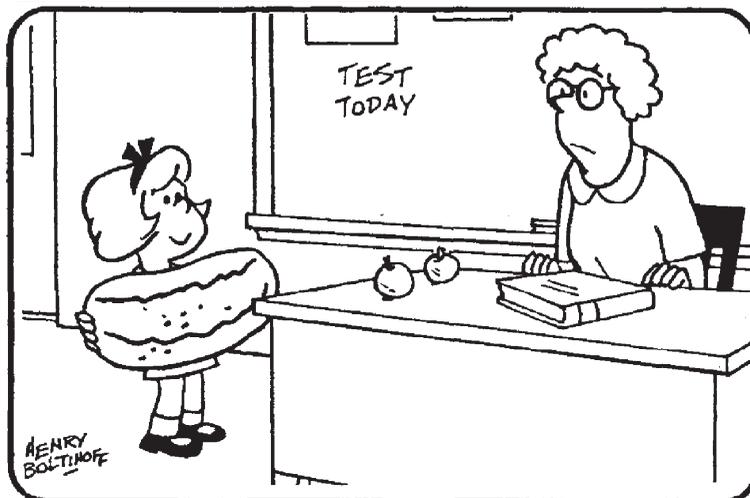
SUDOKU

To play Sudoku: Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

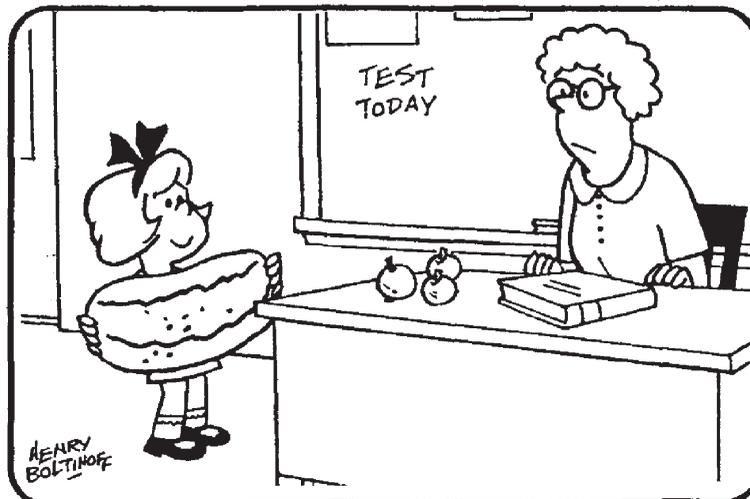
answer on page 29B

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Girl's bow is bigger. 2. Socks are different. 3. Teacher's dress has buttons. 4. Extra apple is on desk. 5. Blackboard is smaller. 6. Girl's left hand is shown.

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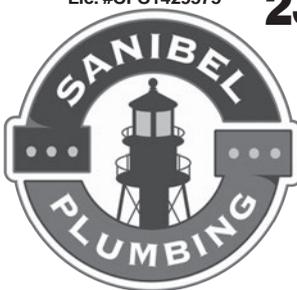
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My Stars ★★★★★

FOR WEEK OF APRIL 29, 2019

Aries (March 21 to April 19) You might need to do a bit more investigating before making a career move. You do best when you come armed with the facts. A personal matter still needs tending to.

Taurus (April 20 to May 20) Your creativity plus your good business sense once more combine to give you an important advantage in a difficult workplace situation. An ally proves his or her loyalty.

Gemini (May 21 to June 20) Avoid rushing into something just because it offers a break from your usual routine. Take things

a step at a time to be sure you're moving in the right direction.

Cancer (June 21 to July 22) Bouncing back from a disappointing incident isn't easy, but you should find a welcome turn of events emerging. Spend the weekend with someone special.

Leo (July 23 to August 22) An incomplete project needs your attention before someone else takes it over and uses it to his or her advantage. There'll be lots of time for fun and games once you get it done.

Virgo (August 23 to September 22) Doubts involving a potential career change need to be resolved quickly so they don't get in the way when you feel you're finally ready to make the big move.

Libra (September 23 to October 22) Looking to blame someone for a workplace problem could backfire if it turns out you've got the wrong "culprit." Best to get more facts before acting on your assumptions.

Scorpio (October 23 to November 21) Patience might still be called for until you're sure you finally have the full story that eluded you up till now. A trusted associate could offer valuable guidance.

Sagittarius (November 22 to December 21) Look into your recent behavior to see if you could have caused the coolness you might now be sensing from a loved one. If so, apologize and set things straight.

Capricorn (December 22 to January 19) Easing up on your social activities allows

you to focus more of your energies on a long-neglected personal matter. You can get back into party mode by the weekend.

Aquarius (January 20 to February 18) A dispute with a colleague can be resolved peacefully once you both agree to be more flexible about the positions you've taken and allow for more open-minded discussions.

Pisces (February 19 to March 20) Volunteering to take on added responsibilities could be a risky way to impress the powers-that-be. Do it only if you're sure you won't be swept away by the extra workload.

Born This Week: Your sense of self-awareness allows you to make bold moves with confidence.

continued on page 31B

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7/13 * TFN

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1101 Periwinkle Way. Conveniently located very close to causeway! Approx. 700 sq. ft. w/reception area and 1/2 bath. Call Mike at 970-476-9204 or email pazzos@vail.net
11/30 * TFN

VACATION RENTAL

Island Vacations

Of Sanibel & Captiva
Million \$ Views Await You!
• Cottages • Condos • Homes •
Miles of Beaches & Bike Paths
239-472-7277
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1/4 * TFN

VACATION RENTAL



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Unique Vacation Rentals
2427 Periwinkle Way
Sanibel, FL 33957
Local: (239) 472-6385
Toll Free: (800) 472-5385
Fax: (239) 472-5858
www.cottages-to-castles.com
1/26 * TFN

ANNUAL RENTAL

GULF PINES, SANIBEL



Annual Rental – Gulf Pines, Sanibel 2,600+ sq. ft. modern single family piling home w/private beach path. Newly refreshed interior + equip./ infrastructure upgrades. 1 property from Gulf; 3-4 bds; 2 & 1/2 bths; add'l rm for nursery, office or storage; laundry rm w/new Maytag W/D; 2-car garage; 2 extra full-sized fridge/freezers. Open, airy lv/din spaces; master w/ensuite bth/walk-in closet. Newly painted interior & refinished hard wood floors. Recently re-piped w/new water heater + filtration system; add'l updates to bths; new tile floor in ground level 4th bd/office. Community offers 2 pools; 2 tennis courts; picnic areas; 1-rm clubhouse w/kitchenette for events. Annual/unfurnished \$3,995/mo. + utilities. Call 917-680-4440.
4/26 * 5/3

GULF HARBOUR YACHT & COUNTY CLUB TOWNHOUSE

3 Bed, 3½ Bath + Den/Office, Unfurn. 2 Car on 16th Green. Golf, Tennis/Spa Avail. \$2,500 a month. 239-233-2930.
4/5 * 4/26

IN THE DUNES

3 bedrooms 2.5 bathrooms. Great views and location. Annual rent is \$2,500. per month. More information and pictures on Zillow. Search for 1645 Sandcastle. Call 239-205-5272 for more information
4/26 * 5/3

ANNUAL RENTAL

ANNUAL RENTAL

SANIBEL
Waterfront – 3/2+ den, dock, Direct access. \$2,950/mo. Gorgeous, Custom home.

This 2BR/2 BA piling home,
Updated. Large parcel,
detached Pool. UF.
Includes pool & yard care. \$2,500/mo.

472-6747
Serving The Islands Rental Needs Since 1975
Gulf Beach Properties, Inc.
4/26 * TFN

SANIBEL ISLAND ANNUAL RENTALS

2/1 on Main Street \$1,800
2/2 on Sandpebble \$2,000
Dogs okay.
Call or text Bridgit @ 239.728.1920
11/9 * TFN

ANNUAL RENTAL WANTED

WANTED SANIBEL ANNUAL RENTAL

3+/3+. 2 adults 2 children (17&13).
Dog Friendly. \$3,500 per month
239-699-1561
3/29 * 5/17

ANNUAL RENTAL WANTED

Wanted Annual Rental of
2 Bedroom, 2 Bath Condo.
Furnished or unfurnished 2 seniors
\$1,800 - \$2,000 Per Month Range
216-780-0307
4/19 * 4/26

ROOMMATE WANTED

ROOMMATE NEEDED

Roommate needed, June 1, on Sanibel. Master with bath. \$1,000 plus. W/D, pool, yard, dogs ok. Please email ASAP for details Mreul618@gmail.com
4/5 * 4/26

SERVICES OFFERED



Complete Landscaping Services
& Weekly Lawn Service
New Client Special 10% OFF
your Mulch Installation,
Landscaping Project,
or Tree Trimming Project.
239-896-6789
4/13 * TFN

SERVICES OFFERED

ROGER NODRUFF ELECTRIC

Dock Lighting, affordable LED conversion. FPE panel replacement, Landscape Lighting. Generator Sizing, etc, etc, etc. Call or text Roger 239-707-7203
State License #13002788
4/20 * TFN

ALTERATIONS BY HAZELLA

Reliable and Experienced
Reasonable Prices
Pick Up & Delivery Available
239-472-8655
12/28 * TFN

SCARNATO LAWN SERVICE

Lawn Service, Shrubs and Tree Trimming Weeding, Installation of Plants, Trees and Mulch (one month free service available)
Joe Scarnato (239) 849-6163
scarnatolawn@aol.com
1/25 * TFN

HELP WANTED

SEEKING AN ASSISTANT STORE MANAGER

We are seeking a dynamic Assistant Store Manager at our Sanibel Island location. The successful candidate must maintain a high degree of personal integrity and high values. If you would like to be a part of our outstanding team of "Live Outside" sunglass experts, please send your resume and qualifications our way!
SANIBEL SUNGLASS COMPANY
admin@sanibelsunglasscompany.com
4/26 * 5/3

SUNDAY NURSERY ATTENDANT

Sanibel Congregational United Church of Christ seeks paid part-time every-other-week Sunday Nursery Attendant for 0-4 year olds. Background check and references required. 2-3 years teaching experience preferred. We are a theologically diverse congregation. For more info contact 472-0497.
4/19 * 4/26

JERRY'S FOODS SERVERS & BARISTAS

Part Time Evening And Weekend Front End Associates Needed. Looking for energetic, personable, and fun individuals, with open availability Monday through Sunday. If interested call and ask for John, Norm Sarah 472-9300.
1700 Periwinkle Way
5/6 * TFN

HELP WANTED

OFFICE ASSISTANT NEEDED

We are seeking a Part-Time Office Assistant at our Sanibel Island Corporate Office. The successful candidate must maintain a high degree of personal integrity and high values. If you would like to be a part of our outstanding team, please send your resume and qualifications our way!
SANIBEL SUNGLASS COMPANY
admin@sanibelsunglasscompany.com
4/26 * 5/3

BOAT LIFT RENTAL WANTED

BOAT LIFT RENTAL WANTED

We are looking for a boat lift on a Sanibel or Captiva direct access canal for long term rental. We are willing to do some maintenance to keep lift functioning while we are renting. Call Jim at 603-930-4549
4/26 * 5/3

GARAGE SALE

GARAGE SALE SUNDAY APRIL 28TH

1647 Atlanta Plaza Drive, Sanibel
9 a.m. to 1 p.m. Furniture, Appliances, House Accessories, Clothes, Pet Supplies, Cages, Sea Shells, Misc items and a Boat.
4/26 * 4/26

Cycling Safety Notes

Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous



SANIBEL BICYCLE CLUB

To advertise in the *Island Sun* and *The River Weekly News* Call 395-1213

From page 29B

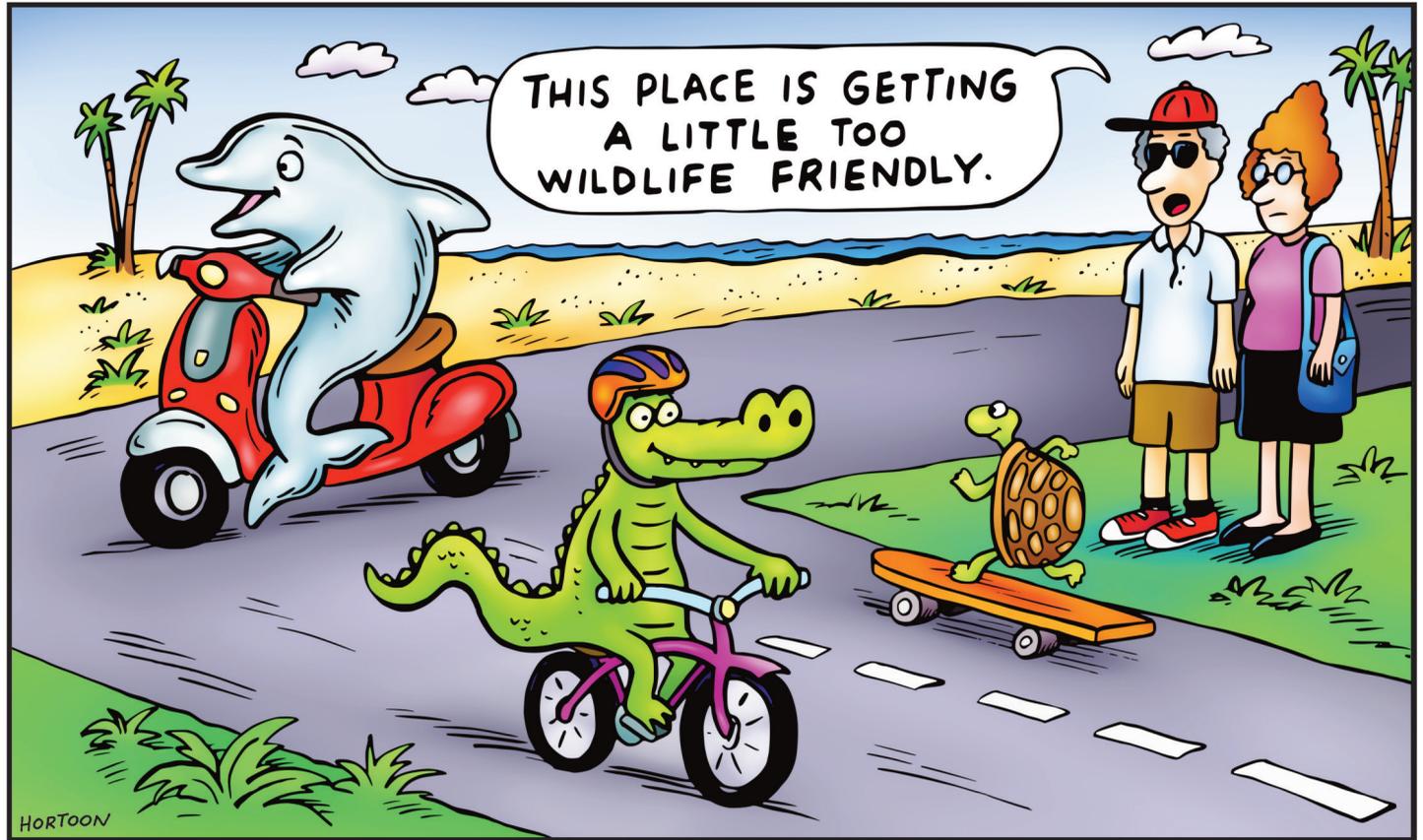
STRANGE BUT TRUE

- In Murfreesboro, Tennessee, it is illegal to keep indoor furniture outdoors.
- The town of Llanfair in Wales is also known by its Welsh name, Llanfairpwllgwyngyllgogerychwyrndrobwllllantsiliogogoch. Roughly translated, this means, "Saint Mary's Church in a hollow of white hazel, close to a whirlpool and Saint Tysilo's Church and near a red cave." The sign at the railway station that has the town's name is 20 feet long.
- Those who study such things say that cockroaches can run as fast as 3 mph.
- You probably don't realize it – and you certainly don't notice it but experts claim that the Atlantic Ocean is getting about 1 centimeter bigger every year, and the Pacific Ocean is shrinking by the same amount. It's due to continental drift, they say.
- Linguists say that American English has roughly 20 swear words (depending, of course, on how one defines swearing). In contrast, residents of ancient Rome had a lexicon of about 800 so-called "dirty" words to draw upon.
- The tuatara is a lizard that can be found in New Zealand. Its claim to fame? It has a third eye, located on the top of its head.
- If you counted up all the McDonald's, Dunkin' Donuts, Pizza Hut, Burger King, Domino's Pizza, Kentucky Fried Chicken, Wendy's and Taco Bell locations in the United States and added them together, you still wouldn't reach the number of pharmacy locations across the country.

THOUGHT FOR THE DAY

"I am free of all prejudices. I hate everyone equally." – WC Fields

HORTOONS



PUZZLE ANSWERS

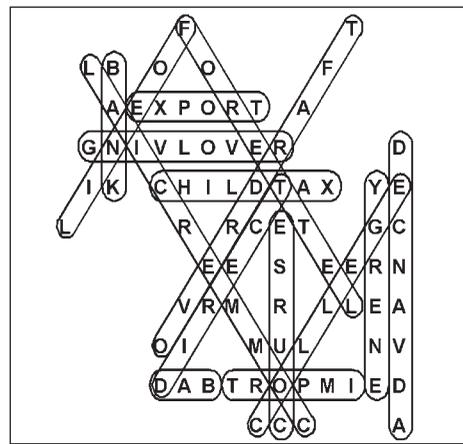
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	2005	6,158	\$3,375,000	\$3,000,000	148
Bay Woods	Bonita Springs	2001	4,672	\$1,899,000	\$1,840,000	341
St. Charles Harbour	Fort Myers	2015	7,105	\$1,849,000	\$1,647,000	14
Town And River	Fort Myers	2005	3,342	\$1,499,500	\$1,400,000	263
Ibis Cove At Bonita Bay	Bonita Springs	1996	3,569	\$1,295,000	\$1,220,000	7
Bright Water	Sanibel	2015	2,196	\$1,250,000	\$1,160,000	10
Cape Coral	Cape Coral	2010	3,497	\$1,190,000	\$1,100,000	71
Orchid Ridge	Estero	2000	3,867	\$1,150,000	\$1,025,000	276
Metes And Bounds	Captiva	1983	2,211	\$1,000,000	\$842,800	260
Cape Coral	Cape Coral	2019	2,700	\$929,900	\$915,000	0



Beach-Front & 1st Floor
 With tiled great room, 2 screened lanais, 2 bedrooms, open expanded kitchen, washer/dryer, 2 new baths, impact glass, & years of rental income. Easy onsite program at Sanibel Arms West has 3-day minimum & low fees. Can be viewed during tenant turnovers.
 Now \$849K furnished



Home with Lake-Front Privacy
 Expansive water views. On large Gumbo Limbo corner lot at end of Begonia Ct cul-de-sac. Easy 1-level living. New roof & HVAC. Vaulted ceilings & fireplace. Eat-in kitchen with breakfast bar. Wood floors in great room, formal dining area, & family room. 3 bedrooms 2-1/2 baths.
 \$699,000



Near-Beach Split-Plan 4 Bedroom
 With expansive outside living area too. Pool, spa, & outdoor kitchen/dining overlook waterway. Just 950' to Gulf Shores beach access path. Updated interior centered around great room. Open kitchen with breakfast bar, 3-1/2 baths plus separate utility room.
 \$849,000 furnished if you want



Beachfront Home Priced Right
 In Moonshadows - the only gulf-front residential community on Middle Gulf Dr. Often mistaken for condos. Each 1/2 duplex (there are 6) is privately owned including the land under it. Owners share pool & tennis. ~3000 sq. ft. with legal lower level & amazing gulf views!
 \$1,495,000 furnished



Remodeled Inside & Out, Top-to-Bottom on Deepwater Limpet Dr Canal
 Originally a ground-level 3-bedroom concrete-block-stucco home, on corner lot that pines out to 150+' along canal with 90' dock & 10,000-lb boat lift. Three bedroom suites in split-plan center around great room with den. New windows, floors, fixtures, kitchen, 3-1/2 baths. Pop-up created high ceilings seen here plus upper loft used now as reading/game room, could be converted to 4th bedroom & bath. Huge pool & large paver deck with open areas for entertaining & sunning. Tastefully professionally decorated in easy-living clean crisp whites & blues.
 \$2,295,000 with furnishings available



Bayfront Isabel Dr Home Getting Transformation, Has Boat Dock too!
 Outside, it's going from yellow to gray & getting a new metal roof, front entry, back porch, steps to pool, & landscaping. Inside, it's going from 90's to modern beach chic. 1st level has central great room with fireplace & soaring ceilings; new master suite & bath, plus a 2nd bedroom & bath. Huge kitchen with butler's pantry opens to bayside dining/family room also with fireplace. 3 car-garage plus 4-stop elevator. 2nd level has large family/party room with bath & mini-kitchen. Top floor has bayside open deck, former master suite, more bedrooms & baths, & office.
 \$3,495,000



Rare East-End Corner 2 Bedroom
 Captains Walk #F4 is one of largest floor plans in this canal-side community. Ground-level end-unit with glassed lanai. Plantation shutters plus Murphy bed in 2nd bedroom. 2 full baths with full-sized washer & dryer. Residential complex with assigned carport space & docks.
 \$349,000



Pet-Friendly Income Producer
 Just 19 units in this beach-front complex on Olde Middle Gulf Dr. Away from the hustle bustle, yet with pool, jacuzzi, racquetball, & easy on-site rentals. Gulf-view 1 bedroom 1/2 duplex with parking & storeroom below. Remodeled & grossing up to \$60K/yr.
 \$499,900 furnished & with bookings



3 Bedroom at Mini-Resort
 Top floor with private roof-top deck overlooking Pointe Santo courtyard to gulf. Big water views over lagoon to beach. Weekly rentals produce super income thanks to many summer family renters enjoying clubhouse kiddos activities, pool, spa, tennis, & bbqs.
 \$995,000 turnkey



Like New at Gulfside Place
 Beach-facing on 2nd floor in single tier with no adjoining neighbors. Almost 2,000 sq. ft. just remodeled. Residential condo with covered parking & storeroom below. Choice of pools, saunas, bbqs, tennis/pickleball, & on-site clubhouse with fitness, management, & party area.
 \$1,429,000

Lots for Single-Family Homes

In Belle Meade Near Wildlife Refuge, School, & Rec Center
 Off Sanibel-Captiva Rd, at 9270 Kincaid Ct, midway down private sandy road where lots are measured to street centerline. Conservation land across street provides natural view. Easy-living community. Lowest lot price on Sanibel.
 \$149,000

Handy to Shopping, Bike Path, & Beach
 With path to gulf at opposite end of Rabbit Rd, 898 Rabbit Rd is 1st parcel after Catholic Church. The home next door is built on a lot the same size, illustrating that this parcel is perfect for a multi-story olde-Florida-style beach house.
 \$170,000

Nearly 1/2 Acre in Gumbo Limbo Backing to Preserved Land
 One of the few remaining undeveloped lots in this popular mid-island community offering quick access on-/off-island. The backyard at 9441 Peaceful Dr faces west to sunsets & this parcel has excellent coverage since located in Eco Zone G.
 \$249,000



472-HOME (4663)
 888-603-0603

2242 Periwinkle Way
 Sanibel Square #3

SanibelSusan.com



The SanibelSusan Team: Susan Andrews, David Anderson, Lisa Murty, & Elise Carnes