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SANIBEL & CAPTIVA ISLANDS, FLORIDA

APRIL 13, 2018

APRIL SUNRISE/SUNSET: 13 7:07 • 7:51 14 7:06 • 7:51 15 7:05 • 7:52 17 7:03 • 7:53 18 7:02 • 7:53 19 7:01 • 7:54 20 7:01 • 7:54



From left, City of Sanibel representatives Harold Law, Steve Chaipel, Keith Williams, James Evans and Chief William Dalton all spoke at last week's Hurricane Seminar, held at BIG ARTS Schein Hall photos by Jeff Lysiak

Seminar Reviews Recovery, 2018 Hurricane Season

by Jeff Lysiak

On the same day that the City of Sanibel held its first 2018 Hurricane Seminar at BIG ARTS, forecasters from the Colorado State University Tropical Meteorology Project

announced their prediction for the upcoming hurricane season: busier than usual.

"The group, led by Dr. Phil Klotzbach, calls for another busy season with a total of 14 named storms, seven hurricanes and three major hurricanes," a Weather Channel press release stated, in part. "This is just above the 30-year average of 12 named storms, six hurricanes and two major hurricanes. A major hurricane is one that is Category 3 or stronger on the Saffir-Simpson



Ira Grasgreen submitting his 2018 Hurricane Hangtag Pass application to Sherri Enright Hurricane Wind Scale."

Last year, the same experts predicted 11 named storms, four hurricanes and two major hurricanes. In reality, seven named storms impacted the United States coast – including Puerto Rico – in 2017, most notably hurricanes Harvey, Irma and Maria, which battered Texas, Florida and Puerto Rico, respectively.

During the 45-minute seminar at Schein Hall, attended by approximately 90 island residents, representatives from various city departments – including

natural resources, public works, building, finance and police – reviewed what occurred locally before, during and after Hurricane Irma. In addition, Dave Roberts, the city's official weather consultant, spoke about the historical peaks of hurricane season, the dangers associated with storm surge and the importance of being prepared.

"Actually, hurricanes can happen during any month of the year," said Roberts, who explained that certain continued on page 2



Wildlife Drive is open free to cyclists and hikers on April 21 photo provided

Free Amenities At 'Ding' Darling On Earth Day

Bike or hike Wildlife Drive for free, watch a free film, and take advantage of free upcycle projects at this year's Earth Day at JN "Ding" Darling

National Wildlife Refuge on Saturday, April 21. The refuge will celebrate the 48th anniversary of Earth Day in partnership with "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) and Tarpon Bay Explorers, the refuge's official recreation concession.

The morning's highlights include continued on page 3

SCCF Hosts Lecture On Climate Change



Climate change expert Ariel Hoover, far right, responding to a question about solar energy photo by Jeff Lysiak

by Jeff Lysiak

A standing room only audience filled the SCCF Nature Center last Friday morning, with nearly 50 people attending Ariel Hoover's lecture on climate

change, which included details about what caused global warming and what can be done to help combat the negative effects of climate change.

Hoover's PowerPoint presentation, continued on page 10

From page 1

Hurricane Season

conditions need to be present. “You need the water temperature to be about 80 degrees; right now, the gulf is about 77, 78 degrees.”

According to Roberts, due to La Nina weather conditions, water temperatures in the Atlantic Ocean are currently one degree above average. “That’s something to be worried about,” he added.

Later, Roberts stressed the importance of heeding calls for an evacuation, especially when powerful storm surges are predicted. “I can tell you that a 15-foot storm surge is very unlikely, but a three- to five-foot storm surge can happen,” he said. “Believe me, you don’t want to get caught in that because one foot of standing water can move an SUV. They can be deadly.”

Statistically, the Atlantic Basin averages a dozen named storms, six hurricanes and six major hurricanes every calendar year. A total of 54 hurricanes have struck the U.S. coast in the past 144 years, and Southwest Florida has been impacted every nine years. But Roberts reminded the audience, “It only takes one.”

Other participants at last week’s seminar, which was conducted by Sanibel Chief of Police William Dalton, included Keith Williams of the city’s public works department, James Evans of the city’s natural resources department and Harold Law of the city’s building department.

Recapping last year’s Hurricane Irma, Dalton discussed the city’s response of



Dave Roberts, official weather consultant to the City of Sanibel

assigning each department’s staff of emergency workers to 12-hour shifts – dubbed “Alpha” and “Bravo” – before, during and after the storm. Sanibel Police Department personnel provided security throughout the hurricane, enforced the curfew and manned a checkpoint at the Sanibel Causeway Toll Plaza.

According to Williams, his department helped secure city property and delivered signage and barricades to key positions across the island. While Irma approached, workers monitored the island for hazards on the beach, along roadways and at public areas. Afterwards, teams from public works coordinated with response teams for debris removal and vegetation



Sanibel Chief of Police William Dalton speaking at the April 5 seminar

cleanup.

“It was our responsibility to get that first push done,” said Williams.

Evans explained that prior to last year’s hurricane, natural resource department workers conducted beach surveys of critical erosion areas and living shoreline projects, briefing the city’s vegetation contractor on anticipated post-storm recovery needs.

Law, who noted that the city’s building department “thinks about hurricanes every day of the year,” talked about Sanibel’s preparedness with their SSI (Structural Safety Inspection) team. Although they were ready to go, the SSI team wasn’t activated following Irma.

Following a PowerPoint presentation, all of the seminar participants fielded questions from the crowd.*

Emergency Supply Checklist

- Drinking water (one gallon per day, per person for a minimum of three days)
- Three-day supply of non-perishable food
- Manual can opener
- Medications and a list of prescription names, dosage, frequency and doctor contact information
- Cooler with an ice pack (if medications need to be refrigerated)
- First aid kit
- Flashlight with fresh batteries (and extra batteries)
- Portable, battery-powered radio (preferably NOAA weather radio)
- Warm clothing and blankets
- Lighter/waterproof matches
- Cash and coins (ATMs and cash dispensing machines may not work due to electrical failures or no cash available)
- Personal hygiene items (hand sanitizer, toothbrush and toothpaste, denture care products, moist towelettes, toilet paper, feminine hygiene products, etc.)
- Basic tool kit (hammer, wrenches, screwdrivers, pliers, etc.)
- Whistle (to signal for help)
- Pet food, pet supplies and medical paperwork (i.e. vaccination records)

For more information on disaster planning, visit www.leeecoc.com.

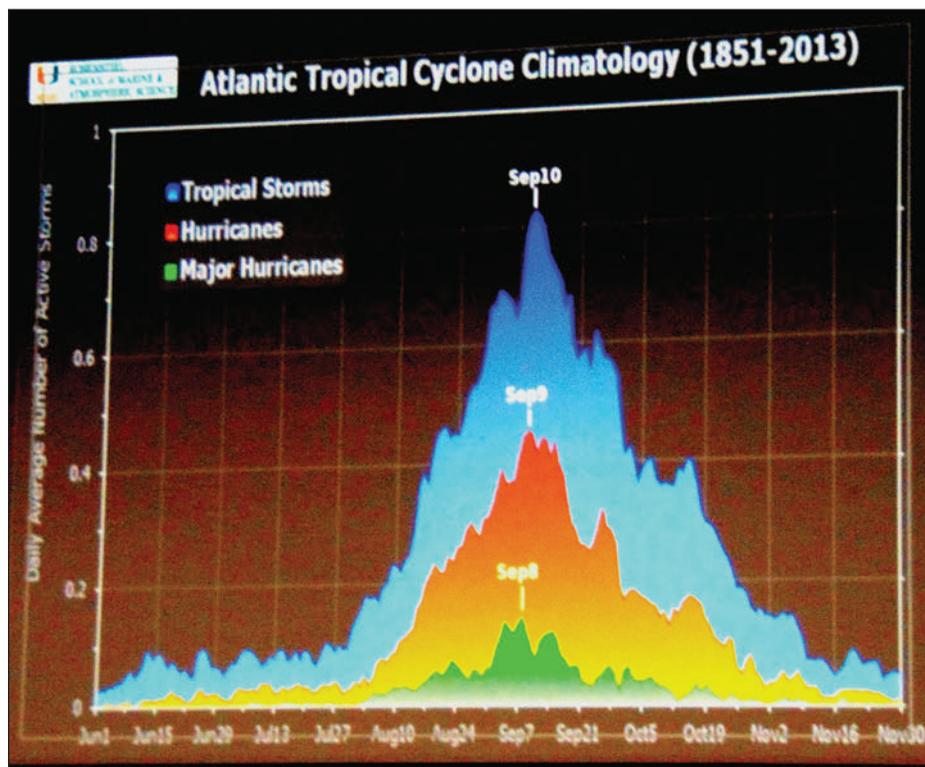


Chart depicting the historical peak – September 10 – of hurricane season

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From left, Chloe Selby, Ava Grace Froelich and Addison Quillen played all the outside games



Addison Quillen and Gretta Livermon had a great time filling their baskets

Faith and Grace Mitchell prepare to play tic-tac-toe at the Candy Land Adventure Gingerbread station photos provided

Family Easter Fun At Sanibel Church

The annual Easter Egg Hunt was held on March 31 at Sanibel Community Church. Hundreds of children and their parents came to play games, decorate eggs and cupcakes, and have their faces painted. There were preschool activities and a life-size Candy Land Adventure. A hot dog lunch was provided.

Children watched the *Lego Easter Story* video while workers hid 2,500 prize-filled eggs for the youngsters to find. In addition to Easter eggs, all the children took home a Lego man and bag of Legos.*

From page 1 Earth Day

earth-friendly, upcycled crafts to take home and a ranger-led bike tour. Throughout the day, guests can meet Bagzilla, a “bag monster” dressed in the average person’s annual plastic bag consumption, and take advantage of free bike rentals from Tarpon Bay Explorers, located two miles south of the “Ding” Darling Visitor & Education Center.

Craft-making continues in the afternoon, plus visitors can watch the award-winning film *STRAWS*, a 30-minute documentary about plastic straw litter and how we can make a sea of change – one straw at a time. The following is the schedule for earth-friendly and free fun throughout the day:

7 a.m. to 4 p.m. – Wildlife Drive is open free to bikers and hikers only (\$5 fee per motor vehicle).

8 a.m. to 4 p.m. – Free bike rentals provided by Tarpon Bay Explorers. Note: Renters must pick up bikes at Tarpon Bay Explorers, two miles from the Visitor & Education Center.

10 a.m. to 2 p.m. – Ongoing earth-friendly crafts in the refuge visitor and education center. Make and take upcycled crafts home.

9:30 a.m. – Bike the Refuge Tour (4 miles). Bike enthusiasts, bring your bicycle or pick up one from Tarpon Bay and join a ranger on the Wildlife Drive/Indigo Trail loop to learn about the refuge’s wildlife and ecology.

1 p.m. – Film *STRAWS* free showing; take home a free paper straw.

Throughout the day: Meet Bagzilla, an incarnate reminder of our plastic addiction.

JN “Ding” Darling National Wildlife Refuge is located at 1 Wildlife Drive on Sanibel. For more information, call 472-1100 or visit www.dingdarlingsociety.org/articles/events.*



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OBITUARY



ELLEN DUNDON WELLS

Ellen Wells, who died on January 24, 2018, was born Ellen Lavern Dundon on May 30, 1924 in Fort Wayne, Indiana. She was the third of five girls born to Velma Fem Gridley Dundon and Henry Joseph Dundon. From age 3 to 83, she lived in Mishawaka, Indiana.

In 1947, she married James Raymond Wells Jr. of Elm City, North Carolina. He preceded her in death in 2017 after 70 years of marriage. In 1987, Ellen and Ray bought a home on Sanibel, Florida in Periwinkle Park, where they wintered for 20 years before becoming full-time residents in 2007.

Ellen had worked as a secretary for an investment company and then for the superintendent of the Mishawaka Public Schools. On Sanibel, she was a volunteer at the Sanibel Historical Museum & Village, Bailey-Matthews National Shell Museum and The Schoolhouse Theater.

She is survived by daughters Barbara Wells Roberts of Joshua Tree, California, and Karen Turner of Sanibel, as well as a grandson Rusty Turner and wife Ashley, and great grandchildren Noah Turner, Cheyenne Turner and Oceana Reed.

Services will be held in Elm City, North Carolina on April 30.*

American Legion Post 123

American Legion Post 123 is having a fish fry this Sunday, April 15. There will be a barbecue from noon to 8 p.m. the following Sunday, April 22.



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

If you have a flag that needs to be retired, drop it off at Post 123, located at Mile Marker 3 on Sanibel-Captiva Road. It is open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. The public is welcome. For more information, call 472-9979.*

**Captiva Island Historical Society
Looking Back:
Ormsby Inn**

This week's image features The Ormsby Inn, which was located on Buck Key and was the site of the Snyder School for Boys, taken during the winter of 1913.

The History Gallery, developed by the Captiva Island Historical Society, features many photos like this. All ages are welcome to step aboard a wooden replica of the old mailboat, *Santiva*, to capture the spirit of Captiva and learn through graphic and video panels about the events and people that shaped the island. The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane and open during library hours. Call 533-4890 for more information.

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

Work and Conduct Thorough work and gentlemanly conduct are required of the boys at all times. No undue effort is made to make things easy for anyone, unless there are special reasons for doing so.

Smoking is vigorously discouraged, and the school will do everything possible to prevent it, as we do not believe that any boy, who indulges in the habit, is capable of his best work.

Admission and Examinations No entrance examinations are required. Monthly tests are given the boys, and mid-year examinations are held about February 1, and the boy's deficiencies thus noted and corrected. The College Entrance Board Examinations, which are accepted by practically all colleges, are given to the college candidates in June of each year. The boy is so thoroughly tested beforehand that, if he passes the preliminary tests, he is quite sure to pass his examinations for college.

The candidate for admission must furnish at least two satisfactory references as to a good moral character, and must have no organic disease.

As far as possible, the courses of study are adapted to the needs of each individual boy, and, on account of the limited number of pupils, this is much more practicable than in most preparatory schools, and, in consequence, quicker and better results are obtained.



ORMSBY INN, BUCK KEY

photo courtesy Captiva Island Historical Society Archives

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The Community House



French baker Andre Gratesol will be bringing samples to the Community Potluck on Wednesday, April 18 photo provided

Spirit Tree Giving

RS Walsh Landscaping and In The Garden have planted a spirit tree that will benefit island nonprofits. The olive tree was chosen because it represents love and charity. The Community House and Sanibel Community Association were named the April beneficiary.

All are invited to stop by and add their good thoughts, well-wishes and blessings to the spirit tree. Canvas tags are available in the garden gift shop for \$2 and the entire amount will be donated to a different local charity each month. RS Walsh In The Garden is located at 3889 Sanibel-Captiva Road, across from The Sanibel School, and is open Monday through Friday from 10 a.m. to 4 p.m. and on Saturday from 9 a.m. to 1 p.m.

Barbeque Dinner

The Community House will host a barbecue dinner on Saturday, April 14 beginning at 5 p.m. Chef Jarred Harris will be serving his slow roasted barbecued chicken, fall-off the-bone baby back ribs and authentic pulled pork with locally-sourced special recipe barbecue sauce. Food will be cooked on site in the smoker. Side will include black beans and rice, macaroni and cheese and corn on the cob. Desserts will be available for \$5; choice of strawberry shortcake with whipped cream, brownie sundae or root beer float.

Tickets are \$15 for adults and \$10 for children 10 and under, available at The Community House and Bailey's General Store.

Cooking With Chef Jarred

There will be a cooking demonstration with Chef Jarred Harris on Monday, April 16 at 5 p.m. Learn the art of basic meat and fish cutting; lollipop pork chops, make French lamb chops, trim a whole tenderloin of beef and 8-way a Cornish hen. Cost is \$45 for members and \$55 for guests and includes a meal. Register by 3 p.m. Tuesday, April 10.

Growing Mushrooms

On Tuesday, April 17 at 11:30 a.m., Jeff Samson will share his knowledge on growing mushrooms. Samson has owned and operated restaurants since 1993, and has also been a food consultant and educator. He works with farmers, foragers and fishermen to bring fresh, quality sustainable food to the table. Register by 3 p.m. Thursday, April 12. Cost is \$30 and includes lunch.

Community Potluck

The next community potluck will be held on Wednesday, April 18 beginning at 6 p.m. French baker Andre Gratesol of Aux Delices will be the guest speaker. He will be bringing samples. All are welcome. Bring a dish to share.

Art Of Hand Yoga

Dr. Susan Pataky will host a one-hour presentation on yoga mudras on Thursday, April 19 from 1 to 2 p.m. Participants will be seated in chairs while working on breathing skills and specialty techniques. Bring a notepad or journal. Cost is \$22 per person.

Community Shredding Day

The Secure Shredding truck will be on site Saturday, April 21 from 9 a.m. to noon in the north lot across the street from The Community House. Enter at the driveway next to Dunlop Road and exit by the driveway nearest to the Sanibel Bean. Cost is \$5 per box or bag. No large paperclips or binder clips allowed.

Foodies and Yogis

This specialty program with Dr. Susan Pataky and Chef Jarred Harris will be held on Sunday, April 22 from 4 to 6 p.m. This series starts with a one-hour themed beginner-friendly yoga session led by Dr. Susan Pataky. Following the session, Resident Chef Jarred Harris will prepare and serve a delicious and nutritious meal. The topic for this class is Chocolate and Chakras. Cost is \$49 per person.

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

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LOGOS fifth graders, from left, Marit Foster, Olivia-Carly Celestin, Director of Children and Family Life Kathy Cramer, Grace and Faith Mitchell, Alexander Erickson, Kate Doster, Heidi Hall and Une Jankauskaite. Not present for the evening festivities were Kennedy and Preston Hanni. photos provided



Janet McBee with her Ernie Gunther Award

Students And Volunteer Recognized

Fifth graders were honored at Logos Family Time on April 4 at Sanibel Community Church. They have been the leaders among the kids for the 2017-18 year. A meal of pizza, chips, veggies and ice cream sundaes kicked off the celebration. Mothers of the kids made up the tables with fun decorations and gift baskets for each kid. Cindy Sitton, the dinner dean, interviewed each one about their favorite part of Logos.

Also honored that night was table parent Janet McBee. She was presented with the Logos Ernie Gunther Award for Outstanding Volunteer of the year.

Each year, an Ernie Gunther Award is given to the outstanding volunteer. This person is a weekly volunteer with no children or grandchildren in the LOGOS family program.

McBee has volunteered as a table parent each week, nurturing a table of kids through a family-style meal and then participating in the weekly themed activity.

The kids give their thanks to McBee for nurturing, spill wiping, conversation monitoring, crazy game playing and under the table sweeping up each and every week.*

Historical Society Produces Buck Key Documentary

submitted by Molly Downing

The seventh documentary film in the series of *Captiva Memories* from the Captiva Island Historical Society (CIHS) revealed the surprising history of Buck Key. While it's easy to think of Buck Key as the uninhabited mangrove island it is today, it may be hard to imagine that over a thousand years ago, Buck Key was a barrier island, inhabited by the Calusa. Additionally, before there was a settlement on Captiva, there was a community established on Buck Key with residents, a school and plantations.

The premiere of the film, held on April 4 at South Seas Island Resort, attracted a sold-out crowd.

Ken Sneed, producer and director of the documentary, worked with the CIHS on the Buck Key production to create a fascinating tale that showed relics of the Calusa occupation,

photographs from the CIHS archives, and interviews with historians, as well as current residents who know the history of the island.

The evening began with a convivial gathering in the lobby of the South Seas conference center. The resort catered a generous gourmet spread of hors d'oeuvres as the audience gathered before the film.

Promptly at 6 p.m., Tom Libonate, president of the board of the CIHS, thanked the resort for its hospitality all season. In appreciation for South Seas Island Resort's generous contribution in catering, audio-visual and staff support throughout the season, the CIHS presented Rhonda Decherd, director of catering and conferences, with a gift. Also, Bob Walter, South Seas general manager, was given a large framed giclee print, a historical map of the islands.

The new film was very well received. The audience was so enthusiastic about it that they crowded to the table following the program to pre-order copies of it when the DVDs are produced later this spring.*

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Scott McDonald

photo provided

All Welcome To Piano Concert At Captiva Chapel

All are invited to Chapel by the Sea on Captiva to a concert by Scott McDonald on Sunday, April 15 at 3:30 p.m.

A longtime Sanibel resident, McDonald has had a musical career that included being the accompanist for Andy Williams as well as playing venues

throughout the world. He currently performs six nights each week on Sanibel at Il Cielo Restaurant.

During the concert, McDonald will perform popular and classical music, jazz standards and songs of faith. There will be a special guest appearance by Lori McDonald on guitar and vocals.

A reception will immediately follow the concert and all are invited to attend.

Captiva's Chapel by the Sea is located at 11580 Chapin Lane on Captiva. For more information, call 472-1646.*

Blessing Of The Animals This Sunday

All God's creatures, along with their human owners, are invited to Captiva's historic Chapel by the Sea on Sunday, April 15 for a Blessing of the Animals. The service will begin at the regular Sunday 11 a.m. time, with animals individually blessed in the shaded churchyard immediately following the service at approximately 11:50 a.m.

All who attend will share in the tradition that harkens back to Saint Francis of Assisi. Light refreshments will be provided for pets and owners. All who attend are encouraged to bring a donation of dog or cat food for FISH of SanCap.

Don't miss this opportunity to acknowledge the special relationship you have with your pet. Bring your furry, feathered or finned friend to Captiva Chapel by the Sea, where best pet behavior and leashes are encouraged. Dogs, cats, birds, frogs and all pets great and small, regardless of denomination, are welcome. If your favorite pet cannot attend, bring a photo.

Captiva's Chapel by the Sea is located at 11580 Chapin Lane on Captiva. For more information, call 472-1646.*



All creatures, great and small, will be blessed

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Highlights Of Easter Cruise To Picnic Island



Caitlyn and Parker ready for the cruise photos provided



Families had plenty of opportunities to have pictures taken with the Easter Bunny



The Nobles and Miller families

Adventures In Paradise Cruises held its 8th annual Easter Egg Hunt and Dolphin Cruise aboard *Dolphin Waters* and *Miss Paradise* on April 1. Guests cruised among the dolphins to visit with the Easter Bunny on Picnic Island (Easter Island during the holidays) for a hunt of over 3,000 eggs. The smiles and laughter among the children were priceless. ✨



James took advantage of a photo op



This was Penelope's first Easter Cruise



Children were anxious to fill their buckets



The youngest crew member, Parker, with the Easter Bunny



The Adventures in Paradise staff had fun too

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- Di Saggau
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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. 8210 Cypress Lake Drive, Fort Myers, annunciation.fl.goarch.org, 481-2099.

BAT YAM-TEMPLE OF THE ISLANDS

The Reform Congregation of Bat Yam Temple of the Islands meets for Friday night services at 7:30 p.m. in the Fellowship Hall of the Sanibel Congregational United Church of Christ, 2050 Periwinkle Way. Rabbi Stephen Fuchs. President Alan Lessack 579-0296.

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The Rev. Dr. John N. Cedarleaf Services every Sunday 11 a.m. November 12, 2017 thru April 29, 2018 11580 Chapin Lane, Captiva 472-1646

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

ST. ISABEL CATHOLIC CHURCH

Pastor Reverend Christopher Senk, Saturday Vigil Mass 5 p.m., Sunday Mass 8:30 and 10:30 a.m., May through October 9:30 a.m. only. Daily Mass Wednesday, Thursday and Friday 8:30 a.m. Communion

Service Monday and Tuesday 8:30 a.m. Holy Days call. 3559 San-Cap Road, 472-2763.

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UNITARIAN UNIVERSALISTS OF THE ISLANDS

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



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Yappy Hour At Over Easy Cafe And Island Paws



Liza Clouse and Trasi Sharp promoting their new website. The ladies who own both Island Paws and Over Easy Cafe held their final Yappy Hour of the season last Friday on the cafe patio photos by Bob Petcher



Dublin



Isabelle and Coby, Cavalier King Charles spaniards



Suki, a Chinese crested powderpuff



Ryder



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Info about the Islands from the people in the know.



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From page 1

Climate Change

entitled Global Security and Climate Change, discussed the increasing frequency of catastrophic weather events (hurricanes, droughts, floods, etc.), what an increase in overall temperatures and sea level rise means to the global economy and security, and what little things can be done to prevent these actions from happening in the future.

"My whole life, I always felt sort of out of kilter... like I could never find my tribe," Hoover said during her opening remarks. "Then, after I found The Climate Reality Project, I finally felt like I found my home."

The Climate Reality Project, founded in 2006 by former United States Vice President Al Gore, is comprised of a passionate group of individuals who assembled to attempt to solve "the greatest challenge of our time," the organization's website states. "We are cultural leaders, organizers, scientists and storytellers, and we are committed to building a better future together."

Hoover, whose grandparents were dirt farmers, always had a strong appreciation for the earth. "My grandfather used to say 'Take care of the land, and it will always take care of you,'" she said.

Over the past century, the burning of fossil fuels – such as oil and coal – has increased the concentration of atmospheric carbon dioxide. Motor vehicle activity, air transportation, landfills and oil exploration have contributed to more carbon dioxide being released into the atmosphere faster than it had been over the past 66 million years.

As evidence of this, Hoover explained that 16 of the 17 hottest years ever recorded worldwide have occurred since 2001, and that 2016 marked the 40th consecutive year that global temperatures recorded "above average."

"Warmer temperatures lead to more intense hurricanes," Hoover noted. "Warmer air holds more moisture, leading to heavier downpours."

Another fact Hoover presented stated that since May 2010, the United States alone has experienced 11 "1-in-1,000-Year" rain events, and that the country could see a 400 percent increase in major downpour events by the end of this century. "And our economy cannot sustain events like this," she added, noting that natural disasters in 2017 alone will cost the United States an estimated \$306 billion.

"It does feel like it's hopeless, but there are a lot of little things we can do to stop this climate change," said Hoover. Among the ideas she suggested were: buy less and recycle more; drive less and walk or bike more; eat less meat for better health and a reduced carbon footprint; reduce plastic use by going strawless and utilizing reusable containers; swap out inefficient appliances with Energy Star models; replace incandescent bulbs with LEDs; use less heat in the winter and less air conditioning in the summer; purchase or lease a solar electric system; plant more trees and drought-resistant plants; flush toilets less frequently.

"We have to do something now, if not for ourselves, then for our children and grandchildren," said Hoover. "If you want to see change, you have to get everybody involved. We're all in this together."*



The Robert V. & Benjamin G. Miller Fund
"I AM SPECIAL"

5th Annual "I AM SPECIAL" Trailways Camper Reunion & Birthday Party Celebration-April 7, 2018

Hundreds of campers, family members/caregivers and volunteers turned out for this grand reunion and celebration event at the Sanibel Community Church.

Thanks to our 2018 Co-Hosts Captiva Chapel by the Sea and Grampy's Charities

Food & Refreshments

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Contributors

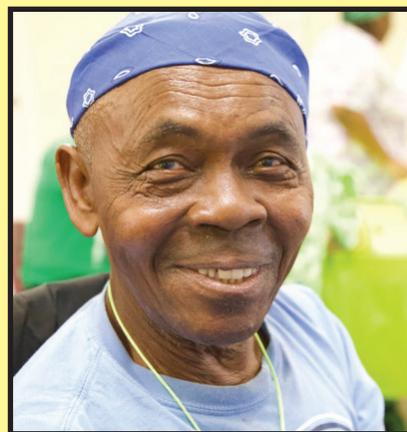
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Deep Appreciation to Benjamin Miller, Honorary Chair, Special Guests, the many Dedicated Volunteers, Event Planning Committee-Nancy Niesel, Chair, Megan Feeny, Director of Disability Support Services - Goodwill Industries of Southwest Florida, Inc., and the Robert V. & Benjamin G. Miller Fund Advisors.

Founder's Awards April 2017-2018



Terri - Biggest Fish (36 inches)



Walter - The Elder (77)

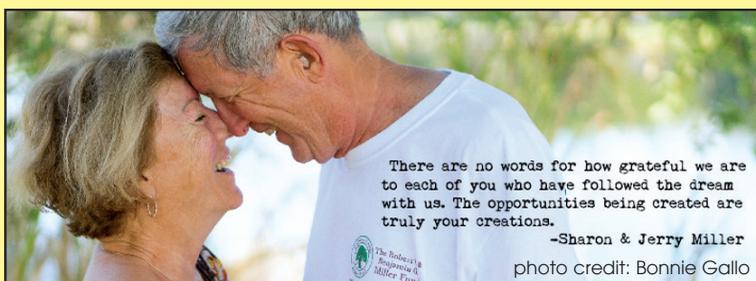


Wanda - Birthday Closest to Ben Miller



Sarah - The Youngest Camper (22)

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-Sharon & Jerry Miller
photo credit: Bonnie Gallo



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Mon., April 16, 5pm

Chef Jarred Cooking Demo
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Tues., April 17, 11:30am

Garden Growing Mushrooms
Lunch by Chef Jarred \$30

Wed., April 18, 6pm

Potluck with speaker

Thurs., April 19, 1pm

Mudra \$22/Person

Sat., April 21, 9am - Noon

Community Shredding Day \$5/Box
North Lot. Enter near Dunlop.

Sun., April 22, 4pm

Foodies & Yogies \$49/Person
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Wed., April 25, 5pm

SCA Annual Mtg.

Fri., April 27, Noon

SCA Volunteer Appreciation
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For Full Schedule of ALL Happenings visit

www.SanibelCommunityHouse.net

Visit www.SanibelCommunityHouse.net for more information



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Vandas and other orchids in bloom at the LaGrippe Orchid Garden at the Naples Botanical Gardens. The orchid garden features myriad colorful and fragrant orchid species from around the world. photo provided

Vandas Topic Of April Orchid Society Meeting

The topic of the Monday, April 16 meeting of the Sanibel Captiva Orchid Society will be Va-Va-Vandas. Dan Christensen of Dan & Margie Orchids in Broward County, Florida will be the featured speaker. The meeting will take place at 1:30 p.m. at St. Michael & All Angels Episcopal Church, located at 2304 Periwinkle Way.

Orchid novices are encouraged to come

to the meeting's Fundamentals Session at 1 p.m. to hear society president Tom Uhler speak on Understanding Orchid Names: What the Tag Tells. Anyone with questions or an "ill orchid" that needs diagnosis can bring their plants to the meeting during show and tell. Orchid society members are invited to participate in a monthly show. Ribbons are awarded for best hybrid and best species orchids. Most meetings will have orchids for sale as well as an orchid raffle. Annual society membership is \$25 for individuals and \$45 for couples. Cost for guests the attend the meeting is \$5. For more information, visit www.sancaporchid.org.*

The Right Thing to Do

On October 28, 2016, Bishop Frank Dewane unjustly used a meritless, dismissed case of false accusations to put Father Christopher Senk, Pastor of St. Isabel Catholic Church on administrative leave. Since then, Bishop Dewane has sent the case to Rome to permanently end Fr. Senk's 42 years as a priest. Knowing his innocence and recognizing the injustice being done to him, over 500 parishioners formed an organization named Parishioners For Justice to resist Bishop Dewane's unjust actions against Fr. Senk.

In the nearly 18 months since October 2016, the direct and indirect results of Bishop Dewane's unjust actions have caused many things to change at St. Isabel Church. After painful consideration many parishioners have decided to no longer attend St. Isabel Church, the church they have loved, rebuilt, and supported for many years.

Contrary to what has been implied, parishioners' choice to leave their church is not a popularity contest, nor is it a competition about who respects the Eucharist the most. The truth is, it comes down to a matter of what is right and what is wrong.

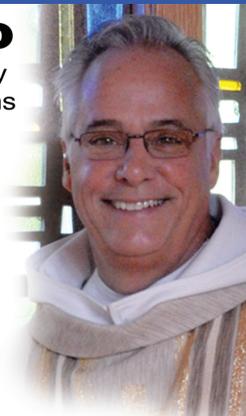
What Bishop Dewane has done to Fr. Senk is, and continues to be, wrong!

Choosing to expose and fight injustice, is not only the "right thing to do", but it is what a good Catholic is expected to do, even if it means a person's comfortable life and daily routine is "upset".

As long as Bishop Dewane unjustly continues to do what is "wrong", Parishioners For Justice will continue to do what is "right", in support of Fr. Christopher Senk.

For more information go to parishionersforjustice.com. Sign up to be a Follower and receive current notifications about the Tuesday morning Prayer Services for Fr. Christopher and many other topics pertaining to his case.

Paid for by a group of Sanibel Catholics (revised 4-9-18)



Paddlers Invited To Great American Cleanup

Coastal Keepers and Ocean Tribe Paddlers will team up on Saturday, April 21 from 8 to 11 a.m. for the Great American Cleanup, a nationwide event led by Keep America Beautiful.

Volunteers are invited to spend the morning traveling through Sanibel's east end canals via paddlecraft, collecting marine debris along the way. "We are putting our own unique spin on the cleanup," said Sam Lucas, conservation initiative coordinator for Coastal Keepers. "It will be the perfect combination of paddling and doing something great for our island environment."

All cleanup materials will be provided, and a limited number of stand-up paddleboards are available to borrow. Paddlers will meet at the Sanibel Boat Ramp at 888 Sextant Drive at 8 a.m. for a briefing, then divide into small groups. It is possible to park at the boat ramp for a small fee.

To register for this event, visit www.klcb.org/great-american-cleanup.html to register, and choose Sanibel Canals as your location. To reserve a board, contact oceantribepaddlers@sanibelseaschool.org or call 472-8585 prior to April 21.

Coastal Keepers creates and implements local conservation initiatives that promote and improve the future of marine resources and the coastal heritage. Ocean Tribe Paddlers is a club that helps the Southwest Florida paddling community better explore, enjoy and understand the ocean. Visit www.sancapcoastalkeepers.org and www.oceantribepaddlers.org to learn more.*



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Native wild lime's compound leaves have winged stems and pairs of notched oval leaflets photos by Gerri Reaves

Plant Smart
Wild Lime

by Gerri Reaves

Wild lime (*Zanthoxylum fagara*) is a long-lived native shrub or small tree of the rue, or citrus, family. Also called lime pricklyash, it's found throughout most of Florida in hammocks and scrub.

It can reach more than 25 feet high, but usually less, and can be nearly as wide as tall. It has rough bark and slender branches that have a zig-zag pattern.

There are many reasons to include it in the landscape, among them the beautiful evergreen foliage and low maintenance. This species' curved spines make it useful as a buffer, screen, or

security plant.

Gardeners who love wildlife will appreciate that it's the host plant for the giant swallowtail and Schaus' swallowtail butterflies, the latter of which is on the federal endangered species list.

The thorny branches and brown-black fruit provide cover and food for wildlife.

The opposite compound leaves are reported by some to have a citrusy scent and are three to four inches long. Leathery in texture, the leaf has seven to 15 oval leaflets and a winged stem.

Each leaflet is about an inch long and toothed, with the terminal leaflet being longer than the others.

The fragrant greenish yellow flowers look like miniature starbursts. Male and female flower cluster bloom on separate plants along the twigs.



The dense foliage, spiny branches, and tiny fruit offer cover and food for wildlife

They attract various pollinators and appear any time of year, but peak in the early part of the year.

The tiny fruit ripens in summer to fall and is edible for people. However, it has a numbing effect and is thus used as a toothache remedy.

The bark, leaves and fruit are used for seasoning and tea, and the wood for furniture-making.

Give this moderate- to fast-grower a spot in full to partial sun with moist well-drained soil. It can grow in nutrient-poor soil and will tolerate a range of conditions, but needs organic matter to do well.

It has high-drought tolerance and some salt tolerance.

Propagate it with the shiny black seeds or with cuttings. Wild lime sometimes

self-sows beneath a female plant.

Sources: *500 Plants of South Florida* by Julia F. Morton, *Florida Plants for Wildlife* by Craig N. Huegel, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Growing Native* by Richard W. Workman, *National Audubon Society Field Guide to Florida* by Peter Alden et al., *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, *Trees of Everglades National Park and the Florida Keys* by George B. Stevenson, www.edis.ifas.ufl.edu, www.fnps.org, www.nababutterfly.com, www.regionalconservation.org, and www.wildsouthflorida.com.

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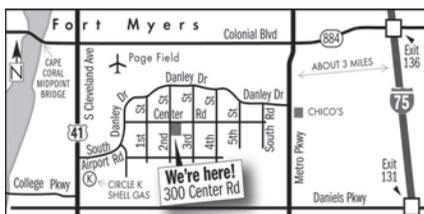


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Tarpon Have Arrived



by Capt. Matt Mitchell

Tarpon time has started a little earlier this year. When conditions are just right with light winds, it's amazing how many fish we are already seeing. During the brief pe-

onboard rigged and ready to go will make all the difference if that chance arises.

Personally I don't schedule any tarpon charters until May as I've had just too many past years when we get one last April cold front and the fish have simply disappeared.

Fishing for large trout continued to be the best action for my clients this week. On most trips, we caught many trout over the 20-inch max while casting free-lined shiners to sand holes in clean clear water. Many deeper sand holes and channels running through the grass flats in the northern sound from hemp key north also held a mixed bag of fish including big Spanish mackerel, bluefish and ladyfish. Chumming sand holes also produced snook and even a few flounder.

Running up to the north on a few trips this week made a nice change and gave me a chance to fish some of my favorite sunken bottom structures both around channel markers and in open water. After dropping baits on jig heads to the bottom, we got on some crazy gag grouper action and even hooked a few tripletail and triggerfish. Some of our channel markers in the sound have man-made structures either on or around them that creates artificial fish heavens. These can be great spots to fish during periods of little or no tide movement and

riods of calm we experienced this week, I saw lots of rolling tarpon all over in the sound. Reports have already started coming in of tarpon catches along with anglers jumping them while targeting another species mostly on tackle way too light to even have a chance at landing the fish. Catching the first tarpon of the season will happen any day now.

With clean clear water and lots of bait around, things are looking good for an awesome tarpon season. We have no cold fronts in sight so these migrating tarpon will continue to flood into our waters and offer anglers more and more opportunities to hook one. Having a few tarpon rods and a few larger bait



A 23-inch gag grouper caught while channel marker fishing this week with Capt. Matt Mitchell photo provided

Send Us Your Fish Tales

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

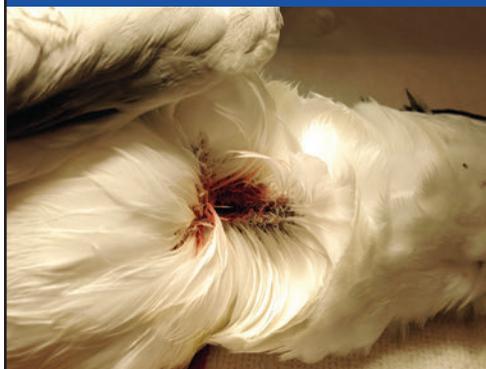
can produce a mixed bag of species.

Being able to catch gag grouper one after another when there is no tide movement is always a great thing to be able to pull from your back pocket when other action is slow.

Capt. Matt Mitchell has been fishing

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

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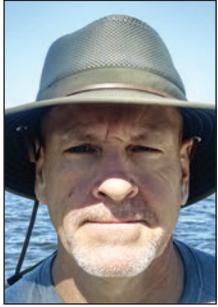


Dave Doane

CROW Case Of The Week:

Gopher Tortoise

by Bob Petcher



From a longevity standpoint, the gopher tortoise (*Gopherus polyphemus*) is regarded as a prehistoric creature since it has been roaming coastal dunes, upland

forests and sandhills of the southern United States region for thousands of years. These reptiles can live up to and beyond 60 years of age but, as a species, their population is declining and their status is considered threatened in Florida and Georgia.

Gopher tortoises are learned survivors, though. Instead of searching for drinking water, they quench their thirsts by eating many water-storing plants and other greenery. They are so named by their ability to dig large, deep burrows with their shovel-like front legs. These dug burrows are home to other animals. In fact, it is reported that some 350 different species of mammals, reptiles, amphibians, insects, and even birds are guests to these burrows. This good neighbor policy allows the gopher tortoise to be termed a keystone species, since it plays a pivotal role in their native community.

At CROW, an adult gopher tortoise

was admitted to the hospital from Lehigh Acres. The tortoise was hit by a car and sustained a severe shell fracture to its carapace over the area of its left lung, which reportedly opened the coelomic membrane. CROW officials stated x-rays showed an opacity in the left lung field, meaning the lung had been affected by the injury and causing a life-threatening situation.

"The injury to the shell ripped open the underlying membrane and exposed the lung, which can be a life threatening situation. It can cause respiratory compromise, pneumonia, or collapse of the lung," said Dr. Malka Spektor, CROW veterinary intern.

The patient's coelomic membrane was sutured closed, and the site was bandaged with telfa, gauze, elastron and honey. Yes... honey! A close call with death may have been avoided.

"It appears that the tortoise still has use of the lung, and any minor damage has mostly healed. We have not seen any respiratory distress, bleeding from the nose, or other signs of a damaged lung," said Dr. Spektor. "Honey can be a foundation for a wound bed to facilitate healthy regrowth of the tissue. The hole in the membrane was stitched closed first, but the honey was used to help the healing process. Honey also decreases the chance of infection because it has antimicrobial properties."

The patient was provided with pain medications, antibiotics to fight and prevent infection as well as iron and B12 to compensate for bleeding.

"Iron is a component of red blood



Patient #18-0633 has rebounded from a near-death experience photo by Brian Bohlman

cells that helps carry oxygen around the body. When the body is anemic, it also becomes iron deficient," said Dr. Spektor. "Even if we cannot perform a transfusion, we can still help by supplementing iron. The B12 is used to make hemoglobin, a molecule that carries oxygen in the red blood cell."

The patient has been at the clinic since March 20 and appears to be healing nicely.

"The wound has developed a layer of eschar, which is the tissue that begins

to repair the shell defect," added Dr. Spektor. "The patient is eating well, active, and will hopefully be released in the next week or two."

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

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Shell Of The Week

Half-Naked Pen Shell



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

The Half-naked Pen Shell, *Atrina seminuda* (Lamarck, 1819), is the rarest among

the three species of pen shells found in Southwest Florida. It differs from the more common Stiff Pen Shell, *Atrina rigida*, by having its large adductor muscle scar well within the boundaries of the iridescent (nacreous) area inside shell valve (arrow on shell image). The Stiff Pen Shell has that scar "protruding" beyond those boundaries. In addition, the color of the mantle in the living Half-naked Pen Shell is orange, whereas the mantle in the Stiff Pen Shell is light grayish-green. Other than that, the two species share similar sizes, reaching about 240 mm (slightly less than 10 inches), and similar shades of dark-brown shell color. Learn more about local mollusks and their shells at www.shellmuseum.org/shells/southwest-florida-shells and <https://shellmuseum.org/blog>.



Photos by José H. Leal



Photo by Amy Tripp

The Half-naked Pen Shell, *Atrina seminuda*, from Sanibel. Views of shell and living mollusk. In left photo, arrow shows adductor muscle scar on internal surface. Shell photo by José H. Leal; photo of living animal by Amy Tripp

Shell Museum Events

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

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

Plan Before You Plant On Earth Day

With Earth Day on April 22, one may feel compelled to partake in the Earth Day fun and plant a tree. It is important to resist that urge without planning, say Lee County Electric Cooperative officials.

With some forethought, you can plant a tree within a safe distance from any overhead utility lines and ensure that the plant will grow in a way that conserves electricity. Properly placed plants and trees can help reduce your heating and cooling costs by 20 to 30 percent.

Visit the Landscaping tab under Energy Efficiency on www.lcec.net or call LCEC at 656-2300 for information on selecting the best location, landscaping to conserve electricity and selecting the most appropriate species.

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**APRIL 2018
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Kemp's Ridley Sea Turtle Released



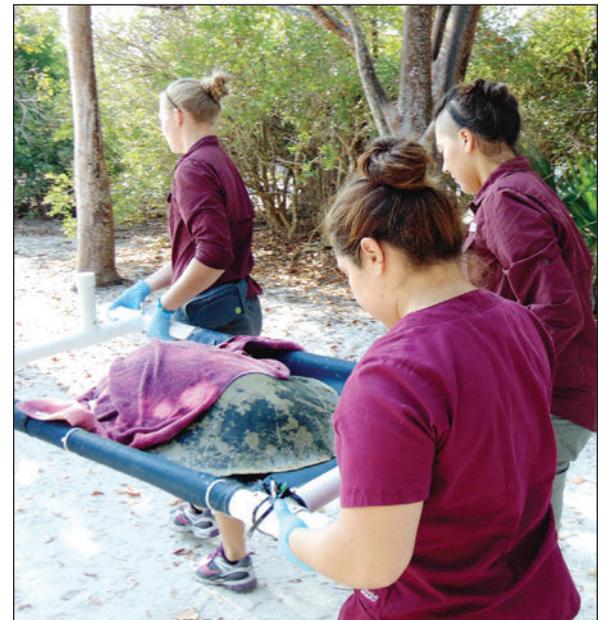
The release of a critically endangered Kemp's ridley sea turtle took place on April 10 at Lighthouse Park on Sanibel's east end photos by Jeff Lysiak

by Jeff Lysiak

On Tuesday morning at Lighthouse Park on Sanibel, a critically endangered Kemp's ridley sea turtle was released following two weeks of treatment at the Clinic for the Rehabilitation of Wildlife (CROW).

The turtle was admitted to CROW on March 27 after it was found floating on its side near the Sanibel Marina. It was treated at the clinic for brevetoxicosis, also known as red tide poisoning, and made a complete recovery.

CROW staff members Yvette Carrasco, Breanna Frankel, Kate Mueller and Morgan Hester assisted with the release, which was witnessed by about two dozen onlookers.✪



CROW veterinarians carried the sea turtle a short distance to the shoreline



Closeup of the Kemp's ridley sea turtle

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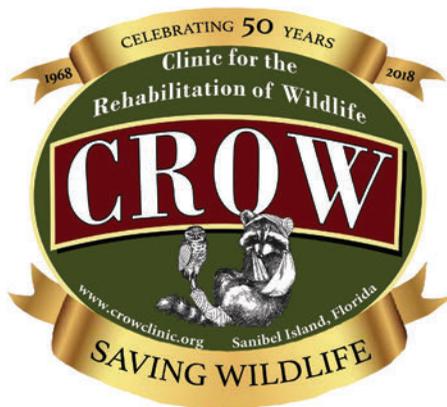
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CROW Calendar Of Events



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

For reservations, contact David Waszmer, Visitor Education Center and gift shop manager at 472-3644 or dwaszmer@crowclinic.org. Hours are 10 a.m. to 4 p.m. Monday through Saturday. CROW is located at 3883 Sanibel-Captiva Road.

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

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

Friday, April 13, 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 13, 2 to 3:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Friday, April 13, 2 p.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.

Saturday, April 14, 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. 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 14, 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 16, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Photography opportunity following the tour with an animal ambassador.

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Monday, April 16, 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 17, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Photography opportunity following the tour with an animal ambassador.

continued on page 24

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<p style="text-align: center;">Ketel One Vodka</p> <p style="text-align: center;">1.75 Ltr.</p> <p style="text-align: center; font-size: 1.5em; font-weight: bold;">\$39.99</p>	<p style="text-align: center;">Kendall Jackson Chardonnay</p> <p style="text-align: center;">750 ml.</p> <p style="text-align: center; font-size: 1.5em; font-weight: bold;">\$13.99</p>
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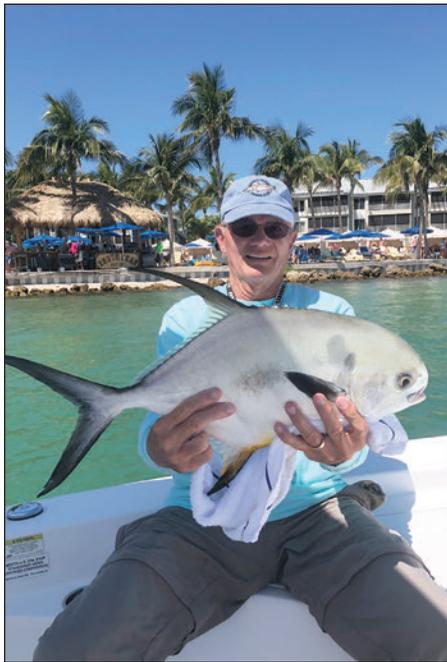
Fish Caught



Bradley Griffith photo provided

Bradley Griffith, visiting from Michigan, caught several nice mangrove snapper while fishing off a dock in a canal on Lighthouse Way.*

Fish Caught



Dwight Dunlap photo provided

Capt. Dwight Dunlap caught a 22-inch permit on April 4 at Redfish Pass using a jig and shrimp. The water temperature was 77.5 degrees.*

Shell Found



Levi Jackson photo by A. Ziehl

Levi Jackson, 8, from Indianapolis Indiana found a horse conch in white caps on West Gulf Drive. It was being tossed in the surf when he found it a while ago.*

Shells Found



Charlie and Sophie Mickey photo by A. Ziehl

Charlie and Sophie Mickey, visiting from Rockford, Michigan, found two sand dollars and two shark eye moon snails on the beach near West Gulf Drive while staying at "Grammy and Grampy's house." They have been coming to Sanibel since they were babies.*

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Paddling The Causeway Islands

by Ocean Tribe Paddlers



Most of us in the Ocean Tribe

Paddlers have the access, the knowledge and the skills to paddle

just about any area on the islands, yet we tend to find ourselves at the causeway islands quite often. There are many things that keep us coming back to this landmark spot.

The causeway islands have easy launching access and there is ample, free parking. There are restroom facilities on both islands – more sophisticated on Island B, the one closest to Sanibel, but there are portable restrooms on Island A as well. Although both islands offer good paddling, our favorite area is the west side of Island A.

It supports a fantastic seagrass flat, in a no-wake zone that is well enforced. We commonly see manatees and dolphins, white pelicans in the winter and magnificent frigates in the summer.

There are oyster beds in shallow sandy areas and it is common to see redbfish and snook along the mangroves of the adjacent keys. You can also experience great sunrises and sunsets from this location.

The loop around Fisherman's Key is three miles long, and passes through nice mangrove habitat and protected areas along the back side of the key. The loop around Picnic Island is a little under five miles, and the island is currently home to two young bald eagles. Although close to the high span bridge and the channel that runs under it, there is typically very little boat wake in the area between the causeway, Fisherman's Key and Picnic Island.

Before you venture out, be careful to notice the tidal flow and the winds. Like all of our paddling environments in San Carlos Bay, tidal currents can be strong and winds can be challenging. Be certain to always paddle into the current and wind on the way out, so your return home is easier. And always file a float plan.

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

From page 22

CROW Calendar

tour with an animal ambassador.

Tuesday, April 17, 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.

Tuesday, April 17, 2 p.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 17, 4:15 p.m., adults \$10, teens \$5, age 12 and under no charge, advance registration recommended – Speaker Series: Turtles of Pine Island Sound (seasonal program), presented by Chris Lechowicz, director of habitat management and herpetologist for Sanibel-Captiva Conservation Foundation.

Sanibel is home to 16 species of turtles. Some of them are marine; others are freshwater or terrestrial. By emigration from the mainland or released pets, this rich biodiversity of turtles is a unique circumstance in Florida. The high diversity of turtles on Sanibel is mostly due to the Sanibel River or "Sanibel Slough" that holds water throughout the year. This lecture will focus on the identification and natural history of these species on the island.

Wednesday, April 18, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Wildlife Rescue 101 (daily presentation).

After a patient stabilizes in the hospital, CROW's rehabilitation staff provides them with a combination of balanced diet, husbandry and physical therapy. Supportive care is necessary to ensure success during the final stage in the rehabilitation process. Ask the staff how they work their magic. One of CROW's animal ambassadors will be present.

Wednesday, April 18, 12 to 1:30 p.m., \$35 per person, advance registration required – Lunch & Learn with Dr. Barron (seasonal program).

Spend part of an afternoon on CROW's campus and join the hospital director for lunch. Learn about how CROW's work is vital to Southwest Florida and beyond. Hear wildlife patient stories and end the program

with a behind-the-scenes tour of the hospital and rehabilitations grounds. Reservations include a boxed lunch catered by the Sanibel Deli\

Wednesday, April 18, 2 to 3:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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Local Students Excel At State Competition

Twenty eight student scientists and engineers from the 61st annual Thomas Alva Edison Kiwanis Regional Science and Engineering Fair participated in the 63rd annual State Science and Engineering Fair (SSEF) of Florida STEM Competition, which concluded March 29 with the Grand Awards Ceremony in Lakeland. All 28 SSEF participants had already been granted scholarships to FGCU during regional competition for their pre-collegiate research. Twenty two of the region's State Finalists from area public and private schools received state-level recognition by winning multiple first place, second place, third place, honorable mention, recognition awards and special awards.

Dahlia Dry, an 11th grader at Fort Myers High School, received a First Place Category Award in Mathematics and Computational Sciences and three Special Awards for her exoplanet candidate detection project. Dry was also selected to be a Junior and Senior Outstanding Narratives (JASON) Colloquium Speaker (one of seven honorees) and addressed attendees with her presentation, Math: The Story of an Unrequited Love, during the opening ceremonies of the state science fair (Link to speech at <https://www.pscp.org>).



Dahlia Dry photos courtesy EdisonFairs.org tv/w/1ypJdmAwDldxW).

Second Place Category Awards were presented in the Senior Division to Luke Long (Canterbury School), and in the Junior Division to Maya Chandar (Canterbury School), Pavan Patel (Paul Laurence Dunbar Middle School) and Junwei Tan (Gateway Intermediate Charter School).

Third Place Category Awards were presented to two team projects: Sierra Rainville and Caitlin McCartney (Canterbury School), and Magnolia Cahill and Michael MacHarg II (Canterbury School), as well as Michael



Pavan Patel

Cherbini (Paul Laurence Dunbar Middle School).

In addition to the rigorous, three-day STEM competition and professional judging, there were field trips to the SeaWorld Education Pavilion and a canoe adventure down the Hillsborough River.

A total of five projects from the Kiwanis Science Fair will be advancing to this year's Intel International Science and Engineering Fair (Intel ISEF) in Pittsburgh, Pennsylvania from May 13 to 18. Representing the Thomas Alva Edison Kiwanis Regional Science



Michael Cherbini

and Engineering Fair will be Dahlia Dry (Fort Myers High School), Anna Kucera (Canterbury School), Mark Leone (Canterbury School), Luke Long (Canterbury School) and Jackson Windhorst (Fort Myers High School). Follow these students online at www.EdisonFairs.org and on social media (Facebook, Instagram, Twitter) as they showcase their independent research and compete against 1,800 high school students from more than 75 countries, regions and territories at this year's International Science and Engineering Fair.✱

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The Community House

Ginger



by Resident Chef Jarred Harris

Is ginger an herb or a spice? The answer is, both. The ginger plant and its root are actually an herb. The dried root is a spice. Ginger root is not really a root and, in the botanical world, it is classified as a rhizome, which is an underground stem. It is related to turmeric and cardamom.

Ginger is native to Southeast Asia and the plant has been around for at least 5,000 years. Since then, it's been widely used in Chinese medicine and for culinary applications. The Chinese philosopher Confucius wrote about having ginger with his meals in 500 BC.

Ginger reached Europe and the Mediterranean around the first century and quickly became very popular and very expensive. It's been said that Queen Elizabeth I was the first person to have ginger-shaped figures formed to resemble her important guest.

Ginger became popular in the West about 500 years ago. With the creation

of ginger beer and then ginger ale, the fragrant root gained popularity for its culinary uses. Ginger is used in the culinary world many different ways. It's pickled, candied, dried, crystalized, ground and infused into oils.

The health benefits of ginger include anti-inflammatory properties, gastrointestinal aid, blood sugar regulator, and it contains antifungal and antimicrobial properties. It also is anti-bacterial and has anti-viral properties.

Ginger is a wonderful ingredient everyone should have in their refrigerator. Here is an interesting recipe to try. It's not only delicious, but it's gluten free as well.

Ginger Coconut and Lime Tart

Serves 8-12

Ingredients

For the Crust:

2 cups almond flour

¼ cup sugar

3 ozs. butter (melted)

For the Filling:

1 13.5 oz. can coconut milk

1 14 oz. can sweetened condensed milk

Juice and zest of 2 limes

½ inch piece of ginger (minced)

½ cup rice flour

¾ cup cold water

Method

Preheat the oven to 400 degrees F.

In a medium bowl, combine the almond flour and sugar. Mix well. Stir in the warm melted butter until crumbly. Place into a 9-inch fluted tart pan. Bake until golden brown (about 20 minutes). Remove from the oven and cool completely.

Combine the coconut milk, sweetened condensed milk, lime juice, lime zest and ginger in a small pot.

Place the rice flour in a small bowl and slowly add ¾ cup cold water, whisking all the while until smooth. Add to the pot of coconut milk, slowly whisking it in.

Turn the heat to medium high and whisk until little bubbles start to form and the mixture has thickened to a pudding-like consistency, about 2-3 minutes. Quickly pour into the tart shell. The mixture will begin to set immediately.

Resident Chef Jarred Harris heads the Culinary Education Center at The Community House on Sanibel. For volunteer opportunities or questions, contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.*

Top Ten Books

1. *If the Creek Don't Rise* by Leah Weiss
 2. *Caribbean Rim* by Randy Wayne White
 3. *Woman in Cabin 10* by Ruth Ware
 4. *Lillian Boxfish Takes a Walk* by Kathleen Rooney
 5. *Camino Island* by John Grisham
 6. *Sanibel Flats* by Randy Wayne White
 7. *Alice Network* by Kate Quinn
 8. *I've Been Thinking* by Maria Shriver
 9. *Last Days of Night* by Graham Moore
 10. *We Were the Lucky Ones* by Georgia Hunter
- Courtesy of MacIntosh Books and Paper.*

LIVE ON THE ISLANDS

Il Cielo has live entertainment with Scott McDonald on Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday.

Island Cow on Periwinkle Way has live entertainment on Friday with Dan Confrey. Peter Redpath plays on Saturday. On Sunday, it's Dan Confrey.

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

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

Traditions on the Beach at Island Inn has live entertainment on Friday with Woody Brubaker and Marvilla Marzan. Dusk Duo performs on Saturday and Wednesday. Woody Brubaker plays on Sunday. Mike Arnone performs on Monday. Woody Brubaker and Marvilla Marzan play on Tuesday. On Thursday, it's Woody Brubaker and Barbara Dexter.

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Wildlife Refuge Hiring Students For Summer Program

JN “Ding” Darling National Wildlife Refuge on Sanibel is hiring high school students for its annual Youth Conservation Corps (YCC) summer program. Three students will be hired to assist with either maintenance or visitor services.

The YCC program targets young men and women, ages 15 through 18, to provide them with a valuable work-earn-learn experience. The eight-week program runs from June 11 through August 3. Duties for the maintenance position will include facilities and trail maintenance and removal of invasive plants. Visitor services duties will include assisting with environmental education tours, greeting visitors, working in the visitor center, answering phones and entering data.

The three hired students will participate in educational field trips to local environmental venues. Pay rate is \$9 per hour. Work hours are from 7:30 a.m. to 4 p.m. with a 30-minute lunch break. Bring your own lunch; refrigerator and microwave available. Reliable transportation is required. Sanibel toll is paid by the participant.

For an application, contact Supervisory Refuge Ranger Toni Westland at 472-1100. Indicate which position you are interested in on your application by circling the position, either maintenance or visitor services at the bottom of the form. No prior work experience is required.

Deadline for applications is 4 p.m. on

Thursday, May 10. Late applications will not be accepted. Applications may be submitted by mail, fax to 472-4061, or email to toni_westland@fws.gov.✳

Matlacha Amenities To Close Temporarily

The Matlacha Community Center, park and boat ramp at 4577 Pine Island Road in Matlacha, will be closed for routine parking lot maintenance from Tuesday, April 17 through Thursday, April 19. No vehicles or pedestrians will be able to access the facilities. The center, park and boat ramp will reopen at 7 a.m. Friday, April 20.

All programs held inside the Matlacha Community Center will be suspended during the three-day closure. Boaters may use the boat ramp located at Lavender's Landing, 7290 Barrancas Avenue NW, in Bokeelia. Parking is \$10 daily; ramp hours are 7 a.m. to 9:30 p.m. Lee County Parks & Recreation parking stickers are not accepted at Lavender's Landing. Other ramp options are available at www.leegov.com/parks/boat%20Ramps.

The county scheduled this maintenance to be done after both spring break and the peak of tourist season but before Memorial Day weekend.

For more information about other Lee County Parks & Recreation locations, amenities and special events, visit www.leeparks.org, call 533-7275 or email leeparks@leegov.com.✳

Celebrating National Library Week

The 60th annual National Library Week is being observed all over the U.S. with the theme, Libraries Lead, a celebration of the life-changing work of libraries and library workers. Libraries of all types have long been evolving to meet the needs of the communities they serve. “Libraries level the playing field for people of any age who seek information and access to technologies to improve their quality of life,” Sanibel Public Library Executive Director Margaret Mohundro said.

Recent studies by the American Library Association report public libraries are experiencing a shift in how they are perceived by their communities and society. No longer just places for books, libraries of all types are viewed as centers for academic life and research, and cherished spaces.

From offering technology services, small business centers, and 24/7 virtual access to e-Books and digital materials, libraries are transforming communities across the U.S.

Downloadable eBooks, magazines, TV shows, music and movies are available to Sanibel Public Library cardholders via several apps. Library patrons can borrow eBooks via the Hoopla or OverDrive Libby apps. Last month, OverDrive announced a remarkable milestone – libraries around the world have reached one billion digital book checkouts. Sanibel's “share” toward the billion downloads is about 100,000 (eBooks borrowed since the eShelf began in 2010).

Cardholders can also use the popular on-demand video streaming service Kanopy. Sanibel Public Library was the first public library in the state of Florida to offer Tech IT Out service – a kiosk where patrons can borrow MacBook Air and Dell laptops for use in the library. The library offers Mango – an online language learning tool. These eShelf services are offered to cardholders at no extra charge.

Sanibel Public Library loans cooking kits for patrons to check out and take home.

continued on page 29



Children with Bessie the READ dog and her owner Ginny Fleming photo provided



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Book Review

The Woman In The Window

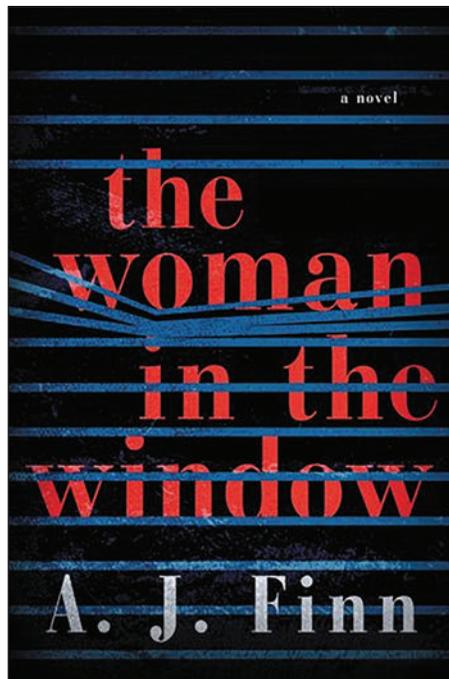


by Di Saggau

The Woman in the Window by AJ Finn is a beautifully written and plotted book that tells a tale about love, loss and madness. Movie rights, including foreign rights in multiple countries, were sold

before its publication. Thirty-eight-year-old Anna Fox lives alone in her fashionable uptown Manhattan brownstone. She often peers out her window watching the neighbors, and we soon find out why. Anna is agoraphobic and has not left home in nearly a year. Outside of spying on her neighbors, Anna drinks a lot of merlot wine and watches one black-and-white movie classic after another. *Gaslight*, *Spellbound*, and *Rebecca* are among her favorites.

Back to the author. AJ Finn is a pseudonym for Dan Mallory, a longtime editor of mystery fiction. He credits James Paterson for his short chapters. The book begins October 24 and ends November 15, with a six-weeks-later, two-chapter segment that serves as an epilogue. For awhile you feel as if you are reading Anna's diary. The day she thinks she has witnessed an act of violence is when things really heat up. No one believes her, not the police, not her



tenant, and not her neighbors. Considering she consumes two or three bottles of wine a day along with many prescription drugs, who can blame them?

Anna's husband has left her and taken their 8-year-old daughter with him. She talks to them by phone. Being a child psychologist, she still advises a few patients by email, but she is mostly alone with her wine, her movies and her cat. She also has a handsome tenant who lives in her basement.

Finn's plot is a slick puzzle that cannot be revealed, but I can say that his characters are rarely who or what they first

appear to be. The story ends with a series of huge surprises. Stephen King wrote, "One of those rare books that really is unputdownable... delightful and chilling."

The Woman in the Window is a riveting thriller that sympathetically captures the life of a depressed person, and it will keep you guessing to the very end.*

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My conversations with my children seem to get more and more negative. I need to change how I talk to them, and I would like some

ideas on how to do that. What do you suggest?

Marta W, Fort Myers

Marta,

It's very easy for parents to get caught up in a cycle of negativity, and it can seem like you spend a lot of time talking about challenges. Changing the conversation to building on your child's strengths can help to break that negative cycle, and focusing on strengths is just as important as improving weaknesses when it comes to helping your children succeed.

What are your child's strengths? Here's a list of typical strengths for school age kids to help you identify them. You and your child should go through these strengths and have conversations about how each strength might apply. Discuss how these strengths have helped and will help your child in the future. Your child may have different perceptions than you do, so listen closely to understand how your child sees him or herself. These conversations will take some time – maybe plan to have them this summer when things aren't as busy. Both of you will be pleased that you took the time to learn more about one another.

General Strengths

- Is able to work or play independently
- Is interested in doing well
- Understands and sets goals
- Wants to/is eager to learn new things
- Asks for help when needed
- Works well/gets along well in groups
- Works well/gets along well

one-on-one

- Is able to organize items and thoughts
- Admits disappointments/mistakes and is able to move on
- Has passions and hobbies
- Can plan ahead
- Makes good choices
- Is curious and creative
- Problem-solves well
- Social Strengths**
- Shares, takes turns and negotiates
- Seeks out social interactions
- Asks for help and comfort when needed
- Is comforting and offers help when needed
- Accepts personal responsibility for actions (good and bad)
- Has a good sense of humor
- Doesn't follow the crowd (resists peer pressure)
- Follows rules and routines well
- Accepts redirection well
- Is able to make friends and keep them
- Is truthful and honest
- Has positive relationships with adults
- Shows empathy and sensitivity to others
- Likes to help others
- Reacts appropriately when frustrated
- Language Strengths**
- Is able to express needs, wants and ideas verbally
- Uses inflection and expression when speaking
- Understands jokes, puns and riddles
- Can talk about events in the correct and logical order
- Understands the give-and-take of conversation
- Uses grammar appropriate to his age
- Has and uses a growing vocabulary
- Is interested in listening to stories, music and other activities
- Participates in discussions at home, at school and with friends
- Answers who, what, when, where questions in conversation (or about a story)
- Literacy Strengths**
- Enjoys reading
- Can match letters to sounds and

continued on page 30

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Rick Goodrich's collection of beer taps is on display this month photo provided

From page 27

Library Week

The reference area offers general research help, as well as access to many databases, including Morningstar investment services, NewsBank, Consumer Reports and Ancestry.com. In 2017, for the fourth time, the Sanibel Public Library was recognized as one of the best libraries in the country, with the America's Star Libraries designation. The library has also won TripAdvisor's Certificate of Excellence every year since 2014.

As the Your Library Reimagined remodel project continues, the facility is open for normal operating hours. Popular services, like computers, printers, high speed WiFi, Children and Teen Space, and reference services are available. The other half of the library is being renovated,

expected to reopen in early fall 2018.

Back by popular demand, hundreds of beer tap handles are on display this month at the library. The handles are part of a collection owned by Rick Goodrich of Sanibel.

Family Storytime for preschoolers will be on Wednesdays at 10 a.m., repeated at 1 p.m. The After-School Crew, (for children in kindergarten to third grades) will meet at 3 p.m. on Thursdays. Geared specifically for children in fourth through sixth grade, the After-school Clique will meet on Tuesdays at 3 p.m. in April. Weekly children's programs are listed on the library's online calendar. No registration is required for these programs.

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.

BIG ARTS Monday Night Film Series

The Teacher

by Di Saggau



The BIG ARTS Monday Night Movie for April 16 is *The Teacher*, a comedy/drama from Slovakia. Set in Bratislava during the final decade of communism, the film examines the abuse of power at a middle school. A terrifying instructor who heads the local Communist Party uses her pupils to manipulate their parents for her own personal benefit.

The action cuts between two time frames; the beginning of the 1983 school year and in 1984 during a secret meeting between teacher and parents of students taught by the unscrupulous educator. The divide between the teacher's supporters and detractors is brought into focus.

Each fall, the middle-aged teacher asks her new class to share what their parents do for a living. One boy replies that his father is a taxi driver and says, "If you need a lift, no problem." The teacher uses this parent to pick up groceries, another to stop by and fix her lamp. When parents do not cooperate, she takes out her displeasure on their child.

At the parents meeting, the brown-nosing parents are pleased that their students have improved their grades. Others have drawn up a document to discipline the teacher. The script is based on a real-life incident the director experienced during primary school and

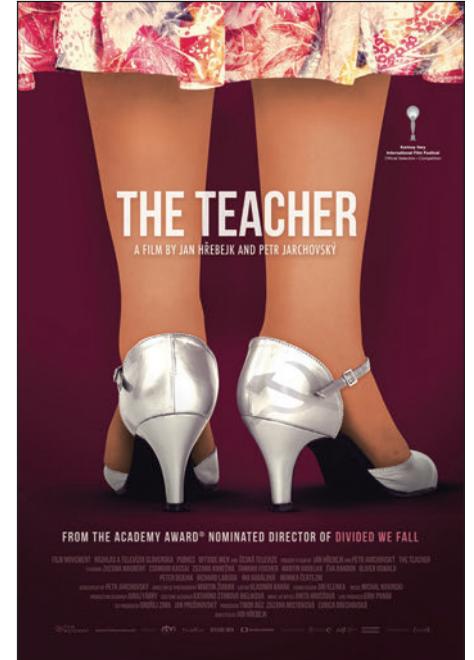


image provided

includes breaks of humor and irony. *The Teacher* runs 102 minutes. The moderator for the evening is Mary Arcenaux.

Admission to BIG ARTS Monday Night Film Series is \$10 and all screenings begin at 7 p.m. in Schein Performance Hall. Each film is followed by a complimentary reception and discussion. BIG ARTS is located at 900 Dunlop Road. Tickets are available at www.bigarts.org, at the door or by calling 395-0900.*



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Vintage photograph of The Matthews Hotel on Sanibel

photos provided

Help Library Expand Vintage Photo Collection

When the Sanibel Public Library's renovation is completed in the fall, it will be much easier for people to have their old photographs added to the library's permanent vintage collection online.

A new high-resolution photo scanner will be available, and people can bring in photos, scan them, and make them available online for future generations.

"We are very pleased to have this opportunity to greatly expand our online historic photo collection," said Margaret

Mohundro, library executive director. "Best of all, people don't have to actually 'give' the photos to us. The photo owners can scan them on a high-resolution machine and take the original photos with them, along with a set of all the digital files."

For the purposes of this collection, "vintage" is considered anything through 1999.

The new digital lab is being funded in part by the Roni Jo Freer Fund of the Sanibel Public Library Foundation.

The Pfeifer Vintage Photo Collection began as an outgrowth of the five historic documentaries on Sanibel that Eric Pfeifer sponsored. As film producer David E. Carter searched for old photos to use in the stories, he realized that "there are many people out there with photo



The Matthews Hotel on Sanibel

treasures that need to be shared."

Library archivist Betty Anholt said, "Residents and visitors alike are fascinated by Sanibel and how it evolved into its current state, and photos from our earlier times are invaluable in telling that story. We encourage everyone to go through their old photos and share them."

"Our community is paradise because many islanders before us were dedicated to protecting these islands," Pfeifer said. "Preserving Sanibel and Captiva history with documentaries and expanding this Sanibel Library photo collection is a privilege and a project we are proud to support."*

From page 28

School Smart

sounds to letters

Is able to sound out unfamiliar words

Recognizes sight words

Can follow written directions

Recalls and retells stories and facts after reading

Can make predictions based on what's happened so far in the story

Can pause when reading and return to that sentence after being interrupted

Reads accurately and with expression

Figures out what new words mean by looking at the context or asking questions

Has creative and imaginative ideas; likes to tell stories

Makes connections between reading material and personal experiences

Math Strengths

Sees and understands patterns in nature and in numbers

Remembers math facts and can perform mental math

Thinks logically

Understands math concepts and can apply them to the real world

Uses and understands math vocabulary

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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Grouper Oriental

½ cup soy sauce
 ½ teaspoon toasted sesame oil
 1 clove garlic, crushed
 1 teaspoon green onions, diced
 4 tablespoons hoisin sauce
 ¼ teaspoon fresh ginger, minced
 ½ teaspoon brown sugar
 4 six-ounce grouper fillets
 ½ teaspoon Chinese 5 Spice powder
 Kosher salt, to taste
 Fresh ground black pepper, to taste
 ½ cup corn starch or rice flour

2 tablespoons olive oil
 2 tablespoons unsalted butter
 For sauce, combine soy sauce, sesame oil, garlic, green onion, hoisin sauce, ginger and sugar in a small mixing bowl. Mix well, adding additional hoisin sauce to thicken mixture if needed. Cover and refrigerate for 1 to 2 hours to blend flavors. To serve, heat sauce in a small saucepan and keep warm. Sprinkle fillets with seasonings and dredge in corn starch or rice flour. Heat oil and butter in a large sauté pan over medium-high heat. When butter foams, add fillets; cook 4 minutes per side or until opaque in center. Transfer fillets to serving plate and serve with sauce on the side.
 Yields four servings.*



Grouper Oriental

photo courtesy Fresh From Florida

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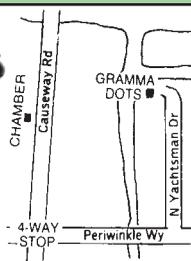
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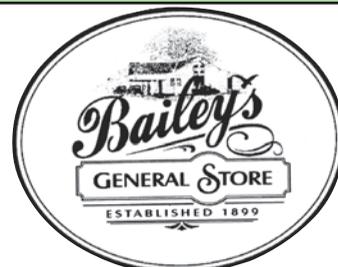
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Islanders Taking A Stand For Mental Health

“We need more access for all these kids. They deserve it and their families deserve it.” The videotaped words of pediatrician and Sanibel resident Dana Crater played on screens around The Sanctuary Golf Club this past Sunday, and served to sum up the focus of the 18th annual SanCap Cares Island Celebration. The fundraiser, a staple of the spring event calendar, raised more than \$700,000 to support pediatric mental and behavioral health programs being spearheaded by Golisano Children’s Hospital of Southwest Florida.

“We remain amazed by how our community has supported children’s health care through all these years,” said Valerie Tutor, co-chair of the event. “We had more than 200 people in attendance, and it’s obvious they understand this need, that our children need help to address behavioral and mental issues.”

The SanCap Cares event is one of the last fundraising events of the season. Started by a group of concerned mothers in 2001, it now has raised more than \$15 million for Golisano Children’s

continued on page 12B



The SanCap Cares Committee and emcee Chantel McCabe at the 18th annual gala to benefit the Golisano Children’s Hospital photo provided

Save The Date For Blue Ribbon Golf Classic

by Jeff Lysiak

Attention all golfers! Save the date for the Sanibel School Fund Blue Ribbon Golf Classic tournament, which will take place on Saturday, May 12 at The Sanctuary Golf Club.

The cost is \$200 for a round of golf plus the post-tournament party, with heavy hors d’oeuvres and an open bar. Registration begins at 11 a.m. followed by the shotgun start at 12:30 p.m. The helicopter ball drop will take place at 4:30 p.m.; purchase one golf ball for \$25 or five balls for \$100, on sale at Bank of the Islands. Additional locations will be announced soon. People can attend the ball drop and post-tournament party for \$65.

There will also be a street legal golf cart to be raffled off, donated by Gator Carts. It is on display at Bailey’s General Store.

For more information or to buy tickets, contact Christian Fautz at 917-763-6824.✪



From left, Ken Kouril, Rob Lisenbee, Babs Maughan, Veronica Peters, Carolyn Tongyai, Christian Fautz and Andrew Phelan at The Sanctuary Golf Club photo by Jeff Lysiak

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Continuing Education Program Helps Islander Achieve Goal



Mike, front right, in the Rasmussen College School of Nursing Class of 2018 photo provided

“It does not matter how slowly you go, as long as you don’t stop.”
— Confucius

Mike, an island resident and employee for many years, completed his degree from the Rasmussen College School of Nursing in late March, thanks to assistance provided by FISH of SanCap Adult Continuing Education Program.

“I finally finished! I took my last final and predictor and aced everything. Thank you, FISH, for all your help. Please join me at my pinning ceremony,” Mike wrote in his thank you note to FISH.

“We’ve worked with Mike, helping him reach his goal, for some time. He had a few setbacks – health, work, Hurricane Irma,” said Maggi Feiner, president and CEO of FISH. “But he never stopped and, once licensing is complete, will be a registered nurse. We couldn’t be prouder of him; this has been his dream since he was a young teen. I am looking forward to celebrating

with him at his ceremony.”

“FISH always believed in me, even when I had doubts. It wasn’t easy, working two jobs, taking care of my family and studying until the wee hours of the morning. I wanted this so badly,” added Mike. “Now that I am officially a nurse, I couldn’t be happier. This is going to help me and my family in so many ways. From the bottom of my heart, thank you FISH.”

The Adult Continuing Education Program assists those who qualify with tuition, materials and/or fees for continuing education. The hope is that those wishing to continue their education can also increase their marketability in the workforce. Continuing education is a way to develop new skills or knowledge necessary for a career transition, which can lead to household sustainability and self-sufficiency.

For more information on the Adult Continuing Education Program, contact Nitza Lopez, SW, FISH program director, at 472-4775.*

Optimists Offering Bailey Memorial Scholarship

The Sanibel-Captiva Optimist Club is offering a single, four-year college scholarship to 2018 graduating seniors. This recurring scholarship is presented in memory of Sam and Francis Bailey, natives and long-time residents and benefactors of Sanibel Island. They both had a strong commitment to higher education. This maintains the number of current Optimist Club scholarships at six. Each scholarship is \$2,000 per year (\$8,000 total). The competition for the Bailey Memorial Scholarship is open to all 2018 graduating seniors who live, have lived, worked or whose parents are employed on Sanibel. The other five scholarships,

when available, are open to all Lee County students.

Applications are available at all Lee County high schools and on the San-Cap Optimist website at www.sancapoptimist.org. Additional information is available by contacting Stan Howard at 472-0836 or by email at info@sancapoptimist.org. Scholarship applications must be post-marked no later than Thursday, June 14, 2018. The scholarship committee plans to make the final decision by the end of June.

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

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

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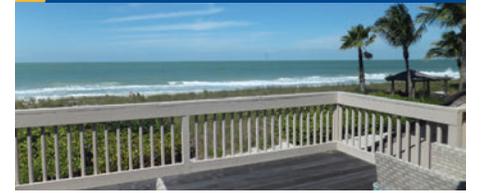
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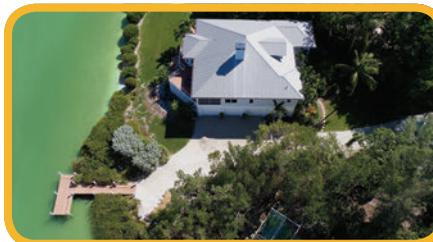
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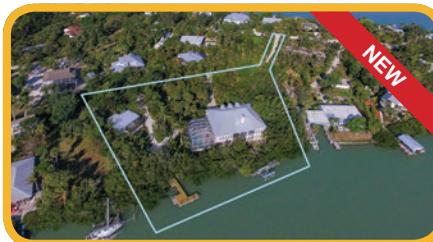
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Bank Appoints New Chairman

Lyman Frank III has retired after 15 years of service as chairman of Sanibel Captiva Community Bank's board of directors. A retired banker on Sanibel since the mid-1980s, Frank will remain on the board as a director.

David Owens, CPA, president and CEO of Midland IRA Inc. and 1031 Tax Free Strategies LLC, has assumed chairmanship on the board. Owens has served on the bank's board since the bank opened in 2003.

"Lyman has been with SanCap Bank since day one, and we are truly appreciative of his unwavering service and dedication," said Craig Albert, Sanibel Captiva Community Bank president and CEO. "We look forward to David's service as our new bank chairman."

For more information about Sanibel Captiva Community Bank, visit www.sancapbank.com.



David Owens

photo provided

Resort Recognized For 50 Years Of Hospitality



Tony Lapi, second from right, accepting the city's proclamation on April 3 photo provided

Sanibel Mayor Kevin Ruane has signed an official proclamation recognizing West Wind Inn of Sanibel Island for 50 years of successful island hospitality. The proclamation was presented to members of the resort's ownership and management organization, Sanibel Captiva Beach Resorts, LLC, on April 3.

West Wind Inn traces its Sanibel founding to April of 1968, and consistently ranks today as one of Southwest Florida's top island resorts among user-generated travel review sites.

"We're delighted and honored by this recognition from both the City of Sanibel and Mayor Kevin Ruane," said Tony Lapi, chief executive officer of Sanibel Captiva Beach Resorts. "We take pride in bringing highest quality hospitality to thousands of visitors each year to Sanibel and Captiva islands, and 50 years is a testimony to the success each of our valuable employees brings to

their work."

To celebrate, West Wind Inn has launched a year-long celebration of its 50 years of outstanding island hospitality with its "50 Cheers for 50 Years" promotion.

Forty eight individual winners will receive one three-night Sanibel Delight vacation at one of TripAdvisor's top-rated Sanibel resorts (and the Official Beach Resort of Sanibel Island). In addition, one winner will receive a Four-Night Super Stay, with another winner enjoying a Five-Night Grand Stay. Winning entrants will be drawn randomly from online and social media entries at www.WestWindInn.com/50-Years or at www.Facebook.com/SanibelWestWind. Winners will be drawn on or approximately July 1, October 1 and January 1, 2019. Both Super Stay and Grand Stay winners will be announced on or about January 1, 2019.

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MaryAnne Banta with Vice President Mike Pence

Vice President Returns To Sanibel Salon

Vice President Mike Pence made a return visit to Sanibel Beauty Salon on April 5 for a haircut during his Easter vacation on Sanibel. The vice president had his hair cut at the salon last year.

Salon owner MaryAnne Banta was

thrilled to have the honor of chatting with Pence again, although he had to leave for about 25 minutes when a call came in from President Trump. When Pence returned to the salon, Banta played a joke on him, saying she hoped she didn't have to take an important call, then pulled out her cell phone, hitting a ring button which brought up a screen shot of President Trump and caller ID "Trump Mobile." They both had a good laugh.

A few days later, Banta received a thank you letter from the vice president, delivered by one of his staff.✧

photos provided



The letter MaryAnne Banta received from Vice President Mike Pence last week. It was hand delivered to the salon by one of Pence's staff.

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3832 Coquina Dr.



West Rocks w/deeded beach access, 3-BD en-suites, open great room. Private elevator, large studio/workout area. Enclosed lanai overlooks pool with beautiful lake views.
\$1,250,000

Bringing The Outdoors In - Part 2 of 3

Outdoor Furniture Selection



by Barb Cacchione

Outdoor furniture needs to be resilient to stand up to the sun's rays and the outdoor elements, so let's consider the basic elements for your furniture.

Timber

1. Teak – a natural wood product that doesn't rust when joined with metal. It also doesn't rot and never has to be treated. You may choose to coat it with teak oil, but you don't have to and my suggestion is to let it age "gracefully" turning a mellow gray. Known for its longevity, some teak benches in European cities have been around for a 100 years.

2. Cedar – a natural wood from cedar trees with a distinct scent. It produces natural oils and doesn't have to be sealed either. Good cedar will last dozens of years.

3. Rattan – one of the strongest woods available. Can have viney parts or long flat parts that can be shaped with steam. It may not necessarily be weatherproof. It is great for a porch, but it is susceptible to wind.

4. Bamboo – a hard woody grass

used in making outdoor furniture. It is one of the best renewable resources. Bamboo must be treated for water regularly.

5. Wicker – really represents the process of weaving rather than a type of wood used in furniture. The wicker process typically uses vines and bamboo and rattan to weave a seat or table. Usually lightweight and great for a porch. Resin wicker is made from timber.

Aluminum

1. Powder-coated cast Aluminum – aluminum construction makes outdoor furniture strong, and the powder coating assists in the ability to resist corrosion. A truly good coating should last at least three years and longer. Look for this product on picket fences and exterior lighting. The life span is good, and the product is lightweight.

2. Wrought Iron – These are heavy aluminum pieces, typically with intricate designs or patterns. Prone to rust, wrought iron needs to be repainted. However, the heavy weight makes it great in windy areas.

Miscellaneous

1. PVC – plastic or PVC is inexpensive and used in many outdoor pieces. One of its primary uses is near pools due to its ability to handle water well. It is not very heavy and can easily be blown about in high winds. It is normally the least desirable choice, except near pools when combined with metals to increase the weight factor.

2. Resin – Both natural and synthetic compounds are used in chemical

processes to form resins. Natural resins include pine sap and gum from plants. Synthetic resins are known as polymers. Some resins make great outdoor furniture, especially if used in conjunction with powder-coated cast aluminum.

3. Glass – primarily, glass is used along with other products to create table tops.

4. Stones – Typical stones include granite and marble and often they are

used as tiles or table tops to extend the feeling of using natural elements in the furniture.

There is a great deal of choices in types and styles of outdoor furniture. The outdoors is becoming another living space particularly here in Southwest Florida.

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

Associate Attorney Joins Sanibel Law Firm

Melissa E. Mongiello has joined Gus Simmons and the Simmons Law Firm, PA as a new associate attorney. Mongiello is focusing her practice on real estate, wills, trusts and estates at the firm's Sanibel location.

Mongiello grew up on Long Island, New York and has been a resident of Fort Myers for the past two years. She attended Sacred Heart University in Fairfield, Connecticut for her undergraduate studies and Florida Coastal School of Law for her Juris Doctor degree.*



Melissa E. Mongiello

photo provided

4431 Waters Edge Lane, Sanibel *Direct Gulf Front!*

4431WatersEdge.com



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CEO Academy Application Deadline Nears

Entrepreneurial, business-minded teens still have time to register for Junior Achievement of Southwest Florida's popular CEO Academy, a weeklong summer camp in which students learn the basics of starting and operating a successful business. The application deadline is Wednesday, April 18.

The CEO Academy is open to rising high school juniors and seniors from Charlotte, Collier and Lee counties. Under the guidance of experienced local business leaders, entrepreneurs and Florida Gulf Coast University professors, participating students work in project teams to develop a unique business concept and comprehensive business plan. Students can expect lessons in economics, entrepreneurship, ethics, finance, global economy, marketing and international trade.

The one-week camp runs from June 4 to 8 at FGCU's Emergent Technologies Institute, located at 16301 Innovation Lane in Fort Myers. Camp hours are 9 a.m. to 4 p.m. Monday through Friday.

Thanks to generous supporters, college scholarship money will be awarded to each student on the winning team for the business plan competition held at the camp's conclusion. A distinguished judging panel consists of past Junior Achievement laureates, who themselves are exceptional entrepreneurs and have been recognized for making a significant contribution to the economic development of Southwest Florida while adhering to high moral and ethical principles. This opportunity offers students invaluable knowledge and experience from successful business leaders and entrepreneurs, which provides an excellent addition to a college application and the chance to participate in future Junior Achievement events.

To apply, visit www.JASWFL.org, or call 225-2590. There is a \$100 application fee, which is fully refundable if the student is not selected.*

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The inlet at Blind Pass

photo provided

Public Meeting On Blind Pass Inlet Management

The Lee County Division of Natural Resources will hold a public meeting at 1:30 p.m. on Friday, April 27 in the Sea Pearl Room at South Seas Island Resort on Captiva, located at 5400 South Seas Plantation Road, to update the public on the Blind Pass Inlet Management Study.

The county and the consulting team from APTIM (formerly known as CB&I) will present modeling results and accept comments and questions from the public

about inlet management scenarios and next steps. A draft report is anticipated by the end of May with a final report to be presented to local elected officials and the Florida Department of Environmental Protection early this summer for direction on adoption and implementation.

For more information about the Blind Pass Inlet Management Study, visit www.leegov.com/naturalresources/blind-pass-2016-inlet-management-plan-study.

For questions regarding the Blind Pass Inlet Management study, contact Lee County Division of Natural Resources at SBoutelle@leegov.com or 533-8109 or the City of Sanibel's Natural Resources Department at james.evans@mysanibel.com or 472-3700.✪

Historical Society Names New Board Member

The Captiva Island Historical Society (CIHS) has appointed Jewel Jensen to its board of directors. She has already jumped in with her positive energy and organizational ability to support CIHS activities. Jensen is a member of the Sanibel Historical Preservation Committee and volunteers as a docent at the Sanibel Historical Museum and Village. As a retired educator, she delights in doing research, then sharing her knowledge of history. She looks forward to working with the CIHS Board "to preserve the rich history of Captiva Island."

Jensen has volunteered as a shell ambassador at the Bailey-Matthews National Shell Museum and is a sea turtle monitor for the Sanibel-Captiva Conservation Foundation.

Jensen's family has visited Captiva and Sanibel for 25 years, from their northern home in Lake Forest, Illinois. She and her husband, Kevin, are happy to now live in their year-round home on the islands.✪



Jewel Jensen

photo provided

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Rotary Happenings

submitted by Shirley Jewell

Sanibel-Captiva Rotary is proud to announce the recipients of our 2018 Business Person of the Year Vocational Service Award. This year, we have two recipients – Billy and Salli Kirkland. This award was introduced by our club in 2015 for presentation to a non-Rotarian business professional in our community who has shown and demonstrated exemplary professional standards in business and in going that extra mile with their civic involvement and contributions for the community's good.



From left, Billy and Salli Kirkland with Holli Martin

photo provided

leadership, high integrity, mentoring qualities and serve their community and beyond with volunteer service and other acts of generosity.

Along with their vocational service awards, the Kirklands received honorary Paul Harris Fellow recognition awards and Paul Harris medallions. These awards represent the highest honor a Rotary organization can bestow a non-member. It is named for Rotary's founder, Paul Harris, who started Rotary with three business associates in 1905.

If you don't recognize the names

Billy and Salli Kirkland, you couldn't possibly live on Sanibel or Captiva. This dynamic duo has been part of our island's business community for over 30 years. As our communities grew, so did their business. They've gone from humble beginnings renting beach chairs and small sailboats at island resorts to a multi-faceted network of businesses throughout the islands. Billy and Salli give their all and that means giving back to the community. They have been awarded the Southwest Florida Blue Chip Business Award and the E Awards for Hospitality from the Lee County

Visitor and Convention Bureau (VCB). As individuals, each has taken on leadership roles in organizations they belong to.

Billy currently sits on the board at The Community House and is a familiar presence at committee meetings for almost every fundraising event on the Sanibel. He generously donates his time, talent and treasure. He was there after Hurricane Charley with his backhoes and tree trimming equipment helping to clear the roads, so islanders could get back to their own homes and businesses. And who can forget The Community House's first Dancing with the Islands Stars... no twinkle toes was he, but he pulled in the most financial backing for that event and The Community House. Whether it's hanging lights from the ceiling at The Community House, supplying bottled water for events, a generator or a clean-up crew, Billy is there.

Salli is not only by his side in many of these activities, but she stands out on her own. She was on the board of directors at The Community House for six years, serving as vice president and president of that organization. Salli was instrumental in the planning phase of The Community House renovations and, along with Marge Meek, took on the role of co-chair of fundraising activities for the new kitchen.

Salli was a member and president of American Business Women's Association (ABWA) on Sanibel and was awarded not only the local

continued on page 20B

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FA345

Democratic Club To Host Farewell Potluck Supper

On Thursday, April 19, the Democratic Club of the Islands will host a Blue Wave Farewell to Snowbirds Potluck Supper at The Community House starting at 6 p.m. The meeting will focus on Get Out The Vote (GOTV) actions and is free and open to the public.

Entrée meats and beverages will be provided by the club, and attendees are asked to bring a dish to share. BYOB for those who have a preferred drink.

At recent club elections, the decision was made to return to the organizational structure for all official Democratic clubs, to elect a president and vice president instead of the former co-chairs structure. Chet Sadler was elected president and Garry Weiss was elected vice president.

Sadler is a plastic engineering professional with over 30 years of experience in manufacturing and 15 years of technical recruiting. A graduate of the University of Colorado, he has degrees in chemical engineering and international business. Sadler began his career with Goodyear Tire & Rubber Company working in their international division, stationed in Jamaica, India and Sweden where he held positions as process engineer, quality manager, technical director, plant manager and



Chet Sadler and Garry Weiss

photo provided

vice president of engineering. His passion for Rotary has led him to travel extensively to Tanzania, Guatemala, Ecuador, Mexico, Belarus and Haiti, helping to raise funds to build schools in Haiti, support poor coffee bean farmers in Guatemala and provide water to schools in far reaches of Tanzania.

Weiss earned a degree in psychology from City College of New York and a master's degree in computer systems management from the University of

Maryland. He was born and raised in New York City, spending most of his adult life in the Washington, DC/Baltimore area in a career in public service as a business systems analyst. Among his accomplishments were pioneering in the development of electronic data exchanges and agreements among government agencies, including the Social Security Administration, Office of Personnel Management, Department of Defense,

Central Intelligence Agency and numerous state agencies. Weiss moved to Sanibel with his wife, Beth, in 2016. He is the social action committee chairperson for Bat Yam Temple of the Islands, and looks forward to promoting constructive social and political activism in the community.

Anyone wishing to join the Democratic Club of the Islands is invited to bring their check – payable to DCI for \$35 for individual or \$60 for a family membership – to the April 19 meeting, or mail your check to DCI, P.O. Box 898, Sanibel, FL 33957. For more information, call 634-4935 or email demclubislands@gmail.com.*

New Moon Meditation Class

Enjoy a guided meditation on the beach as the sun sets and the moon rises during the next New Moon Meditation class on Sunday, April 15 beginning at 7:15 p.m.

Participants meet at Alison Hagerup Beach Park, located at 14790 Captiva Drive. This beach is labeled "South Beach" or Location #30 on South Seas Island Resort maps. The suggested donation \$10 to \$15, with all proceeds to benefit the Sanibel-Captiva Conservation Foundation's sea turtle research program. Bring a towel or blanket to sit on.

For more information, visit www.ambuyoga.com or call 314-9642.*

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Erick Lindblad, Executive Director,
Sanibel-Captiva Conservation Foundation (SCCF)



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From page 1B

SanCap Cares



Antonette McDonald, sponsor and committee member, contemplating the Give-to-Give display, presented by hospital personnel photos provided

Hospital in its 18 years.

This year's celebration wrapped its activities around a message from Armando Llechu, the hospital's chief administrative officer. He made an impassioned plea for support of a substantial new initiative to reach more children in Southwest Florida in need of behavioral and mental health care.

"This is not a Lee County problem or a Florida problem. It's everyone's problem, and affects every zip code, including families right here on Sanibel," Llechu said.

He tied the argument to the islands by showing a video featuring Dr. Crater, The Sanibel School Principal Chuck Vilardi and Sanibel parent Kimberly Sanders. Each spoke about their own dealings in the mental



From left, Wayland Jensen and Melody Desilets with Eileen and Lex Roulston

health space, validating the problems facing families which include a lack of providers and lack of immediate access to care.

The Sanibel Captiva Trust Company once again served as presenting sponsor of the event, which included a dinner, a strolling magician and whimsical characters, entertainment from performers with the BIG ARTS Herb Strauss Theater, a live auction and a silent "give-to-give" auction where guests purchased specially-identified items needed by Golisano Children's Hospital.

"The give-to-give has evolved over the past 12 years into a truly educational opportunity, with hospital experts demonstrating equipment, answering questions, and sharing needs and solutions," said Diana Day, co-chair of the event. "We get a chance to show our guests the wide variety of needs that our children's hospital has in its efforts to best take care of all of our children."

A wood carving of an eastern screech owl by Sanibel artist Jim Sprankle was a featured item of the live auction. The proceeds from this auction lot were split evenly between the hospital and Sanibel-Captiva Conservation Foundation (SCCF). Other items up for bid included a dining experience with Chef Melissa Donahue from Sweet Melissa's Café, a moonstone and diamond necklace and earrings set from Congress Jewelers, and a unique Orlando golf package.

Golf acted as a backdrop for the event, as for the second year in the row, the SanCap Cares event took place on the day of final round of The Masters golf tournament. To help build a bridge between golf's major championship and the fundraising event, Golf Channel



Antonette and Bruce McDonald donated a popular dining event at their home.

host and reporter Chantel McCabe served as emcee.

But the golf didn't steal the spotlight away from the mission of the event this year and since its founding in 2001 – shining the spotlight on Golisano Children's Hospital, and helping it provide the best care for the children of Southwest Florida.

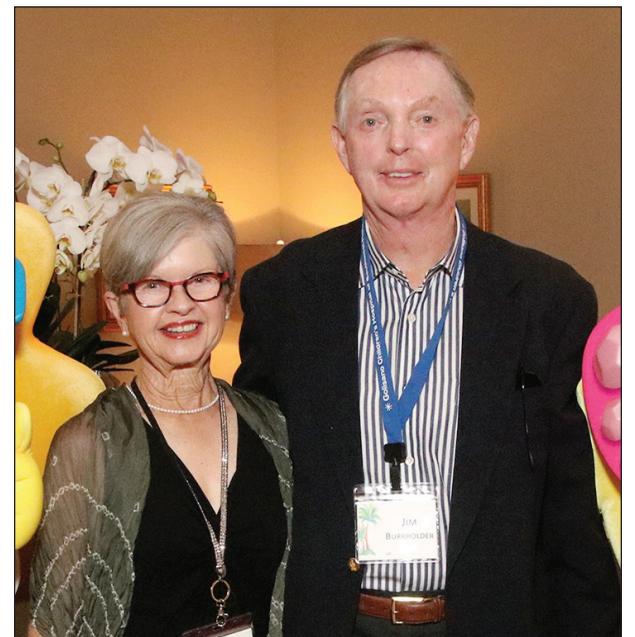
For more information visit www.SanCapCares.org or contact Jeff Muddell at 984-0381 or SanibelCaptivaCares@gmail.com.*



From left, Mary Lou Bailey, with Mike and Deb Szymanczyk



From left, Jim Sprankle, Bill Abraham, Jim and Susen Berg, with friends



Trudy and Jim Burkholder



Armando Llechu, CAO of Golisano Children's Hospital, presented a compelling case for increased support for pediatric mental and behavioral health in Southwest Florida



The Sanibel Captiva Trust Company - lead sponsor for 15 years - was well represented at the hospital fundraiser



From left, Mark and Julie Marinello and Brenda and Marty Harray, co-owners of Doc Ford's. Donations from specialty drinks at Doc Ford's resulted in \$15,903 towards the children's hospital in 2017.



Artist Jim Sprankle and John Morse, president of SCCF, preparing to auction Sprankle's eastern screech owl carving, donated by Fezza and Richard Shipley to benefit both SCCF and Golisano Children's Hospital



Karen Dewitt and Ken Gill



Celebrity emcee Chantel McCabe of the Golf Channel with the eastern screech owl auction item



Melissa and Scot Congress, donors of fabulous auction items, and committee members for all 18 years



Theresa and Chris Dolloff with Sunny and Sparkle



Mary and Dick Butler

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.

Page Turners with Louise Fitzgerald & Ann Hartman – If you are not on the Page Turners list and wish to be, email oceann@comcast.net or contact the Center 4 Life. The featured book for Wednesday, May 9 is *Happiness Is a Choice You Make* by John Leland. The discussion takes place at 2:30 p.m.

“Newly divorced at 55 and living alone, *New York Times* writer John Leland felt unmoored as he struggled to come to terms with caring for his elderly mother. Then he began work on a series of articles about people 85 and older, focusing on six elders from different backgrounds. He visited them with no real agenda but listening. And the lessons he ultimately gleaned in ‘gratitude and resilience and purpose’ not only helped him sort out his own midlife difficulties but also formed the heart of his new book, *Happiness Is a Choice You Make: Lessons From a Year Among the Oldest Old.*” – AARP

Yoga Nidra – Friday, April 13 at 1:30 p.m. with Barbara P. Ward, a certified Kripalu Yoga teacher and a licensed psychotherapist who has practiced for over 30 years.

Yoga Nidra is an ancient practice.

Nidra is the Sanskrit word for sleep. It is place somewhere between dream sleep and deep sleep. The paradox is that it is a practice where one has to be awake and aware to practice. Yoga Nidra creates a fertile place to plant seeds for transformation.

When you practice, you take time to set an intention. An intention is a positive affirmation that you repeat to yourself. You will find the middle ground between the polarities that are inherent in human nature through words and image symbols and total body relaxation. There are no requirements. You will be relaxed and renewed. The seeds of your intentions will change your conscious awareness, which will lead to a more joyful life.

This is a no stress workshop. Class limited to 30 participants. Advance registration required.

Sunset Social on the Causeway – Tuesday, April 24 beginning at 6:30 p.m.

Spend an evening relaxing and watching the sunset with friends. Meet on the causeway at 6:30 p.m. Food will be served at 7 p.m. Bring a side dish to share, and your beach chair. Call 472-5743 if you are interested in participating and for directions to the viewing area (weather permitting).

Games

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

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

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

New: Rummikub – Tuesday at 1 p.m.

Hand & Foot – Thursday at 12:00 p.m.

New: Canasta – Thursday at 12:30 p.m.

Hearts – Friday at 12:30 p.m.

Kayaking on Tuesdays – April 17 at 8:30 a.m. (weather permitting). There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors, Inc. will provide kayaks, paddles and life jackets. Bring water, a small snack, sun screen, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$20 for non-members. Advance registration is required.

Fitness Classes – Island Seniors, Inc. members pay \$4 per class, visitors pay \$7 per class. Annual membership is \$20. Sanibel Recreation Center members must show their membership card to attend. Fitness class schedule is as follows:

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

Essential Total Fitness – Monday, Wednesday and Friday at 9:30 and 11

a.m. Available through May 4.

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

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

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

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

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

Overeaters Anonymous

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

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

Sanibel Community Church is located at 1740 Periwinkle Way.✪



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Bargain Hunters Help Support CROW's Mission



On April 6 and 7, the Clinic for the Rehabilitation of Wildlife (CROW) held its annual yard sale, with crowds of bargain hunting shoppers searching for gently-used trinkets and treasures. All proceeds went to support CROW's mission of helping local wildlife.

photos by Jeff Lysick



Chicago, Illinois resident Judy Sick inspects a figurine



Clair Beckmann and Ron Nixon with their yard sale haul



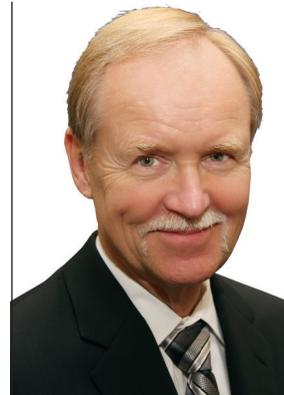
CROW volunteers Judy Wagner and Pat McInerney determining the price of some goods



Ohio visitors Midge Heshley and Lil Heshley show off their purchases

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5. Heart of Captiva Village; "Belle Mar"

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- Concrete construction, travertine floors, and steps to the beach
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6. Cottage Colony West – Sanibel

- 1 BR/1 BA direct Gulf front remodeled top floor unit
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10. River Front condo's at Harbor Place – Fort Myers

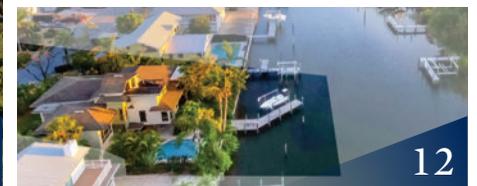
- #501 3 BR/2 BA top floor penthouse **\$599,900** EUR € 482,444
- #301 3 BR/2 BA beautiful remodel **\$549,000** EUR € 441,509
- #202 3 BR/2 BA stunning River & preserve views **\$535,000** EUR € 430,251

11. Sea-walled canal home in Shell Harbor -Sanibel

- 3BR/2.5BA situation on a private cu-de-sac with boat dock & lift
- Screened in pool overlooking canal & beach access w/ parking
- **\$1,195,000** EURO 973,277

12. Gulf Access canal home in Siesta Isles – Fort Myers Beach

- 4BR/4.5BA remodeled home in one of Fort Myers premier boating communities
- Spacious tropical outdoor living with pool, multiple decks, cabana, boat dock & lift. Gourmet kitchen, travertine flooring, spa like bathrooms, and more
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Kathy Haungs, Denice & John Beggs

Will Power

Empty Nester View Of The College Admissions Process



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

Regular readers know that my wife and I raised three daughters, all of whom we are extremely proud. All three graduated (or will graduate) summa cum laude from Fort Myers High International Baccalaureate program. Our eldest daughter graduates with a master's degree from Brandeis University next month. Our middle daughter is a junior at the University of Florida, aiming to become a physical therapist. Our third recently accepted an honors fellowship at Elon University, enrolling this coming fall semester.

Soon Patti and I will be empty nesters. Hard to believe.

We've been through the college admissions process on three separate occasions, so I feel that I've earned some wisdom to share. Many of my clients believe as I do that helping your child (or grandchild) achieve a higher education is one of the best ways to launch them into the adult world, so it's common for my clients to establish Section 529 Educational Savings Plans (named for the Internal Revenue Code Section creating them) for their children and grandchildren, and invest in state prepaid programs like the Florida Prepaid College Plan.

Are they worth it?

As my children were born, we invested in two Florida prepaid programs, understanding that at least one of them would choose to attend a private institution rather than a Florida public state college or university that those plans are best suited for. As it turns out, two chose to enroll in universities outside of the Florida public state system.

Was the prepaid program a bad investment? No, not really. As it turns out, while Florida prepaid plans are designed to be used at a Florida college or state university, the plans can also be applied to other schools nationwide. Plans can be used at in-state, out-of-state, public or private schools around the country – or even the world. The Florida prepaid plan pays to the other schools the same amount for tuition that it would have paid to a Florida public school.

Because the cost of attending a public university has outpaced inflation, it didn't turn out to be a bad investment. The annual cost of attendance for an in-state resident at the University of Florida today is estimated to approximate \$22,000, with \$6,300 of that amount constituting in-state tuition. The rest is room, board,

books and other expenses. The cost of attending a private institution like Brandeis University; however, hovers around \$65,000 annually. So if your student attends a private college, then the Florida prepaid plan would pay that private college \$6,300 annually for the tuition, assuming you purchased a four-year plan.

How about 529 plans? While the prepaid plans pay for tuition (and dormitory if you purchase a dorm contract rider) the 529 plans can be used for nearly any educational-related expense. A 529 plan usually consists of investments in mutual funds or cash equivalents, and therefore rises and falls with the market. Like all investment plans, some perform better than others.

So long as the 529 plan withdrawals are made for college related expenses, any realized capital gain or other income recognized inside of the plan is not taxed to the account holder or recipient.

I've found marginal success with 529 plans. Because of the stock market crash 10 years ago, many of my plan assets decreased in value. Low yields didn't help with those parts of the plans invested in bonds and other income producing funds. But the same probably would have held true with investments outside of a 529 plan for the same time period. The tax-free character did help overall.

What about the admissions process? My observation is that the competition to get into the best colleges and universities is fiercer than ever. It appears that our children compete for admission spots not only against other students from across the United States, but also from those around the globe. It's common on many campuses to find that international students make up an ever-growing proportion of the student body.

While grades and SAT/ACT test scores remain vitally important, there are other actions you can take to help your student gain admission, especially among private universities. The most significant point I can convey is to take an official campus tour. Most private colleges and universities offer tour dates where you register to attend a presentation, tour the campus, and learn about financial aid and scholarships.

During an Emory University tour, an admissions officer honestly revealed that those who don't take the time to visit the campus often don't make the first cut when the admissions office selects who will be admitted and who won't. The admissions officers have a difficult job in that their goal is to admit those students who are likely to enroll. Since the best students commonly have multiple offers, the school never knows who has that institution at the top of a particular student's list. When you and your student tour the campus, it demonstrates a certain eagerness to attend that university.

Next week, I'll review what I've learned about gaining scholarships while navigating this process with each of my three daughters.

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Conserve Water Plea Made To County Residents

The local region has recorded below-average rainfall from November through March, and as seasonally dry conditions continue, residents and visitors are urged to conserve water and to limit lawn irrigation in accordance with Lee County's year-round water conservation ordinance.

The ordinance prohibits irrigation between the hours of 9 a.m. and 5 p.m. Irrigation outside of these hours is limited to Thursday and Sunday for even-numbered addresses and Wednesday and Saturday for odd-numbered addresses. The ordinance must be followed, regardless of a home or business' water source. Conserving now, during the dry season, will help protect declining groundwater levels throughout the county.

Groundwater conditions should improve with the onset of seasonal rains, which typically begin in June. However, the increase in usage brought about by the drier than normal conditions and the increased seasonal population makes spring a critical time to cut back unnecessary use.

All residents are urged to abide by local ordinances that restrict lawn irrigation. Lawn irrigation can account for 50 percent of household use. While the Lee County ordinance applies to those in unincorporated Lee County, a comprehensive list of local rules can be found at www.sfwmd.gov/mywateringdays.

All local ordinances have provisions for enforcement of ordinance violations; they vary by community. Residents in unincorporated Lee County who irrigate outside the permissible days and hours can receive a warning on a first offense and fines following a warning.

Lee County is coordinating with the South Florida Water Management District to monitor conditions. In the event that a water shortage is declared for Lee County or other areas in Southwest Florida, the South Florida Water Management District will provide notice of any associated

mandatory water use restrictions.

The South Florida Water Management District also provides information on how residents, businesses and other water users can implement some easy steps to conserve water.*

SCCF To Host Talk On Solar-Based Hurricane Prep

submitted by Kristie Anders

Earth Day is Sun Day. That is to say, on Sunday, April 22, the Sanibel-Captiva Conservation Foundation (SCCF) will host an event featuring some practical solar-based ideas for a hurricane preparation box. They include:

Solar garden lights, which work well as indoor lighting if the power goes out; solar cell phone chargers – technology has grown rapidly; solar Christmas lights bring a welcoming warm glow to a darkened stairwell at your home or in a hotel.

A fan, a phone charger and LED lights can all be powered from the same portable solar panel with an inverter. That would have made a lot of people more comfortable after Hurricane Irma knocked out power to the islands last fall.

Guest speaker Anna Shork, co-founder of LuminAID, will talk about her experience spreading light to the dark corners of Puerto Rico after Hurricane Maria. Shork's talk is being sponsored by the Donald Slavik Family Foundation. Tickets for her talks at 1:30 and 3 p.m. are free, but reservations are suggested as seating is limited. Google "SCCF Earth Day Eventbrite" or visit www.eventbrite.com/e/sccf-earth-day-presentation-tickets-43655626153 to get to the correct link.

In this open house-style afternoon, people can browse some of the other inventive ways of chasing away the post-hurricane blues. Exhibits will be open from 1 to 5 p.m. on Sunday, April 22 at the SCCF Nature Center, located at 3333 Sanibel-Captiva Road.*

Top Producers



McMurray and Nette



Cindy Sitton



Cathy Rosario

The Royal Shell Real Estate Sanibel-Captiva office top producers for the month of March were: McMurray and Nette, top listing producers team; Cindy Sitton, top listings producer individual/partners; McMurray and Nette, top sales producers team; and Cathy Rosario, top sales producer individual/partners.*

Home Game Fireworks Shows

The Fort Myers Miracle will be offering fireworks shows after 10 home games this season. Fireworks will dazzle Miracle fans after nine Friday night games at Hammond Stadium in addition to Independence Day on Wednesday, July 4.

"There is no better way to start your weekend than a Friday night at the ballpark capped by fireworks," said Chris Peters, president and general manager of the Miracle. "It's one of our more popular promotions for fans, and thanks to our generous corporate sponsors, we're able to continue lighting up the sky for 12 nights

this season."

All games featuring postgame fireworks shows begin at 7 p.m. Fireworks dates for this season include: Friday, April 13; Friday, April 27; Friday, May 4; Friday, May 18; Friday, June 8; Friday, June 29; Wednesday, July 4; Friday, July 20; Friday, August 3; and Friday, August 17.

Pyrotechnic displays will be coordinated by Zambelli Fireworks, a Pennsylvania-based company that produces more than 1,600 shows annually.

Miracle single-game tickets cost an additional \$1 on fireworks nights and \$2 more on Independence Day. The 140-game regular season schedule runs through Sunday, September 2.

For more information, call 768-4210 or visit www.miraclebaseball.com.*

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Ball Teams Fight Bitter Cold Up North After Warmth Of Spring Training



by Ed Frank

There are certain things in life that you can count on year after year, one being the opening of the Major League baseball season in frigid, often snowy weather.

This year is certainly no exception. It actually has been even worse because the season started nearly a week earlier.

In the new labor contract between owners and players, the union successfully bargained for an extra four days off during the long season. And since Major League baseball was reluctant to extend the postseason into November, the season began March 29.

So it's no surprise that in the first week of the season eight games were postponed, including four home openers. If you exclude games played in warmer climates or in stadiums with retractable roofs, nearly all the rest were played in temperatures below 45 degrees.

The Minnesota Twins home opener last Thursday against the Seattle Mariners was in bitter, cold weather. Then on Saturday, it was 27 degrees when the game started, the coldest recorded start temperature in Twins' history.

The weather was about as bad on Sunday, so the game was mercifully postponed.

The Twins had played in blowing snow and mid-30s temperatures the week before in Pittsburgh – temperatures that felt like 22 when factoring in the wind.

It was no surprise that this Monday's scheduled home opener for the Chicago Cubs was postponed due to snow.

As we wrote at the outset of this column, the weather issue plagues the opening of the baseball season year after year. Yet little is done to rectify the problem.

We found that exactly one-half of the 30 Major League teams play in either stadiums that are climate controlled or in areas where the average temperatures are over 50 degrees at the end of March.

So why couldn't all of these early season games be played in those cities?

The cold weather teams will argue that they do not want to start the season with long road trips. However, with the exception of opening day, attendance falls off sharply in cold weather.

If the season was pushed back a couple of weeks, postseason play would extend well into November.

It appears, therefore, there are no easy answers.

As the weather warms and the crowds return to the ballparks, the bitter cold of March and early April baseball will be forgotten.

But you can bet the bank, the same weather-related problems will be repeated next year, the year after and into the future.

Everblades Complete Regular Season At Record-Setting Pace

The Florida Everblades hockey team completed the regular season last Saturday with a 4-1 victory over Jacksonville before an announced crowd of 7,214 at Germain Arena.

The team concluded the season with a 53-13-2-4 record, tying the team mark for the most wins and setting a new team record for points in a season at 112.

The Everblades also broke the team record for fewest goals allowed at 171, beating the old record of 180 in the 1998-90 season.

Florida begins the first round of the Kelly Cup playoffs Monday at Germain against Atlanta. The following is the schedule for the best-of-seven series:

Games 1 and 2 – Monday and Tuesday, Germain Arena; 7:30 p.m.

Games 3, 4 and 5 (if necessary) -- Thursday, Friday and Sunday in Atlanta, 7:30 p.m.

Games 6 and 7 (if necessary) – April 24 and April 25, Germain Arena, 7:30 p.m.*

Spring Training Teams Rank High In Attendance

More than 276,000 fans attended Major League Baseball spring training games this year at Lee County Parks & Recreation's JetBlue Park and Hammond Stadium at CenturyLink Sports Complex.

The Boston Red Sox led all 15 teams in the Florida Grapefruit League with a total attendance of 165,688 at JetBlue. The Minnesota Twins drew 110,770 fans to CenturyLink, despite having one rainout. Both teams ranked in the top three in the state in average attendance per game.

Statewide, about 1.5 million fans attended 237 spring training games, for an average of 6,318 per game, during the course of 33 days.

The 2018 Florida Spring Training attendance figure accounts for all games between Major League teams played in the state. Attendance is compiled daily by the Florida Sports Foundation, the State of Florida's sports promotion and development organization and a Division of Enterprise Florida, Inc., and is verified by each team.

Lee County Sports Development and Lee County Parks & Recreation play an integral role in supporting spring training efforts. The Lee County Visitor & Convention Bureau assists as well. The county's tourist tax covers the debt service (bond payment) and major maintenance on the stadiums.*

SPORTS QUIZ

1. Florida State's Mike Martin entered the 2018 college baseball season second on the career wins list for a head coach. Who is No. 1?
2. When Maury Wills of the Los Angeles Dodgers led the National League with 104 stolen bases in 1962, the runner-up was a teammate. Who was it?
3. Who holds the Big Ten football championship game record for most passing yards?
4. Name the last NBA center to have a triple-double in which he scored 50 or more points?
5. Bill Stewart was the first American-born NHL coach to win a Stanley Cup (1938). Who was the second to do it?
6. Who was the first Asian-American to win an Olympic medal?
7. Between 2001 and 2010, Tiger Woods and Phil Mickelson combined to win six of the 10 Masters golf tournaments. Name two of the other four winners.

ANSWERS

1. Augie Garrido (Cal State-Fullerton, Texas), with 1,975 wins. 2. Willie Davis, with 32 stolen bases. 3. Trace McSorley of Penn State, with 384 yards in 2016. 4. Kareem Abdul-Jabbar, in 1975. 5. Pittsburgh's Bob Johnson, in 1991. 6. Platform diver Sammy Lee, who won gold in 1948 and 1952. 7. Mike Weir (2003), Zach Johnson (2007), Trevor Immelman (2008) and Angel Cabrera (2009).

From page 10B

Rotary Happenings

chapter's honor of ABWA Woman of the Year but went on to receive the regional Woman of the Year title. Salli and her daughter, Venessa Flynt, began the island tradition of Fall Family Fun Night at The Community House, which year after year is an outstanding success with all the children on Sanibel. Salli regularly takes her fundraising activities off island and around the country, participating and in an array of bicycle fundraiser events, all for charity. And, if that's not enough, she loves her role of grandma to two amazing granddaughters.

The Kirklands not only support each other at work but also support each other in their endeavors in community involvement and fundraising activities.

A couple of notes from Billy: He referred to his great team of employees. They are key to his business and personal ranking in the community. He also reminded Rotarians that Billy's Bikes aligns with Rotary's wheelchair project by providing handicapped beach wheelchairs for free to anyone in need of such equipment on a short-term basis on the island.

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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Youth volunteers

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The Volunteers Make It Happen

It's that time of year again when FISH of SanCap says farewell to its seasonal volunteers.

"We cannot thank you enough for sharing your time with us while you were here and hope you know the positive impact you made on the lives of so many of our island neighbors. We could not, and cannot, complete the significant work we do without your energy, enthusiasm and compassion," said Lyn Kern, FISH office and volunteer manager. "Our volunteers are the lifeblood of FISH. During the

summer, we continue to provide our services with a skeleton crew of available volunteers, and it 'ain't easy' (yet we do it). We already can't wait for your return."

FISH volunteers, 200-plus strong, make it all happen for island neighbors. They are drivers both on and off island. Near and far, FISH volunteers pick up food products from Hary Chapin, Midwest Food Bank, Bailey's, Jerry's, Publix, Island Pharmacy, CVS and the Farmers Market. Through midday traffic, volunteers deliver nutritious meals to folks from Captiva to the east end and arrange equipment pickups seven days a week. Volunteers answer phones, stock shelves, assemble backpacks, wrap presents and so much more. They are a

shoulder to lean on, an ear to lend. They are a smiling face that becomes a friend.

Far too many are seasonal, leaving FISH with a small supply of able bodies to complete year-round requests. "May through October are tough for us since many have gone home or are traveling. We lose 85 percent of our volunteer base during this time, yet the requests continue," added Kern. "We could really use your help, even if you have just an

hour or so a week. You will be trained in your area(s) of interest and placed with an experienced and seasoned volunteer or staff member to help you until you feel comfortable. With your help, FISH can continue our mission to lend a helping hand to those that live, work or visit Sanibel and Captiva islands."

For more information on volunteering with FISH, contact Lyn Kern at 472-4775.✧

Surgeon Named One Of Top Doctors In Nation

Fort Myers Facial Plastic Surgeon Dr. Stephen A. Prendiville has been named one of the nation's Top Doctors by Castle Connolly Medical Ltd. in New York.

It is the fourth consecutive year that Dr. Prendiville has been recognized for the honor in the Otolaryngology-Head & Neck Surgery specialty, which includes surgery of the ear, nose, throat, facial plastic and reconstructive surgery, and related structures of the head and neck.

Dr. Prendiville, who also is the medical director of Assuage Luxury Spa in Fort Myers and Naples, is the only fellowship-trained facial plastic surgeon in Fort Myers who is certified by both the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology



Dr. Stephen A. Prendiville photo provided

- Head and Neck Surgery. He has performed more than 5,000 surgical procedures during his 17 years of practice in Fort Myers.✧

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Doctor and Dietician

Surgery And The Elderly



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

Surgery comes with risks for everyone, but it can pose serious risks for older people, who tend to tolerate anesthesia poorly and who also take longer to heal. In our culture, aggressive medical care is often sought, without taking into full consideration the various risks involved. Oftentimes, recovery time in the hospital is double and may result in a prolonged stay in intensive care. Although some elderly folks may be strong physically and even quite healthy, others may not be, and operating on someone who is more frail may not help prolong life, or even improve the quality of life.

Surgical procedures for the elderly have been in the news lately, as nearly one in three Medicare patients undergo

surgical procedures in the year before they die. These surgical procedures range from major operations that require lengthy recoveries to relatively minor surgery.

Why is surgery so prevalent? Older folks often have a high regard for the medical profession, which can make them vulnerable to unwanted interventions. They agree to the procedure simply because the doctor suggests it. And why not, if insurance pays most of the cost? But problems with wound healing, length of recovery, or whether the benefits outweigh the risks may not be investigated. The patients' overall health, their goals and values, and realistic expectations need to be considered when making these medical decisions. The best, the worst and the most likely outcomes should be laid out, for a well-advised plan.

The baby boomer generation is aging and the population of patients older than age 65 seeking surgical care is increasing. Surgical services need to focus on providing safe and specialized care for this aging population. When surgery is elective, other non-surgical alternatives should be sought to improve quality of life.

*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:

Secrets



by Kay Casperson

Do you have a secret? Can you keep a secret? I would bet that most of us have had a secret or two shared with us in confidence, as well as a personal secret that we have decided to keep to ourselves

at some point in our lives. For some reason, keeping secrets can sometimes get a bad wrap, but I believe that there are places in life when they are necessary and let's face it, sometimes better left unsaid.

There is definitely a time and a place for everything including when, if ever, to reveal a secret.

Secrets become secrets for various reasons including protecting your loved ones or even protecting yourself in some instances. Not everything needs to be revealed to the world at every moment – even in this day and age of mass communication on so many levels.

Below are some secrets that, in my opinion, are best to keep to yourself:

New business ventures – You wouldn't want your competition to find out what you're up to, would you? Only reveal your plans when the time is right, and you are ready to roll things out.

Special places – We all have those places that we love to go to and cherish special times with ourselves or with loved ones. You might want to keep them to yourself, or they just might lose the significance.

Personal experiences – This is a tough one because I believe our experiences lead to who we ultimately become, but not all of them should be highlighted. I believe that your experiences should be shared if they will help you or someone you know get to a better place of understanding and growth.

Favorite Recipes – Yes, there is something to be said about keeping that family or favorite recipe to yourself. There is a fun mystery and conversation that continues with this one through the generations.

Family Issues – The only time these things should ever be shared and talked about is with a trusting friend or while in counseling. Life will certainly throw you

some ups and downs but be careful about the people you share your peaks and valleys with.

And, last but certainly not least, the one secret you should always keep to yourself is... other people's secrets. You might say, well, of course, this is obvious, right? But it actually takes a lot of discipline and integrity for people to keep your secrets to themselves, so my advice to you is to be extremely cautious when revealing something close to your heart to just anyone.

My affirmation for you this week is: "I will cherish my life secrets and will take extra special care in whether or not they will be revealed to the world."

*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.**

Nutrition Program For Better Health

Lee Health is offering Start Anew, a 10-day nutrition program to promote better health. A kick-off of the program will be held at HealthPark Medical Center on Monday, April 16 at 6 p.m. Pre-registration is required and fees apply.

The program fights known side effects (poor diet, including grogginess, brain fog, bloating, and aches and pains) through healthy, plant-based, whole foods. Research shows that following this type of plan promotes weight loss, reduction in cholesterol, reduction in blood sugar, reduction in blood pressure, clearer thinking, increased energy and more optimistic feelings.

Start Anew includes: 20 Flavor Harvest plant-based entrees prepared by Culinary Solutions; Lab (cholesterol, triglycerides and glucose) testing before and after the 10-day program; Plant-based recipe book; Plant-based movie DVD; Initial kick-off meeting led by Brian Taschner, MD, Lee Physician Group cardiologist.

HealthPark Medical Center is located at 9981 South HealthPark Drive in Fort Myers. For more information or to register, call 424-3121 or email StartAnew@LeeHealth.org.*

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dearRPharmacist

The FDA Might Be Feeding You Foolishness



by Suzy Cohen, RPh

Dear Readers: Who should decide if your food is healthy? Do you think that the Food & Drug Administration should? The reason I ask is because this year, the FDA is going to

become more involved in considering what "healthy" means. They will also have input about the claims that food companies make.

On the surface, this sounds absolutely

reasonable. The "FDA" name itself implies that it should have some say about food, but I've noticed their track record and it's awful. Have you noticed that their interventions to fortify food don't work that well? When they fortify cereal with folic acid, that's a synthetic form of vitamin B9. When they fortify milk with calcium, it's not a very good form and can cause stomach upset.

Furthermore, I think that an agency that's in charge of drugs, should not simultaneously be in charge of food. Unless perhaps you want to look forward to Prozac Popsicles and Requip Rice Krispies.

If it wasn't so sad, it would be hilarious. Scott Gottlieb, who is the commissioner of the Food and Drug Administration, was speaking at the CNBC Healthy Returns Conference in New York a few days ago, and he looks like a nice, reasonable guy. I wish I could get a meeting with him. I'd tell him that his prior attempts to help out with obesity

are failing pathetically. His changes to the food industry intended to reduce the incidence of heart disease, diabetes and chronic illness aren't working. They won't ever work... not until his agency stops the genetic modification of our food and the spraying of it with hundreds of hormone-disrupting pesticides.

Why don't you start prioritizing that, hmm?!

The FDA's intention is noble, but do we want to let the same people who sanction margarine dictate what's "healthy" now?!

They're working towards making food manufacturers create an icon or symbol on all of their labeling in order to meet new definitions of "healthy." But food makers cheat, not all of them, but for sure, some of them are failing to disclose additives, MSG and bug parts. The industry is not the most ethical sort, and I bet those officials will be putting the new icon on their labels without doing a darn thing to make it "healthier." And you'll

pay more for the pretty (but meaningless) badge on the label. As the expression goes, "You can't put lipstick on a pig."

If you sense my frustration, it's because I've worked very hard my entire life, not just to purchase real food, but to cook authentically healthy meals, the kind that automatically come with nutrition. No icon needed.

If you want "healthy" food, don't look for boxes with an icon. Shop around the perimeter of the grocery store or go to a farmer's market and buy organic when possible. Don't rip open a box that has an ingredient list of 45 things you can't even pronounce, and then shove it in the oven just because some agency stuck an icon it.

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 have lived with stress for many years, and I want to get to a place in life where I can reduce it and live as stress free as possible. What are the best ways to keep my stress

reduced?

A: Stress has become a catch word that is used as an excuse for not taking responsibility for our feelings, above all our fear. If you can equate stress with fear and realize that feeling stressed is really a fearful reaction, you can begin to eliminate the need for stress in your life. So when you are feeling stressed, ask yourself what are you afraid of? Most of us have a long list of worries, with things like work, finances, family matters and health at the top. Your concern then becomes how to eliminate the fear and move through life feeling safe. Below is a mirror work exercise that will help you with replacing any negative, constricting

thoughts with positive thoughts that create peace, joy, harmony and a stress-free life as possible.

Most of our beliefs (the grain of our wood) are formed by the time we are around five years old. We may expand on them in our adolescent years and perhaps a bit more as adults, however very little changes overall. If I were to ask you why you hold a certain belief, most likely you could trace it back to a decision you made when you were a young child. So what I propose is that you stop letting limited beliefs stop you from feeling your optimum health and wellness from now on.

You have the choice to accept your limitations or rise above them. Remember, the limitations you feel are all in your mind and have nothing to do with your reality. When you learn to stop your limiting beliefs and allow yourself to move into the totality of possibilities, you will know beyond a doubt that you are good enough. You have what it takes to be the best you can be.

Your Mirror Work Exercise:

1. Sit in a comfortable chair with your hands in your lap and feet on the floor. Gently close your eyes and take three long deep slow breaths. Breathe in relaxation and breath out stress and tension.

Feel any fear and tension flowing out

of your body. Feel your muscles relax. Now allow your entire body to relax.

2. Now pick up your pocket mirror and look deeply into your eyes. Say: I release all fear. I let go of all tension. I am at peace. Freedom from stress is my divine right. Keep repeating these affirmations over and over again.

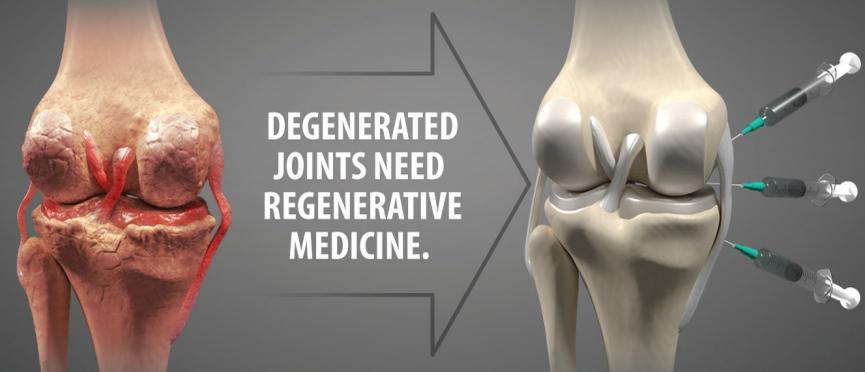
3. Close your eyes and take a few more minutes to breath deeply. Repeat these affirmations: I believe in ME. I am a capable person. I can do it. I can handle anything that comes my way. I

believe in all possibilities.

4. Anytime you see your reflection today, repeat these affirmations: I am at peace. I have all the time I need. I flow with life easy and effortlessly.

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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Fire Department - Captiva	472-9494
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Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
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City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
Post Office - Captiva	472-1674
Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743
ARTS	
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Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	472-6197
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
Symphonic Chorale of SW Florida	560-5695
CLUBS & ORGANIZATIONS	
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FISH. OF SANCAP 24-hr service	472-0404
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MOAA - Military Officers Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus	395-1202
Sanibel-Captiva Shell Club	facebook.com/sancapshellclub
Sanibel Youth Soccer	www.sanibelsoccer.org
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

To be listed in calling card email your information to:
press@islandsunnews.com

PETS OF THE WEEK

Haven on Earth Animal League

Triscuit And Malia



Triscuit

photos provided

During the month of April, Haven on Earth Animal League's adoption fee for adult cats is only \$35.

Hi there! I'm Triscuit. I am a beautiful, 1-year-old calico kitty, and I just had a litter of kittens. I am being fostered while I raise my babies and will be available for adoption in about a month. I will be spayed and brought up to date on all vaccines. As an adult, my special adoption fee is only \$35 during the month of April.



Malia

Hello! I'm Malia. I am a very pretty Siamese girl with beautiful blue eyes. I'm about 7 years old. I would prefer to be the only cat in the house, but I get along well with dogs. I am currently staying with a foster mom. I am spayed and up to date on all vaccines. My adoption fee is \$35 during the month of April.

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.✪



Liger ID# A712867, Carlos and Benji ID# A712869

photos provided

Lee County Domestic Animal Services

Liger, Benji And Amber

In honor of Animal Control Appreciation Week, LCDAS is featuring brothers Liger and Benji who are 1-year-old-male American bulldogs with ACO Mena. Each brother has their own individual personality. Benji is a bit more laid back while Liger is the free-spirited one of the two. Both are full of the playfulness one would expect at this age. The volunteer staff can't wait to show you the new things both have learned in their short time here at LCDAS.

Their adoption fee is \$75.

Amber is a 6-year-old female domestic shorthair who is one of the 'Super Seniors' this week, but don't tell her that. She still thinks she's a kid (which she certainly is at heart.) She is very curious and is



Amber ID# A583362

content people-watching by a window.

Her adoption fee is \$25

For information about this week's pets, call 533-7387 (LEE-PETS) or log on to Animal Services' website at www.LeeLostPets.com. When calling, refer to the animal's ID number. The website updates every hour so you will be able to see if these or any other pets are still available.

The shelter is open for adoptions from 10:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter is located at 5600 Banner Drive in Fort Myers, next to the Lee County Sheriff's Office off Six Mile Cypress Parkway.

All adoptions include spay/neuter surgery, age-appropriate vaccinations, rabies vaccination and county license if three months or older, flea treatment, worming, heartworm test for dogs six months and over, feline AIDS and leukemia test for cats, training DVD, 10-day health guarantee, and a bag of Science Diet pet food.

The adoption package is valued at \$500.✪

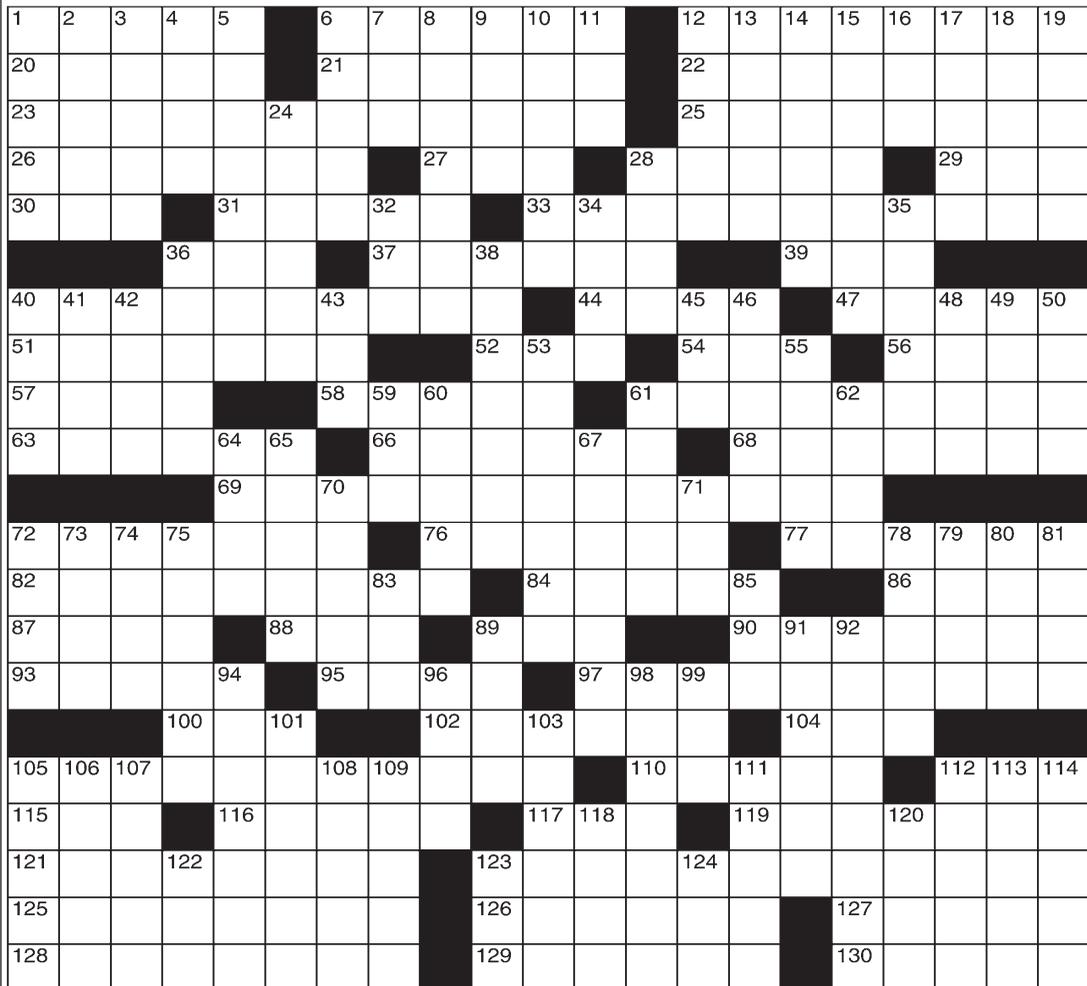
PUZZLES

Answers on page 29B

Super Crossword

WEE
BEINGS

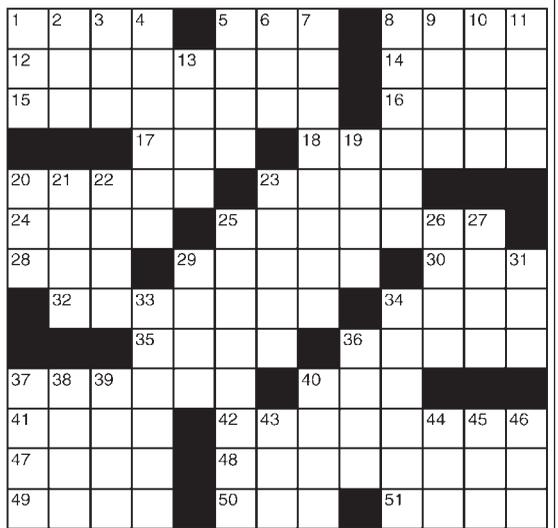
- ACROSS**
- 1 Pre-Easter seasons
 - 6 Confront boldly
 - 12 Entrée accompanier
 - 20 Into pieces
 - 21 "— & Greg" (old sitcom)
 - 22 Baseballer Roberto
 - 23 Style for Twiggy or Halle Berry
 - 25 Turned away from sin
 - 26 Remove with a dustpan, say
 - 27 Mate of Mom
 - 28 Dead duck
 - 29 Jestful sort
 - 30 Kin of -ette
 - 31 Prelude
 - 33 Kitschy lawn decoration
 - 36 Blasting inits.
 - 37 Matador
 - 39 Low mark
 - 40 Diet Coke alternative
 - 44 Banjos' cousins, in brief
 - 47 Boxer Roberto
 - 51 Duncan of dance
 - 52 L.A. winter hrs.
 - 54 Bit of web video gear
 - 56 Burrito kin
 - 57 "American Pie" actress Reid
 - 58 Aesop's language
 - 61 Robert Louis Stevenson short story, with "The"
 - 63 POW's place
 - 66 Difficult trial
 - 68 Prize taker
 - 69 Credits for currying favor
 - 72 World Series month
 - 76 Goal
 - 77 Yard dividers
 - 82 Grimm story
 - 84 Born earlier
 - 86 Roof edge
 - 87 Took a plane
 - 88 — Z (the works)
 - 89 Part of 55-Down: Abbr.
 - 90 One issuing a revision
 - 93 Deer daddies
 - 95 Filmdom's Kazan
 - 97 Cookie baker in a tree
 - 100 Part of UNLV
 - 102 Least confined
 - 104 Horace's "— Poetica"
 - 105 Swimmer with a long, flattened snout
 - 110 Singer — Marie
 - 112 Destroy the inside of
 - 115 Lacto- — diet
 - 116 Like some perfect games
 - 117 Wide shoe spec
 - 119 With regard to pitch
 - 121 New film's initial
 - 123 Spago restaurateur
 - 125 Licorice-tasting liqueur
 - 126 One way to serve café
 - 127 — Lauder
 - 128 Alcoves
 - 129 Surgical inserts
 - 130 Performers
- DOWN**
- 1 Little slip-up
 - 2 Sweeping stories
 - 3 Greek island
 - 4 Duet + one
 - 5 Enter by foot
 - 6 Change to fit
 - 7 Greek letter
 - 8 One of four on a sedan
 - 9 Kind of whale
 - 10 Smear mark
 - 11 Design on skin, in brief
 - 12 Atlantic fish
 - 13 Actress Graff
 - 14 Rely
 - 15 Appeared
 - 16 Woodsy lair
 - 17 Bisected
 - 18 Iron output
 - 19 Bush row
 - 24 Stalking sort
 - 28 Totally get
 - 32 Artery: Abbr.
 - 34 In — (mired)
 - 35 Fix, as a dog
 - 36 — wave
 - 38 Lured
 - 40 Is in session
 - 41 Jr.'s exam
 - 42 — avis (oddy)
 - 43 Sharp turn
 - 45 Green start?
 - 46 The Devil
 - 48 Police action
 - 49 Crest
 - 50 "Negative"
 - 53 BBQ pest
 - 55 Weekday letters
 - 59 Propel a boat
 - 60 Golfer Els
 - 61 Tow-headed
 - 62 Emit coherent light
 - 64 Big name in advice
 - 65 Garbo of film
 - 67 Hulking and dumb, maybe
 - 70 Elocute
 - 71 Mineral suffix
 - 72 Does in
 - 73 City in Colombia
 - 74 Arena area
 - 75 "1984" writer
 - 78 Gets closer to Henri
 - 79 Blanchett of "Elizabeth"
 - 80 Stunt puller
 - 81 Knieval
 - 81 Toiler of yore
 - 83 Online "Ha!"
 - 85 Wipe
 - 89 Jamie of TV
 - 91 Intend to do
 - 92 Crazy
 - 94 Holy French ladies
 - 96 "— all possible ..."
 - 98 Singer Gloria
 - 99 Summer, in Savoy
 - 101 Hog noises
 - 103 Just manage
 - 105 Really succeed
 - 106 Like lambs
 - 107 Of the fifth element
 - 108 Novelist Nevil
 - 109 Tap-dancer Gregory
 - 111 Les — -Unis
 - 112 Thigh-rotating muscle, informally
 - 113 Peptic disorder
 - 114 Moppets
 - 118 Her, to Henri (small dog)
 - 120 Lhasa —
 - 122 Wind dir.
 - 123 Used to be
 - 124 "Shoo!"



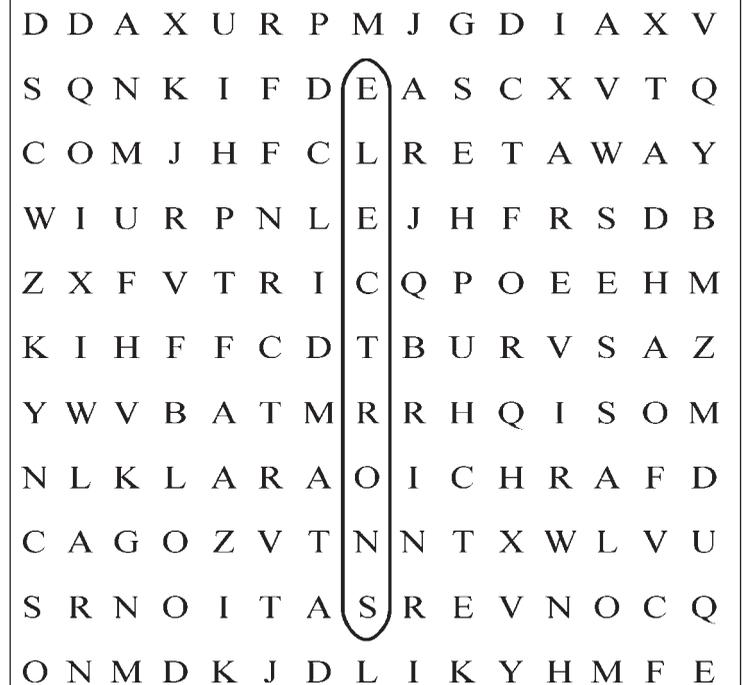
King Crossword

ACROSS

- 1 Dillon or Damon
- 5 Greek vowel
- 8 Heap
- 12 Cooling drink
- 14 Smell
- 15 Execrate
- 16 Island garlands
- 17 Sch. org.
- 18 Not quite upright
- 20 Big name in California wines
- 23 Soreness
- 24 Do as you're told
- 25 Wide ruffle
- 28 Conk out
- 29 Lead the way
- 30 Playwright Levin
- 32 Beat decisively
- 34 Follow closely
- 35 Manitoba native
- 36 Tending (to) observer
- 37 Lecherous
- 40 — carte
- 41 Off the base, for short
- 42 Proclaim
- 47 Toy block name
- 48 Washington Monument,
- e.g.
- 49 Rewrite, maybe
- 50 Hot tub
- 51 Chills and fever
- er's woe
- 9 Concept
- 10 Pork cut
- 11 Formerly, formerly
- 13 Car
- 19 Actress Elisabeth
- 20 Deity
- 21 Somewhat
- 22 Sly look
- 23 Carroll heroine
- 25 Solemn occasions
- 26 "Arrivederci"
- 27 Ireland
- 29 Mentor
- 31 Beer cousin
- 33 Spotted wild-cat
- 34 Emotional upset
- 36 Trudge on
- 37 Crooner Jerry
- 38 As yet unpaid
- 39 Boo-Boo's companion
- 40 "— Karenina"
- 43 Siesta
- 44 Run-down horse
- 45 French vineyard
- 46 — out a living



MAGIC MAZE ● THINGS THAT FLOW



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

- | | | | |
|--------------|-----------|----------|--------|
| Air | Data | Ketchup | River |
| Blood | Electrons | Lava | Stream |
| Cash | Glaciers | Molasses | Water |
| Conversation | Ice | Money | |



"There's a strange man following me—can you get his _____ for me?"
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!

Lithe
EMBLIN

Swish
ULSTER

Descent
GULPEN

Chafe
CAPERS

TODAY'S WORD

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

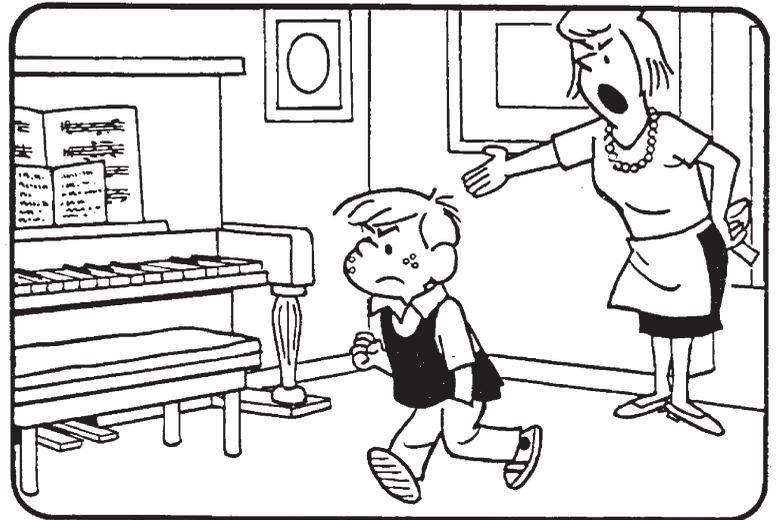
SUDOKU

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

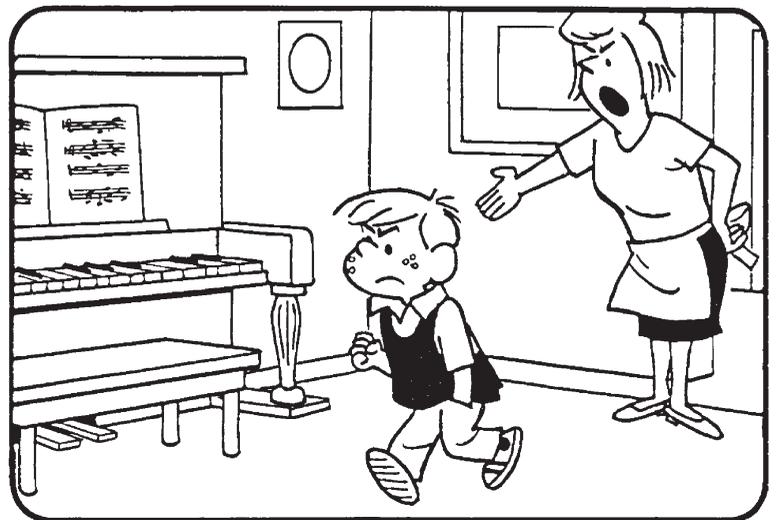
answer on page 29B

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Songbook is missing. 2. Cushion is missing. 3. Picture is different. 4. Arm is moved. 5. Leg is shorter. 6. Beads are missing.

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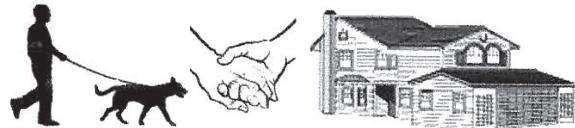
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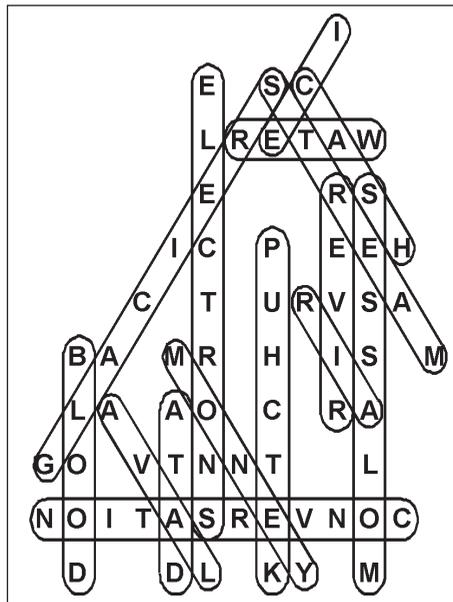
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MAGIC MAZE



SUDOKU

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

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RENTALS WANTED

WANTED TO RENT 2019

Mature woman looking to rent a 1-2 bedroom unit on Sanibel for March 2019. Call 860-391-3238
 4/13 * 5/4

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Professional family relocating for a job opportunity. Looking for a 4 bedroom home to rent on Sanibel for 1 year. Please call Beth at 720-644-7524.
 3/23 * 4/13

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HELP WANTED

EXPERIENCED RETAIL SALES

Seeking 2 experienced retail sales associates on Sanibel for a gift shop and a Ladies Boutique. Full time positions. Tolls paid. Call Amy 239-565-9495 Leave message.
 4/6 * 4/13

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Dairy Queen Sanibel SW FL's #1 is now hiring all positions. Fast paced, friendly environment. Bring your smile and join our team. Randy 472-1170
 4/6 * 4/27

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GARAGE SALE

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Upright GE freezer 14 cuft, Computer Desk, Yard blower, Stihl trimmer, Gas edger, Kitchenaide stand mixer, Lamps, Dishes and glassware, & Lots more stuff Saturday Apr 21, 8 to 2, 580 Boulder Dr.
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PRIVATE ORCHID COLLECTION

Every plant must go. Many beautiful & mature plants. Some very rare. Sat. & Sun. April 14/15th. 1710 Sand Pebble Way, Sanibel. Please: 11 a.m. to 4 p.m. or 239-201-5554.
 4/13 * 4/13

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

 <p>FRIDAY Sunny High: 81 Low: 71</p>	 <p>SATURDAY Sunny High: 84 Low: 73</p>	 <p>SUNDAY Mostly Sunny High: 81 Low: 71</p>	 <p>MONDAY Sunny High: 78 Low: 68</p>	 <p>TUESDAY Sunny High: 76 Low: 66</p>	 <p>WEDNESDAY Sunny High: 77 Low: 67</p>	 <p>THURSDAY Mostly Cloudy High: 76 Low: 66</p>
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	12:01 am	6:13 am	12:52 pm	6:27 pm
Sat	12:48 am	6:41 am	1:07 pm	7:05 pm
Sun	1:34 am	7:07 am	1:24 pm	7:43 pm
Mon	2:20 am	7:32 am	1:45 pm	8:24 pm
Tue	3:08 am	7:56 am	2:11 pm	9:09 pm
Wed	4:03 am	8:21 am	2:42 pm	10:00 pm
Thu	5:07 am	8:44 am	3:19 pm	10:58 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	11:57 am	6:15 am	11:53 pm	6:29 pm
Sat	12:12 pm	6:43 am	None	7:07 pm
Sun	12:39 am	7:09 am	12:29 pm	7:45 pm
Mon	1:25 am	7:34 am	12:50 pm	8:26 pm
Tue	2:13 am	7:58 am	1:16 pm	9:11 pm
Wed	3:08 am	8:23 am	1:47 pm	10:02 pm
Thu	4:12 am	8:46 am	2:24 pm	11:00 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	12:40 pm	6:23 am	None	6:39 pm
Sat	12:34 am	6:56 am	1:05 pm	7:20 pm
Sun	1:13 am	7:28 am	1:26 pm	8:00 pm
Mon	1:51 am	7:58 am	1:41 pm	8:42 pm
Tue	2:35 am	8:30 am	1:54 pm	9:27 pm
Wed	3:31 am	9:01 am	2:15 pm	10:14 pm
Thu	4:37 am	9:34 am	2:49 pm	11:04 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	2:11 am	9:29 am	3:02 pm	9:43 pm
Sat	2:58 am	9:57 am	3:17 pm	10:21 pm
Sun	3:44 am	10:23 am	3:34 pm	10:59 pm
Mon	4:30 am	10:48 am	3:55 pm	11:40 pm
Tue	5:18 am	11:12 am	4:21 pm	None
Wed	6:13 am	12:25 am	4:52 pm	11:37 am
Thu	7:17 am	1:16 am	5:29 pm	12:00 pm

My Stars ★★★★★

FOR WEEK OF APRIL 16, 2018

Aries (March 21 to April 19) A little woolgathering is OK. But don't let that dreamy state linger beyond midweek, when you'll want to be ready to take on new workplace responsibilities.

Taurus (April 20 to May 20) Love rules the week for single Bovines seeking romance. Attached pairs also find new joy in their relationships. Friday should bring news about a business opportunity.

Gemini (May 21 to June 20) Home becomes the center of a new social whirl, as you show your talent for hosting great parties. You can expect to impress a lot of people who've never seen this side of you.

Cancer (June 21 to July 22) The Moon Child might have to raise those powers of persuasion a notch to get a still-wary colleague to agree to go along. Finding more facts to back up your position helps.

Leo (July 23 to August 22) Hold off trying to fix the blame for an apparent mishandling of a work situation. A full investigation could reveal surprising facts on how and why it really happened.

Virgo (August 23 to September 22) Your ability to find details others might overlook gives you an advantage in assessing a possibly too-good-to-be-true offer. A trusted colleague has advice.

Libra (September 23 to October 22) Expect to be called on once again to act as peacemaker in a long-simmering dispute that suddenly flares up. Offer advice, but be careful to stay out of the fray.

Scorpio (October 23 to November 21) Your organizational skills help you line up your priorities so that you get things done without added pressure. The weekend could hold a special surprise.

Sagittarius (November 22 to December

21) New ventures are favored. But don't launch yours before rechecking all facts and sources. Also, be sure you can rely on support from certain people.

Capricorn (December 22 to January 19) Don't be pushed into renegotiating an agreement, even though it might help avoid a potential impasse. Get legal advice before you sign or agree to anything.

Aquarius (January 20 to February 18) Helping others is what Aquarians do so well. But this time, someone wants to help you. Expect to hear some news that will both surprise and delight you.

Pisces (February 19 to March 20) Things go so swimmingly that you're tempted to take on more tasks. Best advice: Finish what you have now, then enjoy a well-earned relaxing weekend.

Born This Week: Your understanding of human nature helps you make wise decisions that are appreciated by all. You would make a fine judge.

STRANGE BUT TRUE

- It was Swedish poet Vilhelm Ekelund who made the following sage observation: "To read fast is as bad as to eat in a hurry."

- Bullies, take note: Director Wes Craven reportedly named the character Freddy Krueger, from the "Nightmare on Elm Street" horror films, after a kid who had bullied him in school.

- Though coffee has been around for about 700 years, instant coffee was invented just over 100 years ago, in 1906. By George Washington. Of course, it wasn't "that" George Washington. The man who made coffee more convenient -- and, many would say, less flavorful -- was from Belgium.

- Those who study such things claim that there are roughly 5 million bubbles in a single glass of champagne. That factoid

begs the question: How do you count the bubbles in a glass of champagne?

- The next time you're planning a European vacation, make time to visit the coast of the Netherlands, where you can stay in one of the world's most unusual hotels. Along the banks of the Wadden Sea you'll find Harlingen Harbour Crane, an actual derrick that was once used to haul timber. These days it holds aloft luxurious sleeping quarters designed for only one party at a time. If you need a change of scenery, just head to the control room to swing the crane around until you find a view that strikes your fancy.

- Talk about a serious typo: In 2008, the Chilean mint issued thousands of copies of a coin with the country's name spelled "Chiie" instead of "Chile."

THOUGHT FOR THE DAY

"It is fortunate to be of high birth, but it is no less so to be of such character that people do not care to know whether you are or are not." -- Jean de La Bruyere

SCRAMBLERS

1. Nimble; 2. Rustle;
3. Plunge; 4. Scrape

Today's Word
NUMBER

HORTOONS



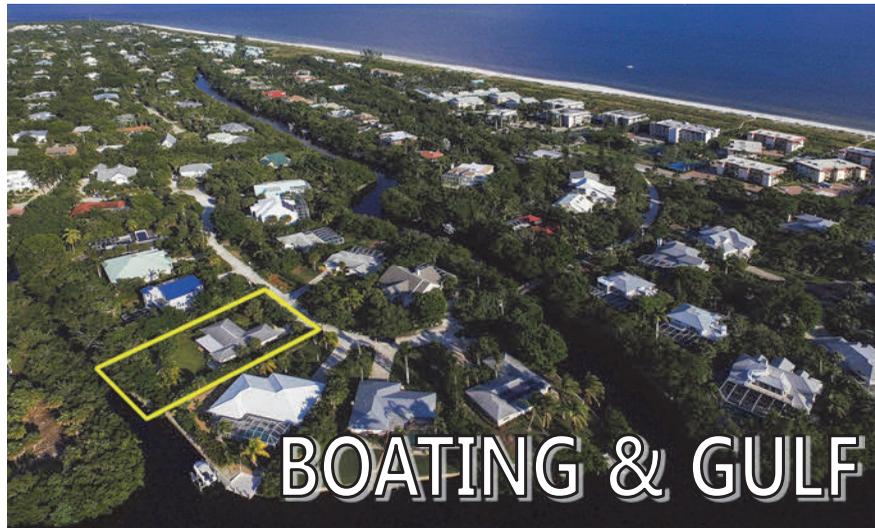
Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Little Hickory Shores	Bonita Springs	2017	4,000	\$2,985,000	\$2,825,000	396
Sanibel Estates	Sanibel	2005	3,448	\$2,295,000	\$2,250,000	7
Devonwood	Fort Myers	2007	6,016	\$1,680,000	\$1,350,000	129
Sanctuary	Bonita Springs	1995	4,391	\$1,495,000	\$1,275,000	150
Navona	Miromar Lakes	2015	2,575	\$1,375,000	\$1,285,000	23
Carolands	Bonita Springs	1991	1,791	\$1,199,000	\$995,000	191
Cape Harbour	Cape Coral	2015	3,315	\$1,175,000	\$1,120,000	111
Hidden Harbor	Fort Myers	2016	2,873	\$1,174,990	\$1,084,000	379
Not Applicable	Sanibel	1987	2,342	\$1,095,000	\$1,000,000	70
Gulf Ridge East Subdivision	Sanibel	1988	3,090	\$1,049,000	\$975,000	59



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