



# Island Sun

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SANIBEL & CAPTIVA ISLANDS, FLORIDA

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MAY SUNRISE/SUNSET: 24 6:38 • 8:12 25 6:37 • 8:13 26 6:37 • 8:13 27 6:37 • 8:14 28 6:37 • 8:15 29 6:36 • 8:15 30 6:36 • 8:16

## Busy Summer Planned For Island Seniors

by Jeff Lysiak

While things may be slowing down across the islands as we head further out of season, things at Sanibel's Center 4 Life are just beginning to heat up.

In addition to their regular schedule of fitness-based classes, art instruction and other weekly activities, members of the Island Seniors can look forward to a summer filled with leisurely lunch outings, delightful day trips to a variety of destinations near and far, and plenty of opportunities for stimulating social gatherings.

"We have an activity committee which meets once a month to plan excursions," said Ann Moeder, Island Seniors board and activity committee member. "We welcome suggestions from members all the time and try our best to consider them. Quite a lot of time is spent on each suggestion."

This season, the Island Seniors' Leisure Lunchers group has already visited Wisteria Tea Room in Fort Myers, Sweet



The Island Seniors' Leisure Lunchers group visited Sweet Melissa's Café on May 15

photo by Jeff Lysiak

Melissa's Café on Sanibel and Broadway Palm Dinner Theatre for a performance of *Murder on the 19th Hole*. Upcoming outings include an IKEA shopping day in Plantation on Wednesday, May 29, a trip to the Off-Broadway Palm Theatre for a performance of *Little Shop of Horrors* on Wednesday, June 5, dining at Malia on Sanibel on Monday, June 10, Captiva landmark The Bubble Room on Monday,

July 22 and Cip's Place on Sanibel on Wednesday, August 14.

Advance registration is required for Leisure Lunchers trips and separate checks are provided at each destination except for the IKEA trip (lunch on your own, transportation costs \$5 for members or \$20 for non-members) and Off-Broadway Palm Theatre show (lunch on your own at Cristof's on McGregor, costs \$45 for

members or \$55 for non-members). For additional details or to make reservations, call 472-5743.

Also this season, a pair of Discover Florida Day Trips are on the Island Seniors' calendar. Operated by Trendy Tours of Fort Myers, the group will travel from Fort Myers on Thursday, June 20. There, they'll embark upon a sightseeing cruise of Sarasota Bay, a buffet lunch, shopping time on St. Armand's Circle and a stop at Der Dutchman Amish Bakery. Cost is \$99 for members or \$109 for non-members, including round-trip bus transportation.

On Saturday, July 27, Island Seniors will travel to Lake Placid for The Caladium Festival, an all-day celebration of the colorful caladium plant. That same day, a vintage and classic car show will be held there. Cost is \$49 for members or \$59 for non-members, including round-trip bus transportation.

For additional details about Discover Florida Day Trips or to make reservations, call 472-5743.

The Island Seniors' Page Turners group will meet on Wednesday, June 12 to discuss John Berendt's thriller *Midnight in the Garden of Good and Evil*. The movie starts at noon, which will be followed by a discussion at 2:30 p.m. On Wednesday,

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## Summer Reading Kickoff Party At Sanibel Library

Sanibel Public Library blasts off into A Universe of Stories with the 2019 Summer Reading Program. The SRP Kickoff Party – with raffles, games and snacks – will be held on Saturday, May 25 from 10 a.m. to 12:30 p.m. All children, from babies to teens, can register. Participants will receive a special gift (quantities are limited).

As in years past, children can read to earn books for their home library and for patients at Golisano Children's Hospital of Southwest Florida. The Sanibel Public Library Foundation matches each book "earned" with a book for patients at the children's hospital. Last year 1,202 books were "earned" by readers for the hospital. Since its inception in 2012, participants have helped contribute more than 8,000 books to the hospital.

The Summer Reading Program is funded in part by a grant from the Sanibel Public Library Foundation's Joan Hunt Cory Children's Fund. The fund was established in 2008 to honor



Children can earn books for their own libraries or for patients at Golisano Children's Hospital of Southwest Florida

photo provided

longtime library volunteer and supporter Joan Hunt Cory, who was also a 20-year Sanibel resident.

Youth Services Librarian Deanna Evans said, "Summer reading programs encourage children to read for pleasure while helping to prevent the "summer slide"—loss of the previous school year's

reading gains. It gives parents and children opportunities to bond while reading together to help strengthen pre-reading and reading skills."

Children also benefit from the rich literacy experiences afforded by special events and organized programs the library offers during the summer

program.

Instead of paper logs for tracking reading and activities, the library offers Beanstack, an online platform to record these tasks. Beanstack also offers personalized book recommendations and specific tools for learning. Signing up can be done from a smart phone or other device. Beanstack offers a free, user-friendly app for Apple and Android devices. Library staff will be happy to assist.

If families cannot attend the kickoff, they can still register in person at the library or online via the link on the children's page on [www.sanlib.org](http://www.sanlib.org).

Starting Wednesday, June 3, the library will host weekly fun and educational programs for youth to celebrate summer reading and present A Universe of Stories. As always, the public is invited to attend library programs.

On Friday, May 24 from 3:30 to 4:30 p.m., you can enter a virtual Jurassic world with dinosaurs. Stop by the library to take in the scale and magnificence of these creatures in a way you can only get with VR.

Experience Virtual Reality Google Paint or theBlu Underwater Experience

continued on page 16

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A DAHLMANN PROPERTY



A large bobcat was spotted walking along the Pond Apple Park Trail photos by Bob Ross

## Big Bobcat Visits Bailey Homestead

by Jeff Lysiak

Two weeks ago, vacationer Bob Ross was walking along the Pond Apple Trail on Sanibel's east end when he saw something he hadn't before.

"I was on Pond Apple Trail near the Bailey Homestead when I saw the cat and took the pictures," he recalled of his May 3 bobcat encounter.

Initially, Ross believed that he had seen a Florida panther, based upon the size of the wild feline. However, one look at the cat's tail confirmed that it was the more common bobcat species.

According to the Florida Fish & Wildlife Conservation Commission (FWC), the bobcat (*Lynx rufus*) is a

native species about twice the size of a domestic cat. "The bobcat's ears are pointed with short, black tufts while the tail is short and gives the appearance of being 'bobbed,'" the FWC website states.

Ross and his wife of 45 years, Barbara, have been visiting the islands over the past four decades. During their estimated 20 to 25 trips to Sanibel and Captiva, he has experienced a number of memorable wildlife encounters.

"Most of the animals I have taken pictures of on Sanibel are more common such as alligators, iguanas, dolphins, many species of birds and manatees," Ross explained. "There is one sighting and pictures on this trip that I haven't seen before: a family of four river otters at Bailey's Tract."

On May 2, the Allentown, Pennsylvania visitor photographed the group of otters walking along the shellrock roadway off Tarpon Bay Road.✱



A family of river otters near the Bailey Tract



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Andy Rosse and friends

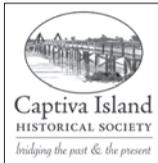
photo courtesy Captiva Island Historical Society Archives

Captiva Island Historical Society

## Looking Back: Jack's Party

This week's image features Andy Rosse having some fun with unknown people at "Jack's Party," dated March 12, 1951.

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 information.

Visit the Captiva Island Historical Society website [www.captivaislandhistoricalsociety.org/archives/research](http://www.captivaislandhistoricalsociety.org/archives/research) to view many more images to bring you closer to Captiva.✧

## Churches/Temples

### ANNUNCIATION GREEK ORTHODOX CHURCH

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

### BAT YAM-TEMPLE OF THE ISLANDS

The Reform Jewish congregation has Friday Shabbat services at 7:30 p.m. (7 p.m. from May to Sept.) in Fellowship Hall of Sanibel Congregational UCC. Rabbi Stephen Fuchs, President Barry Fulmer. [www.batyam.org](http://www.batyam.org), 2050 Periwinkle Way, 732-780-2016.

### HISTORIC CAPTIVA CHAPEL BY THE SEA

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

### FIRST CHURCH OF CHRIST, SCIENTIST

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

### SANIBEL FELLOWSHIP, sbc

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

### SANIBEL COMMUNITY CHURCH

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

a.m. Traditional in Main Sanctuary. Childcare available at all services. [www.sanibelchurch.com](http://www.sanibelchurch.com), 1740 Periwinkle Way, 472-2684

### SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Reverend Deborah Kunkel, Associate Pastor. Sunday worship: chapel service at 7:45 a.m.; 10 a.m. blended or traditional service (alternate months). Sunday school and nursery care at 10:00 a.m., [www.sanibelucc.org](http://www.sanibelucc.org), 2050 Periwinkle Way, 472-0497.

### ST. ISABEL CATHOLIC CHURCH

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

### ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

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

### UNITARIAN UNIVERSALISTS OF THE ISLANDS

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

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Sanibel Historical Museum & Village docent Lynne Campean, center, discussing what life was like on the islands before electricity became widely available photos by Jeff Lysiak

## Students Travel Back In Time At Historical Museum

by Jeff Lysiak

What was life like on Sanibel 100 years ago? Without electricity available to many homeowners, islanders had to use hand-held fans in order to cool themselves off. Blocks of ice had to be delivered on a regular basis in order to keep food stored in “ice boxes” fresh. And to fend off swarms of mosquitoes, people used whisk brooms made of straw to defend themselves from the flying, biting pests.

One look at the faces of the youngsters touring the Sanibel Historical Museum & Village last Friday morning indicated that things have changed for the better – much better – over the past century.

On May 15, 35 fourth grade students from The Sanibel School took a trip into the past, guided on their journey by museum docents Lynne Campean and Annette Hendrick. During their 90-minute tour, pupils learned about everyday life on the islands in the early 20th century and visited several of the historic buildings located on the village grounds.

After riding bicycles from the school, the group arrived at Shore Haven, the 1924 structure relocated to the village from its original location on San Carlos Bay. Inside, Campean and Hendrick shared their knowledge of Sanibel’s earliest settlers, the Calusa Indians, and the subsequent arrival of Spanish explorers.

“The Calusa did wonderful things in the 16th century,” Campean told the group. “They built villages with structures on top of shell mounds. They built their villages in areas where they had streams running through them. But why do you think they wanted streams running through their villages?”

Several hands quickly went up. One by one, students gave logical – and correct – answers. The Calusa needed an ample supply of water not just for drinking and cooking, but as a resource for catching fish or traveling upstream or downstream to visit neighboring



Inside The Rutland House, students looked at artifacts and antiques that were a part of everyday life a century ago

villages. In essence, they were the island’s first “streets.”

According to Campean, the leader of each Calusa tribe would have his home built on the highest shell mound, called “middens.” This was done not only strategically in order to have the best view of potential invaders, but also due to the availability of stronger breezes, which was especially beneficial in keeping mosquitoes away.

Following their introductions, the group walked over to The Rutland House, a typical “cracker-style” home built of hard Florida slash pine in 1913. The modest structure features a wide hallway and strategically placed doors and windows that allow for better circulation, keeping the house cooler during hot summer months.

“Sanibel was opened to homesteading in 1884, and any American citizen over the age of 21 could acquire as much as 160 acres of land, providing he or she resided on the property for five years and paid proving fees,” a sign inside the Rutland House explained. “Some women held title to land as their husbands had fought for the Confederacy and could not own land.”

Later, the group visited the other historic structures on museum grounds,

including the Morning Glories Cottage, a Sears & Roebuck kit home purchased from a catalog and built in 1925; the U.S. Post Office, constructed in 1926; Caretaker’s Cottage, built around 1930; Miss Charlotta’s Tea Room, established in 1926; the Sanibel School House for White Children, the oldest structure dating back to 1896; and the Old Bailey General Store, rebuilt after the 1926 hurricane destroyed the original building.

Following their tour, the class was scheduled to write an essay about their experiences visiting the museum.✱

## LCEC Hurricane Guide Available

The LCEC Hurricane Guide is a comprehensive how-to for preparing to weather any storm or disaster situation. Some of the topics addressed in the Hurricane Guide include: storm restoration process; preparing your home and business; life support; evacuation protocol; disaster supply kit; portable generator safety; debris and vegetation; important phone numbers and links. To download a copy of the guide, visit [www.lcec.net](http://www.lcec.net).✱

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Children experimenting in the science center

photo provided

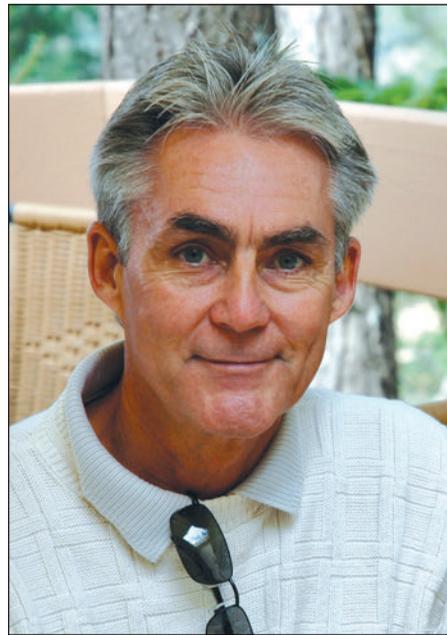
## Countdown Is On For Vacation Bible School

Vacation Bible School at Sanibel Community Church is scheduled for take-off and runs June 3 to 7 from 4 to 7:15 p.m. All children are welcome to join their fellow voyagers for a "Miraculous Mission" and learn

how "Jesus Saves the World." Register is open for this free program, which includes plenty of interplanetary fun with recreational games, science, crafts, music, Bible stories and an out-of-this-world dinner. All children from preschool to completed fifth grade are invited to attend.

For more information, contact Holly Patton-Roark at 472-2684 ext. 122 or holly@sanibelchurch.com. Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Foods).✱

## OBITUARY



### JAMES THOMAS ORY

On April 27, 2019, James Thomas Ory (Jim) passed away peacefully at his beloved Sanibel home with his wife Antoinette (Toni), daughter Jessica and son Anthony by his side. Jim was born on February 22, 1945 in Elmhurst, Illinois.

The third of 10 children born to Francis J. Ory and Marion L. Ory (nee Buckel), he grew up in the town of Naperville, Illinois and went to Sts. Peter & Paul Catholic School where he was an altar boy. He later attended St. Procopius Academy, graduating in 1963 before enlisting in the U.S. Air Force. He received the highest security clearance, becoming a nuclear weapons technician while stationed at Beale Air Force Base in California. Jim loved serving his country at Beale where he could enjoy the California coastal sun on the weekends. Quite a nice life for a young man from the quiet farming/small business community of Naperville!

After returning from the USAF in 1967, Jim went to work at his father's lumber and hardware store before becoming an apprentice in the electrical union. He was a proud member of IBEW Local Union 701 (Dupage County, Illinois) from July 1970 until his retirement in June of 2003. In July 2003, after vacationing on Sanibel for over 15 years, he and his wife, Toni, moved from Naperville to their new home on Sanibel as full-time residents. He called it the "S" Island – sun, surf, swimming, sand & sailing. Besides the joy of living on a beautiful island, Jim's hobbies included amateur radio and genealogy. He was able to trace his ancestors back to the mid 1500s and set up an extensive database on geneanet.org. He volunteered for a time with FISH of SanCap as an equipment person. He also was also a member of the Sanibel Emergency Management Plan Team assisting after Hurricane Charley to help teach the city employees amateur radio operation.

Dining out with his wife of almost 34 years, Jim could often be seen at some of his favorite island restaurants enjoying a Heineken, Stella Artois or a Corona, a glass of wine or his favorite, "dry Southern Comfort Manhattan with a twist on the rocks." He leaves a big hole in the fabric of many lives including his loving wife Toni, daughter Jessica Frederick (John), son Anthony (Holly), step-son Michael Biewenga (Daun), grandchildren Austin, Logan, Cade, Mira, West, Allison and Grant, and many nieces and nephews, and his dear friends on the island. He is also survived by brothers Philip, Tim, Michael, William and Andrew, and sisters Marianne Hume and Virginia Moscerino. Besides his parents, he was preceded in death by his sisters Kathleen Guler and Marjorie Stone.

A Celebration of a Life Well Lived will be held at the end of June in Plano, Illinois. In the meantime, have a drink and give a toast to multi-talented man who loved to enjoy life.✱

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From left, Ken Shearer, Bonnie McCurry and Melissa Rice  
photos provided



Dawn Sanchez and Lisa Bramm

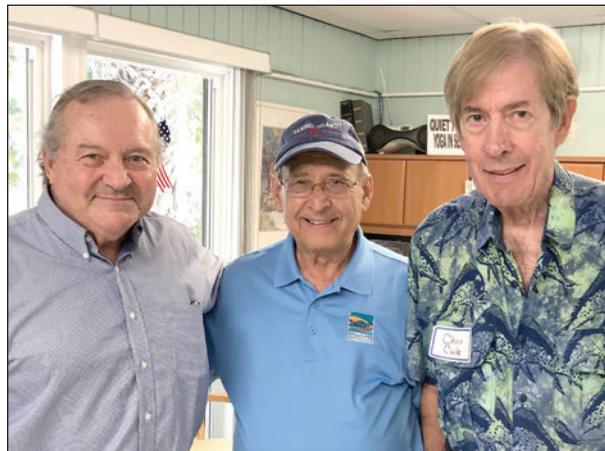


From left, Ed Hendrick, Lena Brown and Jerry Edelman

## CHR Holds Annual Meeting

Community Housing & Resources (CHR) held its annual meeting on May 11 at the Center 4 Life. During the meeting, CHR Interim President Norm Essey welcomed the crowd and gave a few words about where the organization is today. The meeting proceeded with reports on CHR's finances, followed by reports from Landlord-Tenant Committee Chair Lisa Bramm, Buildings and Grounds Volunteer Chair George Campean and Executive Director Melissa Rice, who discussed CHR's fundraisers as well as the organization's expansion goals and needs.

The meeting concluded with a video presentation and wrapped up with some muffins and fruit provided by Bailey's General Store.✪



From left, Steve Brown, George Campean and Chris Coile



From left, Richard Johnson, Karen Storjohann and Mick Denham



Samantha Rotella with her daughters



Yleana Way and Richie Rosado



Neil and Stephanie Erickson with their children

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Shelley Greggs	Angela Larson Roehl
Jarred Harris	Hannah Star Rogers
Marion Hauser, MS, RD	J. Brendan Ryan, CLU,
Ross Hauser, MD	ChFC, MSFS
Bryan Hayes	Di Saggau
Craig R. Hersch	Jeanie Tinch

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# Community House

## Yoga Classes

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

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

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

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

## Shell Crafting

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

## Community Socials

Monthly community socials will be held throughout the summer featuring different themes: June is British Pub Night; July is Rib Night; and August is Greek Night. Watch for more details.

## Honey For Sale

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

## Children's Painting Classes

On Wednesdays in July, island artist Sissi Janku will offer painting classes for children ages 8 and older. Known for her popular adult classes, Colorful

Sips, Janku is now designing classes for younger painters. With bright colors and fun techniques, Janku will show students how to complete a painting in two hours. The subjects will be local tropical wildlife, inspired by the works of famous artists such as Van Gogh. All materials (including aprons) will be provided. Cost is \$50 per class, which runs from 2 to 4 p.m. Sign up online at [www.sanibelcommunityhouse.net](http://www.sanibelcommunityhouse.net).

## Kids Cooking Camp

The first session of Kids Cooking Camp runs Monday, July 29 to Friday, August 2 from 9 a.m. to noon. Resident Chef Jarred Harris will teach young chefs basic culinary fundamentals and help them develop their cooking skills. Students will learn kitchen safety and classic culinary techniques in team settings.

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

Day 2: Pizza and pasta

Day 3: Team Challenge: Italian lunch

Day 4: Just Desserts

Day 5: Team Challenge: Desserts

For more information or to sign up, visit [www.sanibelcommunityhouse.net](http://www.sanibelcommunityhouse.net).

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

## Cooking Camp For Kids And Teens

The second session of youth cooking classes will run Monday through Friday, August 5 to 9 from 9 a.m. to noon. Resident Chef Jarred will teach students

professional kitchen etiquette and table settings, standard food safety practices, basic knife skills and proper use of weights and measures. The young chefs will also practice a variety of essential kitchen skills with other students who like to cook. Each day's menu is inspired by a different country.

Day 1: Thailand – Fresh Ingredients and Flavors

Day 2: India – Spices and Herbs

Day 3: China – Rice and Noodles

Day 4: France – Cookies, Cakes and Pastry

Day 5: Africa – Cocoa and Spice

For more information or to sign up, visit [www.sanibelcommunityhouse.net](http://www.sanibelcommunityhouse.net).

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

*The Community House is located at 2173 Periwinkle Way. For more information, visit [www.sanibelcommunityhouse.net](http://www.sanibelcommunityhouse.net) or call 472-2155.\**

## Program Offers Year-Round Food

The FISH of SanCap Backpack Program is designed to battle childhood hunger and food insecurity by providing weekend food and extra snacks for children. Similar backpack programs elsewhere are offered only during the school year, but FISH offers theirs throughout the entire year, including over summer break.

“Good nutrition is an important part of a child’s physical and mental health; it helps promote academic achievement,” said Kathy Y. Monroe, program director at FISH. “This program provides children with supplemental food so they can continue to have healthy food choices when school provided meals are not available on weekends, holidays or during summer months.”

Offered to eligible households that live or work on Sanibel or Captiva, the FISH Backpack Program supports children in grades Pre-K through 12. Each week, participating students are given non-perishable, nutritious foods that are child-friendly and easy to prepare. The program, in partnership with Blessings in a Backpack and partially sponsored by The Sanibel-Captiva Kiwanis Foundation and private donors, is offered at no cost to participants.

“We evaluate our Backpack Program food choices and make changes and adjustments as necessary. All backpacks contain protein, fruits and vegetables, snacks and non-sugary drinks. The backpacks are occasionally enhanced with a sweet treat,” added Monroe. “We try to include organic and vegetarian choices as well.”

Food backpacks are assembled by FISH volunteers and available for pickup at the FISH Walk-In Center at any time during the week. Households may opt in and out of the program as their need dictates.

For more information, contact FISH Walk-In Center Manager Maria Espinoza or Social Services Assistant Anthony Morales at 472-4775.\*

**The Sanibel Beauties Have Moved to Sanibel Square!**



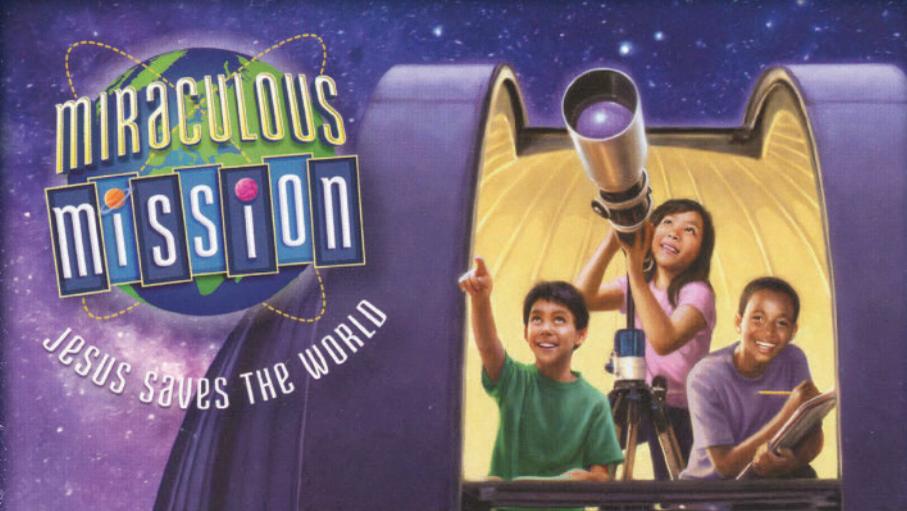
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For More Information Contact: Holly Palton-Roark at [holly@sanibelchurch.com](mailto:holly@sanibelchurch.com) or call the Church office at 239-472-2684.

Register Online at [sanibelchurch.com/Events/VBS](http://sanibelchurch.com/Events/VBS)  
 Sanibel Community Church  
 1740 Periwinkle Way • Sanibel FL 33957



## SCCF Decries Signing Of Bill By Governor

Florida Gov. Ron DeSantis signed into law SB 7068 – Mid State Toll Expressways on May 17. News that the bill, known by its opponents as the “Toll Roads to Nowhere Bill,” had been signed provoked a number of critical responses from environmental organizations. Ryan Orgera, PhD, CEO of the Sanibel-Captiva Conservation Foundation (SCCF) issued the following statement:

“This is terrible news for Florida’s

wild lands and wetlands. Regrettably this is a big step in the wrong direction on water quality, and an unfortunate regression in what has been a promising water agenda coming from the governor. Beyond the negative impact to our state’s environment, Floridians are the biggest losers in this deal – this will exacerbate our ongoing water crisis.”

The reasons SCCF previously called for the veto of SB 7068 remain true following the governor’s misguided action:

This law will build costly roads and utility infrastructure through the most valuable conservation lands in our state; lands critical to store, clean and recharge our state’s water supply.

Wetlands are the primary water filters for our state. These proposed toll roads will permanently eliminate thousands of acres of wetlands and threaten thousands more by becoming the anchor for future sprawled development.

The funding to build these roads will divert existing state general funds away from badly needed water infrastructure priorities; projects critically needed to counter the pollution created by exponential population growth and the continued loss of wetlands.

SCCF is dedicated to the conservation of coastal habitats and aquatic resources on Sanibel and Captiva and in the surrounding watershed. To learn more visit [www.sccf.org](http://www.sccf.org).

Darby Pfeifer

photo provided

## Sanibel Graduate Is Hawaii Bound

Darby Pfeifer, daughter of Mary Ellen and Eric Pfeifer and a Sanibel resident since the age of 4, is graduating from Elon University with a major in psychology and a minor in adventure based learning. Elon is private liberal arts university recognized as a national model for engaged and experiential learning. During Pfeifer’s time at Elon, she embraced the experiential learning opportunities; hiking in Australia, exploring the wilderness of Alaska and successfully completing the strenuous hikes along Peru’s Inca Trail.

Pfeifer’s passion for helping others especially children and young adults, combined with her love of outdoor adventure opened the door for her dream job. She is headed to Hilo, Hawaii where she will be a wilderness therapy program guide for Pacific Quest. Known for creating life-changing experiences for struggling adolescents and young adults, Pacific Quest helps young people make better choices to live healthier and more productive lives. Their wilderness therapy programs cultivate change by teaching sustainable life skills in a clinically innovative and nurturing environment.

“I’m going to miss Sanibel and North Carolina, but I couldn’t be more excited to work with so many amazing people that will make positive changes in the lives of others,” said Pfeifer. “And I know my family and friends will be traveling to visit me.”



## ‘Neighbors Helping Neighbors’

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- Lance Henninger, City of Sanibel Emergency Management
- Debbie Quimby, Emergency Coordinator, Lee County Emergency Management
- Kathy Y. Monroe, Program Director, F.I.S.H. OF SANCAP

The F.I.S.H. Hurricane Preparedness Seminar will be held on **Thursday, June 20, 2019 at 10:00 a.m. at the Sanibel Community House.**



Hurricane Preparedness Resource Packets will be available at the seminar and include the Special Needs shelter application, a list of shelters and hotels, various hotline numbers, evacuation routes and more.

**For additional information, contact Kathy Y. Monroe, Program Director or Anthony Morales, Social Services Assistant at FISH, 239-472-4775**

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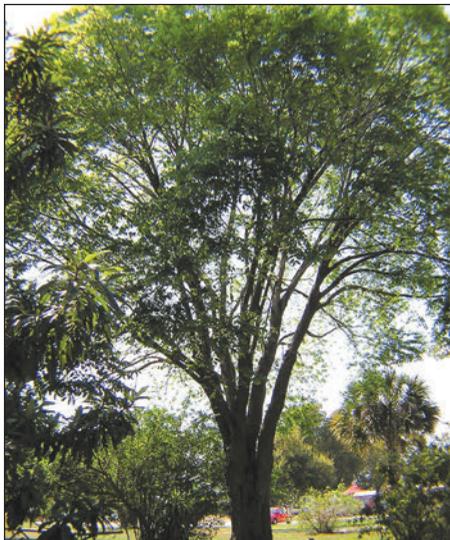
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This deciduous tree's large leaves turn yellow in fall

**Wildlife-friendly American elm is native to Florida and can live hundreds of years**  
photos by Gerri Reaves

**Plant Smart**

# American Elm

by Gerri Reaves

**A**merican elm (*Ulmus americana*) is not a common tree in this immediate area. Although native to the state and to much of the continental U.S., its range does not usually extend south of Lake Okeechobee.

However, in hospitable spots in South Florida, you can find this large deciduous shade tree. In fact, it's on the Lee County Protected Tree List.

Its natural habitat includes forest flood plains and along river banks. It can grow

up to 80 feet tall in Florida and live for hundreds of years. The trunk diameter of very old trees can be seven feet.

An attractive fan-shaped crown, straight trunk and yellow fall foliage give it ornamental value.

The dark gray trunk is thickly ridged and sometimes flakey on older trees.

The oblong or ovate alternate leaves have prominent parallel secondary, or lateral, veins (the veins that branch out from the mid-vein to leaf edge, or margin).

Leaves are four to six inches long with double-toothed edges, elongated pointed tips and unequal leaf bases.

Pendulous talks of small greenish red bisexual flowers appear in early spring before the tree re-leafs.

The light green oval fruit, or samara, has a surrounding winged membrane that aids in the wind dispersal of the seeds. The

"wing" has a fringe of fine hairs around the edge.

The seeds sometimes self-sow near the parent plant. The tree does not produce seeds until it is 15 years old.

It's a fast grower and has moderate water needs. It prefers rich soil and sun to partial shade and has low salt tolerance.

The many branches not only provide shade for people but nesting sites for birds. Also, the tree is one of the host plants for the question mark butterfly.

Propagate it with seeds or cuttings.

The very hard strong wood has traditionally been used in building ships and making wheel hubs and barrel hoops. Native Americans made canoes of the wood.

This species has been severely affected by Dutch elm disease in northern states.

Although the disease is not a notable problem in Florida, keep a careful watch on any American elms in your landscape.

Sources: *Florida Plants for Wildlife* by Craig N. Huegel, *Forest Trees of Florida* by Florida Department of Agriculture and Consumer Services, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *Waterwise* by SFWMD, <https://edis.ifas.ufl.edu>, and [www.fnps.org](http://www.fnps.org).

*Plant Smart explores the diverse flora of South Florida.\**

# Hurricane Seminar Rescheduled

**T**he City of Sanibel conducts an informative hurricane preparedness seminar every year to educate the residents, businesses and island workers. The seminar is free and reservations are not required.

Postponed from a date earlier this month, this year's seminar will be held on Friday, June 14 at 1 p.m. at The Community House, located at 2173 Periwinkle Way on Sanibel.

This year's featured speakers and topics include:

Dave Roberts, the City of Sanibel's weather consultant, will provide information on hurricane formation, the categories of tropical systems and the dangers of storm surge.

Sandra Tapfumaneyi, Lee County Emergency Management Operations Chief, will discuss family emergency planning and explain the county's responsibilities in dealing with tropical storm systems.

Kathy Monroe, FISH of SanCap program director, will discuss special needs issues on Sanibel and Captiva.

Keith Williams, Sanibel community services director, will discuss the city's post-storm recovery plan.

Harold Law, Sanibel building official, will review city building codes.

William Dalton, Sanibel Police chief, will lead the seminar and review the city's storm plans.

Prior to the seminar, the Fort Myers American Red Cross office will have their new Emergency Response Vehicle on display from noon to 1 p.m. A volunteer will be on hand to discuss its purpose and answer questions.

Citizens unable to attend the seminar are encouraged to watch the video on [www.mysanibel.com](http://www.mysanibel.com) a few weeks afterwards. A press release and email will announce when the video is posted.\*

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May 10th Question:  
What structure does a gastropod use to lock in moisture and protect itself from predators?  
Answer: Operculum  
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From left, Trish Phillips, Sammy Wells, Karmindy Schafer, Gia Lackenby, Kayla Cavanaugh and Toni Westland photo provided

## Earth Day Contest Winners

The celebration and presentation of awards for the Earth Day song, poem and coloring contests took place at The Sanibel School on May 10, where four of the five winners are students. The City of Sanibel Recreation Center and JN “Ding” Darling National Wildlife Refuge sponsored the contest for students in kindergarten to eighth grade.

The winner of the poem contest was fourth grader Sammy Wells, the winner of the song contest was seventh grader Adam Kolar and the winners of the coloring contest included second grader Kayla Cavanaugh, fourth grader Gia Lackenby and third grader Karmindy Schafer.

All prizes were provided by “Ding” Darling Wildlife Society.

Earth Day is a worldwide celebration that takes place to show support for environmental protection.\*

## Biology Interns Join Refuge Team



Becky Woodward and Avery Renshaw photo provided

Two new biology interns joined the team effort at the JN “Ding” Darling National Wildlife Refuge in April. Avery Renshaw and Becky Woodward plan to stay into mid-December as part of the refuge’s long-running internship program supported by the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS).

Renshaw, originally from Mount Airy, Maryland, most recently interned with Mote Marine Lab’s Coral Reef Ecological Processes Program in the Florida Keys. She graduated in 2018 with a bachelor’s

degree in environmental science and studies with a biology concentration from Towson University in Towson, Maryland.

Surprisingly, Renshaw named no-see-ums as her favorite thing at the refuge, “with the diverse wildlife and idyllic marine setting being a close second. I’m a sucker for field work, and I especially look forward to working on seagrass monitoring.”

Woodward comes to the refuge from Katy, Texas. She graduated in 2017 from Texas Lutheran College in Seguin and

continued on page 18

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# Great Action Close To Home



by Capt. Matt Mitchell

**T**arpon fishing around the full moon is always tough as these fish simply disappear heading offshore to spawn. This proved true this week as we tried chasing them

up and down the beaches with very little success. Pods of fast-moving, high-rolling fish out on the gulfside were hard to keep up with and almost impossible to get a shot at with a bait.

Moving inside the bay, we found some slower-moving fish that, for the most part, would not cooperate either. We anchored up in slick calm water and saw hundreds of tarpon, an amazing sight. It can be crazy frustrating when you're sitting in a pack and not a single boat hooks up while everyone is watching them roll in and around our baits. It's all part of the daily routine if you wanna catch a tarpon.

When tarpon fishing, it only takes one bite to turn your day around. One day this week after a long morning of no bites, we set up in rolling fish again and after a while spotted a group of tarpon that seemed almost stationary.

We crept up on the slow-circling pod of fish using the trolling motor. We got into range and with one cast it was on. After a whole morning of being in tarpon, why this group decided to eat I will never know, but that's all it takes.

On the few days I did not tarpon fish, we had great action on both snook, trout and mangrove snapper. We worked the southern tip of Pine Island during the morning incoming tide, and live shiners caught fish after fish. One small, shallow hard-bottom bar in Matlacha Pass was loaded with more quality-size trout than I have seen since last summer.

Many of the mangrove channels in this area that have a hard-shell bottom and fast-moving water seem to be what these fish are looking for. These mangrove creeks are loaded with not only snook but lots of keeper-sized mangrove snapper too.

It has made a welcome change to be able to catch quality fish right in my neighborhood all this week. Over the past week, we also found good numbers of tarpon in the southern sound too. The closer to home the fish are the more time you can spend fishing and the less time you spend running. That is just good for everyone.

*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](mailto:captmattmitchell@aol.com).* ✨



A hooked tarpon takes off before being caught by Gary Biltgen while fishing with Capt. Matt Mitchell this week photo provided

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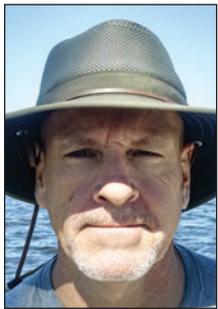
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**CROW Case Of The Week:**

# Florida Softshell Turtle Eggs

by Bob Petcher



I am elated to report a happy ending to a past story that was written about a pregnant softshell turtle that was admitted to CROW on February 27 after being hit by a car, only to pass away from internal trauma days later. During her intake exam at the time, the mother began laying eggs. In total, 24 eggs were laid, and the eggs were placed in a climate-controlled incubator until they were ready to hatch.

Well, the eggs reportedly hatched two weeks ago. On May 11, the first of the two dozen Florida softshell turtle eggs began to hatch. By the following morning, 23 baby turtles had fully emerged.

During the 78 days in incubation, CROW rehabilitation staff monitored their progress by using a technique called “candling” that allows staff members to observe if there is a growing embryo inside.

“Candling eggs is simply where a pinpoint light device, such as a small flashlight or cell phone flashlight, is placed against the egg to monitor embryo development inside. As the light passes through the egg, we can see a shadow depicting the embryo development inside,” said Breanna Frankel, CROW’s rehabilitation manager. “At the beginning stages, we can see blood vessel formation, toward the middle we will see a small-medium dark spot (turtle developing) and toward the end we can actually see the arms, legs and head moving.”

The incubator was very effective in the egg-hatching process.

“We had a 95 percent hatch rate for this clutch which is pretty incredible,” said Frankel. “The incubator



**Lively Florida softshell turtle hatchlings before their release**  
photo by Morgan Hester

helps to keep the temperature and humidity at our ‘ideal’ settings to allow a more favorable outcome. For turtle eggs, if you incubate at a higher temperature you will produce all females and if you incubate at a lower temperature you will produce all males. Our incubator allowed us to set the temperature to produce both males and females.”

After they hatched, the young turtles remained in the

clinic for three days to ensure they had fully absorbed their yolk sacs.

“The yolk sac is very important for turtle development. It provides nutrition and blood supply the entire time the turtle is in the egg,” said Frankel. “Sometimes we have to wait for it to absorb before releasing because it still has an active blood supply. This means if it accidentally got stuck on something or nicked, the baby could bleed to death. Nutrients from the yolk sac provide the hatchling with several days worth of calories and energy so they can get to a nearby water source.”

On May 15, the hatchlings were divided into six groups and dispersed to freshwater ponds in the area where the mother was rescued.

“We divided our group of 23 into several smaller groups for release so we do not overpopulate one fresh water source with a nest that was not initially laid there,” said Frankel.

And, while there was tragedy more than two months ago, there is now life moving forward.

“Despite the sadness that follows after any animal passes away, it is an incredible thing to take an egg and watch it develop. We are able to help continue the mother’s legacy even though she is not with us anymore,” added Frankel. “We were also able to temperature regulate our eggs to ensure we produced both male and female offspring. We were lucky that mom got to us in time to save her eggs – they may not have been viable if they had been laid during transport or if she had passed away sooner. Seeing these babies hatch and get released three months later was truly a miracle.”

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](http://www.crowclinic.org).



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CROW Executive Director Alison Charney Hussey photos provided

From left, Aaron Pruss and Tony Lapi with CROW Development and Education Manager Rachel Rainbolt, holding Lola, an American kestrel and CROW animal ambassador

## CROW Executive Director Speaks At Luncheon

The Sanibel & Captiva Islands Chamber of Commerce held its monthly networking luncheon on May 14 at the newly-renovated Old Captiva House at the historic Tween Waters Island Resort & Spa on Captiva. Clinic for the Rehabilitation of Wildlife (CROW) Executive Director Alison Charney Hussey was the guest speaker.

She was joined by Development and Education Manager Rachel Rainbolt, who brought Lola, an American kestrel and CROW animal ambassador.

While release of wildlife is the ultimate goal at CROW, there are five former patients that can not be discharged and have become ambassadors to help humans gain an appreciation for local wildlife. CROW sees approximately 4,000 patients of 150-plus different species each year. There are three main reasons patients are admitted: sick, orphaned or injured. Hussey, who has been executive

director for four months, explained that CROW is also a teaching hospital with 50 students annually. Its stellar reputation has attracted students from a vast number of veterinary schools throughout the country and internationally. CROW's fully-equipped 4,800-square-foot, state of the art facility provides the medical and rehabilitative treatment necessary to care for native and migratory species.

CROW also offers an educational experience for its visitors at the Visitor Education Center, located at 3883 Sanibel-Captiva Road. Guests will learn

about CROW's history and day-to-day operations through displays, interactive exhibits and videos. There are daily Wonders of Wildlife presentations and guided Wildlife Walks through the hospital (patients are not on exhibit).

"We appreciate Alison being our guest speaker this month," said Chamber President John Lai. "She provided great insight into CROW, a unique organization on our island that takes amazing care of our precious wildlife."

The luncheon was sponsored by Captiva Island Massage & Wellness.

The next chamber luncheon will be held at 11:30 a.m. on Tuesday, June 11 at Malia Island Fusion Cuisine, with BIG ARTS Executive Director Lee Ellen Harder as the guest speaker.✪

From page 1

## Summer Reading

on Friday, May 31 from 11 a.m. to noon. Patrons age 10 and older can explore a vivid deep sea experience or create an artistic creation with Google Paint. First come, first served; no registration required.

The full event schedule is on the calendar at the library's website at [www.sanlib.org](http://www.sanlib.org).

Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. Visitor library cards are available for a \$10 annual fee. For more information, call 472-2483. Sanibel Public Library is located at 770 Dunlop Road.✪

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Shell Of The Week

# Jeanne Vitrinella



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

**C***yclostremiscus jeannae* Pilsbry & McGinty, 1946, is another very small local microgastropod

in the family Tornidae. Its shell rarely exceeds 2 mm (0.08 inch) in diameter, is flattened, compressed, with a sculpture of three strong spiral keels. The shell base is clearly delimited by the “lower” peripheral keel, with another keel delimiting the relatively large umbilicus. Shell color is white. The species was named after the late malacologist and specialist in Southwest Florida mollusks Dr. Jeanne S. Schwengel.

### Shell Museum Events

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The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit [www.shellmuseum.org](http://www.shellmuseum.org).



The Jeanne Vitrinella, *Cyclostremiscus jeannae*

photo by James F. Kelly

## Fun Days At Rec

Registration is open for the upcoming Half Day Fun Days at the Sanibel Recreation Center on Tuesday, May 28, Wednesday, May 29 and Thursday, May 30 and the Full Day Fun Day on Friday, May 31. Enrollment is available for children in kindergarten

through eighth grade. The program operates from 12 to 5:30 p.m. Financial assistance is available to qualifying families. For more information, call 472-0345.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. Visit [www.mysanibel.com](http://www.mysanibel.com).

From page 13

## Biology Interns

will graduate from St. Edward's University in Austin, Texas with a master's degree in environmental management and sustainability.

“So far, my favorite part of ‘Ding’ is the work we have been doing in the mangroves,” said Woodward. “It is important to understand how they are responding to the increased nutrient flow. I am looking forward to helping the marine lab with seagrass surveys, and I am also working on a project comparing the data collected in Cornell University’s eBird database to the data collected by our bird surveys. The goal is to determine if the eBird data is consistent with the data collected by survey efforts conducted by the trained staff at the refuge.”

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

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

For more information about the refuge’s internship programs, contact Westland at 472-1100 ext. 237. To learn about supporting the refuge intern program, contact Birgie Miller, DDWS executive director, at 472-1100 ext. 4.



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# Young Inventor Going To Nationals

by Jeff Lysiak

Next week, a local fourth grade student will travel to Dearborn, Michigan to compete in the 2019 National Invention Convention, representing the State of Florida with his award-winning creation that has already earned him several regional accolades.

Ten-year-old Hayden Fuller, who attended Summit Christian Preschool and The Sanibel School, took top honors at the Thomas A. Edison Festival of Light Regional Inventors Fair back in January, winning first place in his elementary school division, a Florida Power & Light (FPL) Scholarship and the prestigious Best of Fair award.

Fuller's invention, called Hayden's Life Pods, is a 10-foot by 8-foot by 8-foot portable life pod, made entirely out of a durable Styrofoam material. The lightweight and collapsible temporary shelter, which could be used for housing following a natural disaster, also includes an inverter generator and portable air conditioning system. It is estimated to cost approximately \$500 to manufacture.

"It's a shelter that you could stay in temporarily, in case you were displaced by a hurricane, a tornado or a wildfire," said Fuller, who explained that the unit could also house sleeping bags or cots, some small furniture pieces and ready-to-eat meals that require modest



Hayden Fuller with his first place trophy received at the Florida K-12 Invention Convention photo provided

cooking facilities. "It's sturdy but it's also lightweight... it could be dropped out of the back of an airplane."

Asked how it makes him feel to see his invention gaining such prestigious recognition, Fuller stated that he didn't think his Life Pod would make it to nationals or even to regionals.

"I only expected to make it to regionals... not even to win it," said Fuller, a student currently enrolled at

Rayma C. Page Elementary School in Fort Myers. "I was very surprised that I did so well and made the front cover of a big magazine (*Estero Magazine*). I am very happy with my accomplishments and never thought I would achieve these accomplishments at only 10 years old."

On May 11, Fuller was awarded an invitation to participate in the 2019 STEM Buccaneers Camp, hosted by the School of Pure and Applied Sciences at

Florida SouthWestern State College. He received a \$500 scholarship to attend this year's summer camp, which will be held from July 8 to 19. The theme of this year's camp is Research in Water Quality.

"Your achievement in our regional science fair program, along with your application, indicate that you are well qualified to participate in actual scientific research with college faculty," wrote Lee Hughes, STEM coordinator for the School District of Lee County, in his congratulatory letter to Fuller. "As STEM Buccaneers, you will extend your understanding and skills in various STEM fields."

Fuller was humble in accepting the scholarship, noting his interests in the STEM curriculum is focused on science. "My favorite part of science is astronomy and outer space," he said. "I have a lot of science knowledge and I plan to use that to help find ways to improve the environment and make the water better in Florida."

In the meantime, the young inventor added that he is looking forward to attending next week's National Invention Convention, which is being staged at The Henry Ford Museum of American Innovation.

"I am very nervous because there are a lot of kids with bright ideas that also helps people and is life saving. I am also excited to go to Michigan because I have never been and I want to see The Henry Ford Museum," said Fuller. "If I won another prize, I would be very excited because it would be a national prize against many other smart competitors from all over the United States."✧

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# CROW Calendar Of Events

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

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

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

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

**Friday, May 24, 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

**Monday, May 27** – Closed for Memorial Day

**Tuesday, May 28, 11 a.m. to 12:30 p.m.**, \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

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

**Tuesday, May 28, 11 a.m.**, adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Virginia Opossums (daily presentation).

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

role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

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

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

**Wednesday, May 29, 11 a.m.**, adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Gopher Tortoises (daily presentation).

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

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

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

**Thursday, May 30, 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.\*

## Tribe Hosting Morning Paddle



by Kealy McNeal

On Saturday, June 1, the Ocean Tribe Paddling Club will host a morning paddling excursion through the beautiful mangrove canals around Bowman's Beach. These tranquil waters are home to an abundance of wildlife including manatees, wading birds, ospreys and jumping mullet. All are welcome to join us on our adventure. This is an excellent paddling opportunity for beginners.

Those interested in joining the group should meet at Bowman's Beach at 8:45 a.m. The paddle will begin at 9 a.m. and last approximately one and a half hours. Participants are invited to bring their own vessel, or a limited number of loaner vessels can be reserved in advance by contacting oceantribepaddlers@sanibelseaschool.org. Any weather related updates or schedule changes will be posted on the Ocean Tribe Outfitters Facebook page at least one hour prior to the event.

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

Ocean Tribe Paddlers is a branch of Sanibel Sea School that helps the local paddling community better explore, enjoy and understand the ocean. Visit [www.oceantribepaddlers.org](http://www.oceantribepaddlers.org), or follow on Facebook or Instagram to learn more.\*

# REDNECK O'LIMP'ICS

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Bobcat strolling through a Donax Street residential carpor

photo provided

## Bobcat Sighting

**P**eg Marchi of Sanibel snapped some pictures of a bobcat strolling through her carport on May 15. "We live off of Donax (Street) and

took these photos around 2:15 this afternoon," said Marchi. "The cat looked pretty comfortable walking through the yard, and was only 18 feet away when we snapped the photos. We couldn't believe it." ✨

## Shells Found



Diana and Cliff McAuley

photo by Justin Wilder

**C**liff and Diana McAuley, visiting from Fairborn, Ohio, found two alphabet cones and a junonia on the beach near Sanibel Siesta. They said, "We love Sanibel and have been coming here for about eight years." The couple was celebrating their 44th anniversary. ✨

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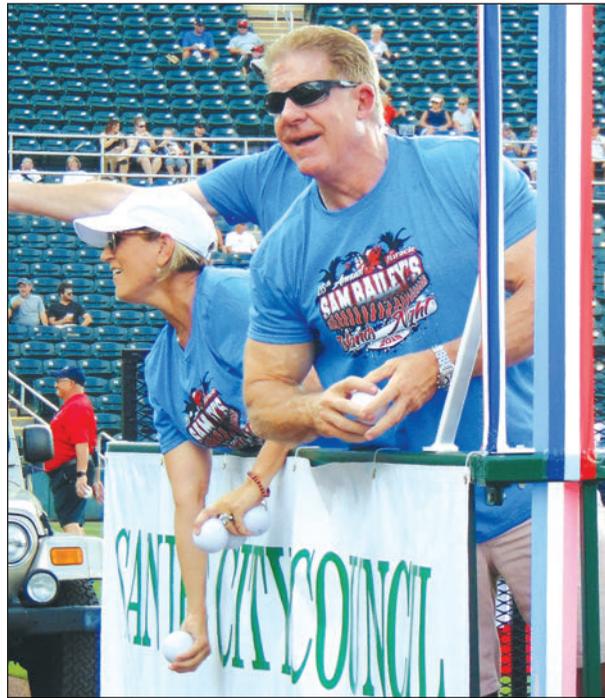
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# Highlights From 26th Annual Sam Bailey's Islands Night



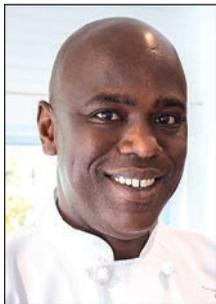
photos by Jeff Lysiak





The Community House

# Green Beans



by Resident Chef Jarred Harris

**G**reen beans are known by many names, including string beans, snap beans and Hari cot vert or French beans. There are at least 130 different kinds of beans and most of them are green, but some are purple, yellow and spotted.

Green beans belong to the legume family and were originally cultivated in Peru over 7,000 years ago. The beans were spread throughout South, Central and North America by native Americans. Christopher Columbus took the green bean back to Europe around the late 1400s. By the end of the 16th century, green beans were being grown throughout Europe. Around 1894, the first "stringless" bean was created in New York by an American botanist.

Green beans grow in two ways; on bushes or on plants with long vines. The bush plants produce lots of beans all at once and the vine plants, also called "pole beans," produce beans throughout

the growing season.

Green beans should be cooked before consumption. Raw green beans are mildly toxic because they contain proteins called lectins. These proteins are destroyed during the cooking process. Green beans can be eaten raw, but only in small amounts.

Green beans are an excellent source of protein, carbohydrates and dietary fibers. They also contain vitamins B, C and K, as well as minerals such as magnesium, iron, potassium and manganese. Antioxidants such as quercetin, kaempferol, catechins, epicatechins and procyanidins are extracted from green beans.

Here is an interesting recipe to try:  
**Green Bean and Quinoa Salad**

Dressing

¼ cup avocado oil

Juice of 1 lime

Juice of 1 orange

¼ cup honey

Salt and pepper to taste

Ingredients

1 cup cooked tri-colored quinoa

16 ozs. green beans

¾ cup mandarin orange segments or tangerine segments

1 cup feta cheese crumbles

½ cup roasted almonds (chopped)

Salt and pepper to taste

Parsley (optional garnish)

Method

In a large bowl, whisk together all of the dressing ingredients until smooth.

Fill a medium pan with water and bring to boil.

Once water is boiling, add the green beans and cook for 3-4 minutes.

Drain the beans and immediately submerge them in ice water.

While the beans chill, fluff your quinoa and season with salt and pepper.

In a serving dish, combine quinoa, beans, orange segments and chopped almonds.

Top the salad with the dressing and feta cheese.

*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.\**

From page 1

## Island Seniors

July 10, Gerrard Conley's *Boy Erased* will be featured, while Meg Wolitzer's *The Wife* will be discussed on Wednesday, August 14.

Monthly Sunset Socials on the Causeway will be held on Tuesday, June 25 and Tuesday, July 23. Participants will meet on Causeway Island B (look for the Island Seniors banner) beginning at 6:30 p.m. Bring an appetizer or side dish to share with others, along with your own beach chair. Gatherings are weather permitting.

"We are one of the few organizations that operates year-round," added Moeder. "We always encourage people to check in at the Center 4 Life for any new activities."

For more information about the Island Seniors, contact Amy Esposito-Brown at 472-5743 or Amelia.Brown@mysanibel.com.\*

## American Legion Post 123



**A**merican Legion Post 123 is hosting the 11th annual Redneck O'Limp'ics this Sunday, May 26. Opening ceremonies begin at noon. There will be food, drinks and redneck contests for all ages. A cornhole tournament begins at 1 p.m. All are welcome.

The following Sunday, corned beef and cabbage dinners will be served from noon to 8 p.m.

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

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

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

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

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

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Clyde Butcher shoots with large-format cameras photo by Woody Walters



A black-and-white photograph of the Florida Everglades photo by Clyde Butcher

## Refuge Planning Exhibit By Nature Photographer

Often tagged “the Ansel Adams of Florida,” photographer Clyde Butcher has made for himself a big reputation based on big black-and-white nature images taken with big cameras. Starting November 13 at the JN “Ding” Darling National Wildlife Refuge on Sanibel, the “Ding” Darling Wildlife Society-Friends of the Refuge

(DDWS) will be hosting and mounting a Clyde Butcher exhibition as part of the refuge’s 75th anniversary celebration.

The award-winning artist captures the Florida Everglades, coastal islands and other unspoiled areas with stunning majesty. “Wilderness, to me, is a spiritual necessity,” said Butcher.

As the refuge approaches its 75th anniversary on December 1, 2020, staff and DDWS are gearing up to celebrate now through the milestone year.

Political cartoonist and conservationist Jay Norwood “Ding” Darling saw to the opening of the

Sanibel National Wildlife Refuge in 1945.

“Jay Darling would surely be proud of how far the refuge has come since its inception,” said Doris Hardy, chair of the 75th anniversary committee. “It has added significant acreage to the complex, built a Visitor & Education Center, consistently celebrated conservation art, educated hundreds of millions and, most importantly, given wildlife a safe haven. We feel we have every right and responsibility to celebrate the occasion in a big way.”

The Clyde Butcher Photography

75th Anniversary Celebration will run through February 5, 2020, and will include 35 of his renowned images from his Everglades collection, said Ann-Marie Wildman, exhibition coordinator.

“The underlying message to this important exhibition is the value of preserving the fragile Everglades habitat and the quality of our waterways,” said DDWS Executive Director Birgie Miller. “We are seeking sponsors to help support the exhibition and its mission.”

To become an exhibition sponsor, contact Dot Voorhees at dot@dingdarlingsociety.org or 472-1100, Ext. 239. For more information on the exhibition and 75th anniversary calendar of events, visit [www.ding75.org](http://www.ding75.org).\*

## Audubon Annual Meeting

Audubon of Southwest Florida will hold its annual meeting at the Collaboratory on Saturday, June 1. A free spaghetti dinner will be served beginning at 5:30 p.m. The program, titled South Florida Water Management District Projects & Florida Legislative Update, will begin at 7 p.m. Guest speaker will be Phil Flood.

Bring a dish to share for the dessert table. Both the dinner and program are open to the public and presented free of charge.

The Collaboratory is located at 2031 Jackson Street in Fort Myers. For more information or to RSVP for dinner, email [audubon.southwest.florida@gmail.com](mailto:audubon.southwest.florida@gmail.com).\*

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**Watermelon Fizz**  
 5 cups watermelon (seeded and cubed)  
 honey, to taste  
 2 cups sparkling water  
 1 lemon, juiced  
 Fresh mint sprigs for garnish  
 Add watermelon, honey, and lemon juice to a blender and process until smooth. Strain puree through a fine sieve. Fill 4 glasses with ice. Evenly distribute the strained juice into each glass. Top each glass with sparkling water and stir once. Garnish with fresh mint sprigs.\*



Watermelon Fizz

photo courtesy Fresh From Florida

## LIVE ON THE ISLANDS

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

**The Jac Sanibel Island Bar & Grille** has live entertainment on Friday with Quenten. Neon Summer plays on Saturday. Tony G. and The Doc perform on Sunday. Ray and Natasha play on Monday. Sol Rydah performs on Tuesday. Greg Pomparelli plays on Wednesday. On Thursday, it's James Prather.

**Traditions on the Beach at Island Inn** has live entertainment on Friday with Woody Brubaker. Dusk performs on Saturday. Woody Brubaker returns on Wednesday.

*Restaurant owners/managers, please email or fax any changes to your entertainment schedule to [press@islandnews.com](mailto:press@islandnews.com) or 395-2299.\**

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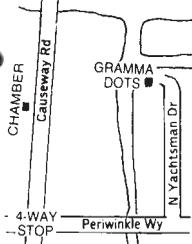


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# Sanibel Beauty Salon Relocates To Sanibel Square

by Jeff Lysiak

**F**ounded in 1951 by pioneering businesswoman Mary Aleck on the simple principle of “Keeping Sanibel Beautiful,” one of the island’s enduring landmarks – Sanibel Beauty Salon – has relocated.

Formerly in Palm Ridge Place (where they called home since 2010), Sanibel Beauty Salon is now located in Sanibel Square shopping center, 2248 Periwinkle Way, by the Sanibel Bean. The salon opened in its new location – in the little cottage directly behind Island Therapy Center – on May 14.

“It’s a cozy, fun, islandy location,” said MaryAnne Banta, owner of the 68-year-old family business. “When I’m ready to finally hand everything over to my daughter (Deena), I know she’ll be happy here,” said Banta. “It’s like the business will have gone full circle, like when my mother passed the torch to me.”

Deena Gant, who represents the business’ third generation, explained that she loves the history of her family in the salon industry.

“I grew up here, so it feels very natural to me,” said Gant. “Mom helped build up the business by expanding, and I learned a lot by watching her. I also learned so much by being social,



**Deena Gant and MaryAnne Banta holding a photograph of salon founder Mary Aleck, representing three generations in the beauty business** photos by Jeff Lysiak

because you meet and talk with lots of people every day. But my needs are simple... I love and trust everybody here. This place feels like home to me.”

Sanibel Beauty Salon is open from 8:30 a.m. to 2 p.m. Monday through Friday. Appointments are accepted and walk-in customers are welcome. For more information, call 472-1111 or visit [www.sanibelbeautysalon.com](http://www.sanibelbeautysalon.com).✪



**The Sanibel Beauty Salon team, from left, Deena Gant, Linda Imenso, Marisa Muench, Andy Conte and MaryAnne Banta**

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Book Review

# Wolf Pack

by Di Saggau



Here's my review of *Wolf Pack* that I promised a few weeks ago. It's CJ Box's followup to *The Disappeared*. Wyoming game warden Joe Pickett is back on the

job. That's the good news. The bad news is that a mysterious man with a sophisticated drone is killing wildlife just for the fun of it. That doesn't set well with Joe, the Wyoming game warden, or with Katelyn Hamm, a game warden from another county.

When Joe tracks down the drone's owner, he is visited by two FBI agents who instruct him to leave things well enough alone in order to save the lives of many people, "maybe tens of thousands" but they don't say why. Joe considers the warning more of a command and teams up with his buddy Nate Romanowski, a master falconer, to help figure out what's actually going on. The drone is the least of their problems.

In a stronger plot thread, Nate and Joe discover that a four-man team called the Wolf Pack, is operating as a syndicate of the Sinaloa drug cartel. The most dangerous member of the pack is a very lethal woman named Abriella. She's a female version of Geronimo and, if you know that history, you know she's one dangerous female. The Wolf Pack is after the owner of the drone for an entirely different reason. Further complicating things, Joe's daughter Lucy is dating the son of the man in question.

Joe and many of his friends and colleagues are targeted by the killers before they move on to their real target. Box is great at finding new ways to

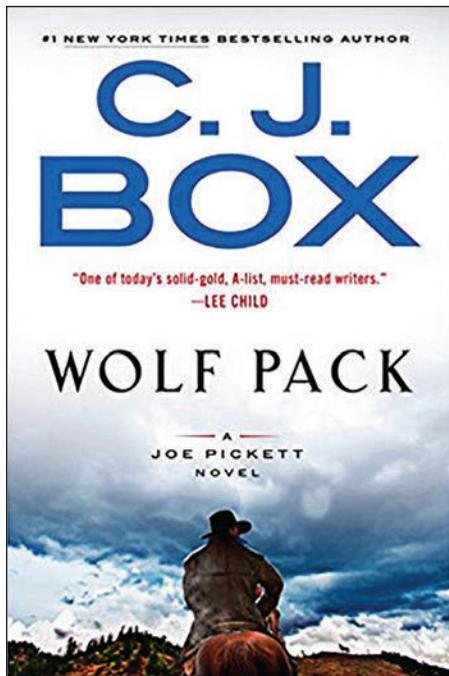


image provided

shake up the action, and you'll enjoy finding out what he has in mind. He's an expert at inserting twists you don't expect. *Wolf Pack* is the 19th Pickett novel, and it's another tightly wound tale well worth reading.\*

## Top 10 Books On The Island

1. *Matriarch* by Susan Page
2. *Paris Architect* by Charles Belfoure
3. *Huntress* by Kate Quinn
4. *Neon Prey* by John Sandford
5. *Gun Love* by Jennifer Clement
6. *Silent Patient* by Alex Michaelides
7. *Educated* by Tara Westover
8. *Overstory* by Richard Powers
9. *Lost Girls of Paris* by Pam Jenoff
10. *A Land Remembered* by Patrick Smith

Courtesy MacIntosh Books and Paper.\*

## School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My first grade daughter continues to use her fingers for counting. Shouldn't she have moved on from that by now? Should I tell her to stop finger

counting and do her numbers in her head? Please help.

Lucinda R, Fort Myers

### Lucinda,

Don't become overly concerned with your daughter's finger counting. New research suggests that young children may make gains in math by counting with their fingers. Generally speaking, teachers do tell their students to stop finger counting around the end of first grade. Children are transitioning to perform mental math and sometimes finger counting is seen as a crutch and possibly a sign of poor math skills.

A new British study published in *Frontiers in Education* suggests that finger counting seems to boost math learning when paired with number games. This research suggests that finger counting can actually support learning math skills and is not a crutch.

This study included 137 6-year-old and 7-year-old children who were split into five groups. Each group played a specific math game and/or used finger counting exercises while playing. One group participated in finger-counting exercises such as counting from 1 to 10 using each finger, showing the correct number of fingers when told a specific number, and doing simple addition or subtraction problems using their fingers. The second group played number games like dominoes and card games. The third and fourth groups did both; they performed finger-counting exercises and played number games. The final group was the control and didn't participate in either the exercises or the games.

Results indicated that there were positive math skill increases noted in all groups. The children who participated only in the number games group had one math skill slightly boosted, while the children who played a game and finger counted experienced larger gains on a range of tests when they also used their fingers. The children who participated in both activities outperformed the control group in multiple math-related skills, including counting,

ordering, comparing and adding.

Tim Jay and Julie Betenson, the authors of the study, suggest an interesting explanation for the boost in math skills: The "part of the brain that responds to number lies in close proximity to the area that is activated whenever subjects perform pointing and grasping activities. So, when we use our fingers, we also activate the areas of our brain associated with counting. This parallel processing may explain why young children benefit from finger counting".

Eventually older students should move past finger counting but there's now evidence to let younger students continue with this practice. There doesn't seem to be a strong reason to discourage young children from counting on their fingers as it may actually boost math learning, especially when paired with number games.

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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Joey Almeida and Sharon Schuyler  
photos provided



Myra Roberts and Lyn Morningstar of  
Morningstar Dog Training



From left, Betty Hughes, treasurer for ARC, accepts the check from Lily & Co. team members Elizabeth Boone, Dan Schuyler, Kathy Bobb, Kimberly Salerno, Karen Bell, Haley Carter, and store mascots Angel and Jewel

## Birthday Bash Brings In Funds For Animal Shelter

Lily & Co. Jewelers celebrated the birthdays of mascot Lily, 15, Angel, 11, and 1-year-old Jewel on May 11. It was an afternoon filled with birthday cake and ice cream, plenty of activities and raising funds for the Animal Refuge Center (ARC).

Party guests had an opportunity to shop the KC Designs Trunk Show featuring the canine and feline collection, as well as dog and cat giftware by Mariposa under the big tent. There was also a raffle for a diamond dog bone pendant valued at \$900.

Morningstar Dog Training offered tips for an obedient dog and Jeff Jarrett sketched caricature drawings. Island Grooming discussed spa and styling for pets and Jan Pearson of Grand Affair Pet Photography showcased her offerings.

Island Paws provided the pup treats and Sanibel Catering Company by Bailey's served grilled hot dogs and other treats for the human guests. Joey's Custard set up an ice cream sundae bar, and a contest was held for the best-dressed dog.

The event raised over \$13,000 for ARC, the largest no-kill shelter/sanctuary in Southwest Florida, which provides interim shelter and medical care to homeless, injured or abandoned animals.\*



Monica Hamme of Sanibel Catering Company by Bailey's



Elizabeth Boone of Lily & Co. helps out with a hungry guest



A fancy dresser



Caricature artist Jeff Jarrett created sketches for the guests



From left, Carole Fallon, Jane Hudson, Dorothy Sawyer, Anita Force Marshall and Mary Ann Gilhooley photo provided

## Donations Still Needed For Trash & Treasures Sale

“We are still in need of donations (clean gently used items) for our upcoming Trash & Treasures Sale,” said Dorothy

Sawyer, Island Seniors Trash & Treasures co-chair. The annual event is organized by Island Seniors, Inc. volunteers at the Center 4 Life. Amy Esposito-Brown, Island Seniors program manager, said, “This is a huge event for the Island Seniors/Center 4 Life and all the proceeds help support their programs like kayaking, aerobics, computers, arts and so much more.”

This year’s sale is scheduled for

Saturday, November 9 from 9 a.m. to 2 p.m. “You are welcome to stop by the Center 4 Life and browse before the sale,” said Sawyer. “We have a wide variety of treasures from craft items to

home décor to golf clubs to dishes – and the price is just right.”

For more information, stop by the Center 4 Life, located at 2401 Library Way, or call 472-5743\*

## New Director To Speak At ABWA Luncheon

The community is welcome to attend the American Business Women’s Association (ABWA) Sanibel-Captiva charter chapter for lunch on Tuesday, May 28 and meet Alicia Tighe, executive director of FISH of SanCap. Tighe is only four months into her role working with FISH President and CEO Maggi Feiner. Tighe will speak about her journey from Florida to Washington, DC and back, building a career in public service while working for U.S. Senator Bill Nelson.

“We expect this to be a great discussion,” said Gloria Garrett, local chapter president. “Alicia’s experience includes hurricane response and water quality issues, vital topics for our community.”

Tighe holds a bachelor’s degree from the University of Central Florida and a master’s in public policy and administration from Northwestern University. She lives on Sanibel with her husband, Ryan Orgera, who recently started as the CEO of the Sanibel-Captiva Conservation Foundation (SCCF).

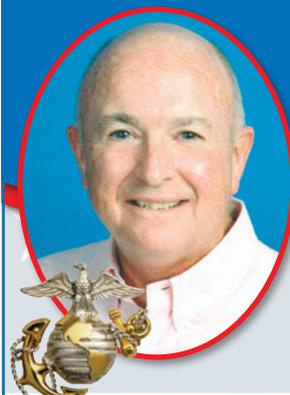


Alicia Tighe photo provided

The Women in Leadership Speaker Series luncheon will be held at Sundial Beach Resort and Spa, located at 1451 Middle Gulf Drive on Sanibel. Networking starts at 11:30 a.m., with lunch and speaker from noon to 1 p.m. Cost is \$25 per person. RSVP at info@ABWASanibelCaptiva.org or register online at Eventbrite at https://ABWASanibelCaptiva.Eventbrite.com.\*

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**836 Donax St.**



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

**\$849,000**

**4156 West Gulf Drive**



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

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**\$380,000**

**Sandalfot #3C1**



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

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**NEW PRICE**

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The Sanibel Captiva Trust Company

# Saving Taxes While Helping Others



by Michael R. Dreyer, CPA, President - Tampa Bay Trust Company (a division of The Sanibel Captiva Trust Company)

Financially successful individuals often look for ways to fund charitable

interests in a tax efficient manner. Charitable trusts can be an effective tool in meeting this objective. Several variations of a charitable trust exist, and each serves a specific purpose.

When a Charitable Remainder Trust

(CRT) is established, a gift of cash or property is made to an irrevocable trust. The donor retains an income stream from the trust for a specified number of years (no more than 20 years) or for life. At the end of the term, the qualified charity specified in the trust document receives the remaining assets in the trust.

The grantor of the trust receives an income tax deduction, in the year of the transfer, for the present value of the remainder interest that will ultimately pass to the charity. The grantor is taxed based on the amount of the payments to him and the income earned at the trust level.

A Charitable Remainder Trust (CRT) is often used when an individual has a highly appreciated asset which is being sold. The individual transfers the appreciated property to the CRT, the CRT then sells the asset. Because the CRT is not a taxable entity, the gain on the sale is not recognized at the time of the sale. This allows the entire sale proceeds to be invested in a diversified portfolio. Had the asset been sold at the individual

level, capital gains tax would be payable immediately, reducing the sale proceeds available for reinvestment by as much as 23.8 percent due to federal taxes. The CRT is an excellent method for deferring or possibly avoiding the capital gains tax on the sale.

There are two types of CRT: A Charitable Remainder Annuity Trust and a Charitable Remainder Unitrust. With the annuity trust, the annual annuity payment remains the same over the life of the trust, while with the unitrust, the payment changes each year based on the value of the trust's assets at the predetermined payout percentage.

A Charitable Lead Trust (CLT) is established when an individual (or a corporation) transfers cash or property to an irrevocable trust. A charity then receives an annuity payment for a number of years. At the end of the term, the assets in the trust are transferred to the non-charity remainder beneficiary - typically, a child or grandchild. The donor receives a charitable

income tax deduction in the year the trust is created. The deduction is based upon the present value of the annuity payments the charity is to receive. For gift and estate tax purposes, the value of the gift to the trust's remainder beneficiary(s) is discounted by the present value of the annuity payments to the charities.

Charitable lead trusts can be established during one's lifetime or through a Will. In the right circumstances, they can be an excellent way to avoid gift or estate taxes. It has been reported that CLTs were used extensively in Jacqueline Kennedy's estate plan. Before executing a charitable trust, one should consult with their tax advisor and estate attorney.

*This information is not intended to be and should not be treated as legal advice, investment advice or tax advice. Readers, including professionals, should under no circumstances rely upon this information as a substitute for their own research or for obtaining specific legal or tax advice from their own counsel.\**

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From left, Karitha Charoensri, Jeff McDermott, Sarah Brent, Melinda Maugans, Phaidra McDermott, Paola Ferrarese, Mary Bondurant, Ely Paulsen, Fred Bondurant, Jonathan Weatherstein and Frank Weatherstein

photo provided

## Real Estate Firm Donates To SCCF

Jeff and Phaidra McDermott of Kingfisher Vacations and Real Estate held an employee and realtor

appreciation party at George and Wendy's Seafood Grille on May 11.

Kingfisher presented its most recent donation to the Sanibel-Captiva Conservation Foundation (SCCF) to further assist with their efforts to protect the waterways and delicate ecosystems on the islands.\*

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Remodeled popped-up ground-level with 3 suites, central great room plus den, powder room & upper loft. On Shell Harbor cul-de-sac deep-water access canal with 140' of seawall. Dock, boat lift, large pool, & gulf access too. \$2,295,000



See stunning sunrises here. Beachfront home, priced \$498K less than assessed value. 2-level living with great room, master suite, & lower family room plus lanai all gulfside. Small community shares pool & tennis. \$1,495,000 furnished



2nd floor ~1,962 sq. ft. condo in private stand-alone tier at residential Gulfside Place. Interior remodeling just complete. High-end finishes throughout including new kitchen/baths. Parking & big storeroom below. \$1,429,000



At Pointe Santo #C43, it's all about the view. Top-floor 3 bedroom with private roof-top deck. Years of rental income. Complex restoration project finishing this fall when this building gets new roof. \$995,000 turnkey



Expanded/remodeled to accommodate sellers' vacationing family. Gulf Shores 4-bedroom beach home with pool also could be a great rental. Easy-access ground-level split-plan. \$849,000 furnishings available too



Gulf-front Sanibel Arms West 2 bedroom with updated baths, open remodeled kitchen, washer/dryer, & impact glass. Easy on-site rental program with excellent history. Rental fee just 10.5% & maintenance fee just \$460/month. \$849,000 furnished



With this family room view. At end of Gumbo Limbo cul-de-sac, 9448 Begonia Ct is easy 1-level living with 3 bedrooms 2.5 baths. With spacious entertaining & general living areas, seller hosted many gatherings here. \$699,000



Low price - high income. Cozy gulf-view updated Signal Inn 1/2 duplex 1 bedroom with covered parking & storeroom below. Easy on-site pet-friendly rental program with 3-day minimum. Grossing up to \$60K+. \$499,900 furnished & with bookings



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Vacant lot at 898 Rabbit Rd with beach-access path at end of street. House built next door on similarly-sized parcel illustrates size of beach home that could go here. Lot is ~80' x 200' with church buffers behind & other side. \$170,000



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# Zonta Chooses Award Recipient

submitted by Sue Denham

On May 1, the Zonta Club of Sanibel-Captiva honored 16-year-old Abigail Fletcher with the 2019 Young Women in Public Affairs Award, which recognizes superior leadership skills and a commitment to public service. The award was established by Zonta International to address the significant disparity in the representation of women in legislature, and emphasizes the importance of women having equal participation in decision-making processes.

Fletcher, a 10th grader at North Fort Myers High School, participates in many activities including orchestra, choir, student government, JROTC, the varsity swim team and as captain of the mock trial team. Additionally, she volunteers with Special Equestrians, the 4-H Leadership Clubs and Teen Court.

"Teen Court gives convicted juveniles another chance to get a fresh start," Fletcher explained. "Through this program, I have gained experience as a clerk and as an attorney."

Fletcher is also proficient in American Sign Language. "The beauty of sign language is that it is universal," she said. "Sign language transfers from country to country as all deaf people use the same signs, or at least they are



From left, Christy Gordon, Karen Pati, Diana Fletcher, Ellen Strobel, Barbara Beran, Abigail Fletcher, Barbara Fletcher, Nancy Dreher and Pam Eccles photo provided

very similar." Upon receiving her award, which included a \$1,000 check from Zonta, Fletcher thanked her mother, Diana Fletcher, and grandmother, Barbara Fletcher, both in attendance, along with her school counselor, Christy Gordon. Her current plans are to study political science at Hillsdale College in Hillsdale, Michigan, and then attend law school.

Presenting the award, Ellen Strobel of Zonta noted that those who wrote recommendations described Fletcher's

character, sense of justice, leadership skills, integrity, resilience and self-confidence.

"Abigail is described as mature, hardworking, committed, respectful, and one who always works for the betterment of others," she said.

Fletcher's achievement as the YWPA recipient makes her eligible to compete for further recognition and awards from Zonta, both regionally and nationally.

The Zonta Club of Sanibel-Captiva empowers women through service and

advocacy and applauds young women like Abigail Fletcher who exemplifies the Zonta ideals of justice and the importance of promoting women's voices in public affairs. For information, visit [www.zontasancap.org](http://www.zontasancap.org).

## ISLAND SUN BUSINESS NEWSMAKERS

### Royal Shell Real Estate



McMurray and Nette

The top producers for April at the Royal Shell Real Estate Sanibel-Captiva office were: McMurray and Nette, top listing and top sales team; and Cindy Sitton, top listing and top sales producer individual/partners.



Cindy Sitton

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# Who Is A Descendant?



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

New reproductive capabilities pose interesting challenges to one's estate plan. Typical language in a will or trust might read, for example, "upon the death of my wife, the remainder of my estate shall be distributed to my descendants, per stirpes." The per stirpes designation means that the next generation steps into the shoes of a parent who predeceases the testator of the will or trust.

This therefore begs the question: who are your descendants? The answer may not be as clear-cut as you might imagine.

Modern medicine has turned reproductive capabilities – and therefore who might be considered a descendant of yours – upside down. In generations past, once a woman's biological clock expired, she couldn't have any more children, and the only way to expand a family beyond such event would be to adopt.

Today, eggs can be harvested, frozen cryogenically and artificially inseminated at ages that used to be considered beyond one's normal child-bearing years. Further, with surrogate mothers and donations of both eggs and sperm, the biological "parent" of the embryo isn't as certain as it was yesterday.

Allow me to illustrate my point. Assume that Father and Mother have two sons, Greg and Peter. Father dies leaving everything to Mother. Mother's will directs that the estate is to be left equally to Greg and Peter, and if either son predeceases her, then the share that would have been distributed to the predeceased son would instead be distributed per stirpes to that son's descendants.

Assume further that Peter predeceases Mother, leaving behind his wife Sarah, and a daughter, Rachel. Peter's wife Sarah decides to have a reproductive specialist artificially inseminate her with Peter's cryogenically frozen sperm. After several procedures, it doesn't work out as Sarah has reproductive deficiencies of her own. So Sarah finds a surrogate mother who is then artificially inseminated with Peter's sperm and gives birth to a son, Jacob. Mother then dies without ever changing her will.

Who inherits Peter's share? Remember that Mother's will says everything to Greg and Peter, per stirpes. Since Peter died, the per stirpes designation would mandate that Peter's child(ren) would step into Peter's shoes to inherit. So we know

that Greg still receives one half of Mother's estate. But who are Peter's children? We do know that Rachel is Peter's daughter. That much is a fact. Does Rachel inherit Peter's one half or must she share it with Jacob?

The legal question therefore is whether Jacob is a descendant of Peter? Peter's sperm produced Jacob after Peter's death, but before the death of Mother – at the direction of Peter's wife Sarah through a surrogate mother. I believe that under Florida law, Jacob would be entitled to split Peter's share with Rachel.

Consider, however, that Peter may have even more children depending upon who had custody of his seed and how often it was used. What if Sarah produced another child in the same way Jacob was produced? Assume that the next child was born after Mother's death. Couldn't you argue that the class of beneficiaries who would inherit Peter's share could be unlimited? How could the personal representative for the estate know when to distribute Peter's share if another child could be born long after Mother's death? For this reason, Florida law would likely treat any children born before Mother's death as a descendant of Peter for purposes of Mother's will.

What if Peter had instead donated to a sperm bank and a married couple, not related to the family at all, used it to produce a child? Here, Florida law would not treat that child as Peter's descendant. Donations to a sperm bank for third party use are generally not, for legal purposes, considered a descendant of the donor.

With modern reproductive medicine improving all of the time, and with the number of different choices that are available today, it isn't hard to imagine any number of scenarios that could call into question who a proper descendant may be under any given will.

All of these issues can be addressed through the drafting of language that clarifies the intent of Mother and Father. If Mother and Father only wanted biological and adopted children of Peter during his lifetime to step into his shoes for purposes of inheritance, then this could be written into the legal documents: "For purposes of our will, a descendant of a child of ours shall only include those individuals born or adopted before the death of our child, or those born within nine months following the death of our child."

On the other hand, Mother may want Jacob, and any other similar issue, to step into Peter's shoes for purposes of the inheritance. She may look at Jacob as a gift from Peter – regardless how Jacob was conceived.

These are difficult concepts that many estate plans fail to consider. If you have strong feelings one way or the other, it might be time to dust off your documents to review how "descendant" is defined under the document, if it is defined at all.

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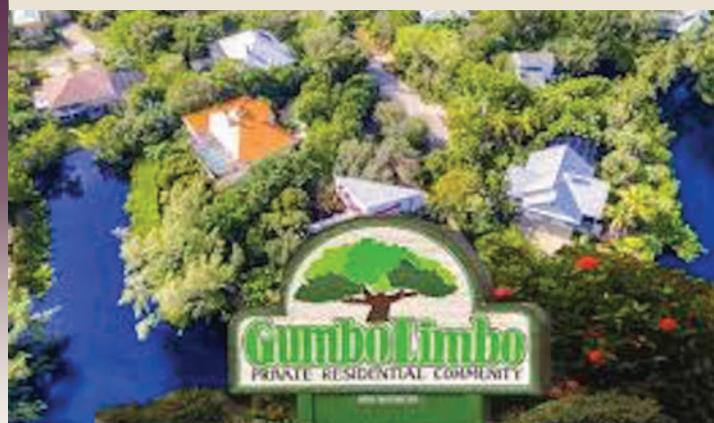
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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	4:26 pm	None	None	None
Sat	9:21 am	12:41 am	5:28 pm	11:11 am
Sun	9:44 am	1:35 am	6:52 pm	1:23 pm
Mon	10:08 am	2:26 am	8:32 pm	3:03 pm
Tue	10:30 am	3:12 am	10:02 pm	4:13 pm
Wed	10:51 am	3:53 am	11:17 pm	5:05 pm
Thu	11:11 am	4:28 am	None	5:49 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	3:31 pm	None	None	None
Sat	8:26 am	12:43 am	4:33 pm	11:13 am
Sun	8:49 am	1:37 am	5:57 pm	1:25 pm
Mon	9:13 am	2:28 am	7:37 pm	3:05 pm
Tue	9:35 am	3:14 am	9:07 pm	4:15 pm
Wed	9:56 am	3:55 am	10:22 pm	5:07 pm
Thu	10:16 am	4:30 am	11:26 pm	5:51 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	6:37 am	10:51 am	4:49 pm	None
Sat	7:30 am	12:48 am	6:00 pm	11:38 am
Sun	8:18 am	1:50 am	7:17 pm	1:45 pm
Mon	9:00 am	2:42 am	8:24 pm	2:59 pm
Tue	9:41 am	3:24 am	9:24 pm	3:54 pm
Wed	10:21 am	4:00 am	10:28 pm	4:45 pm
Thu	11:00 am	4:34 am	11:33 pm	5:35 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	6:36 pm	3:04 am	None	None
Sat	11:31 am	3:57 am	7:38 pm	2:27 pm
Sun	11:54 am	4:51 am	9:02 pm	4:39 pm
Mon	12:18 pm	5:42 am	10:42 pm	6:19 pm
Tue	12:40 pm	6:28 am	None	7:29 pm
Wed	12:12 am	7:09 am	1:01 pm	8:21 pm
Thu	1:27 am	7:44 am	1:21 pm	9:05 pm

## Island Seniors At Center 4 Life

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

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

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

**Kayaking on Tuesdays** – June 4 at 8:30 a.m. (weather permitting). There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors, Inc. will provide kayaks, paddles and life jackets. Bring water, a small snack, sun screen, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$20 for non-members. Advance registration is required.

**Gelli Printing with Bea Pappas** – Fridays, May 24 and 31. Cost is \$20 for members and \$25 for non-members.

All levels are welcome to do monotype or make papers for collage use. Bring paper towels, acrylic paints, water container and one-inch brush. The instructor will provide all other supplies. Call 472-5743 for more information.

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

The featured book for Wednesday, June

12 is *Midnight in the Garden of Good and Evil* by John Berendt. The movie will be shown at noon and a book discussion will be held at 2:30 p.m. Bring your lunch.

First published in 1994, *Midnight in the Garden of Good and Evil: A Savannah Story* is a memoir-thriller by writer and *Esquire-New York Magazine* editor John Berendt. Based in Savannah, Georgia in the early to mid-1980s, the story follows a colorful cast of local characters as they live their daily life during a nationally infamous murder trial. *Midnight in the Garden of Good and Evil* was adapted to a movie in 1997 and was on *The New York Times* Bestseller list for over four years, setting the record for most time spent on the list. The book was also a finalist for the Pulitzer Prize. Many critics praised it for its atmospheric portrayal of an American city. The work uses more than eight years' worth of interviews Berendt had with residents of Savannah. – *SuperSummary.com*

**Trip to IKEA** – Tuesday, May 29.

Cost is \$5 for members and \$20 for non-members.

Trip includes round trip transportation. Lunch is on your own at the IKEA Café. This will be an all-day shopping spree at IKEA in Plantation. Advance registration is required by Friday, May 24.

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

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

Meek floral assistant Seymour stumbles across a new breed of plant that he names Audrey II – after his coworker (and crush). This sassy, R&B-singing plant promises everlasting fame and fortune, as long as Seymour keeps feeding it its special diet. Between bites, Audrey II brings down the house with music composed by Alan Menken in the 1960s-style rock and roll,

continued on page 45



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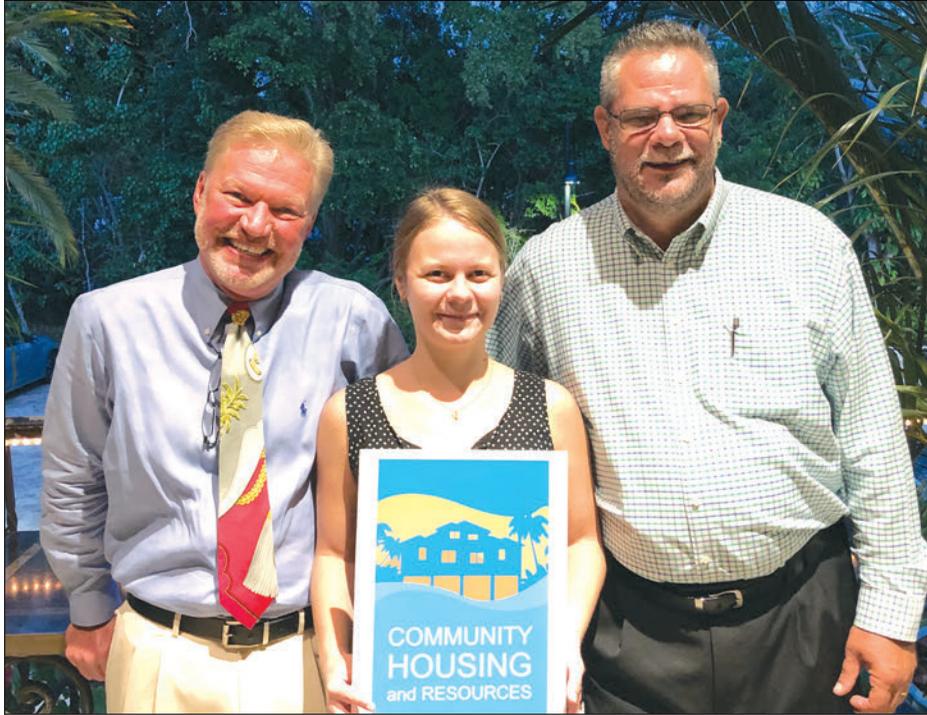
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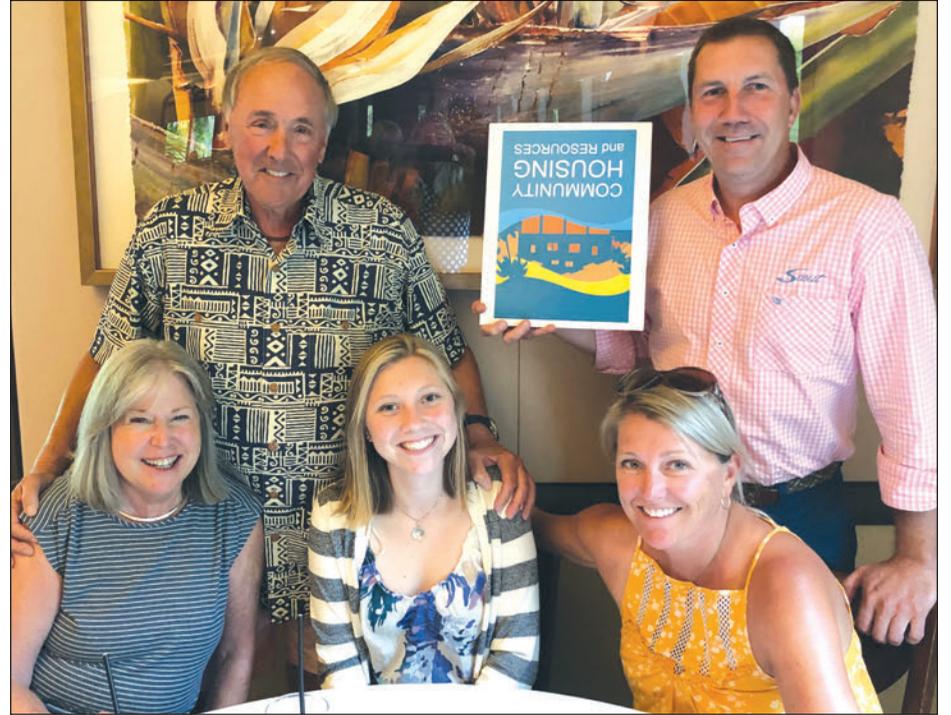
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# Highlights From CHR Give Back Wednesday At IL Cielo



From left, Chuck Grover, Keenia Perevozchikova and Marcus Preece photos provided



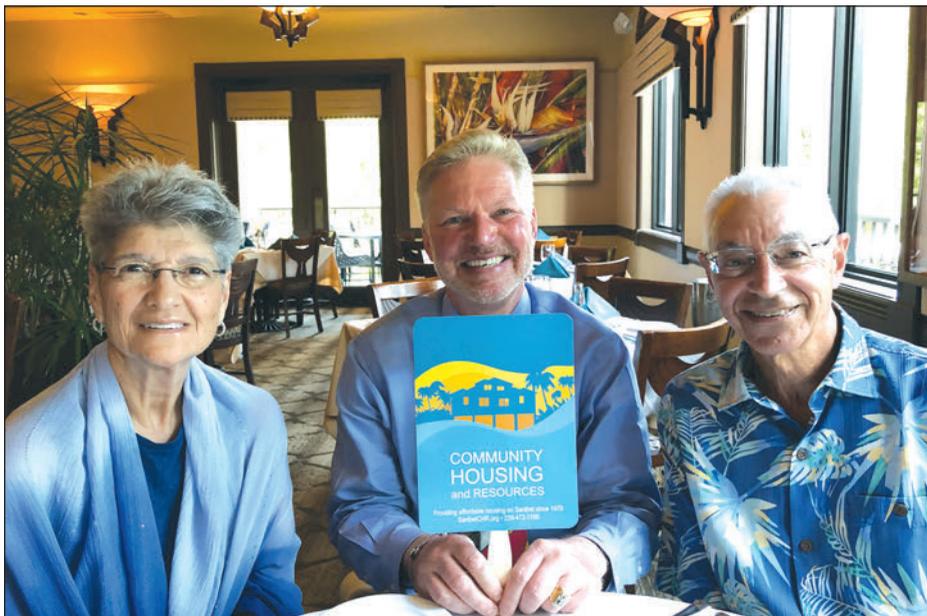
From left, Donna and Peter Holden with Doug, May and Paige Babcock



From left, Wendy Harriman, Bea Pappas, Deborah Butler, Shirley Bohnert and Marcia Leslie



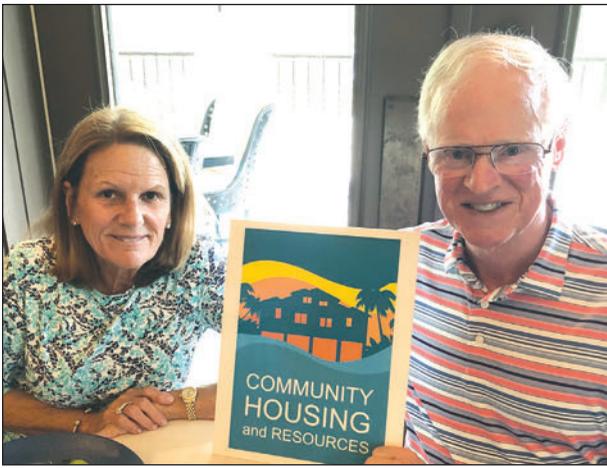
From left, Laura and Shawn Shaffer, Scott McDonald and Mary Bondurant



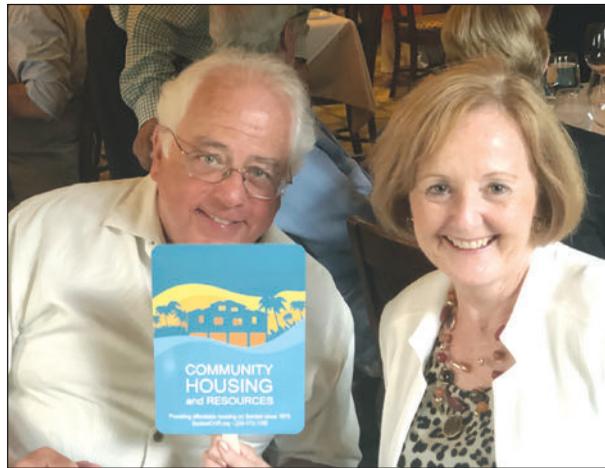
From left, Cathy and Joe Wargo with Chuck Grover



From left, David Cox, Alan and Barb Marti and MaryBeth Cox



Linda and Dave Essig



Phil Lacovara and Annette Hendrick



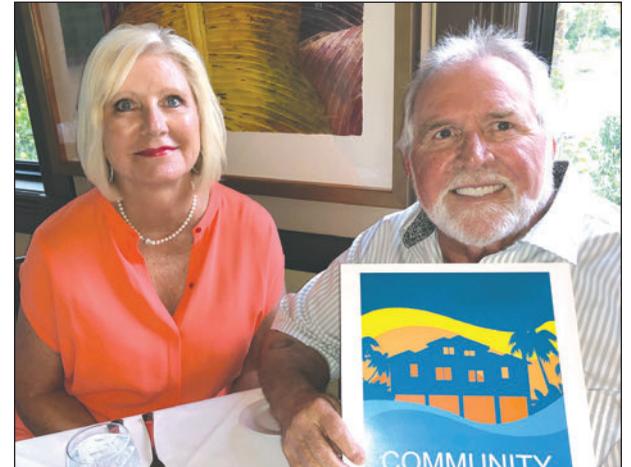
Salli and Billy Kirkland



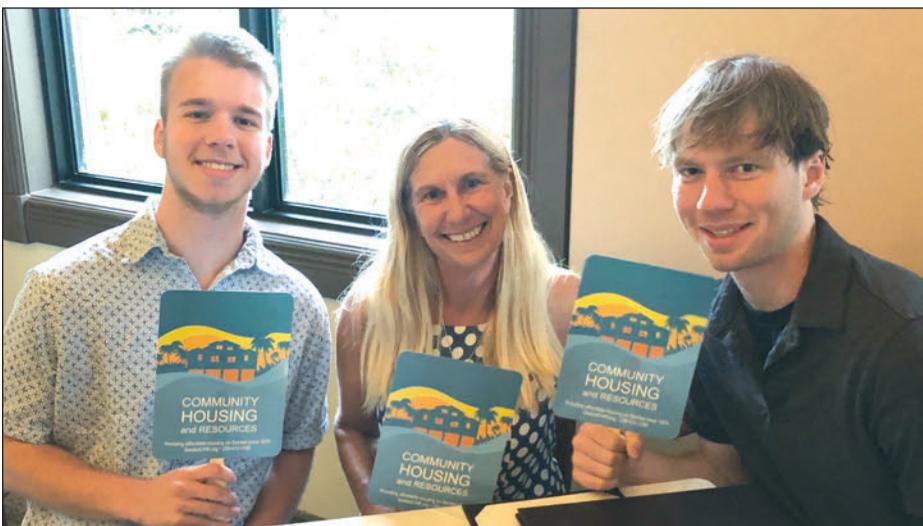
From left, LeAne Suarez, Jayne Lumley and David Arter



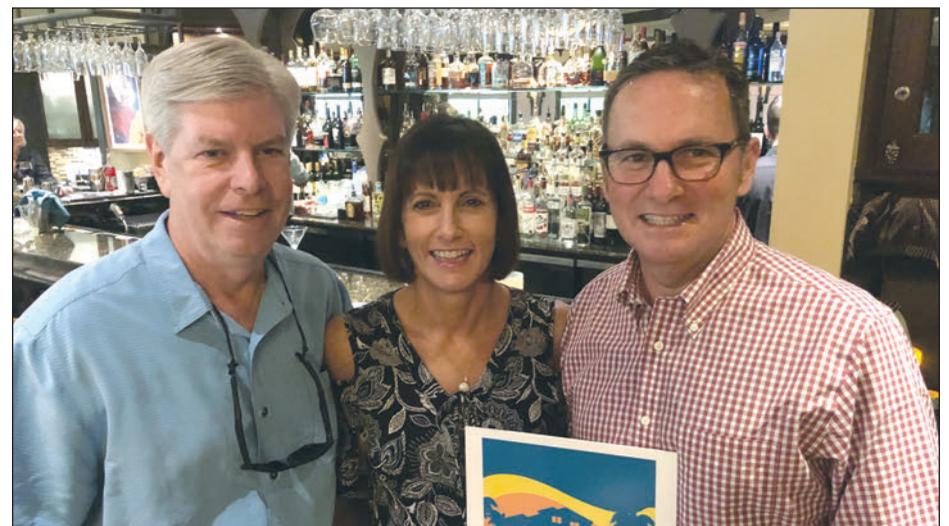
Tracey Tenney and Barbara Levine



Sherry and Doug Gentry



From left, Mitchell, Melissa and Stephen Rice



From left, Bill and Jules Hayles with Norm Essey



From left, Patty, Ralph and Billeye Curtis



From left, Nicolas Sisson, Laura DeBruce and Jeff Blackman

# Season's Greetings?



by Howard Prager

**Y**ou're probably reading this and thinking this is nuts – it's almost summer. Yes, and that ultimate confluence of some sport season's ending, others moving into high gear and drafts

with eternal hope. The greetings are for seasons anew and seasons ending. What's a sports fan to do?

If you're not a die-hard hockey or basketball fan, or if your team is not in the playoffs, you're probably not very interested in following the NBA Playoffs or Stanley Cup. Certainly the major television networks prefer a large market team with a huge following to be in the playoffs.

In the NBA, we have Toronto vs. Milwaukee and the winner faces Golden State, which just swept Portland. San Francisco is a pretty good market, but we don't have any powerhouses from New York, Los Angeles or Chicago. And both series seems a bit regional: West Coast and Midwest. At least all the teams left have some exciting players and potential, and I can't remember the last time Milwaukee or Toronto got this far. Good for them.

Boston Bruins swept the Carolina Hurricanes based on the adage in hockey that a hot goalie will take you far. Tuuka Rask has been exceptional in net. Boston

now awaits the winner of the San Jose Sharks vs. St. Louis Blues series, which would end with a St. Louis victory at press time last Tuesday or a Game 7 decider last Thursday. Will the Sharks and 39-year-old Joe Thornton finally hoist Lord Stanley's Cup or will the Blues and Joe Binnington, their 25-year-old goalie, prevail? This bruising series will certainly give Boston an advantage. Again, none of these teams are in the big three market.

Then there's the drafts. I previously talked about the NFL draft and now teams are having pre-camps and bringing in undrafted free agents. Add New Orleans getting the first lottery pick in the NBA. Hope springs eternal as everyone looks to find the magic formula for success. Of course, then there are some crazy stunts, like the Bears bringing in eight place kickers to try and find just one (after signing one earlier). College football has both their spring practices and signed commitments from prospects. So, even in the offseason, football is in "high gear."

The NBA draft is next. The draft is for the bottom dwelling teams to see who has the first chance to draft Zion Williamson, the consensus first rounder or Ja Morant the number 2 choice. As strong and as good as Williamson is, he did not lift a talented Duke team into the Final Four. How he will contribute with just one year of college experience is anyone's guess.

Racing season is underway, with no chance of a triple-crown winner as both Country House and Maximum Security are not running the Preakness. And May ends up with a checker flag as the Indy 500 comes racing down the tracks.

Brooks Koepka held on to win the PGA Championship at Bethpage Black in

Long Island. There were a lot of people hoping Tiger Woods would continue his amazing comeback but that was not to be as Tiger didn't even make the cut. Koepka did join Tiger as the only golfers to win the PGA Championship in back to back years, but Koepka is the first golfer to simultaneously hold back-to-back titles in two majors. Dustin Johnson became a crowd favorite on the back nine during Sunday's final round as he got closer and closer to Koepka, but he ended up in second place, two shots behind Koepka. Koepka will defend his 2017 and 2018 titles at the U.S. Open next month. Can he three-peat?

Professional soccer is underway too with the WNBA and tennis close behind.

Which leaves us to my first love, America's pastime, baseball. I always see April as a thawing and shaking out. As May winds down, the weather gets better, batters heat up and races start to have some meaning. Who's hot and who's not. Tampa Bay and the Yankees are fighting for first place. The Cubs entered the season horribly, but as of this writing, have the best record in the NL. The Dodgers are looking strong again as are the Phillies in the NL, while the Astros and Twins lead their divisions in the AL.

Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments or questions to [press@islandnews.com](mailto:press@islandnews.com).✪



Bobbie McGlynn photo provided

## Hole In One

**B**obbie McGlynn aced the 3rd hole at Sanibel Island Golf Club while playing with fellow member Art Hunter and two guests. This was McGlynn's sixth career hole in one.✪

## SPORTS QUIZ

- Two pitchers in major-league history have compiled nine seasons of 40-plus saves. Name them.
- When was the last time pitchers from the same team were the top two in leading a league in ERA for a season?
- How long was the Air Force football team's streak of consecutive games in which they scored before Army ended it during the 2017 season?
- In 2018, DeMarcus Cousins recorded the 10th 40-point, 20-rebound, 10-assist game in NBA history. Which player accomplished this feat the most?
- Who played the most NHL games in New York Rangers history?
- Joe Gibbs Racing, in 2019, finished 1-2-3 at the Daytona 500. When was the last time a NASCAR team did that at this race?
- In 2019, tennis star Novak Djokovic broke a tie with two other players to become the winningest men's singles champion at the Australian Open (seven times). With whom had he been tied?

## ANSWERS

1. Trevor Hoffman and Mariano Rivera. 2. It was 2016, when Kyle Hendricks (2.13) and Jon Lester (2.44) of the Chicago Cubs led the N.L. in ERA. 3. It was 306 games (1992-2017). 4. Will Chamberlain (six times). 5. Harry Howell, with 1,160 games (1952-69). 6. Hendrick Motorsports, in 1997. 7. Roger Federer and Roy Emerson.

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From page 40

## Center 4 Life

doo-wop and Motown including the well-known *Suddenly, Seymour*. Limited seating is available. Carpool arrangements will be available. Sign up at the center.

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

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

### Marina Jack's Lunch Cruise on Sarasota Bay and Shopping at St. Armand's Circle – Thursday, June 20. Cost is \$99 for members and \$109 for non-members. Includes round trip transportation, sightseeing cruise on Sarasota Bay with buffet lunch, shopping time on St. Armand's Circle and a stop at Der Dutchman Amish Bakery. Bus departs from Fort Myers location at 9:30 a.m.

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

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

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

**Hand & Foot** – Thursday at noon.

**Hearts** – Friday at 12:30 p.m.

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

pay \$10 per class. Annual membership is \$20. Sanibel Recreation Center members must show their membership card to attend. Fitness class schedule is as follows:

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

**Essential Total Fitness** – Monday, Wednesday and Friday at 9:30 a.m.

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

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

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

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

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

### Doctor and Dietician

## Shoulder Subluxation



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

The shoulder has a unique design allowing for tremendous mobility. Most of us can scratch our head, scratch an itch between our shoulder blades, and touch our back without pivoting anything but the shoulder. This same mobility, though, can make the shoulder more vulnerable to injury. The primary muscular support for the shoulder involves the rotator cuff muscles, the primary movers of the shoulder. Athletes like pitchers, gymnasts, tennis players, quarterbacks, swimmers and volleyball players are prone to chronic shoulder problems. Activities that involve a lot of lifting, or even a lot of computer usage, can aggravate the shoulder too. Does your shoulder have a crunching or grinding sensation or "pop out of joint?" That's a

sign the shoulder is subluxing because the connective tissues, ligaments and tendons are overstretched or degenerated. This causes joint instability which can lead to many painful conditions, including arthritis and tears of the labrum and rotator cuff.

Rotator cuff strengthening exercises, specifically of the supraspinatus muscle, are a popular first-line, shoulder pain treatment, since the rotator cuff muscles help stabilize the shoulder and assist with movement. Unfortunately, these exercises don't always cure pain and instability. Shoulder joint instability, and the conditions it leads to, are indicative of an underlying ligament and tendon injury or degeneration. Once these structures are stretched or loosened, no amount of exercise will strengthen the joint enough to permanently hold it in place. Degenerative conditions need regeneration. Thus, these instances require prolotherapy, a regenerative injection treatment to improve ligament and tendon integrity. Prolotherapy can involve a variety of proliferants that stimulate tissue repair, and can include a person's own cells, such as PRP (platelet rich plasma) or even stem cells. Once the connective tissues have been repaired/regenerated, the shoulder strength, stability and function naturally return.

*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@carinmedical.com.✪*

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## Chef Talks About The Importance Of Mentoring

submitted by Gloria Garrett

**M**elissa Donahue, the award winning executive chef at Sweet Melissa's Cafe, presented Conversations with Melissa – Sweet, Savory and Skillful, engaging members of the American Business Women's Association (ABWA) in a lively discussion at the April luncheon.

During her presentation, Donahue shared the steps to her success as a James Beard Award semifinalist, emphasizing hard work and what she learned from others along the way.

"Women who have built a career are responsible for mentoring younger women coming up," said Donahue, noting that women are still fighting for equal footing in many professions. "In the culinary industry today, only 20 percent of kitchens are run by women."

Donahue had the opportunity to build her career in high profile restaurants – including the Union Square Café in Manhattan and the Commander's Palace in New Orleans – but never stopped seeking to learn and always brought commitment to the job.



**Melissa Donahue** photo provided

"As a younger woman, be a sponge," added Donahue. "Ask. Learn. Take advantage of women who want to share knowledge."

Donahue also emphasized that learning can take you out of your comfort zone. She admitted that in order to represent her brand, she had to learn to find her voice as a public speaker.

"Find your passion and work hard for it," she recommended. "If you're not growing, why do it?"

For more information, visit [www.ABWSanibelCaptiva.com](http://www.ABWSanibelCaptiva.com).

### Beautifulife:

## Be Brave



by Kay Casperson

**A**s we remember those who died in active military service this next week, the one thing that comes to mind for all of us is the fact that all of these individuals had one thing in common,

they were brave. They were brave enough to put our country first and to sacrifice their own lives to defend it. They were brave as they left their homes to fight for what they believed in.

This next week is a week for us to appreciate and honor those that were brave but also to reflect upon our own bravery. Are you brave enough to step out of your comfort zone – to do things that are a challenge – to make things better? Are you brave enough to stand up for what you believe in no matter who is listening or watching? Are you brave enough to give something up to make room for something new or different? How brave are you?

Being brave does not come easily for some people. They may need encouragement and support from friends to get over the line of thinking about doing or saying something to actually making it happen, regardless of the consequences. Once you begin the journey of having the courage and being brave in the little things, you will start to feel better and stronger with all the important aspects of your life and the decisions you make.

I can't express enough how powerful it is to be brave and to defy what others

think you should be, say or do. When you look into your heart, you will know what is right and if you trust in the God-given courage you have to do the right thing, you will, and it will not only feel good, but it will continue to make you stronger as a person.

Words of affirmation are a powerful way to overcome your hesitation in doing or saying something that you think is right. I encourage you to take the time to apply these or any others that might push you down the road to a braver and more beautiful life.

Here are a few of my favorites:

I am brave and can overcome all obstacles by stepping out of my comfort zone.

I am brave and will do the right thing regardless of what others think or say.

I am brave and know that my decisions and actions will keep me moving forward in a positive direction.

*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](http://www.kaycasperson.com) or follow on social media @kaycasperson.*

## Overeaters Anonymous

**I**f food is a problem for you, Overeaters Anonymous can help. Meetings are held in Room 132 at Sanibel Community Church on Tuesdays at 5:30 p.m. and on Fridays at 4 p.m.

For more meeting information, visit [www.southwestfloa.org](http://www.southwestfloa.org).

Sanibel Community Church is located at 1740 Periwinkle Way.

### Superior Interiors

## Colorful Design Elements For Spring



by Linda Coin

**N**ow that spring is in the air and summer gatherings aren't too far off, it's time to consider redecorating your living space with accents and accessories that introduce splashes

of color and energy. Consider adding these design elements to your living space. The right hues and styles, paired with these design elements, can effortlessly transform your home.

Although it may not seem like it at first glance, selecting and arranging your area rug with the rest of your furniture can be tricky and takes a lot of careful consideration. For example, if you try to decorate with a rug that's too small for your room, your furniture won't look grounded as it should. You also must keep in mind that the edges of your rug should be a certain distance from the room's perimeter for full functionality.

When it comes to selecting color and style, take your surrounding decor into account. Your space may benefit from a rug with eye-catching patterns and bright hues. However, this would only be the case if your room consists of a neutral color palette and you're in need of a bold focal point. Maybe a jute or nylon area rug that incorporates hues found on your window treatments and patterned furniture would complete your space's coordinated appearance. Cotton flat-weave products also have the potential to add a lot of texture and color to casual spaces like bedrooms and kitchens.

Decorative throw pillows bring a

sense of coziness, comfort and texture to gathering areas. The fabric, shape, colors and designs you select will determine the style that your pillows bring to your space. For example, sticking with two colors, large geometric designs and tightly woven fabrics will add to a contemporary design theme and look great on a modern, tailored sofa. A bright yellow and white color theme with hints of gray will add flair to the area, especially with two larger pillows on each side of your sofa and an oblong pillow in the center.

If you're looking to go bold with your bedroom decor, your bedding is a great place to start. Do you have a certain style, fabric, pattern and color in mind? Creating a custom bedspread based on your exact design specifications can provide an upscale look. There is also a wide selection of ready-made bedspreads that may match your preferences perfectly. Once you establish which bedding colors and style would work best in your room, coordinate your pillows and shams to pull everything together.

With family gatherings and parties for occasions like graduation and Memorial Day just off on the horizon, you'll want to get your dining table ready to host your guests. Nothing would add color and style to your table like an elegant table runner or casual napkins and placemats to spice up your meal times. A runner fabricated with a bright pink geometric pattern would not only contribute a head-turning splash of color, but kid-friendly convenience if made utilizing washable fabric.

Complete your dining area with a colorful vase to hold your spring flowers. Match your vase and table runner for a harmonious appearance or use it to create the focal point of your table. For the final touch, decorate with a few cheerful pastel candles for a festive atmosphere that celebrates both spring and the celebration at hand.

*Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at [linda@coindeden.com](mailto:linda@coindeden.com).*

## FISH Home Health Networking Meeting

**F**ISH of SanCap, along with Jayme Hodges, LCSW, director of behavioral health for Lee Health System, will host a Home Health Networking Meeting on Thursday, June 6 from 8:30 to 11:30 a.m. at United Way of Lee, Hendry, Glades and Okeechobee Counties, located at 7273 Concourse Drive in Fort Myers.

Hodges will speak about occupational safety and behavioral health issues, making this a perfect learning opportunity for home health agencies, home health workers, private duty nurses, CNAs and companions.

"Professionals who work in the home health industry will have the

opportunity to complete the FISH of SanCap home health provider application to be vetted and included in our resource list as a provider for our community," said Kathy Y. Monroe, program director for FISH. "This meeting is a wonderful opportunity to gather information pertinent to the industry and to network with healthcare industry professionals and share experiences about the valuable work they provide in our community every day."

All professional home health workers, nurses, nurse assistants, certified nurse assistants, companions and home health agency workers who are willing to serve Sanibel and Captiva residents are invited to attend. RSVPs are requested by Monday, June 3. A continental breakfast will be provided. For more information and to RSVP, contact Kathy Y. Monroe or Anthony Morales at 472-4775.

dearRPharmacist

# Eggs Reduce The Risk Of Stroke



by Suzy Cohen, RPh

## Dear Readers:

For years, folks have been afraid of eggs, and how they are “bad” for cholesterol and LDL. Long gone are the days where people drank them raw like Sylvester Stallone did in

Rocky... and no I don't recommend you do that. Rocky did that to build muscle mass, but so you know, the practice of eating raw eggs is about 120 years old. Today, some body builders use the liquid egg whites, to avoid salmonella contamination.

Today's focus is on eggs and whether or not they raise risk of heart disease or stroke. The rationale is that eggs are high in cholesterol, and hypercholesterolemia increases stroke. So let's explore that today, and see what the research claims.

One hard boiled egg contains 187 milligrams (mg) of cholesterol. One scrambled egg has about 169 mg natural cholesterol.

Data accumulated from epidemiological studies suggests an inverse relationship... meaning the more eggs you eat the higher your risk for stroke. However, the evidence of the relationship is quite limited, and has

not deterred me from eating them. Millions of people have, however, and are running scared from the egg.

There is brand new research out, and it was just published in the May 16, 2019 issue of *The Journal of the American College of Nutrition*. The aim of the study was to determine the association of eggs (and cholesterol intake) with risk of stroke. It was conducted in 1,950 middle-aged men from Finland. Neither egg consumption, nor cholesterol intake, was associated with stroke incidence. The gene that influences cholesterol metabolism (ApoE4) was accounted for. The lack of an association between eggs and stroke is great news for egg lovers.

There was a meta-analysis published in 2016, in the *Journal of the American College of Nutrition*. Scientists poured through seven different studies and compiled the statistics. Their findings while not a surprise to me, actually came as a shock to others. Let me just quote right out of the study so you can interpret it as you wish: Based on the results of this meta-analysis, consumption of up to one egg daily may contribute to a decreased risk of total stroke, and daily egg intake does not appear to be associated with risk of CHD.

In other words, the data reveals that eggs might lower risk of stroke, not raise them like everyone is telling you. I'm 54 at the time of this writing, and so I can hear Sergeant Gomer Pyle in my head saying, “surprise, surprise!”

What's so important here, and one of the messages that I am trying to give you, is to stop worrying so much about food.

I think there is so much mental chatter going on in the heads of Americans. Eat this, and not that, this here is bad for you, bread might kill you, there's caffeine in this, gluten in that, lactose in this and sugar in that. Just enjoy real food, eat wisely, avoid all chemicals and refined foods... and, unless you are vegan, go ahead and eat eggs.

*This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www.SuzyCohen.com.\**

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** Can you give some tools on how to be a better communicator?

**A:** When you are communicating, it's good to speak to the best in others.

Speak to their wholeness, their wisdom, their integrity, intelligence, and intuition. Even if you feel critical or judgmental, refrain from being condescending, although at times you want to be. You've heard the phrase, “kill them with kindness.”

Always take the high road and know

that communicating this way will bring out the best in you.

Below are some guidelines to help you communicate more effectively:

If you have to express your feelings, try to do it calmly

Be a good listener and don't interrupt

Empathize with the other person's feelings. You don't have to fix them

If you are feeling attacked, try not to be defensive. Listen then let them know how you feel

If there is anger expressed, try and stick to the issue and respond with “I” as to not put the other person on the defensive

Take some quiet moments to assess if the person's heart is closed or hurting. Then compassion will come more readily.

Practice compassionate communication, and you will have a sacred exchange rather than a challenging one.

This may take some practice, especially when communication can be challenging, yet you will feel better when you are in the moment of cultivating this kind of communication as opposed to feeling explosive or like you are coming unglued.

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](mailto:drconstanceclancy@gmail.com) or visit [www.drconstanceclancy.com](http://www.drconstanceclancy.com).\*

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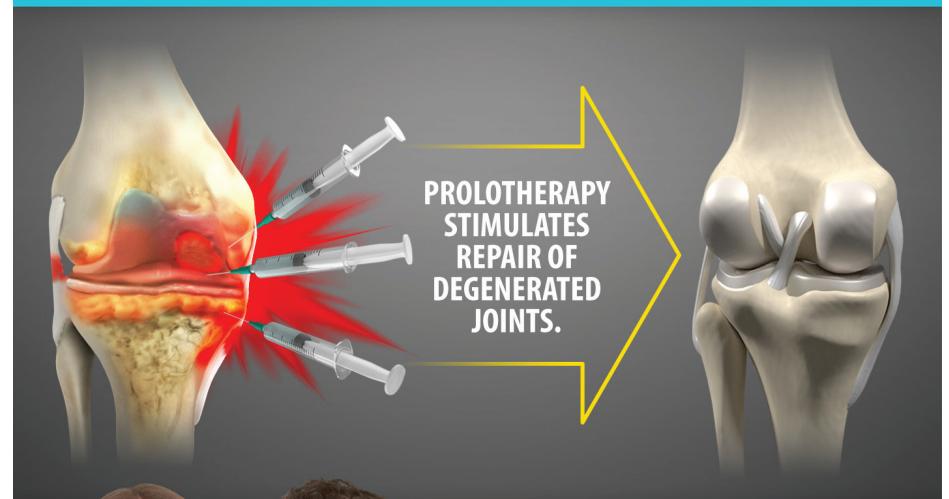
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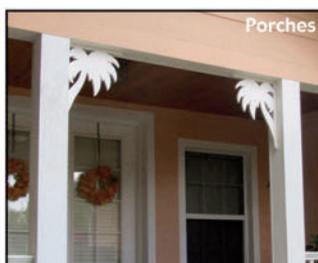
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To be listed in calling card email your information to: [press@islandsunnews.com](mailto:press@islandsunnews.com)

# PETS OF THE WEEK

photos provided

## Lee County Domestic Animal Services

### Pearl And Diva

Hello, my name is Pearl. I remind people of Petey from the Little Rascals with my one eye patch. I definitely have the personality to match. I am a 4-year-old female labrador retriever mix who recently went to the Fort Myers Miracle Baseball game with staff and volunteers. I wanted to play with every dog I saw – big or small. I think I am a lap dog... and will attempt to get all of my 80 pounds into your lap for cuddles. The LCDAS volunteers happen to think that is the best problem one could have.



Pearl ID# A778720

My adoption fee is \$25. Hi, I'm Diva. I am a 2-year-old female terrier mix who is anything but a diva. I am a very well-mannered gal with a petite size that will be great in any home. I also love to show off what I know. I will give you paw – first my right paw followed by my left. I get along well with other dogs and went to our recent Hooters and Hounds

event where I was very tolerant of the very active young pups. Why have to train a puppy when you can adopt me already trained? Come see me today and let me strut my stuff for you.

My adoption fee is \$25.

For the month of May, fees will be only \$25 with an approved application and owners of the newly adopted pets will receive two free box-seat tickets to any 2019 Miracle home game. The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. This is a \$500 package. Volunteers and staff are waiting to introduce families to their new, furry friends.



Diva ID#: A712676

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

## PAWS Of Sanibel

### Four Kittens And Momma

PAWS has five beautiful kittens up for adoption. Four are 9 weeks old, and their momma is only 7 to 12 months old. Momma has had her shots, combo-tested negative, treated for fleas, wormed and had spay surgery.



One of the kittens with momma

The kittens, three females and one male, have had their first FVRCP immunization, wormed, treated for fleas



Four kittens

and completely checked out by the vet. Take two kittens, if at all possible. It's so important for them to have a companion when their people aren't around to entertain them. There is very little additional work to care for two.

Call Pam at PAWS at 472-4823 to see these beautiful babies.\*

## PAWS Of Sanibel

### Paris



Paris, formerly Perry Winkle

PAWS has a 6- to 12-month-old kitten at Coral Veterinary Clinic in Fort Myers. Paris was captured using a humane trap at Periwinkle Park.

She weighs 6.5 lbs, has no microchip and appears to be in good health, just very frightened. She was given injections for Rabies and FVRCP, and tested negative for FIV/FelV. She was spayed on Wednesday, May 22. If you recognize this

kitten, or you would consider fostering or adopting her, call Pam at 472-4823.\*

## PAWS Of Sanibel

### Puff

PAWS is assisting a Sanibel resident in trying to find a good home for this 5- to 6-year-old, beautiful, black, medium hair, spayed female kitty. She has a personality to match her looks. She is very sweet tempered. Consider adopting Puff, since her people are moving in with family for a while and individuals are allergic to cats and also have asthma. Call Pam at PAWS at 472-4823 to inquire or meet this lovely young lady.\*



Puff

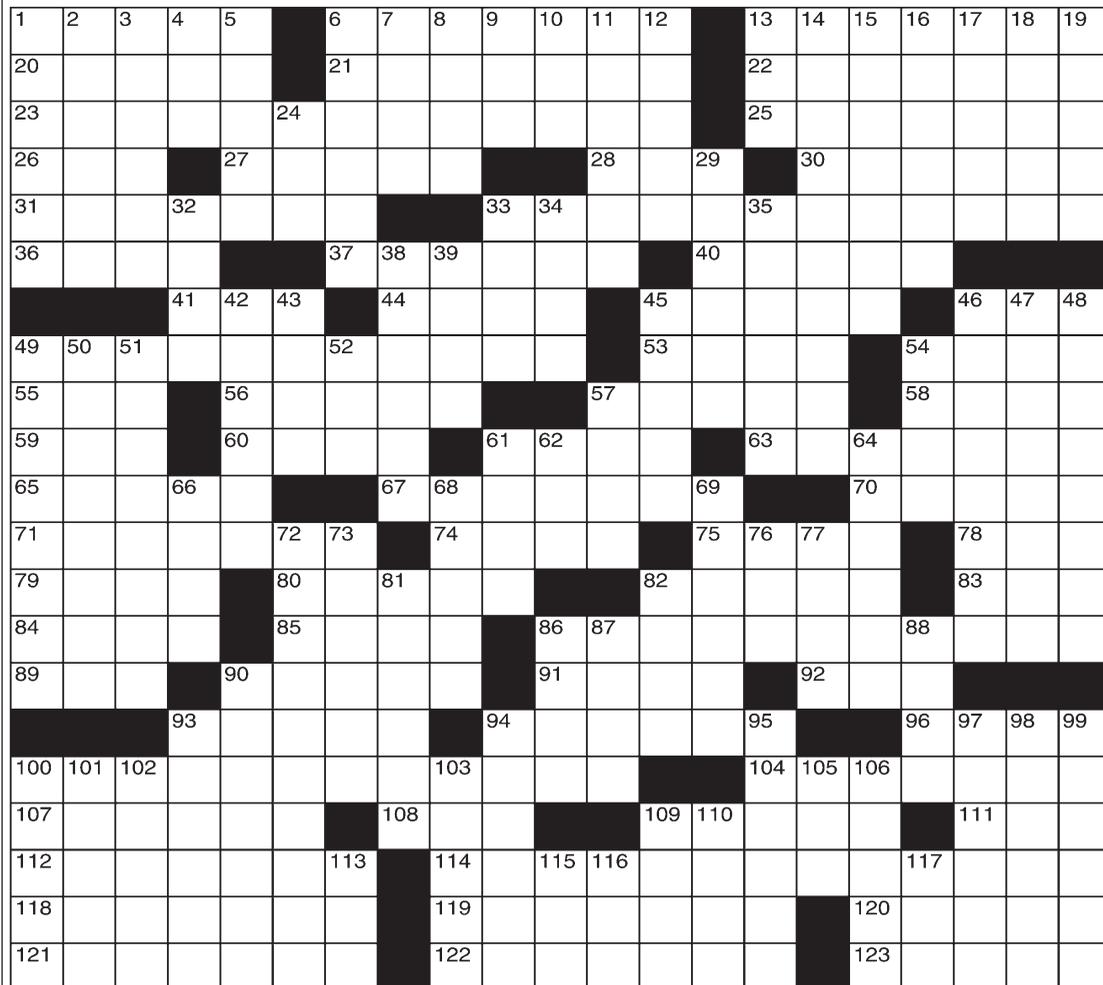
# PUZZLES

Answers on page 55

## Super Crossword

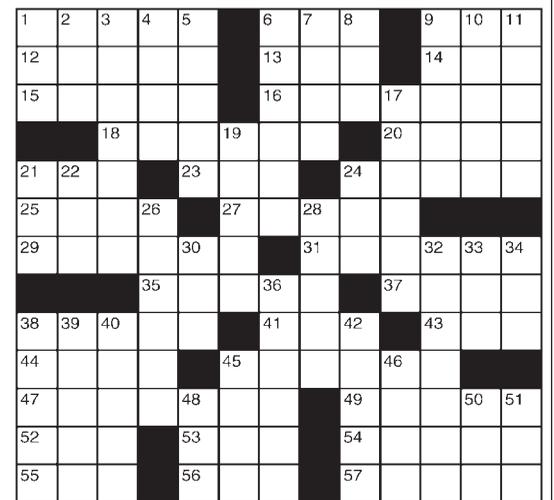
SIX-WAY  
ARRANGEMENT

- ACROSS**
- 1 Taken — (surprised)
  - 6 Beach flier
  - 13 Opens, as some jackets
  - 20 "Gigi" star Leslie
  - 21 Talk-show host Hall
  - 22 River of Washington, D.C.
  - 23 Teaching a dog to stay in a pen
  - 25 Law
  - 26 Ease off
  - 27 Many, informally
  - 28 One, in Berlin
  - 30 "Invisible" singer Moyet
  - 31 Epon product
  - 33 Mineral required only in minute amounts
  - 36 Tex-Mex snack
  - 37 Less tough
  - 40 Develop
  - 41 Sorority letter
  - 44 Learning by repetition
  - 45 Brooklyn art institute
  - 46 EMT skill
  - 49 The mark "Λ"
  - 53 Quietude
  - 54 "The Cosby Show" son
  - 55 "I love," in Latin
  - 56 False identity
  - 57 Castro of Cuba
  - 58 Pulitzer winner Dove
  - 59 "NY Ink" design
  - 60 Stoop (over)
  - 61 Regard as
  - 63 Fretted
  - 65 Very slow pace
  - 67 Feature of the starts of 23-, 33-, 49-, 86-, 100- and 114-Across
  - 70 Petri dish gelatins
  - 71 "Howdy"
  - 74 Use a pressing tool
  - 75 Lacking color
  - 78 Tippling type
  - 79 Tennis' Nastase
  - 80 Use as a dining surface
  - 82 Took to the slopes
  - 83 Suffix with Timor
  - 84 Musk of Tesla
  - 85 Lacking color
  - 86 One who may carry around a plate of hors d'oeuvres
  - 89 Tarzan player Ely
  - 90 Emmy winner Woodard
  - 91 Got a perfect score on
  - 92 Broadway loc.
  - 93 Camporee participant
  - 94 "Jobs" star Kutcher
  - 96 Terminal guesses, for short
  - 100 Free rein
  - 104 Involve in strife
  - 107 Cautions
  - 108 Mythical bird
  - 109 Artist's prop
  - 111 Teachers' org.
  - 112 Put in position
  - 114 Have a pronounced response
  - 118 Forced out
  - 119 Confess having done
  - 120 Author Zora — Hurston
  - 121 People on a quest
  - 122 Unintended radio silence
  - 123 Grant giver
  - DOWN**
  - 1 Allow in
  - 2 Entertainer Streisand
  - 3 Syrian's language
  - 4 Bivouac bed
  - 5 Posed to propose
  - 6 "No Exit" dramatist
  - 7 History units
  - 8 Laos locale
  - 9 Mil. title
  - 10 Start to cycle?
  - 11 Having one dimension
  - 12 Sound reasoning
  - 13 Raises
  - 14 Very
  - 15 Least fresh
  - 16 "Sorry, can't, I'm late"
  - 17 Make smile
  - 18 "Cry, the Beloved Country" novelist Alan
  - 19 Smell
  - 24 Stubbable body part
  - 29 Closed in on
  - 32 "Unh-unh"
  - 33 One of the Jackson 5
  - 34 Film segment
  - 35 Pencil tip
  - 38 Naval fleet
  - 39 Cries hard
  - 42 Steady
  - 43 Elba, for one
  - 45 — donna (vain sort)
  - 46 Group of matching dishes for fancy meals
  - 47 1975 World Series MVP
  - 48 Open-top, two-seat car
  - 49 More apt to attract attention
  - 50 City in Texas
  - 51 Movement around an axis
  - 52 Yang's partner
  - 54 Calc prereq, often
  - 57 Flowerless plant
  - 61 Fix, as holey socks
  - 62 Braggart's problem
  - 64 Employees' check time
  - 66 "— pigs fly!"
  - 68 Weeper of Greek myth
  - 69 Get along
  - 72 Seafood chain
  - 73 Sharp scolding
  - 76 Churchill's title
  - 77 Rough- —
  - 81 Dental buildup
  - 82 "Undo" mark
  - 86 Dough
  - 87 Yearn
  - 88 Champagne bucket
  - 90 Protective sheet of film
  - 93 Punched, e.g.
  - 94 Bow (to)
  - 95 Trojan War sage
  - 97 Resident of an island kingdom
  - 98 Danny of "Off Key"
  - 99 One doing in a dragon, e.g.
  - 100 Bulk buys
  - 101 Full of zip
  - 102 Knot again
  - 103 U.S.-Can. air watch
  - 105 Body of eau
  - 106 Fair-haired
  - 109 Kett of old comics
  - 110 Bubbly wine, familiarly
  - 113 Zine staffers
  - 115 Doc's gp.
  - 116 Spain's El —
  - 117 Prefix with colonial



## King Crossword

- ACROSS**
- 1 Snapshot
  - 6 America's uncle
  - 9 Go back
  - 12 Dawn
  - 13 Pirouette pivot
  - 14 "7 Faces of Dr. —"
  - 15 Foolish
  - 16 Current
  - 18 Use mouth-wash
  - 20 Stirred
  - 21 Service charge
  - 23 Exist
  - 24 Nervous
  - 25 Screws up
  - 27 Point of view
  - 29 Horseradish cousin
  - 31 Medal earners
  - 35 Mottled mount
  - 37 Break suddenly
  - 38 Went on all fours
  - 41 Kreskin's claim
  - 43 Have a go at
  - 44 In the pink
  - 45 Daughter of Muhammad
  - 47 Oppressive
  - 49 Danger
  - 52 [Uncorrected]
  - 53 Work with
  - 54 Skip a sound
  - 55 Superlative ending
  - 56 Roulette bet
  - 57 Rose
  - DOWN**
  - 1 Tire pressure stat
  - 2 Barbarian
  - 3 Asian wild asses
  - 4 With
  - 46-Down, cheese-topped sandwich
  - 5 Phantom's bailiwick
  - 6 "Hot"
  - 7 Top-rated
  - 8 "Family Guy" daughter
  - 9 "Cats" inspirer
  - 10 Money lenders
  - 11 One over par
  - 17 Deed holders
  - 19 Wheat or rye
  - 21 A handful
  - 22 Geological period
  - 24 Brewery product
  - 26 Demolitions specialist
  - 28 Specter
  - 30 Morse!
  - 32 Easternmost Great Lake
  - 33 Corn spike
  - 34 Agent
  - 36 Ribbed
  - 38 Opted for
  - 39 Indian royals
  - 40 Vote in
  - 42 They're calling Danny Boy
  - 45 Blend together
  - 46 See 4-Down
  - 48 "— American Cousin"
  - 50 Altar affirmative
  - 51 Started

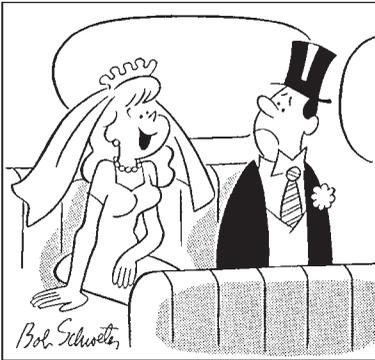


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 C A Y Y W D R M E V T R R F R  
 R P N G (P A R E N T S) L E K O  
 I G E U C B Z A X I W U P H C  
 S R N A I D R A U G A P A O S  
 M L Y R T N E S J G I H H G E  
 E D B D A Y E D A R M O C X W  
 U T S Q P O N L K J H G F D C

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

- Armor
- Comrade
- Guard dog
- Policeman
- Bodyguard
- Escort
- Guardian
- Sentry
- Chain mail
- Forts
- Helmet
- Sheriff
- Chaperone
- Fuse
- Parents



"Golly, I can hardly wait to see how my new name looks on a \_\_\_\_\_ card."  
answer on page 54

### SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Highest

TOTUMS

Smirk

PRIMES

Insult

RESCU

Rubble

BRIDES

TODAY'S WORD

\_\_\_\_\_

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

### SUDOKU

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

answer on page 55

### HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Boy's hat is different. 2. Picture has been added. 3. Blinds are lower. 4. Man's sweater has a stripe. 5. Desk papers are missing. 6. Boy's shirt has no letter 'T'.

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May 17, 2019 Place Classified



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# My Stars ★★★★★

FOR WEEK OF MAY 27, 2019

**Aries** (March 21 to April 19) An unexpected development could change the Arian's perspective on a potential investment. Keep an open mind. Ignore the double talk and act only on the facts.

**Taurus** (April 20 to May 20) A surge of support helps you keep your long-standing commitment to colleagues who rely on you for guidance. Ignore any attempts to get you to ease up on your efforts.

**Gemini** (May 21 to June 20) Family continues to be the dominant factor, but career matters also take on new importance. You might even be able to combine elements of the two in some surprising, productive way.

**Cancer** (June 21 to July 22) A realistic view of a workplace or personal situation helps you deal with it more constructively once you know where the truth lies. Reserve the weekend for someone special.

**Leo** (July 23 to August 22) As much as you Leos or Leonas might be intrigued by the "sunny" prospects

touted for a potential investment, be careful that you don't allow the glare to blind you to its essential details.

**Virgo** (August 23 to September 22) A friend's problem brings out the Virgo's nurturing nature in full force. However, don't go it alone. Allow others to pitch in and help share the responsibilities you've assumed.

**Libra** (September 23 to October 22) A business decision might need to be put off until a colleague's personal matter is resolved. Use this time to work on another business matter that you've been anxious to get to.

**Scorpio** (October 23 to November 21) Relationships (personal or professional) might appear to be stalled because of details that keep cropping up and that need tending to. Be patient. A path begins to clear soon.

**Sagittarius** (November 22 to December 21) A promotion could cause resentment among envious colleagues. But others recognize how hard you worked to earn it, and will be there to support you if you need them.

**Capricorn** (December 22 to January 19) Handling a delicate personal matter needs both your wisdom and your warmth. Expect some setbacks, but stay

with it. The outcome will more than justify your efforts.

**Aquarius** (January 20 to February 18) Resist the temptation to cut corners just because time is short. Best to move ahead step by step so you don't overlook anything that might later create time-wasting complications.

**Pisces** (February 19 to March 20) Use the good will you recently earned with that well-received project to pitch your ideas for a new project. Expect some tough competition, though, from an unlikely source.

**Born This Week:** Your love of family extends beyond your personal life to include others to whom you generously extend your care and affection.

## MOMENTS IN TIME

- On May 30, 1911, the inaugural Indianapolis 500 is run at the Indianapolis Motor Speedway in Indiana. The 2½-mile track had been rebuilt with 3 million street-paving bricks after a crushed rock-and-tar surface was abandoned in 1909 due to fatalities caused by unevenness.
- On June 2, 1924, with Congress'

passage of the Indian Citizenship Act, the United States confers citizenship on all Native Americans born within its territorial limits. Before the Civil War, citizenship was often limited to Native Americans of one-half or less Indian blood.

• On May 31, 1930, actor Clint Eastwood, best known for his role as San Francisco Police Inspector "Dirty" Harry Callahan, is born in California. Eastwood got his start playing Rowdy Yates in the popular TV Western series *Rawhide*.

• On May 27, 1941, the British navy sinks the German battleship Bismarck in the North Atlantic near France, where it fled because it was leaking fuel. The German death toll was more than 2,000. Three days earlier, the Bismarck had sunk the British battlecruiser Hood.

• On May 28, 1957, National League owners vote unanimously to allow the New York Giants and Brooklyn Dodgers to move to San Francisco and Los Angeles, respectively, on the condition that both teams had to move.

• On June 1, 1968, Helen Keller dies in Connecticut at the age of 87. Blind and deaf from infancy, Keller

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circumvented her disabilities to become a world-renowned writer and lecturer. Her teacher, Anne Sullivan, taught Keller sign language at age 6 by using a hand alphabet.

• On May 29, 2003, some 35 U.S. states declare it to be Bob Hope Day when the iconic comedic actor and entertainer turns 100 years old. Hollywood officials renamed the famous intersection of Hollywood and Vine as Bob Hope Square.

**STRANGE BUT TRUE**

• It was Russian-born composer Igor Stravinsky who made the following sage observation: "Silence will save me from being wrong (and foolish), but it will also deprive me of the possibility of being right."

• You might be surprised to learn that a male lion can mate up to 50 times in one day.

• Before the iconic reclining armchair was dubbed "La-Z-Boy," the names "Sit-N-Snooze," "Slack Back" and "Comfort Carrier" were considered.

• A researcher calculated that across the country of Great Britain, the weight of all the insects that are eaten by spiders in a year would be more than the combined weight of all the people who live there.

• A 22-year-old man who was trying to board a flight in Cairo, Egypt, bound for Saudi Arabia was stopped by security officers when the X-ray of his hand luggage showed some strange results. It seems that the man was attempting to transport 250 baby crocodiles and – wait for it – a live cobra. (Animal lovers will be pleased to learn that the creatures were not harmed; they were turned over to the Cairo zoo.)

• Those who study such things say that automatic teller machines are three times more likely to be robbed between 6 and 9 p.m. than at any other time of day.

• According to horse-racing regulations, no racehorse's name can have more than 18 characters – anything longer would be cumbersome on racing sheets.

• In some parts of Europe, red roses

are considered to be omens of evil. Seeing the petals fall from a red rose is a portent of death.

**THOUGHT FOR THE DAY**

"The moral test of government is how that government treats those who are in the dawn of life, the children; those who are in the twilight of life, the elderly; and those who are in the shadows of life – the sick, the needy and the handicapped."

– Hubert Horatio Humphrey

**Safe Boating Saves Lives**

With National Safe Boating week and the release of the 2018 Boating Accident Statistical Report, the Florida Fish and Wildlife Conservation Commission (FWC) is encouraging boaters to focus on simple, effective steps that make boating safer.

Though Florida's boating season

never really ends, Memorial Day weekend marks the traditional start nationwide and is a great opportunity to focus on safety. With nearly one million registered boats in the state, people safely enjoy boating every day. However, each year, FWC officers respond to tragic and preventable boating accidents.

Boaters can safely enjoy their time on the water by taking the following safety precautions, including:

Wearing a life jacket.

Using an engine cut-off switch lanyard.

Designating a sober boat operator.

Paying attention and keeping a proper lookout.

Having an emergency locator beacon. Filing a float plan.

Taking a boating safety class.

"Inattention of the boat operator continues to be the leading cause of boating accidents, according to our statistical report," Rowe said. "It is critical for operators to be aware of what is going on around them."

The report also indicates there were 628 accidents last year, down from 766

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