

Munu Sun

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SANIBEL & CAPTIVA ISLANDS, FLORIDA

JUNE 12, 2015

JUNE SUNRISE/SUNSET:

12 6:35 • 8:21

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18 6:36 • 8:23



Historical Village visitors during a previous free admission day

Historical Village To Hold Free Admission Day June 20

or the second year in a row, the Sanibel Historical Museum and Village will offer

free admission for all visitors on Saturday, June 20. "We decided to hold Free Admission Days because sometimes Sanibel residents tell us they have never been to the village," said museum manager Emilie Alfino. "I suppose it's the same syndrome that causes New Yorkers to ignore the Empire State Building. With our goal to share and celebrate Sanibel's history, we wanted to do something to entice more locals to explore the village. Once they do, we know they'll love it and return many times, and bring family and friends.

The free day is not aimed at just locals but is open to all visitors.

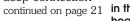
The Sanibel Historical Museum and Village tells the story of Sanibel from the Calusa continued on page 3

Granddaughter Of Jacques Cousteau To Headline Local Event

submitted by Leah Biery

t Sanibel Sea School, one of our favorite ways to pass the time is floating in the sea – on boards, boats, or on our backs. That's why we are so excited to take part in an event called Float For Life this summer, where locals and visitors alike will come together to celebrate the ocean while floating in our calm gulf waters.

In 2014, therapists Dr. Shelley Lynch and Roy Desjarlais founded the event as an opportunity to celebrate the ocean for the many ways it enhances our lives, after they realized how effectively ocean floats can help patients release emotional and physical pain while restoring balance. Float For Life participants take turns supporting one another in the water while they enjoy the benefits of floating in the sunshine. Alexandra Cousteau, granddaughter of world-renowned oceanographer Jacques Cousteau, will attend the event and share stories about her family's deep connection





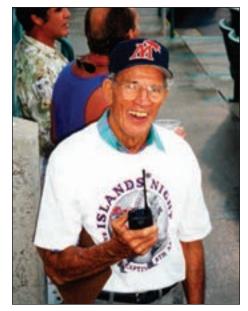
Students at Sanibel Sea School float on a surfboard during a "soul float." Floating in the sea provides many emotional and health benefits.

Islands Night Returns June 17

am Bailey's Islands Night will be held Wednesday, June 17 at Hammond Stadium at the CenturyLink Sports Complex. Free tickets are available from all Islands Night sponsors and at Bailey's General Store.

Gates open at 5:30 p.m. The parade around the ball field starts at 6:15 p.m. The game begins at 7:05 p.m. as the Fort Myers Miracle takes on the Daytona Tortugas.

Islands Night contributions have been distributed throughout the community to help local organizations. They include: The Sanibel School, Sanibel School Home Economics Program, Sanibel School Teachers Fund, Sanibel and Captiva high school graduates, City of Sanibel Recreation Center sponsorship, Sanibel Historical Museum and Village - Sam Bailey Capital Fund, FISH of Sanibel, Hope Hospice, SanCap Cares, Community Housing & Resources, Charitable Foundation of the Islands, The Bailev-Matthews National Shell Museum. The Community House, Friends Who Care, Sanibel Sea School, Children's Education Center of the Islands, and the



The late Sam Bailey, founder of Islands Night scholarship fund administered through the Sanibel-Captiva Kiwanis Club.

This year will be a celebration of 22 years of community commitment and caring in memory of Sam Bailey and his vision. The Sam Bailey's Islands Night Committee thanks the Sanibel-Captiva

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Ruane Announces Bid For County Commissioner

by Jeff Lysiak

crowd of fellow politicians, business leaders and island friends gath-Lered in front of The Community House last Thursday morning to hear Sanibel Mayor Kevin Ruane announce his candidacy for the Lee Board of County Commissioners seat in District 1.

"I believe in the future of Lee County. I know we can make tremendous strides guaranteeing our future is filled with opportunity and prosperity," said Ruane in announcing his candidacy. "It is time to look ahead and make the smart changes to provide for job growth and opportunity. I'm running for county commissioner because I know with my experience and proven record of results, we can provide opportunities to help achieve even a brighter future.

Appointed to fill a vacant Sanibel City Council seat in February 2007, Ruane was elected to serve on the council three months later, and has since been re-elected



Kevin Ruane

twice. For the past five years, Ruane has served as the city's mayor. In the District 1 election, Ruane will face 16-year incumbent John Manning of Cape

Coral. Thus far, they are the only two candidates to have filed to run for the four-year

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Guests look through vintage cosumer goods at the Old Bailey's General Store

From page 1

Historical Village Free Day

and Spanish eras to the early pioneer families who settled on the island in the 1800s. It tells of warriors, adventurers, fishermen, farmers and proprietors. The island's way of life is recreated in a village of 11 structures that have been relocated from their original sites, restored and preserved. Visitors trace the footsteps of the island's past as they meander along a handicapped-accessible boardwalk lined with buildings that represent "old Sanibel," as Sam Bailey used to say. Visitors can tour a pioneer home, fishing cottage, post office, schoolhouse, tea room, general store, and more.

Learn more at the Sanibel Historical Museum and Village, open Tuesdays through Saturdays from 10 a.m. to 1 p.m. A full guided tour takes place at 10:30 a.m. at no additional charge and depending on the availability of a docent. The museum closes for the summer after August 1 and re-opens on October 20. The Sanibel Historical Village is located at 950 Dunlop Road (next to BIG ARTS) and there is handicap access to all buildings. Aside from Free Admission Day, admission is \$10 for adults (18 and over); members and children are free

For more information, call 472-4648 during museum hours or visit www.sanibelmuseum.org.

Dressing:

3 tablespoons soy or fish sauce

1/4 cup lime juice

2 tablespoons brown sugar

1/2 chili seeded and diced fine (optional)

Place all salad items in a bowl, make dressing and pour over salad. Toss by hand. Best served fresh.

Cured Fresh Fish

2 pounds fresh fish fillets of your choice, leaving skin on

2 tablespoons kosher salt

3 teaspoons brown sugar

1 teaspoon grated ginger

1 teaspoon grated lemon zest

Mix all ingredients together and liberally spread over the fish. Place filets together flesh to flesh and wrap in plastic wrap. Place in glass dish, do not weigh down the fish. Leave in refrigerator for 48 hours (no more, no less). Remove wrap and gently rinse and pat dry. Slice thinly and serve with Green Mango Salad. Cured fish can stay refrigerated for up to seven davs.

Watch for this ongoing What's Cooking column for happenings, recipes and activities.☆

25th Annual Independence Day Parade

he 25th annual Independence Day Parade will be held on Saturday, July 4. The theme this year is Fort The Fun Of It! Commercial entry fee is \$30, non-commercial is \$15, made payable to 4th of July Parade Account. Each entry fee is for a maximum of three vehicles. Entry forms are available at Bank of the Islands, 1699 Periwinkle Way, and the Island Sun, 1640 Periwinkle Way, Suite 2. Entries must be submitted with payment before Friday, June 19. Register early for best starting position.

The parade line-up will be between 8 and 8:30 a.m. on Island Inn Road and the parade will begin at 9:30 a.m., traveling from Island Inn Road at Tarpon Bay Road down Periwinkle Way to Casa Ybel

There will be a mandatory meeting for participants, at either $10\ a.m.$ or $5\ p.m.$, on Friday, June $26\ at\ Bank$ of the Islands. Entrants will receive their parade packets at the meeting, which include waiver forms and line-up number to display in the vehicle. Waiver forms for all participants on floats must be signed and submitted at the parade check-in point.

Awards will be given in the following categories:

Best Float - Commercial Best Float – Small Entry



Rachel Atkins of the Island Sun wearing a ladies cut T-shirt

Best Nature Theme

Best Float - Not-for-profit

Best Salute to the U.S. Military

Best Original Design Best Float – Family

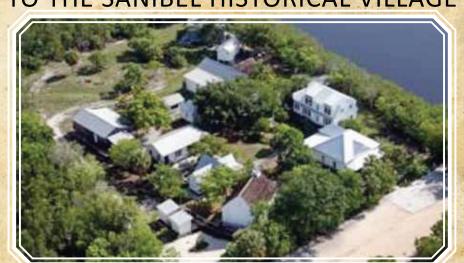
Most Patriotic

Best Music.

Commemorative T-shirts are available at Bank of the Islands in a variety of sizes for men, women and children, as well as tank tops. They are \$10 each. The shirts will also be sold along the parade route.

For more information, contact Trish Phillips at 246-2981. A

FREE ADMISSION TO THE SANIBEL HISTORICAL VILLAGE



SATURDAY, JUNE 20 Open 10 a.m. to 1 p.m.

It's time to discover the island's best-kept secret. Discover the island's past as though you lived it.



950 Dunlop Road, Sanibel • Next to BIG ARTS (239) 472-4648

What's Cooking at The House?

Mango Recipes

oodies that attended the May 27 potluck dinner at The Community House were entertained with fish preparation tips and tasty tidbits by Chef Jarred Harris. Plan to socialize with islanders and visitors at the next potluck scheduled for Wednesday, June 24 at 6

At the next potluck, Pine Island Tropicals will do a presentation on mangos. Abundant in the community, there are many varieties with different flavor profiles and growing requirements. Taste and learn. Bring an appetizer, entrée or dessert to share and your own beverage. There is no charge to attend, but reservations are required by calling 472-2155.

Chef Harris shared these recipes from his presentation:

Green Mango Salad

2 unripe mangos (peeled and shredded, discard stone)

1/4 cup raw coconut (grated)

2 cups bean sprouts

1/2 cup peanuts (chopped)

1/3 cup basil leaves (chopped)

1/2 cup cilantro (chopped)

2 spring onions (sliced thin) 1/2 cup mint (garnish)

Rotary Happenings

submitted by Shirley Jewell

fter his recent retirement as Client Advisor with SunTrust Bank on Sanibel, taking some well-deserved time off for travel and reflection about



what he might want to do in the future, Rotarian Jack Kuhn thought he might just want to continue and expand his role volunteering or possibly working for the Juvenile Diabetes Research

Foundation (JDRF) headquartered in Naples. Kuhn has been part of the JDRF Foundation family ever since his son was diagnosed with Type 1 diabetes. A little background on this: Jack's son, Alex, was not diagnosed with Type 1 diabetes until he was 20 years old and

As our guest speaker this week, Kuhn was representing JDRF and giving us an overview of this non-profit organization that raises funding for research on understanding Type 1 diabetes (T1D) and its pathology laying the foundation for groundbreaking translational research that is being conducted globally. Kuhn told us that over 100 JDRF offices throughout the United States and six affiliates abroad have an unrelenting passion and commitment to remove the impact of Type 1 diabetes from people's lives. Although there is not yet a cure for T1D on the horizon, research and development has brought about many changes to the way this disease is being handled today, improving the way people live with T1D. Approximately 1.25M individuals in the U.S. are living with T1D, and nearly 40,000 youth adults are diagnosed with T1D in the U.S. annually. Many of us only think that T1D is diagnosed early in life, but that is not the case; many young adults are diagnosed in their 20s.

Type 1 diabetes is a chronic, lifethreatening autoimmune disease that is currently unpreventable. It has nothing to do with diet or lifestyle. The fact is that the cause of Type 1 diabetes is unknown.



Jack Kuhn

People with T1D aren't able to produce insulin, which is a hormone that helps Eventually, the pancreas isn't able to pro-Chronic high blood sugar causes damage

Today, people with Type 1 diabetes rely on insulin therapy to control their blood sugar levels. Insulin therapy is imperfect, however, and even with advances in care, most people with T1D still experience life-threatening blood-sugar highs and lows. There are no oral insulins available. It must be taken by injection or by using an insulin pump.

JDRF is the leading global funder of T1D research. Their work has led to the creation of the first continuous glucose monitor, new treatments for diabetic eye disease, artificial pancreas systems and the first human clinical trial of encapsulated cell-replacement therapies, which have the potential to replace insulin treatment. JDRF is investing in key therapy areas that have the greatest and most immediate potential for better treating, preventing or curing T1D. They are artificial pancreas systems, encapsulated cell-replacement therapy, beta cell restoration, glucose control therapies, complication therapies and prevention.

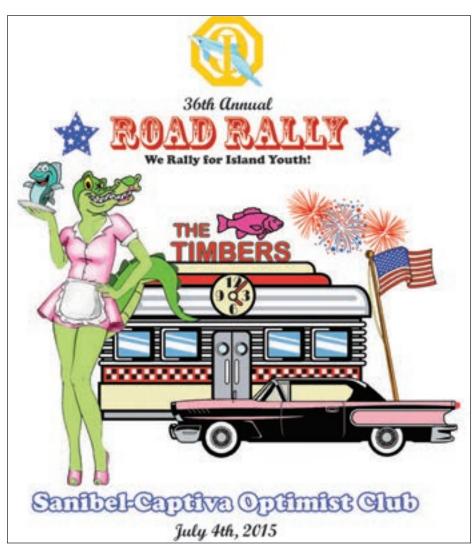
Today, medical research is at a pivotal moment on the path of turning "Type One into Type None." Clinical trials are providing research results that show distinct promise. The JDRF Complications Program supports development of therapies and prognostic tools that help prevent, treat or reverse diabetes-related eye and kidney diseases. Their Restoration Program is focused on creating therapies that permanently enable people with Type 1 diabetes to produce a sufficient supply of insulin. The JDRF Prevention Program aims to keep individuals - especially those at higher risk - from ever developing T1D.

Funding is essential to the success of T1D research. JDRF supports research to accelerate the discovery of life-changing therapies and supports regulatory and



health care policies for discovery,

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36th Annual 4th Of July Road Rally

Road Rally time is just a few weeks away. So grab your sunglasses, put on your driving gloves, get your team ready and prepare to have some fun.

Sanibel-Captiva Optimist Club's longest-running 4th of July event celebrates 36 years of fun for teams and families as they puzzle out the clues while following a prescribed driving course around the island. Prizes will be awarded for correct time and mileage, the most correct answers to the quiz about things seen along the route, as well as the best decorated vehicle. There will also be a 50/50 raffle.

Choose your team (a driver, navigator and spotters are usual), fill out the entry form, available at Bailey's General Store, Sanibel Cafe, Sanibel Captiva Community Bank or the newspaper. Mail it, together with this year's entry fee of \$35, to San-Cap Optimist Club, PO Box 1370, Sanibel, FL 33957, or bring it to the starting line (credit cards accepted). Entry forms will also be available at the starting line the day of the rally.

Entry fee covers car, driver, navigator, unlimited crew, and includes one official Road Rally T-shirt (additional T-shirts will be available for \$15). The number of entries is limited so register early.

This year the rally begins in Timbers Restaurant/Sanibel Grill parking lot (only one-half block north of Bailey's on Tarpon Bay Road) at noon on the 4th of July, and also ends there for the "afterglow" party. Staggered starting times (every two minutes) will be pre-assigned by Rally Master Randy Carson. See the entry form for more details or call Randy Carson at 699-8739, Richard McCurry at 292-4631 or Dani Howard at 472-0836.

Sponsorships are available for tax-free donations of \$100 or more. There is a tiered sponsorship consisting of three levels: Lion Paws level of \$500; Junonia level of \$250; Conch level of \$100. Each sponsor gets publicity and a placard on one of the rally vehicles.

All proceeds from the rally provide funds for the local Sanibel-Captiva Optimist Club's college scholarships.

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Rotary Happenings

development and delivery of new and improved therapies. Some 85 percent of all money raised by JDRF goes directly to research.

> To advertise in the Island Sun Call 395-1213



Island Seniors At The Center 4 Life

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

Trash & Treasures Sale will be back in November. The center is currently accepting donations of clean, gently used items. All items are tax deductible. Bring them to the Center 4 Life Monday through Friday between 8 a.m. and 3:30 p.m. Please, no books, clothes, shoes, computers or old TVs. If you have any questions, call 472-5743.

Page Turners with Ann Rodman

— If you would like to be on the Page
Turners list, email annrodman@aol.com
or contact the Center 4 Life.



The featured book on Wednesday, July 8 is Secret Life of Bees by Sue Monk Kidd. Bring your lunch and watch the movie at 12:30 p.m., followed by a discussion on the book and movie at 2:30 p.m.

Friday Collage Classes with Bea Pappas – June 12, 19 and 26, 12:30 to 3:30 p.m. Pappas will be teaching an easy approach to collage, both figurative and abstract. Collage can be worked from torn magazines, found papers like book pages or handmade papers. Collage artists: bring a pint of fluid matte premium, scissors, papers, magazines and substrates (substrates can be watercolor paper, canvas, canvas board or mat board). Members are \$15, non-members are \$20. Call the center to sign up.

Sunset Social on the Causeway – Tuesday, June 30, 6:30 p.m. Enjoy an evening relaxing and watching the sunset with friends. Meet on the causeway at 6:30 p.m. and bring an appetizer to share. Bring your beach chair. The gathering will be on the first island on your left as you are leaving Sanibel. Look for the Island Seniors banner (weather permitting).

Islands Night Tailgate, Parade & Baseball Game – Wednesday, June 17, 5 p.m. tailgate, 6:30 p.m. parade, 7:05 p.m. game. Fort Myers Miracle take on Daytona Tortugas at the CenturyLink Sports Complex, 14400 Six Mile Cypress Parkway. Members of Island Seniors are invited to stop by the tent for treats before the game. Bring your lawn chairs and beverages. Tickets

are available at the Center 4 Life. Non-members will be charged \$5 to join the tailgate festivities. Sign up at the center is a must.

Games

Bridge – Monday and Wednesday at 12:30 p.m. Cost is \$2.50 for members and \$5 for non-members. Prizes will be awarded.

Mahjongg – Thursday at 12:30 p.m. Cost is \$2.50 for members and \$5 for non-members. Prizes are awarded.

Tuesday and Thursday Kayaking – June 16 and July 7 (weather permitting) at 8:30 a.m. There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors will provide kayaks, paddles and life jackets. Bring water, a small snack, sun lotion, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$10 for non-members. Advance registration is required.

Fitness Classes

Classes are available and all ages are welcome. Cost is \$3.75 for members and \$6.75 for non-members. Annual membership is \$20. Sanibel Recreation Center members must show their membership card to attend.

Happy Hour Fitness – Monday, Wednesday and Friday at 8 a.m. This class keeps your brain fit and your heart, lungs and muscles strong with a combination of aerobics and muscle conditioning exercises and balance. Hand weights, stretch cords and your body weight will be used. Class begins with a joke and ends with a positive

thought for the day. Athletic footwear required. Silvia Villanueva 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 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. Mats are used to meet the needs of varying experience levels. Bring a towel. Kim Kouril is the instructor.

For more information, call 472-5743 or stop by 2401 Library Way.

From page 1

Islands Night

communities for helping continue his legacy by becoming a part of this year's event. For more information, call 472-1516.∜

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7

New Zonta Year Begins



2015-16 Zonta Club and Foundation board members, front from left, Sue Denham, Susan Tucker, Carol Gestwicki, Gini Jones, Barbara Beran, Judy Baran; rear and stairs from left, Kathleen Skubikowski, Nancy Swofford, Robyn Moran, Linda Robison, Carolyn Gray and Nancy Dreher (Not pictured: Diane Chesley and Ruth Mayer)

The Zonta year of service and advocacy begins in June, and the Zonta Club of Sanibel-Captiva's 2015-16 year was ushered in recently with an installation dinner held in the clubhouse at Loggerhead Cay. At the dinner, the presidency of both the club and the grantawarding Zonta Foundation of Southwest Florida passed from Robyn Moran to Virginia (Gini) Jones, and the new club and foundation boards and officers were sworn in. The Zonta Club of Sanibel-Captiva is a service organization of professional women working together to provide hands-on service, advocacy, and

its foundation) funds to empower women locally on the islands, in Lee County and (through Zonta International) around the world. For more information, visit www.zontasancap.com.



Past president Robyn Moran with 2015-16 president Virginia (Gini) Jones

Kiwanis Club Sets Plans For 2015-16

submitted by Tom Sharbaugh

For many of us, the summer months may be a quiet time on the islands, but behind the scenes the Kiwanis Club of Sanibel-Captiva has been busy making plans. Each year at this time, the club puts together its master plan for supporting local community needs in the coming year, and it is an ambitious undertaking.

A Local Focus

Kiwanis is a large service organization with chapters all around the world. Its global mission is to support the needs of youth worldwide. However, here in our island community local Kiwanis members keep a strong focus on local needs. They make a careful assessment of local organizations and individuals where support from the club can make a critical difference.

The end result is that all of the funds raised by the local Kiwanis Club during the year is applied to programs that benefit the young people of our own community. And the funds raised by the Sanibel Captiva Kiwanis chapter are significant – over \$100,000 per year.

Kiwanis Fundraising Efforts

The local Kiwanis Club operates two major activities each year to raise the money that fuels their grant activities, and both fundraisers have been around long enough to become Island institutions.

The last Saturday each February, the club hosts the Kiwanis Spaghetti Dinner, Raffle and Auction, a Sanibel fixture for over 35 years. Club members feed over 1,200 townspeople a complete, all-you-can-eat dinner of pasta and meatballs, salad, garlic bread and beverages, with post-dinner entertainment provided by a lively raffle and

auction. The event succeeds due to the all-hands-on-deck participation of the nearly 100 hardworking Kiwanis members, and strong support from sponsors and other local businesses who donate food and merchandise items.

In the spring, the club's energy shifts to its long-running and popular Diners Delight Coupon Books which offer "2-for-1" discounted dining at more than two dozen island restaurants. Club members sell the books to friends, neighbors and island visitors, and participating restaurants benefit by getting a stimulus to business in the off-season months.

Programs Supported By Kiwanis

The programs funded by local Kiwanis grants break down into several categories, all of which benefit Island youth in one way or another. The club's grants support a variety of educational and cultural programs, scholarships, health care-oriented services, and participatory sports leagues, and services supporting fundamental human needs like food, clothing and shelter. With these grants, Kiwanis is able to make a difference in the lives of island young people, creating a stronger and more capable future generation.

The largest concentration of Kiwanis grants goes to support the Kiwanis Scholarship Program. Island youth headed to college receive scholarships that help cover the cost of their higher education, and grants are also available for non-academic career training programs for recipients who qualify. To qualify, applicants must reside or be employed in Sanibel or Captiva. Awards are made on the basis of academic achievement and need, and to maintain objectivity applications are evaluated and judged by a panel of independent reviewers who do not know the applicants personally.

Scholarship Awards For 2015-16

A total of $2\bar{5}$ students have been granted Kiwanis scholarships for the coming academic year. Twenty students will receive one-year scholarships and five students will

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Complimentary Island Inspired Interior Design • Colorful By Nature



Bea Pappas offers instruction to students enrolled in her collage class at Sanibel's Center 4 Life last Friday afternoon

photos by Jeff Lysiak

Pappas Promotes Collage As 'Art For Anyone'

by Jeff Lysiak

he first Collage with Bea Pappas class of the summer took place last week at Sanibel's Center 4 Life, and offered both veteran artists and newcomers to the craft an easy approach to collage, both figurative and abstract.

"I've been teaching art classes for 50 years, but began doing collage classes four years ago," said Pappas. "I've been a watercolorist for most of my career, but this is a lot more fun.'

According to Pappas, collages can be worked from torn magazines, photographs, sheet music, greeting cards, book pages or handmade papers. The artist ar-



Bea Pappas trims her collage after affixing the artwork to a canvas matte

ranges those elements in whatever manner they choose, affixing them to paper, canvas, metal or other surfaces.

You can create a collage out of anything," said Pappas, noting that some of the world's most renowned artists – including Pablo Picasso, Henri Matisse and Robert Rauschenberg - worked in collages. "It's a wonderful medium, especially if you have something to say. It's great for telling a story or sending a

message.

During her first session of the summer, Pappas was working on a collage series featuring vintage postcards and copies of Depression-era photographs. Each seated at their own individual workspace, her students tended to their own creations, trimming photos from magazines and sorting various materials for use.

"I never enjoyed an art class as much as I did with Bea," said Sanibel resident



Joann Reece cuts a photograph out of a magazine for use in her collage

Joann Reece. "She's an amazing teacher. She walks you through the process, step-by-step. She gives you great ideas and even her critiques are so helpful. Bea really is a wonderful instructor.'

Classmate Deborah Butler enjoyed trying her hand at the craft. "The nice thing about collage is that it doesn't take a lot of artistic training," she said.

Pappas stated that while each creation is unique, a collage can be completed from start to finish in only a few hours.

'It depends on how many materials you want to use, but once you have everything you want to work with, it doesn't take any time at all," she said. "Most of my students finish their collages in one

Collage with Bea Pappas is offered at the Center 4 Life on Fridays from 12:30



Critters TM designed especially for Andrew Thompson Co. by well-known local cartoonist, David Horton.

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- Sanibel Critter Caps Friday's Child (Periwinkle Place)
- Captiva Critter Caps only at the Bubble Room Emporium

If you're no longer visiting the Islands call

888.878.6428 with Visa or MasterCard







to 3:30 p.m. Cost is \$15 per class for members or \$20 per class for non-members. Remaining class dates include June 12, 19 and 26, July 24 and 31, and August 7, 14, 21 and 28. Students are asked to bring their own scissors, collage materials and substrates (i.e. watercolor paper, canvas, canvas board or mat board).

"It's simple and it's fun. Collage is art for anyone," added Pappas. The Center 4 Life is located at

The Center 4 Life is located at 2401 Library Way on Sanibel. For more information, call 472-5743.



Deborah Butler works on a collage, trimming magazine clippings for use in her artwork

Sanibel Bicycle Club Releases Safety Video

ast week, the Sanibel Bicycle Club released Cycling On Sanibel, a new educational video designed to promote safer cycling and to educate out of town visitors about the ins and outs of riding the Sanibel Shared Use Path.

Production of the new video was a

Production of the new video was a collaborative effort initiated by the Sanibel Bicycle Club, with support from the City of Sanibel, Lee County Tourist Development Council, Sanibel and Captiva Chamber of Commerce, Billy's Rentals, Finnimore's Bike and Beach Rentals, Sanibel-Captiva Association of Realtors, and Bike Florida.

Recognizing the growing popularity of the internet as a tool used by travelers to gather information about destinations, the video will be made available on youtube. com and reached via links on the many websites used by those planning vacation trips to Sanibel. Used this way, Internet technology will help to educate visitors about how to stay safe on Sanibel's Shared Use Path before they leave home. The video is designed to appeal to adults and to families with children.

In addition to distribution via the internet, the new message will be shown in various closed-circuit video systems on the Island to provide cyclists who are already here with a continuing reminder of the need to be alert and stay safe while biking on the Island.

Commenting on the video, Sanibel Bicycle Club President Diane Olsson said, "Over the years, our club has produced a variety of materials designed to educate cyclists and promote safe biking behavior. Those efforts included posters, fliers, and bike rack signs. With this new video message we expect to engage visitors in a more impactful way before they even arrive here. Also, having the other major partners supporting this effort will help drive visibility for the video."

The new bike safety video is a true "home town production" featuring numerous local residents as on-camera spokespeople and background extras. Performing principal roles in the video are Henry Crater, student at The Sanibel School; Doug Congress, former Sanibel City Council member and vice mayor; Neal Halleran, Sanibel resident and host of the BIG ARTS Forum; and Anna

Nguyen, Fort Myers resident and frequent Sanibel visitor. Production was overseen by Sanibel residents Paul Taylor, producer, and Mark Meyers, director/filmmaker, both of whom have young families who frequent the Sanibel Shared Use Path.

Patti Sousa, Sanibel Bicycle Club Vice President who oversaw the project, stated, "Paul and Mark were the perfect team to work on this project. They understood the challenge we have on Sanibel with so many bikes on the path, particularly during season and they understood the serious message we want to convey. They also realized that our video had to be fun and entertaining to get viewers to watch it."

Those wanting to watch the video can find a link to it on the Sanibel Bicycle Club website at www.sanibelbicycleclub. org or on the City of Sanibel website at www.mysanibel.com.





sancaptrustco.com

June Is Flood **Awareness** Month

7ith a \$13 billion flood control system stretching from Orlando to the Florida Keys, the South Florida Water Management District (SF-WMD) recognizes June as Flood Awareness Month to highlight what residents can expect during the rainy season.

"The district's core mission is to ensure thousands of miles of canals and hundreds of structures are providing flood protection for more than 8 million residents," said SFWMD Executive Director Blake Guillory. "Each June, we remind residents how this extensive regional system interacts with local drainage systems to protect communities across South Florida.

When it Rains... A Three-Tiered Flood Control System

During the wet season, South Florida sees about 35 inches of rainfall, or twothirds of the annual total in the region.

- Tier 1 Drainage: Swales in yards and outside businesses, along with recreational areas, are designed to temporarily store stormwater that does not soak into the ground. Excess water slowly drains via street and yard drainage grates to community lakes and ponds. These localized systems, maintained by individual homeowners or homeowners associations, are typically where residents see standing water during heavy rainfall.
- Tier 2 Drainage: After rainwater flows from yards and neighborhoods, it moves through underground pipes to canals, structures, storage areas and pumping stations that are maintained by cities, counties or local drainage districts.
- Tier 3 Drainage: The SFWMD's primary canals and pumping stations receive excess stormwater from Tier 2 systems,

channeling the water to storage areas or to coastal discharge points.

The SFWMD's Role

During typical summer rains and in tropical storm events, the district utilizes a public network of 2,100 miles of canals, 600 water control structures, 70 pump stations and related infrastructure to move water away from populated and agricul-

SFWMD engineers and water managers monitor weather conditions and water levels around-the-clock from a high-tech control room at its headquarters in West Palm Beach. Structures are opened as needed to lower water levels in anticipation of heavy rainfall and excess water is routed through the system to storage areas or the coast.

During emergencies, SFWMD water managers may activate an advanced, hurricane-hardened Emergency Operations Center (EOC).

Primary functions of EOC include:

- Providing organized response under the National Incident Management
- Directing preparation/inspection of the flood control system before a storm
- Completing damage assessment and beginning repairs or debris removal from the SFWMD regional flood control
- Moving flood waters as quickly and as safely as possible
- Coordinating with local governments to help them move water

Local governments, police and fire and public safety departments are responsible for emergency response during a storm.

Here's What You Can Typically Expect In A Storm*:

• 4 to 6 inches of rain in a 24-hour period – Standing water in yards, swales and ditches, but roads should remain

continued on page 20

Variance Granted For Southwinds Drive Home Addition

by Jeff Lysiak

uring Tuesday's planning commission meeting, a variance that will allow an addition to be constructed at a Southwinds Drive residence – required due to the addition being closer than 50 feet from the centerline of the roadway – was approved unanimously.

According to city planner Benjamin Pople, the home owned by Mark and Bethany Rees - located at 240 Southwinds Drive - proposes to be expanded with a 12-foot by 6-foot addition at the front of the residence. The homeowners want to convert an existing bathroom into two smaller bathrooms so that the two adjoining bedrooms can have separate bathrooms.

"In conjunction with the proposed addition and remodeling project, the homeowners also plan to enclose an existing screened lanai in order to add additional living area to the residence," the staff report reads, in part. "None of the other proposed aspects of this project requires variance approval. In addition, the owners plan to remove some of the existing site improvements that contribute to the property's nonconformity with setbacks, coverage with impervious surfaces and vegetation removal and developed area."

Pople told the commission that based upon the planning department staff's recommendations, the application should be approved subject to three conditions, which covered conformance with the site plan, an "as-built" survey submitted to the city demonstrating compliance with the approved plans, and the installation of additional landscaping.

Following some discussion regarding the subject parcel by commissioners Chuck Ketteman, Holly Smith, Chris Heidrick and Tom Krekel, Pople was asked if there had been any objections to the application received by the city. He confirmed one email was received from a neighboring couple.

Another neighbor, Cherles Emerson, spoke in favor of the Rees' addition. "I think that this will enhance the property," he told the commission. "I am in favor of

After some brief discussions regarding the FEMA 50 percent improvement rule and non-conformity issues, Ketteman made a motion to approve the application, but including chairman Dr. Phillip Marks' recommendation to alter the proposed landscaping plan with native plants better suited to increased screening and guick growth.

"I think that this will be a positive change for this property, and actually for the street," said Ketteman. "And I think it's a win-win for us."

Mark Rees agreed with the commission's recommendation of altering the landscaping plan, adding that he was "willing to work with (the Native Plant Nursery at) SCCF" and add "a nice blend of native plants" on his property.

Commissioners voted 6 to 0 in favor of the application, which will be brought back for final approval at the Tuesday, June 23 planning commission meeting.



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The Reform Congregation of Bat Yam Temple of the Islands meets for Friday night services at 7 p.m. in the Fellowship Hall of the Sanibel Congregational United Church of Christ, 2050 Periwinkle Way. Rabbi Myra Soifer. For information call

President Martin Pokedoff at 239-395-2544.

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SANIBEL FELLOWSHIP, sbc

Join us for worship Sunday mornings 9 a.m. Bible Study and 10 a.m. Worship Service at The Community House, 2173 Periwinkle Way. 239-671-5502. SANIBEL COMMUNITY CHURCH

1740 Periwinkle Way, Sanibel, 472-2684 Dr. Daryl Donovan, Senior Pastor Sunday Worship Hours:

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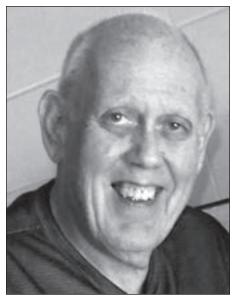
5 p.m. Saturday Eucharist, 9:30 a.m Sunday Eucharist, 9:30 a.m. Sunday School, 9 a.m. Tuesday Morning Prayer, 9 a.m. Wednesday Healing Eucharist, 6 p.m. First Wednesdays Prayer and Potluck 472-2173, www.saintmichaels-sanibel.org

UNITARIÁN UNIVERSALISTS OF THE ISLANDS:

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

> To advertise in the Island Sun Call 395-1213

OBITUARY



JOSE SUAREZ JR.

ose Suarez, Jr., 70, a Lee County resident for the past 28 years, formerly of Tampa, Florida, passed away on Wednesday, June 3, 2015 in Fort Myers. He was born on July 1, 1944 in Tampa, Florida to Jose and Josephine Suarez, Sr., now deceased.

Jose, known to many as Joe, was a member of St. Columbkille Catholic Church in Fort Myers. He fell in love with Sanibel and Captiva and was fortunate to live and work in his "earthly paradise" for

He is survived by his beloved wife of 50 years, Gilda Suarez, of Fort Myers; three loving children, Joe Suarez (Rita) of Atlanta, Georgia, Ken Suarez (LeAne) of Fort Myers, Florida, and Christian Suarez (Sarah) of Boca Raton, Florida; a sister, Alice Martinez (Cesar) of Tampa, Florida; 11 grandchildren, Jeri, Ashley, Miranda, Kalli, Elisha, Austin, Alec, Max, Nicolas, Steven, and Tyler; five great grandchildren, Emma, Hunter, Avrie, Rett, and Axel; as well as numerous nieces and nephews.

A memorial mass will be held at 11 a.m. on Saturday, June 13 at St. Columbkille Catholic Church, 1271 Iona Road, Fort Myers, with Father Eric Scanlon officiating.

Memorial contributions in memory of Jose Suarez, Jr. are suggested to Golisano Children's Hospital, 9981 S. HealthPark Drive, Fort Myers, FL 33908.

Friends are invited to send condolences via the online guest book which can be found at www.MullinsMemorial.com.

Mullins Memorial Funeral Home & Cremation Service, Fort Myers, is entrusted with final care.数

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Sanibel Congregational Church Offering Course On Thomas Merton

anibel Congregational United Church of Christ will present a two-part study of the life and theology of Thomas Merton on consecutive Sundays, June 14 and 21 at 9 a.m. as part of its Summer Sunday Seminar Series. The class will be taught by the Rev. Dr. John H. Danner, Senior Pastor, and will feature clips from the film Soul Searching.

Thomas Merton (1915-1968) was a Trappist monk living in Kentucky at Gethsemeni. He was known around the world for his works on spirituality. He wrote some 60 books ranging from collections of poetry to scholarly works on prayer and contemplation. His autobiography, The Seven Storey Mountain, is considered one of the most important theological works of the 20th century. Merton was on the cutting edge of interfaith relations, and especially invested in Christian-Buddhist dialogue

The course is free and open to the public. It will be held in the church's Heron Hall, located at 2050 Periwinkle Way on Sanibel. For further information, visit www.sanibelucc.org or call 472-0497.☆

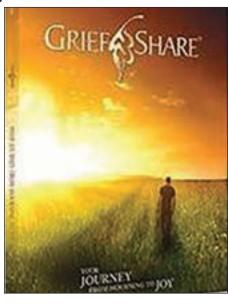
Support Group At Sanibel Community Church

riefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone. GriefShare features nationally recognized experts on grief recovery topics. Seminar sessions include:

- Is This Normal?
- The Challenges of Grief • Grief and Your Relationships
- Why?
- Guilt and Anger

GriefShare grief recovery seminar and support group meets at Sanibel Community Church each Wednesday from 10:30 a.m. to noon in room 132. Contact Susan at 472-0382 if you have any questions or would like more information.

Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market).☆



From page 1

County Commissoners Bid

"In my five years as mayor right here in Sanibel, I've seen firsthand how conservative principles, sound fiscal policy and cash management can affect our community," Ruane continued. "Now, I'm ready to take that experience and that leadership to the board of county commissioners.'

Judging from the response of those who attended Ruane's announcement, islanders are confident in the mayor's ability to bring his leadership qualities to the county level.

The phenomenal job he's done here on Sanibel should translate easily to Lee County, considering how involved he's been at the county level for the past five to seven years," said former Vice Mayor Doug Congress, who worked alongside Ruane from 2011 to 2015.

Fellow council member Chauncey Goss, elected to office in March of this year, added his support for Ruane. "Kevin has shown tremendous leadership in handling the important issues here on Sanibel," he said. "He's an incredibly hard worker who's consensus building and who's good with numbers. I think he'll work very well at the county level."

During his announcement, Ruane pledged that expanding economic development by streamlining business regulations, recruiting new businesses which diversify the local economy and continuing the fight for improved water quality and protecting the environment would be his priorities.

Our water and our environmental concerns should not be addressed with band-aids and short-term fixes," Ruane said. "Clean water and a healthy environment are not items to debate - they are resources that we must work togeth-

After Ruane addressed the crowd, councilman Marty Harrity took the podium and shared a story about how he met the future mayor of Sanibel in the days following Hurricane Charley in 2004. Harrity, who at the time was the city's mayor, remembered that there was a lot of frustration amongst island residents who had to evacuate Sanibel. During a community meeting held at the Holiday Inn in Fort Myers, he said that he spotted a hand up in the back of the room.

"Some big guy in the corner had his hand raised. He said, 'My name is Kevin Ruane. I just moved here. How can I help?" said Harrity. "He's been helping Sanibel and Lee County ever since that day. He's a born leader and he's the guy we need on the county commission.

On Tuesday, June 23, Ruane will host a campaign kickoff party at The Sanctuary Golf Club, 2801 Wulfert Road on Sanibel, from 5 to 7 p.m. For additional information, visit votekevinruane.

The Primary Election will be held on August 30, 2016 and the general election is slated for November 8, 2016.☼

зви Аппиль



Sanibel . Captiva



The Sanibel Captiva Optimist Club 2015 Official Entry Form

For an early start time, Mail this form along with entry fee (\$35.00) to: Sanibel Captiva Optimist Club

P.O. Box 1370 Sanibel, Florida 33957

Additional Info (area code 239) Dani @ 472-0836 Randy @ 699-8739 or Richard @ 292-4631

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- Entry may be disqualified if not at finish point within 2 1/2 hours.
- The Rally Master reserves the right to adjust the time equally for all contestants if conditions warrant.
- Afterglow party in The Sanibel Grill @ The Timbers Restaurant!





Registration from end of Parade to 12:00 Noon Friday, July 4th, in the parking lot at Timbers Restaurant 703 Tarpon Bay Road, Sanibel Island, Florida Conducted by: The Sanibel Captiva Optimist Club

The Sanibel - Captiva Optimist Club is a 501(C)3 Corporation and your donation is fully tax deductible. Please note that we are an all-volunteer, not-for-profit organization and all of the funds go directly to Helping The Kids

Fish Caught



Chelsea Pierce

helsea Pierce from Hollywood, Florida caught and released a 30-inch redfish while on a Sea Reed Charter.☆

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Every camper receives a special Sundial visor plus a Sundial and Sanibel Sea School water bottle and backpack.

The cost for the program is \$90 for the full day, which includes lunch. Camp hours are 9 a.m. to 4 p.m..

For more information and to register, call 395-6037 or email Cheryl.Coolong@



Youngster playing tennis at the Sundial Beach Resort & Spa

CROW Calendar Of Events

he 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 Rachel Rainbolt at rrainbolt@crowclinic.org or 472-3644 ext. 229. Hours are Monday through Friday, 10 a.m. to 4 p.m.; closed weekends. CROW is located at 3883 Sanibel-Captiva Road.

Friday, June 12 And Monday June 15, 11 a.m., \$5 included with admission - Wild About Rehabilitation, presented by CROW staff.

After a patient stabilizes in the hospital, CROW's rehabilitation staff provides it with a combination of balanced diet, husbandry and physical therapy. This supportive care is necessary to ensure success during the final step in the rehabilitation process. Ask the staff how they work their magic.

Tuesday, June 16, 11 a.m., \$5 included with admission - Patient Profiles: Sea Turtles, presented by CROW staff.

CROW is the only licensed sea turtle facility from Sarasota to Miami on the southwest coast of Florida. One of CROW's team members will describe why they are admitted and how the medical staff treats this species.

Wednesday, June 17, 11 a.m., \$5 included with admission – CROW Case of the Week, presented by a CROW

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

Thursday, June 18, 11 a.m., \$5 included with admission – Patient Profiles: Gopher Tortoises, presented by a CROW

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 will describe why they are admitted and how the medical staff treats this species.

Friday, June 19, 11 a.m., \$5 included with admission - Why Animals Come to CROW, presented by a CROW volunteer.

CROW hospital treats over 3,500 patients a year, but not all of the animals admitted need assistance. Facilities like CROW should be an animal's last resort, not their first. This presentation uses past case studies, rescues and releases to teach you about safe interactions with wildlife in the community.

Friday, June 19, 2 p.m., \$20 advance registration required – Wildlife Walk with Rehabilitators and Staff.

Following the 2 p.m. presentation in the Visitor Education Center, visitors will be escorted to the rehabilitation grounds for an exclusive look at what it takes to rehabilitate more than 3,500 wildlife

Summer Youth Volleyball Clinic At Rec Center

he Sanibel Recreation Center will be holding a Summer Youth Volleyball Clinic from August 17 through 20. The clinic is for both boys and girls entering sixth through eighth grade in the fall. Participants will learn skills such as passing, setting, serving and other fundamentals. Clinic hours are Monday through Thursday, 5 to 7 p.m. in the Sanibel Recreation Center gymnasium.

The fee is \$31.50 per child for members and \$42 per child for non-members. Players will receive a shirt. 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 the website at www.mysanibel.com.☆



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Sanibel Fellowship Donates To CHR

ommunity Housing and Resources (CHR) recently received a check in the amount of \$400 from Sanibel Fellowship, a Christian Bible study group that meets on Sunday mornings at the Sanibel Community House. Pastor Mark Hutchinson, who leads the group, explained during the check presentation that Sanibel Fellowship is deeply invested in supporting the island community.

"As a small group Bible study,' Hutchinson said, "Sanibel Fellowship wants to be a part of something outside of ourselves - something that would connect us with the Sanibel community and something that would practically help people in need on the island.'

Hutchinson found that connection through supporting CHR. "As a Christian group, we began to search for helpful ways to reach out to those in need. More specifically, we wanted to support a local organization that helped people get connected to the Sanibel community that otherwise would not be able to afford to do so. What better way to show that we



CHR's Melissa Rice, Les Boyle and Richard Johnson received \$400 from Pastor Mark Hutchinson (holding check) and several Sanibel photo provided by Sanibel Bible Fellowship SBC. Fellowship members

care than by helping those who desire to live on the island to get into affordable housing.'

Richard Johnson, CHR's board president, Melissa Rice, CHR board treasurer, and Les Boyle, CHR board secretary, received the donation on behalf of CHR.

The support and recognition of our mission by Sanibel Fellowship of providing an affordable and appropriate place to live for our island workforce is not only heartwarming but it also shows the power in a small group of people to make a positive difference in the community where they live," said Johnson.

Pastor Hutchinson and Sanibel Fellowship plan to support CHR through volunteerism as well. "After learning about CHR and their mission," he said, "we felt very strongly that we should support them both financially and practically. Our people are very excited about being a part of the CHR family."

Sanibel Fellowship meets at the Sanibel Community House every Sunday morning from 9 until 11 a.m. and is open to all. A typical morning consists of a continental breakfast and Bible teaching that is designed to help people to better understand the Bible and how it affects

their lives in an informal and interactive environment where people are free to ask questions, share experiences, and establish friendships. For more information, contact Pastor Mark Hutchinson at 284-6709.

CHR is a 501(c)(3) nonprofit organization that is dedicated to providing affordable housing for families and individuals who work full-time on Sanibel and for long-time or disabled residents of Sanibel. For more information, visit SanibelCHR. org or call 472-1189. Donations and contributions to CHR are tax deductible.

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The Florida fighting conch, from left: adult shell, juvenile shell, and scanning electron microscope detail showing the larval shell (protoconch)

photos by José H. Leal

Shell Of The Week Florida Fighting Conch



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

he Florida fighting conch, Strombus alatus Gmelin, 1791, is one of Southwest

Florida's best known and most abundant mollusks. So much could be said about that species, but today I want to focus on some differences between the juvenile (young) and the adult shells. In many species of the conch genus Strombus, the juvenile shell differs considerably from that of the adult. The texture of the adult shell is usually smooth, and its color is variable: there are different hues of orange, lavender, white and brown, as well as assorted patterns, from checkered to striped to the muchdesired albinistic (all white) shells. The juvenile Florida fighting conch shell is more elegant, more elongated, is ornamented with a sculpture of strong spiral incised (etched) lines, and its coloration is always much lighter and more delicate than that of the adult, usually white with yellowish or light-brown markings. Learn more about the Florida fighting conch at http://shellmuseum.org/ shells/southwest-florida-shells/strombusalatus.

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Shell Museum Events

Daily Island Inn Morning Beach Walks - Join our marine biologist for a beach walk near Island Inn on Sanibel. Advance booking required. Walks depart daily from the Island Inn lobby at 9 a.m. The cost is \$10 and parking at Island Inn is free for beach walk participants. Space is limited so book online at shellmuseum. org/events or call 395-2233 to make a reservation. All beach walk participants receive half-off shell museum admission. (Current Island Inn guests: please book through the inn).

Daily Tank Talks, 11:30 a.m. and 3:30 p.m. – Gain great insights into the fascinating world of mollusks.

Monday at 1:30 p.m., Carolyn's

Collection – A fun and entertaining look at gem-quality shells. (Please check shellmuseum.org to note any schedule changes).

Tuesday at 1:30 p.m., What is a Mollusk? - Learn about the shell makers in this hands-on presentation.

Wednesday at 1:30 p.m., Mid-Day Tank Talk with our marine biologist.

Thursday at 1:30 p.m., Shell ID Clinic - Bring in your mystery finds for identification from an expert.

Friday at 1:30 p.m., Shell Arts and Crafts - Create shell art and take it home with vou.

Saturday at 1:30 p.m., Sanibel Shells Discover the look, feel and subtle differences of local shells.

Sunday at 1:30 p.m., Shell BINGO! Weekly Marine Naturalist Cruise Thursdays – The Bailey-Matthews National Shell Museum and Captiva Cruises present a one-of-a-kind experience that will excite nature lovers of all ages. Join our marine biologist for an unforgettable day with a small group aboard the 40-foot sailing catamaran Adventure. Trips set sail Thursdays at 9 a.m. from South Seas Island Resort on Captiva. The four-hour cruise costs \$100 for adults and \$75 for children and includes the boat trip, lunch and admission to the shell museum. Call 472-5300 to book. (Water shoes required, no flip flops. Prepare to get wet.)

The Bailey-Matthews National Shell Museum is at 3075 Sanibel-Captiva Road. Phone 239-395-2233 or visit

www.shellmuseum.org.\\\\

CROW Case Of The Week:

Bobcat Kittens



by Patricia Molloy

n May 29, as the last hot spots were extinguished in a brushfire near the Southwest Florida International Airport in Fort Myers, desperate cries were heard emanating from the charred landscape. Following the sound of the pleas, crew members

 including a panther biologist with the Florida Fish and Wildlife Conservation Commission – discovered a frightened bobcat kitten under a burned bush. The tiny female - no more than four weeks old - was dehydrated and exhausted. And she was completely alone, with no sign whatsoever of her mother or any litter mates.

Realizing that the kitten had suffered burns to each of her paws, FWC delivered her to CROW for treatment. The arrival of the young female bobcat (patient #15-1646) came as a bit of a surprise, as an orphaned male bobcat (patient #15-Bonita Springs mere days before.

Found throughout North America, bobcats

(Lynx rufus) have adapted well to suburban life in peninsular Florida. Rarely seen by humans, these reclusive wild felines are roughly twice the size of domestic cats, with an adult male weighing between 20 and 30 pounds (females are smaller).

After an adult female gives birth to a litter - which is usually comprised of three kittens - the young bobcats will stay with mom until they are approximately eight months old. Once dispersed, bobcats lead solitary lives, only socializing long enough to complete courtship and mating each season.

When the little male arrived, he was severely dehydrated and malnourished, too weak to even stand. In the ensuing two weeks, he has gained weight and is now strong enough to walk on his own. Most significantly, he has become very continued on page 37



1536) had been admitted to the wildlife clinic from The female kitten, patient #15-1646, was rescued from a brushfire in Fort Myers during which she sustained burns to all four paws



The young male, patient #15-1536, is an orphan from Bonita Springs and is slightly larger than his roommate





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Zero To Hero All In One Bite



by Capt. Matt

ost morning trips this week were spent chasing tarpon, and despite a few strikeouts, I did manage some success both on the beaches and in the bay. Beaches from

Cayo Costa south to Blind Pass all had tarpon traveling on them. Being patient and setting up while the fish came to you was the more productive way to fish these often slow-moving fish.

While anchored off the beaches, I have my anglers naturally drift live baits under floats while I keep a shotgun rod loaded and ready to cast if the opportunity at a rolling fish presents its self. The tarpon we hooked on the beach came a little unexpectedly on a pinfish while we were watching a small school of tarpon go by on the other side of the boat. Gotta love those circle hooks!

By mid-morning, the tarpon seem to vanish or just quit showing out on the beaches and I've been moving into the southern sound and area's around Captiva Rocks. These inside tarpon ate on cut bait, although I'm always fishing with a variety of baits out in the spread as you simply never know what they are going to take.

While tarpon fishing in the southern sound with Chelsey, Logan and Jeremy Poteiger of Indiana, we got it done right at the end of a morning trip just when it was looking like it was not going to happen. This high-jumping silver king ate a chunk of mullet in seven feet of water and was that one fish that they will remember for life!

While struggling on a afternoon tarpon trip this week to find any fish at all either in the bay or on the beaches, I made the "Hail Mary" run north to Boca Grande to fish the hill tide. I don't do this very often but with very few tarpon anywhere else, it was at least a place we would get some shots at fish. After dip-netting swimming crabs, we moved out towards the Pan just out from the pass and started pitching our pass crabs through the hundreds of rolling tarpon. After roughly two hours in the pass with lots of shots at fish, we did not see a single boat hook so we called it



Jeremy Poteiger of Indiana with a tarpon he caught and released while fishing Pine Island sound with Capt. Matt Mitchell this week

a day. Basically, it was a tough week of tarpon fishing even though I did manage to get a few clients fish.

Pass fishing for snook around the full moon was totally another story when compared to the slow tarpon bite we have been experiencing with non-stop action on either tide. Shiners and pinfish both caught snook after snook, with most of these fish being the smaller males but a few times per trip, clients would tie into a much bigger female and more often than not get freight trained. Even when the baits got out of the snook strike zone, anglers were often rewarded with a keepersized trout. Pass fishing continues to be outstanding and the best action around.

While fishing a few days this week, I had kids on charters or anglers who where looking to take home fillets. While mangrove creek fishing on the incoming tide, we managed a few more snook and some quality mangrove snapper. On these kid trips, I took some live shrimp along with plans of throwing popping corks for trout if we needed to find something fast paced. Free-lining these shrimp in the mangrove creeks had the keeper-sized mangrove snapper coming out of the woodwork. After watching big mangrove snapper chase our shiners

around and not take them, they simply

could not refuse a shrimp.

Redfish action got a little better this week, too, with the mangrove keys around Gault Island holding a few slotsized fish chumming heavy and waiting these fish out while soaking cut baits during the very top of the incoming tide caught one here and there. The redfish bite can only continue to improve as we get further into summer.

Guiding tarpon trips with the bite being as tough as has been the last few weeks can be a real love/hate relationship between the guides who fish for them daily and the tarpon that have been eluding us. When leaving the dock, you know your going to return one of two ways: either a hero or a zero with basically nothing inbetween. Like most things in life, though with great patience and persistence can come great rewards. When tarpon fishing, you are only one

bite away from having a great trip. 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 capt-mattmitchell@aol.com.☆

Send Us Your Fish Tales

The Island Sun would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include photographs with identification. Drop them at the *Island Sun*, 1640 Periwinkle Way, Suite 2, Sanibel, or email to press@islandsunnews.com; or call 395-1213.

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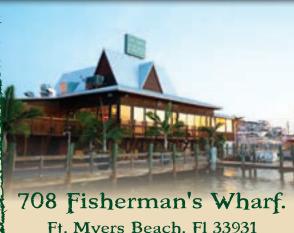






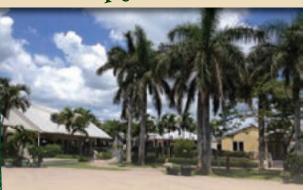


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Shells Found



Melissa Santucci

elissa Santucci, visiting from Dallas, Texas, found four beautiful banded tulips while shelling at Bowman's Beach on June 2. 蓉



Baby black-crowned night heron photos courtesy of CROW

An Inside Look At Wildlife Recovery

he CROW Picture Show presents informative anecdotes about the native and migratory wildlife species brought to the Clinic for the Rehabilitation of Wildlife (CROW), along with photos of patients admitted to the

In 2014, CROW's wildlife hospital cared for 3,410 sick, injured or orphaned animals. Of the 200 different species, 57 percent were birds, with 37 percent mammals and six percent reptiles.

CROW is not permitted to display its patients to the public, so this hour-long presentation offers the next best thing: numerous candid snapshots of current and past patients, with commentary by Claudia Burns, a veteran clinic volunteer.

The next CROW Picture Show is on Friday, June 19 at 11 a.m. in CROW's Visitor Education Center at 3883 Sanibel-Captiva Road, across from The Sanibel School. Admission is \$5 for adults, \$3 for teens, free for members and children



Baby green heron



Baby blue jay with worm

12 or under. The entry fee also includes access to the Visitor Education Center, which exhibits CROW's efforts to save wildlife through care, education and collaboration.

For more information, call 472-3644, ext. 228. To learn more about CROW. visit www.crowclinic.org.☆



Baby Cooper's hawk

From page 10

Flood Awareness

• 7 to 10 inches of rain in a 72-hour period - Roads, as well as swales, ditches and yards flood, but buildings should remain dru

Considered a "Hundred-Year Storm," intensive rainfall of 10 to 20 inches or more in a 72-hour period, is expected to cause flood damage. Many houses and businesses can expect to flood.

*Based on historical rainfall data and current permitting criteria

Maintenance: Keeping the Flow

The district has an extensive program of structural maintenance and upgrades - carried out primarily during the dry season - that is critical to ensuring the regional flood control system operates at optimal capacity.

During the past six years, the district has put more than \$300 million to work in performing capital improvement work on the regional system. These efforts include overhauling water control structures and refurbishing pump stations.

In addition, each day, field station staff complete essential system maintenance,

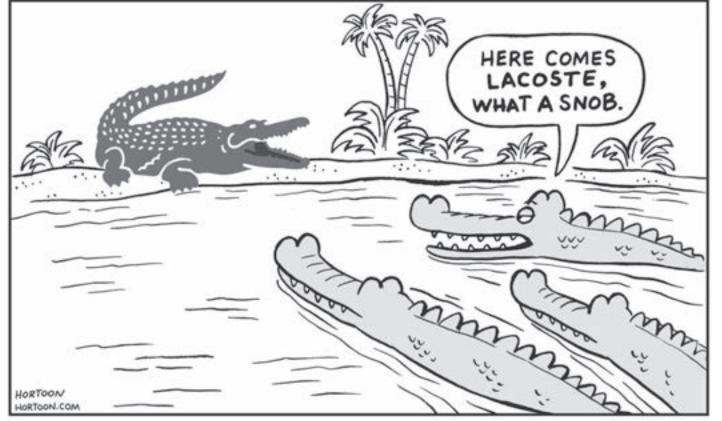
- Completing year-round preventive maintenance of critical pumps, gear boxes and main engines
- Ensuring continuous operation of industrial electrical systems that run critical monitoring equipment, such as water level and water velocity gauges
- Maintaining a fleet of heavy equipment and vehicles
- Staffing large pump stations during storm events to keep the flood control system operating

 What You Can Do

Residents play a part to prepare by: • Knowing the agency responsible for

- managing nearby canals • Keeping ditches, swales, drainage
- grates and retention lakes clear of debris, trash and other discarded material
- Reporting the location and condition of any clogged or damaged facilities to the proper authority
- Making sure trees or other vegetation do not encroach on canal maintenance right-of-way.☆

HORTOONS



SCCF Nesting Statistics



On June 5, the second green sea turtle nest was found on Sanibel photo by SCCF



Snowy plover chick photo by Hugh McLaughlin

CCF Sea Turtle Nesting Stats as of June 5, 2015: Sanibel East: 47 nests, 106 false crawls Sanibel West: 119 nests, 249 false crawls

Captiva: 39 nests, 55 false crawls Total: 205 nests, 410 false crawls



The second-ever documented leatherback sea turtle nest on Sanibel was found on May 29. There have been two false crawls by green sea turtles and two nests.

(Note: There are now coyotes on Sanibel and SCCF is screening as many nests as possible to discourage coyote depredation)

Snowy Plover Nesting Statistics

SCCF staff and volunteers monitor snowy plover nesting on Sanibel. As of June 5, the nest total for snowy plovers is 14:

- Three nests are active
- Seven nests have hatched 21 chicks. One nest has three chicks, one nest has two chicks, three nests have one chick, and all the chicks are gone from one nest; one nest has fledged two chicks
 - Two nests have been depredated
 - One nest is gone, fate unknown
 - One nest was washed out

*False crawl = a failed nesting attempt

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

From page 1

Cousteau To Headline Local Event

Float for Life will be held on Sunday, July 12 at the Pink Shell Beach Resort and Marina on Fort Myers Beach. Event fee is \$20 per participant. For more information, visit oceanfloatforlife.com.

All proceeds will benefit Sanibel Sea School's mission to improve the ocean's

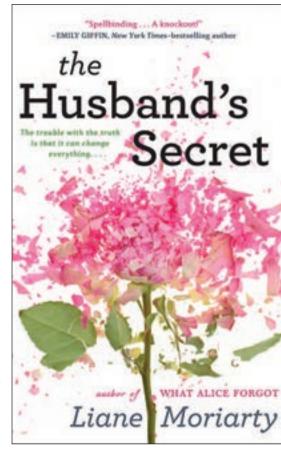
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Book Discussion Group

neaders are invited to come in to the Sanibel Public Library to talk about Liane Moriarity's The Husband's Secret, the focus of the Wednesday, June 24 book discussion. The meeting is free and open to the public. The discussion begins at 2 p.m. in the library's Meeting Room #4, located on the ground floor.

The Husband's Secret is the number one New York Times bestseller from the author of Big Little Lies and What Alice Forgot. At the heart of The Husband's Secret is a letter that is not meant to be read. Imagine a letter from your husband, to be opened after his death. Imagine, too, that the letter contains his deepest, darkest secret - something with the potential to destroy not only the life you have built together, but the lives of others as well. And then imagine that you stumble across that letter while your husband is still very much alive.



In the story, Cecilia has achieved it all – she's an incredibly successful businesswoman, a pillar of her small community, a devoted wife and mother. Her life is as orderly and spotless as her home. But that letter is about to change everything - and not just for her. There are other women who barely know Cecilia - or each other - but they, too, are about to feel the earth-shattering repercussions of her husband's secret.

While it is preferable to come to the discussion having previously read the book, all are welcome. The books featured for the meetings are available in print, on CD, as well as in downloadable format. Copies of book club books are located in the library near the Reference Desk.

The group will review Debra Dean's The Madonnas of Leningrad in July. The August book selection is Wally Lamb's We Are Water. For more information, call 472-2483 or go to www.sanlib.org.☆

Got A Problem? Dr. Connie Is In



by Constance

Q: Can you suggest a treatment plan for panic disorder?

A: Once your medical provider diagnoses you with panic disorder, you may be referred to a professional

therapist for a treatment plan. This plan will have specific goals such as reduction of anxious feelings, and be accompanied with specific action steps to achieve your goals, one step at a time. Treatment options will also be discussed such as

medication and/or coping with anxiety through stress reduction techniques such as biofeedback, hypnotherapy or cognitive behavioral therapy. As symptoms become more manageable, it is good to build upon these skills like a support group, self-help books, relaxation and guided imagery CDs, etc. These coping mechanisms will be valuable in continuing to be symptom free of panic disorders and have the ability to function well even after treatment.

Constance Clancy-Fisher, EdD is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. She can be reached at constanceclancyfisher@ gmail.com.☆

Read us online at

Young Professionals **Association Event**

he Young Professionals Association of Sanibel & Captiva is a new and diverse organization of talented friends and future leaders that aims to provide leadership development, networking opportunities, and philanthropic support to the islands of Sanibel and Captiva.

The organization's goal is to represent the best and brightest in the area, uniting individuals who are invested in the community and want to make a positive impact. Within the organization, you will be able to promote your business, connect with peers, gain knowledge of the business community on the islands, and attend social events.

The kick-off event will be held Thursday, June 18 from 5:30 to 7:30 p.m. at The Jacaranda, 1223 Periwinkle Way. Admission is free. There will be

IslandSunNews.com

a cash bar. Appetizers will be provided. Bring your co-workers and your business cards.

The Young Professionals Association of Sanibel & Captiva will be hosting monthly social events on the third Thursday from 5:30 to 7:30 p.m. at various locations on Sanibel, Captiva and the surrounding area.

If you are interested in becoming a part of the association, contact Laura Richardson at Irichardson@bigarts.org or go to www.facebook.com/ypasc.☆

From page 7

Kiwanis Club

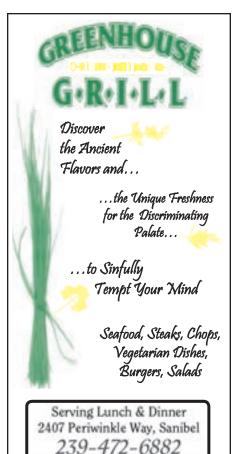
receive four-year scholarships. This year's recipients will be heading off to an array of colleges and universities including nine separate institutions in Florida and six campuses in northeastern and midwestern states.

This year, two new four-year scholarships were awarded to honor longtime Kiwanis members who recently passed away. The Bob Wigley Memorial Scholarship was awarded to Lisa Finch, and the Andy Schroeder Memorial Scholarship was awarded to Analiese Aracri. Other students receiving four-year Kiwanis scholarships for the coming year were Nicholas Calazza, Emily Cobain and Hallie Anne Stufano.

Those receiving one-year Kiwanis Scholarships for 2015-16 were Ian Berke, Andrea Berrian, Adrian Cooper, Christian Cooper, Dara Lynn Craig, Kay Donovan, James Dowling, Traicia Garmager, Viktoriya Gibatova, Ethan Kuzyk, Ross Lally, Allison McMenamy, Kevin Moreno, Angelique Phalik, Jordan Rich, Pamela Smith, Maria (Mia) Swiersz, Vjulia Vargas, Madison Weigel and Keelan Mullins-Zigelder.

The Kiwanis Club congratulates all of this year's scholarship recipients and wishes them success in their future studies.☼

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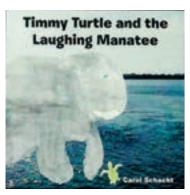
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Conservation Foundation



Dr. Brian Shamblin

CSI for Sea Turtles

r. Brian Shamblin from the University of Georgia will be speaking at SCCF on June 22 about the use of DNA information to track nesting sea turtles. His talk, titled Using Genetic Tools to Inform Marine Turtle Conservation, will be in the Nature Center, 3333 Sanibel-Captiva Road at 6 p.m. There is no charge to attend.

Dr. Shamblin will be talking about loggerhead sea turtles nesting in the southeastern U.S. as well as the green sea turtles that nest in Southwest Florida, including Sanibel. DNA information helps identify the turtle mother and her offspring, and allows researchers to speculate on population recovery and answer basic nesting questions: how many females are laying eggs, how often they nest, and how faithful they are to certain nesting beaches.

Dr. Shamblin is a research scientist at the University of Georgia's Warnell School of Forestry and Natural Resources, which has received grant funding to genetically "fingerprint" sea turtles in Georgia, South Carolina and North Carolina, as well as grant funding from the state of Florida's sea turtle license plate for his work with green sea turtles off the coast of Florida.

Marine turtles are difficult to study due to complex life cycles, most of which are spent at sea. Genetic markers have been used to study many aspects of turtle behavior that are important for population monitoring and conservation. Maternally inherited mitochondrial DNA markers provided concrete evidence in support of the natal homing hypothesis. This talk will cover the findings of recent mitochondrial DNA studies of loggerhead and green turtles nesting in the southeastern United States. Beyond mitochondrial DNA, nuclear DNA markers can be used to create genetic tags for tracking individual turtles. The University of Georgia research team has assigned over 35,000 nests to 7,600 individual loggerheads.

Tank Talks



Happy the snapping turtle

n Tuesday, June 16 at 10 a.m., meet the SCCF Nature Center ambassadors. Meet Indie the endangered indigo snake who recently laid nine eggs, Happy the snapping turtle, and Lucky the soft shell. The diamond back terrapins are laying eggs now. Meet two young terrapins that hatched last August. Take a tour with a biologist to learn about the SCCF research and projects associ-

ated with these local critters.



Indie the indigo snake



River otters

Otter Tales

o one knows how many river otters live on Sanibel and Captiva. Learn about this large, aquatically-adapted member of the weasel family. River otters are strong and graceful swimmers that capture the hearts of all who see them. Otter Tales begins at 10 a.m. on Wednesday, June 17 in the SCCF auditorium. Cost of the program is \$5 per adult, no charge for SCCF members and children.



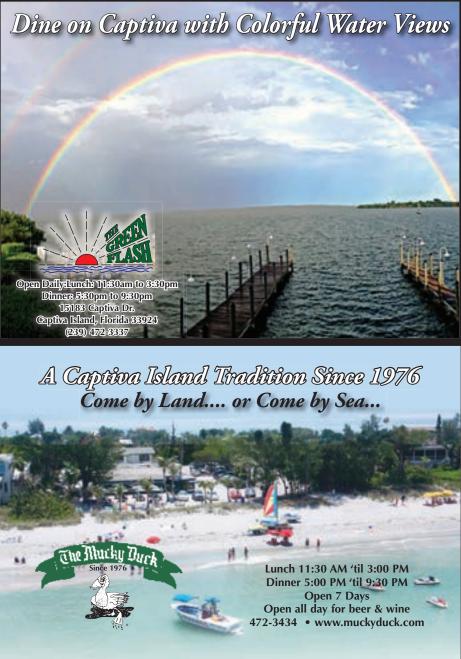


Snowy plover with chick

Snowy Plover Program

Watch where you walk, there are baby plovers on the beach. SCCF has been monitoring and staking the nests of this shorebird on Sanibel beaches for 15 years. Join SCCF biologists on Thursday, June 18 at 1:30 p.m. to learn about this threatened species and what you can do to protect their small nesting populations. Cost of program is \$5, no charge for SCCF members.

Call SCCF at 472-2329 for more information on these programs unless otherwise indicated. Sanibel-Captiva Conservation Foundation is located at 3333 Sanibel-Captiva Road.





Representatives who visited the restoration project included Paul Tritaik, John McCabe, SFWMD's Ben Ward, James Evans, SFWMD's Mitch Hutchcraft, Sanibel City Councilman Chauncey Goss, Mike Baldwin, Sanibel employee and bus driver Billy Holden, SFWMD's Larry Glen and Sanibel Vice Mayor Mick Denham

Sanibel Group Visits Kissimmee River Restoration

anibel Vice Mayor Mick Denham recently led a group from the city administration and the JN "Ding" Darling National Wildlife Refuge to tour areas of the Kissimmee River that are in the process of being restored.

Those joining the vice mayor were Councilman Chauncey Goss, City Natural

Resources Director James Evans, Refuge Manager Paul Tritaik, Immediate Past President of the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) John McCabe, and DDWS vice president Mike Baldwin. Mitch Hutchcraft, a member of the governing board of the South Florida Water Management District (SFWMD) also accompanied the group.

"The negative impact of periodic excessive summer releases of nutrientladen water from Lake Okeechobee into the Caloosahatchee River on our local ecology, environment, and economy is

well known," said Denham. "Since one contributor to the quality of those releases is the water flowing from the Kissimmee River watershed into the lake, we thought it crucial to understand the history and effects of restoration efforts there.

The group was aware that in the 1960s, after several flooding events in the Kissimmee area and in response to requests from Florida officials, the U.S. Army Corps of Engineers cut and dredged the 103-mile meandering Kissimmee River into a 30-foot-deep straight channel called the C-38 canal.

Although the project achieved flood reduction benefits, it also significantly damaged the ecosystem of the river and floodplain.

Environmental restoration targeted at returning essential hydrology to the river and floodplain began in 1999 and will be completed by 2019. The total project, which includes reconnecting the cut-off meanders and backfilling parts of the canal, represents the world's largest river

'After an overview presentation at the SFWMD's Riverwoods Field Laboratory on the restoration work and to-date results, we took a river tour and were able to see first-hand that significant restoration has already been achieved, with wetland plants now thriving in the restored floodplain areas," said Baldwin. "Similarly positive impacts are also evident in the





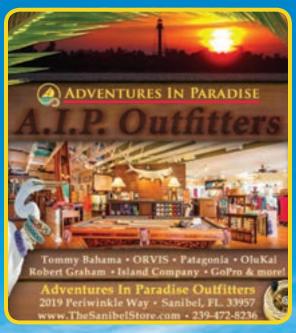


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Poet's Corner



We invite submissions from local poets. Anyone interested may submit their work via email to tutsie@ centurylink.net. Each week, individual work will be showcased.

selected by Tanya Hochschild

The Good Wife

by Tanya Hochschild

Mondays, laundry days, I reinvent myself as a wife,

you know the drill: whites in the first wash, delicate cycle,

followed by colors on power wash if there has been fishing, rugby

or other grimy activity over the weekend.

Later, no-iron shirts dry on the lanai, like so many commuters

they wave for the train to stop. Some lean inward, other gents look down the rails,

shoot the breeze.

Tuesdays, wifely feelings still strong, I push a cart down the supermarket

buy natural, organic, gluten-free, vegetarian and vegan, but

then the Muzak makes me do it -I reach for Jimmy Dean Blueberry Pancakes.

Molten Hot Wings Flavored Potato chips - junk food, fast food.

convenience food beckon, I weaken. My vow to be a good wife doesn't come undone only in the aisles; at the cashier, a packet of Spongebob Squarepants

Gummy Krabby Patties flies into my

A big change comes on Wednesday night as I soak in sudsy splendor,

wine glass on the rim of the tub, I belt out Wilson Pickett's "Mustang Sally,

the corners of the bathroom shake. My sheik, my duke, my prince, my husband is out with the boys

and I am in with Wilson Pickett, untamed mentor of good wives.

Thursday, a neutral day, pay the bills play a round of golf, clean out the linen shelf,

polish silver frames of our wedding pictures.

remember "for better or worse," "In sickness and in health," "for richer or poorer"

An ordinary, wonderful full of anything can-happen day.

Friday comes in heralded by TGIF, When the week takes a breath and we an expensive dinner.

I talk to you, dear husband, about the secrets of long marriages,

your hand covers your heart, and I am touched

until I realize you are checking to see if you brought your wallet.

When I think of our forty-three years of Saturdays and Sundays

I say to myself, "It doesn't feel that

yet it took that time to become family, you and I, to share a history,

to be called grandparents,

to seek each other's hands in sleep.

Tanya Hochschild is member of a Sanibel Writers Group, has participated in Artpoems and Writer's Reads on the island, and had two books published.☆

Department Of Health Provides Online Resources To Educate Public

uring the summer months, the Florida Department of Health sees an increase in reports of infections due to Vibrio vulnificus. In an effort to educate the public on the proper precautionary measures, the Florida Department of Health has launched a new webpage to provide educational materials regarding this bacterium, which can cause serious illness or death. The webpage contains background information on the disease, downloadable broadcast-quality video and a "frequently asked questions" section. The department encourages Florida residents and visitors to learn about Vibrio, what causes infection and to take the proper precautions to stay safe this summer.

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at @HealthyFla and on Facebook. For more information about the Florida Department of Health, visit www.floridahealth.gov.

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Bank Of The Islands Art Program

ank of the Islands announced it will be showcasing a continuing series of lobby exhibits featuring local island artists. The newly-created art program is presented in association with Tower Gallery, Lee County's oldest art collective.

"It is amazing to see the beautiful and sophisticated work being done by local artists working in our relatively small barrier island community," said Bank of the Islands Sanibel-Captiva office manager Willy Ocasio. "We invite our customers and neighbors to stop by our Sanibel office to see their work. What a great way to show how much we appreciate being your island bank."

The first artist to be featured is Sheila Hoen. Her paintings will be on display during banking hours through June 23. Some of the displayed work is from Hoen's Audubon Series, created in memory of famed local art teacher Gale Bennett.

American Legion Post 123

unday, June 14 is Flag Day, and American Legion Post 123 will serve barbecue ribs and chicken from 1 to 8 p.m. Cost is \$12 to \$14. There will be a retirement of flags ceremony at 6 p.m.

On Sunday, June 21 (Father's Day), there will be a fish fry from 1 to 8 p.m.

Nine-ball pool tournaments are played every Monday starting at 5 p.m.

"Hump day" specials are served all day on Wednesdays.

On Fridays, a six-ounce ribeye steak sandwich is available all day. There are daily specials as well as the popular halfpound burgers. Food is served from 11 a.m. to 8 p.m. The public is welcome.

If you have a flag that needs to be retired, drop it off at your convenience.

Hours are Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m.

American Legion Post 123 is located at Mile Marker 3 on Sanibel-Captiva Road. For more information, call 472-9979.登



Katie Gardenia's Art 630 Tarpon Bay Rd

(near the Over Easy Cafe)

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"I began this series as one of the group of painters who, with Cello Bennett, wrote the book Eyes Into Art about the teachings of this unique, memorable and beloved teacher," said Hoen. "Near the end of his life, Gale wrote in his notes that his next project would be a series of paintings inspired by the bird paintings of the great James Audubon, who died in 1856."

Hoen's work, now on display at Bank of the Islands, simultaneously pays homage to these influences, while letting her own unique and painterly artistry carry each piece.

Bank of the Islands is located at 1699 Periwinkle Way, at the corner of Casa Ybel Road on Sanibel.

Tower Gallery is an artists' cooperative



Tower Gallery artist Sheila Hoen, left, shares part of her Bank of the Islands painting exhibition with the bank's Sanibel/Captiva office manager Willy Ocasio

consisting of 23 artists working in various media. Located at 751 Tarpon Bay Road on Sanibel, the gallery is open seven days

a week from 10 a.m. to 9 p.m. For more information, call 472-4557. \$\pi\$

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1 tablespoon olive oil ½ yellow onion, chopped 1 clove garlic, minced 1 cup quinoa, well rinsed 21/4 cups vegetable broth 2 cups chopped arugula 1 small carrot, peeled and finely shredded ½ cup thinly sliced mushrooms (your favorite kind) 1/4 cup grated Romano cheese kosher salt to taste fresh ground pepper to taste

In a large saute pan, heat the olive oil over medium heat.

Carefully add the onion and sauté until soft and almost translucent, around 3 minutes

Add the garlic and guinoa and cook for about 1 minute, stirring occasionally, being careful not to let the garlic brown too much because it can turn bitter.

Add the broth and bring to a boil.

Reduce the heat to low and simmer until the guinoa becomes almost tender to the bite but slightly hard in the center, around 12 minutes. The mixture will be loose.

Stir in the arugula, carrot and mushrooms and simmer until the quinoa grains have turned from white to translucent, around 2 minutes longer.

Stir in the cheese and season with the salt and pepper.

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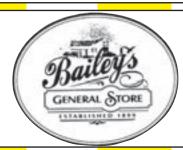


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Plant Smart Myrsine

by Gerri Reaves

yrsine (Myrsine cubana) is a long-lived evergreen tree that reaches up to 30 feet tall with a rather narrow form and irregular crown.

Also called colicwood and Florida rapanea, its habitat includes hammocks, pinelands and moist areas.

This hardy and adaptable native species tolerates various light levels and con-

Salt tolerance suits it to coastal plantings, but it will not tolerate long-term inundation by salty or brackish water. Once established, it is somewhat droughttolerant.

It is an excellent species to plant for wildlife, for it provides shelter and plentiful food for birds such as jays, woodpeckers, cardinals and thrashers, as well as small mammals.

The trunk with smooth gray bark reaches up to three inches in diameter. Mature trees tend to spread and become multi-trunked.

The smooth leathery alternate leaves are three to five inches long. Oval or oblong with rounded tips and rolled-under edges, they bunch at the branch ends on older trees.

Flowers and leaves typically appear on the leafless part of the branches.

Clusters of inconspicuous greenish



By summer's end, the fruit ripens to blueblack, remaining on the branches as a food source for wildlife

photos by Gerri Reaves

white flowers have five lobes and purplish stripes. They appear right on the twigs and bloom throughout the year, but more profusely in fall and winter.

The berries of less than a half-inch in diameter ripen from green to blue-black by late summer and remain on the stems most of the year.

The fruit is edible for humans, too, but reportedly is not palatable.

Fruiting requires both a male and



Myrsine's leaves tend to bunch at the branch ends

female tree in close proximity.

Myrsine works well as a hedge, buffer, or screen, and its verticality makes it useful as an accent plant. Left to spread, it will form thickets of thin branches.

Propagate it with the single seed inside the fruit.

Sources: Florida, My Eden by Frederick B. Stresau; Florida Plants for Wildlife by Craig N. Huegel; National

Audubon Society Field Guide to Florida by Peter Alden et al.; Native Florida Plants by Robert G. Haehle and Joan Brookwell; The Shrubs and Woody Vines of Florida by Gil Nelson; Wild Plants for Survival in South Florida by Julia F. Morton; floridasnature.com; fnps. org; and regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.



Ambidextrous Pitcher Makes Major League Debut After Long Journey Through Minor Leagues

by Ed Frank



n August 19, 1951, the colorful Bill Veeck, owner of the St. Louis Browns, inserted a midget named Eddie Gaedel into his lineup who promptly walked on four straight pitches. At three feet, seven inches, he became the shortest player in Major League History. It was Gaedel's first and last baseball appearance.

Veeck's antics 64 years ago came to mind when another highly unusual baseball player by the name of Pat Venditte, who pitches ambidextrously, made his Major League debut last week.

We wrote about Venditte eight years ago when he was first drafted by the New York Yankees out of Creighton University.

And quite honestly, we had forgotten about him until we read that he had been called up last week by the Oakland Athletics and pitched the last two innings in a 4-2 loss to the Boston Red Sox.

He faced six batters, one while pitching left-handed and the last five as a righthander. He gave up one hit but faced only six batters as a double-play wiped out the one hit.

The 29-year-old Venditte made it to the "big show" after a seven-year journey through the Minor Leagues.

Venditte's entry into professional baseball in 2007 caused controversy and confusion. As a result, baseball instituted the "Venditte Rule" which stipulates that once he steps onto the mound, he's declaring how he is going to pitch by which hand his uniglove is on. He cannot change hands until that batter is retired or reaches base.

The pitching woes of the last-place Athletics obviously figured into Venditte's opportunity to wear a Major League uniform. He had, however, compiled a sparkling 1.36 ERA with the A's Triple A Nashville team.

You dare not label Venditte a "baseball freak" because his father, a former college catcher, trained him to pitch with both arms.

The Yankees initial selection of Venditte in 2007 in the 45th round was rejected when he decided to return to college. He was drafted again by the Yankees a year later in the 20th round with the 620th overall pick.



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His Minor League meanderings over the next seven years took him to such teams as the Staten Island Yankees, Charleston River Dogs, Tampa Yankees and others.

The Yankees did not invite him to spring training a year ago and in the off-season was signed to a minor league contract by Oakland.

When interviewed after his long-sought Major League debut, Venditte said, "to be honest, the most special thing is just being here. It's been such a long journey."

While Veeck's playing of a midget decades ago was considered just a joke,

Venditte's ambidextrous talent is anything but a joke. Baseball needs more excitement and perhaps even something different. The left-

hand, right-hand pitching of Venditte is certainly something different.

Miracle Send Three to the Florida State League All-Star Game

Pitchers Chih-Wei Hu and Brandon Peterson, along with catcher Alex Swim, will represent the Fort Myers Miracle baseball team at the 54th Florida State League All-Star Game on June 20 in St. Lucie.

Hu, 21, had a 4-1 record and a 2.01 ERA as the week began. He was signed by the parent Minnesota Twins as a free agent in 2012.

Peterson, 23, leads the Miracle with 20 appearances out of the bullpen. He had given up only three runs while recording a low 0.88 ERA.

Swim, 24, had the second highest batting average in the FSL at .332 and tops the league with 68 hits. He plays three positions - catcher, right field and first base.

Also named to the All-Star Team was former Miracle pitcher JT Chargois who has since been promoted to Double A Chattanooga.

Miracle Manager Jeff Smith will manage the FSL South Division All-Star Team by virtue of the Miracle's 2014 League Championship.

Miracle Home this Saturday and Four-Game Home Stand Next Week

The Miracle began this week with a 26-30 season record and a fourth-place standing in the FSL South Division. They will be home this Saturday against Bradenton with the first pitch at 6:05 p.m.

Fort Myers faces Daytona at Hammond Stadium next week for four games, Monday through Thursday with 7:05 p.m. starts.☼

Read us online at IslandSunNews.com

SPORTS QUIZ

- 1. Who was the first player to hit 100 or more home runs for three different major-league teams?
- 2. Four different pitchers won at least 20 games in a season for the Los Angeles Dodgers during the 1960s. Name three of them.
- 3. When was the last time before 2013 that Clemson beat Georgia in a college football game?
- 4. Name the four Golden State coaches who led the Warriors to at least one 50-win sea-
- 5. Who was the first hockey player to be on the cover of Sports Illustrated?6. In 2014, goalkeeper Faryd Mondragon became the oldest soccer player (43) in World Cup history. For which country did he play?
- 7. When was the last time before 2015 (Deontay Wilder, WBC title) that an American won a major heavyweight boxing championship?

ANSWERS

1956. 6. Colombia. 7. Shannon Briggs won the WBO heavyweight title in 2006. (twice), Mark Jackson, Steve Kerr and Don Nelson (twice). 5. Jean Beliveau of the Montreal Canadiens, in '65), Sandy Koufax ('63, '65, '66), Bill Singer ('69) and Claude Osteen ('69). 3. It was 1990. 4. Al Attles 1. Reggie Jackson, with the A's (269 homers), Yankees (144) and Angels (123). 2. Don Drysdale (1962,

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At Periwinkle & Casa Ybel

Local Rotary Club Conference Held At South Seas Island Resort



Sherry Penfield and Blair Lovejoy were presented with the prestigious Service Above Self

otarians from across Southwest Florida and around the world recently took part in the annual conference for Rotary District 6960. Members from nearly 60 Rotary Clubs were in attendance, including members from India and South Korea. The annual conference took place from May 14 through 17 at South



District Governor Elect Cyndi Doragh with Rotary Exchange students



Connie Ramos-Williams, Amanda Wirtz and Patricia Bell



District Governor of Rotary International District 6960 Pete Doragh presents a Vocational Service Award to Dr. Albino Bismonte of the Rotary Club of Marco

Seas Island Resort on Captiva Island. Attendees celebrated the success of the District's many activities and initiatives from the past year. They also exchanged ideas and discussed plans and initiatives for the coming year, including the latest project to



Speaker Colleen Stouder from Human Trafficking of SWFL with Brad Ault, president of Rotary Club of Englewood



Suzanne Ward and Kerri Goldsmith from **Rotary Club of Fort Myers South**



Steve Schlueter, Dr. Marimuthu Natarajan and Rick Williams



Steve and Sharon Milligan with John and Judy Germ



John Germ, Susanne Rea and Ross Russo

raise money to purchase shelter boxes for the people of earthquake-ravaged Nepal. In addition, guest speakers discussed many trending topics of the day including human trafficking, Alzheimer's disease and Rotary's continued support and leadership in the fight against polio.☆



Rotary International District 6960 Governor Pete Doragh was recognized for his year of leadership and service



Bo Turbeville of the Rotary Club of Fort Myers South was presented with a **Vocational Service Award**

Sanibel-Captiva Art League Summer Exhibit At The Library



Mary Lou Hicks

eautiful tropical scenes and a colorful variety of other subjects are among the 50 paintings by members of the Sanibel-Captiva Art League in the annual summer exhibit at Sanibel Public Library. For hours, call 472-2483 or log on to www.sanlib.org.

Art league members' paintings can be seen in several other area galleries and in The Jacaranda Restaurant. Many of the paintings were done at the weekly paint-outs held at different island locations such as the Sanibel Lighthouse, Bowman's Beach and the Sanibel Historical Museum.

The art league has over 100 resident and vacationing members who have art



Jane Hudson

experience ranging from beginners to professional artists and who work in a variety of mediums. Members have the opportunity to meet once a week for paint-outs and weekly portrait sessions, to attend monthly seasonal meetings with informative presentations, and participate in workshops with local and nationally-known artists.

The paintings on exhibit this summer, many by award-winning artists, include a variety of subjects such as island scenes, still life, figures, nature and animals.

The mission of the art league is to provide encouragement, enrichment and education in the visual arts to the community. Island visitors and residents are welcome to view the exhibits and participate in other seasonal events. For more information, visit www.sancapart.com or write to PO Box 1192, Sanibel FL 33957.☼



Audrey Otto



Rita Skoczen



Peter Zell



Terry Shattuck



SCCF Environmental Educator Richard Finkel joined Emily Wells' third grade class and helped plant 20 slash pines in The Sanibel School's parking lot area last Wednesday morning photos by Jeff Lysiak

Slash Pine Tradition Continues With Third Graders

by Jeff Lysiak

ne of the most revered traditions for third graders at The Sanibel School took place last Wednesday morning, when the class completed their yearlong tree project and planted 20 new slash pines with the assistance of Richard Finkel, environmental educator from the Sanibel-Captiva Conservation Foundation (SCCF).



Kristian Schafer and Elizabeth Kremenchuker remove their slash pine from its pot

According to Finkel, each third grade student was given a slash pine seedling at the beginning of the school year, which was provided by SCCF's Native Plant Nursery. The students measured, grafted and determined averages of the tree heights. Field trips were taken to SCCF's Pick Preserve – located across the street from The Sanibel School - to observe, study and research trees in their native tree habitat, which complimented classroom work.

"It's kinda cool before you put your trees in the ground, take a look at all of these healthy roots," Finkel said as he instructed the first group of students how to plant their trees. "Make sure you put a mound of soil around the trunk so when we water them, the water gets trapped where it needs to go."
On June 3, third graders from Emily Wells' and Debora Baker's classes were divid-

ed into two teams. Each team made their way to the parking lot area of the school, where the students - each of whom had their own slash pine identified by name learned how to remove the tree from its pot, place it in a pre-dug hole, surround it with soil and pack it securely. Finkel would return later to water the newly-planted

'Since early October, we've been grafting our trees and measuring them," said Wells. "The students have been really excited over the past few months watching their continued on page 38

homas N. Louwers, M.S.T.

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From page 17

Bobcat Kittens

feisty and hisses and growls when it's time for his daily weigh-in. For his safety and that of the clinic's staff and students, one wears heavy raptor gloves whenever gathering him for treatments, and immobilizes him by gently wrapping him in a towel for transport to the examination

"They're both doing well," explained Dr. Brittany. "The little one's feet are starting to scab over and are looking good." Dr. Heather has stated that two of the female's paws have healed completely and that the other two are 80 percent healed.

Additionally, the female purportedly has a voracious appetite and gobbles her kitten chow with great enthusiasm. "(She) was

having some problems getting bloated, which is a little weird since she's not getting any milk now. She's eating so much because she's so excited that she gorges herself!" Dr. Brittany said.

While both kittens are doing well, they will require several more weeks of supportive care. If you would like to support CROW in its efforts to care for these beautiful wild felines, go to www.crowclin-

ic.org and click on the Donate button.

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 PO Box 150, Sanibel, FL 33957. Call 472-3644 or visit: www.crowclinic.org.☆

New Member Added To Rec Center Hall Of Sponsors

Recreation Center. Pombo's sign will be added to the hall of sponsors. Proceeds from sponsor signs assist on a sliding scale, parents, grandparents, and legal custodians who financially qualify for their children to attend the After School Program, Fun Days, Holiday and Summer Day Camp at the Sanibel Recreation Center.

For more information, call Volunteer Sponsor Chairperson Barry Alan Roth at 313-9591, a Kiwanian and lifetime member of the Sanibel Recreation Center, or Andrea Miller, recreation director, at 472-0345.

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CROW Classic Golf Tournament

he CROW Classic Golf Tournament will be held on Saturday, October 10 at The Sanctuary Golf Club on Sanibel. CROW is currently looking for sponsors and

The event will include 18 holes of golf, a buffet lunch and after tournament reception with a live and silent auction.

The days itinerary will include a 10:30a.m. lunch, a 12:30 p.m. shotgun start and a reception beginning at 5:30 p.m.

For more information and sponsorship opportunities, contact Nanette Scoville at 472-3644 ext. 232 or nscoville@crowclinic.org.☆



From left, Jeff Brown of The Sanctuary Golf Club, committee members Jason Maughan, Sharon Tucker, Jeff Haugns and Jeff Powers and BJ Halsey of The Sanctuary Golf Club



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A CPA spends years preparing for moments just like these.



Teacher Emily Wells helps Sydney Stevens and Jaime Vosgavian prepare their tree for planting

Form page 36

Slash Pine Tradition

trees grow because we've had a lot of rain. They absolutely love it."

One by one, the students took their own trees, and then assisted their friends in planting the slash pines. Once Wells' class was finished planting their trees, Finkel pointed out the number of slash pines which have been placed in the school's parking lot area over the past several years.

"We're getting quite a collection of slash pines around here," he told them, pointing to one of the taller trees nearby. "In a couple of years, the trees you helped plant

today will have grown even taller than

SCCF is dedicated to the conservation of coastal habitats and aquatic resources on Sanibel and Captiva and in the surrounding watershed through environmental education, land acquisition, marine research, natural resource policy, sea turtle conservation and wildlife habitat management. For more information, visit www.sccf.org.



Rene's

Will Power

Trust And Love



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

y favorite definition of love is giving someone the power to destroy us and trusting they won't use it. It's not a coincidence that the word "trust" also refers to a legal document created to hold and distribute one's assets, and that the "trustee" is the one who holds all of the trust powers.

When considering who should be a successor trustee to your revocable living trust if you should become incapacitated for example, you are giving someone the power to destroy you financially. Your trustee has the power to invest the trust assets as he or she sees fit, and has the power to make trust distributions.

While the trustee is supposed to follow the terms of the trust, no court of law, no judge, no government regulatory authority monitors your trustee's actions. If the trustee should make a distribution that is outside of the scope of his or her authority, the trust beneficiary's recourse is to bring a lawsuit. They can't stop him so much as they try to recover damages that he caused.

This is why the selection of the successor trustee is so important.

During client conferences when discussing who should serve as trustee, I often have conversations that go something like this: "If both you and your spouse should both be unable or unwilling to serve as your own trustee to your trust, who do you want to serve?'

"I want my oldest son, Bob," the client answers.

"Tell me about Bob," I ask.

"Oh, he's not the most responsible one in the family. He's been through several divorces and even had to declare bankruptcy a couple of years ago. He's always behind in his alimony and financial support so he's hauled into court by his ex-wife frequently.

My eyes open wide, "Really?! This is who you want to entrust with your financial security?

'Yes," the client says, "if we don't name Bob, he'll be offended as he is our oldest son. He should be the one named to act for us. Besides, he'll take direction from Jim, our financial planner.'

"What if Bob fires Jim and decides to invest your trust funds as an online day trader?" I ask.

Clients look at each other with surprise registering on their faces, "He can't do that, can he?

"You bet he can," I answer. "He's the trustee so his decisions as to the investments inside of your trust, and which firm he uses to get financial advice is up to him."

"Well, if he loses all our money, could we recover against the online Internet trading

company?

"No, they didn't do anything wrong. You would have a legal action against your son for failing to act as a prudent investor, which he has a duty to under the law. My guess is that you probably wouldn't bring a lawsuit against your own son, and if you did, he likely doesn't have any assets against which you could recover. If he was acting as your trustee, you would likely be incapacitated anyway or you'd be serving as your own trustee. So if Bob did all these terrible things, you wouldn't even likely realize what was happening.

Perhaps now you can see how important the word "trust" is inside of a "revocable living trust" and naming a "trustee." There are many options to avoid potential disasters. The best option is to select a hyper-responsible individual who is responsive to your legal, tax and financial advisors and would never put their own interests above yours.

Another good idea is to name a bank, trust company or financial firm as a trustee or as a co-trustee. This way, you have built in money-management, as well as an independent authority to act as a check and balance against anything that the individual trustee does. The corporate trustee has a fiduciary duty to follow the trust directions,

continued on page 40





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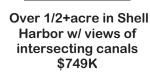
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Superior Interiors

Accent Furniture Takes Center Stage



by Barb Cacchione

Although a supporting player for years, accent furniture has recently taken spotlight status as the star in home décor. Certainly, it still serves the purpose of providing interest in an

already functional room, but more often designers are using accent furniture for all their furniture needs.

Gone are the days of the matching suite's dominance. In fact, the seeming consensus holds that the matching suite of furniture is a somewhat dull design option. Intriguing designs in a wide range of prices make accent furnishings the perfect choice for those homeowners seeking a change.

If you usually play it safe by having everything match, now is the time to step out of your comfort zone and dare to be eclectic. In the living room, if you have matching tables, chairs and lamps – divide and conquer. Remove one or two of your wood tables and replace with a glass-topped, iron-based table. Add a single ottoman or a chair covered

in a dramatic animal print. Eliminate one of a pair of table lamps and substitute with a stately floor lamp. If all your upholstered furniture sports the same fabric, break the monotony by recovering one or two pieces.

ing one or two pieces.

When stuck with a suite of bedroom furniture, you can make a striking difference by changing the bed. Introduce a sumptuous padded headboard or an impressive iron canopy bed. Break the set of night tables and replace one with a rectangular skirted table, a round-tiered table, or a painted chest.

In your dining room, replace the two end chairs with fully upholstered ones that are of a different style and color than the side chairs. Or eliminate the breakfront and replace it with a beautifully painted buffet and a grand mirror.

Conveniently, with the addition of today's array of unique accent pieces, you can work around many of your existing furnishings to spice up your home's décor. Call your personal decorator to find out more.

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

Read us online at IslandSunNews.com

Insurance Tip

Loss Of Use Coverage



by Angela Larson Roehl

oss of use coverage provides coverage in the event your property has a partial or complete loss that prevents you from living in the dwelling until repairs are made.

Usually, the coverage for loss of use is based on a percentage of the dwelling coverage, however, in some cases, you can increase/decrease coverage based on your needs. Seasonal/secondary home owners usually do not need this coverage as they have another residence to reside in while repairs are being made.

Payment of loss of use will be based on the least amount of time necessary for the repair or replacement.

This coverage is only payable if the damage to your home was caused by an insured peril, and coverage will be based on your normal standard of living, for instance, the same size of living area your home has. The carrier may not pay the additional costs should you rent a home that is much larger or more elaborate than your current home. The

carrier may also not pay for any additional rents to a temporary residence if the repairs are all done, but you decide to stay in the rental for an extended period of time.

While your homeowner policy offers loss of use coverage, your flood policy specifically excludes this coverage.

Angela Larson Roehl is a local Sanibel-Captiva insurance agent with over 20 years of insurance experience, who can be reached at info@rosierinsurance.com.*

From page 39

Will Power

and has malpractice insurance that you or your beneficiaries may recover against should the corporate trustee act wrongly.

There's a lot to consider when putting your trust in someone else's hands. While the ones you love always have the power to destroy you emotionally, when you give them the power to also destroy you financially, you better be sure that they won't use that power either.

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Fred and Mary Bondurant prepare for the 4th of July Fireworks celebration with Trent Peake, left, and Ric Base, right, of the Sanibel & Captiva Islands Chamber of Commerce

Fred And Mary Bondurant Sponsor 2015 Fireworks Display

The Sanibel & Captiva Islands Chamber of Commerce announced that the Bondurant Realty Group at John R. Wood Properties, Inc. has become the Title Sponsor of the 2015 Fourth of July Fireworks display.

"The Fourth of July is a very special holiday for us. We are delighted that we are able to help sponsor this spectacular fireworks display that is enjoyed so much by residents and guests alike," said Mary Bondurant, of Bondurant Realty Group at John R Wood Properties, Inc.

"We are very grateful to Mary and Fred Bondurant for their Title Sponsorship of the Independence Day fireworks display," said Ric Base, president of the Sanibel and Captiva Islands Chamber of Commerce. "The generosity of our business and community organization sponsors make this event possible."

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The fireworks display, which will begin at dusk, will be launched from Bailey Road on the bay side. Potential viewing locations are:

- SS Hookers Live music and BBQ
- Adventures in Paradise Sanibel Fireworks Cruise
- The Sanibel Causeway
- Sanibel's Lighthouse Beach

Promotion At Community Bank

anibel Captiva Community Bank promoted Josh Hall to the position of loan officer for residential and commercial lending. He is responsible for assisting customers in Lee and Collier counties with a variety of loans, including mortgages for fixed-rate jumbo loans, foreign nationals and condotels, as well as Fannie Mae/Freddie Mac lending.

Hall joined SanCap Bank in 2013. A Florida native, he earned a bachelor's degree in advertising from the University of Florida. He is a member of the Naples Area Board of Realtors, Bonita Springs-Estero Association of Realtors and Florida Association of Mortgage Professionals.



Josh Hall



Manager and part-owner, Wendy Schnapp, center, holding TripAdvisor's Certificate of Excellence. With her are, from left, Steve Maddix, Charlie Frese, Capt. Dan Hack, Patty Clark and Capt. Dan Bridgers.

Tarpon Bay Explorers Joins TripAdvisor's Hall Of Fame

Tarpon Bay Explorers has joined TripAdvisor's 2015 Hall of Fame. Tarpon Bay Explorers earned a certificate of excellence for its fifth year in a row. These certificates can only be earned by consistently receiving positive reviews on the world's largest travel site. By earning its fifth certificate, Tarpon Bay Explorers has been inducted to TripAdvisor's Hall of Fame.

"We are thrilled to receive this award. Our Tarpon Bay Explorers' family pride themselves on excellent customer service and hospitality," said Wendy Schnapp, general manager and part owner. Exceptional customer service has always been a top priority for the business since its opening in December of 2002. All employees attend multiple Guest First classes each year to improve and refine their customer service skills. The pay off is reflected when multiple staff members receive E-Awards from the Lee County Visitor and Convention Bureau every year.

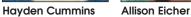
"Everyone here is a people person. Whether a customer deals with a naturalist, ramp professional, boat captain or manager, they are always in an amicable atmosphere. We enjoy what we do and value the experience we provide for everyone who walks through our doors," said Adam Sauerland, manager and naturalist.*



Dakota Phillips









Connor Tomlinson

This fall, he will attend the University of West Florida, where he will pursue a degree in Legal Studies. This is Alec's first year in the Employee Dependent Scholarship Program. He is the son of Sgt. Dustin Worth, Sanibel Police Department, who has been employed by the city for 25 years.

• Hayden Cummins, who is currently pursuing a bachelor's degree in Sociology at Florida Gulf Coast University. Hayden graduated from Fort Myers High School in 2012. This is Hayden's third year in the Employee Dependent Scholarship Program. He is the son of Terri Weich, Planning

Department, who has been employed by the city for 16 years.

 Allison Eicher, who recently completed the Emergency Medical Specialist program at Florida SouthWestern State College and is now pursuing a nursing degree. She graduated from Ida S. Baker High School in 2013. This is Allison's third year in the Employee Dependent Scholarship Program. She is the daughter of Officer John

continued on page 45

Six Scholarships Awarded To Dependents Of City Employees

Cllowing Hurricane Charley in 2004, an endowment fund was established with the Southwest Florida Community Foundation to provide scholarships for dependents of City of Sanibel employees. This year, there are multiple sources contributing to the city's Employee Dependent Scholarship Program. The Charitable Foundation of the Islands' contributed \$4,819.39; the Southwest Florida Community Foundation endowment will grant \$3,338 in scholarship awards; and \$792.61 in proceeds from city vending machines; for a total of \$9,000 in scholarship awards for academic year 2015-16.

The following dependents of city employees will each be awarded a \$1,500 schol-

• James Dowling, who graduated 34th in his class from Fort Myers High School in 2015, with a 4.58 GPA. This fall, he will attend Florida State University where he will pursue a degree in Business. This is James' first year in the Employee Dependent Scholarship Program. He is the son of Marina Dowling, Sanibel Recreation Department, who has been employed by the city for three years.

• Dakota Phillips, who graduated from South Fort Myers High School in 2013. Dakota currently attends Florida SouthWestern State College, where he is pursuing a degree in Sports Management. This is Dakota's first year in the Employee Dependent Scholarship Program. He is the son of Maj. James Phillips, Sanibel Police Department, who has been employed by the city for 35 years; and Trish Phillips, Recreation Department, who has been employed by the city for seven years.

• Alec Worth, who graduated 67th in his class from Florida SouthWestern State Collegiate High School in 2015, with a 4.15 GPA and an Associates in Arts degree.



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School Smart



by Shelley M. Greggs, NCSP

Readers, We are continuing the topic of School Readiness with some information on both fine and gross motor skills. These motor skills, while not

discussed nearly as much as academic ones, are also important to the academic success and happiness for a Kindergarten student.

When discussing fine motor skills, we know that by ages 4 to 5, most children can cut across a piece of paper with child-sized scissors, draw or copy a vertical line and a complete circle, and use a fork/spoon correctly. Fine motor skills, which are used in holding and using writing and eating utensils properly may develop a bit later in some children. These are the fine motor skills that are generally expected from a school ready child:

Child is able to copy simple shapes

- Able to cut with scissors
- Child has hand preference established
- Child is able to dress self with little assistance
- · Child is able to feed self with a fork and spoon
- Child displays an appropriate pencil grasp or is capable of learning

There are stages of development for a correct pencil grasp. We see toddlers using a fisted grasp when they first attempt to write with a crayon. If you look carefully at them, you will see that they are actually moving from the shoulder to move the crayon across the paper. The next stage is a palmar grasp where you see the pencil lies across the palm of the hand and your child's elbow is held out to the side a bit. Children then move to a five-fingered grasp to hold a writing utensil and then finally, typically at age 5 to 6, they will be able to utilize a standard three-fingered or tripod grasp. Their body movement at this point goes from the shoulders and arms to the wrist and finally the fingers which, at ages 5 to 6, are strong enough to hold the writing utensil correctly and without tiring easily.

You may see your child switching between pencil grasps. As the shoulder and arm muscles become stronger and steadier, your child should switch less and

Good control of the pencil for handwriting will only come as the finger muscles become more skilled. Some children will need more activity to develop their shoulder, core and finger muscles.

Some activities to help develop the shoulder muscles include climbing, pulling up and pushing movements. A jungle gym or climbing structure is a great place for kids to exercise their muscles

To develop the fine motor and finger strength to grasp and write correctly include working with play dough by rolling it, pinching it, pounding it to make a variety of shaped items and all the while giving the hands and fingers a great

workout. Other activities to help develop hand and finger strength are using a hole punch and stapler, cooking projects, especially with batter or dough, playing with construction tools (hammer, saw, etc. at child's developmental level), playing with pop beads, clothespins, large tongs, stress balls and squeezy toys, buttoning and

Even though these activities look like play, they will benefit your child immensely. Play is actually how children work and learn and is the best way for them to

develop.

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.

Youschak To Attend Forum, Program At Duke

utstanding middle school students from across the nation will take part in a unique academic development experience, the National Youth Leadership Forum: Explore STEM. The forum's mission is to inspire scholars to explore career possibilities in the fields of science, technology, engineering and mathematics (STEM).

'STEM fields are the fastest growing areas of study, and STEM professionals are in high demand in the United States and throughout the world," said Jan A. Sikorsky, Ph.D., the Vice President of Education for NYLF Explore STEM.

"These students, who have already proven themselves academically, are challenged to apply math and science skills as they work on real-world, student created

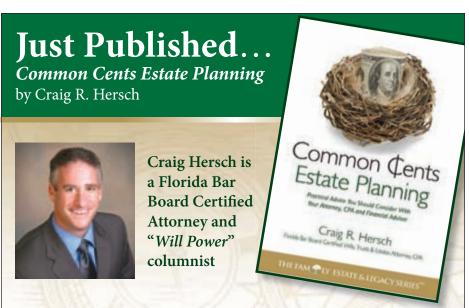
projects to bring their studies to life."

Students who attend the program participate in a broad range of interactive simulations, hands-on workshops and educational site visits to discover the work of today's professionals in fields such as engineering, health care and environmental science. Sat Echolars of the program will also learn to develop critical success skills such as time management, conflict resolution, information analysis, collaboration and public speaking.

Richard Youschak III, born and raised

on Sanibel, will attend the host campus for the summer 2015 NYLF Explore STEM program at Emory University in Atlanta, Georgia. Youschak attended The Sanibel School and currently attends The Canterbury School. This summer, he will also attend Duke University's TIP 2015 Summer Studies Program at Austin Col-

For more information about NYLF Explore STEM, visit www.envisionexperience.com/STEM.☆



This groundbreaking book is based on attorney Craig R. Hersch's 25 years of experience helping clients address real life estate planning situations. Topics include:

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- Beneficiary matters
- · Estate planning for second and blended marriages
- Dealing with family dynamics
- · How Florida estate planning is unique
- Probate and trust administration basics

Mr. Hersch's new book is available at Amazon.com. To order a copy, follow the link at www.sbshlaw.com/books.



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press@islandsunnews.com

so we can include you in our graduation pages, coming soon:

- 1) your name and photo
- 2) name of high school
- 3) names of your parents
- 4) school you will be attending in the fall

Any questions, call 395-1213



New Head Of Canterbury School

he Canterbury School officially welcomed Richard (Rick) Kirschner as their new Head of School. After conducting an extensive national search, the Board of Trustees selected Kirschner for the position in December 2014. He will begin at Canterbury on June 15.

Board of Trustees co-chairs Charles Idelson and Richard Lewis thanked the search committee, led by Board of Trustees Vice Chair Chauncey Goss. The Committee included Michael Hornung, Li-Su Javedan, Lea Pascotto ('95), Connie Rosellini, Monique Ward ('91), Trae Zipperer and faculty representative Cara Summit.

The search committee did their due diligence by listening to the Canterbury community and identifying five great candidates in its nationwide search for our next Head. I am grateful to them for the seriousness with which they approached their task and the long hours they spent searching for our next Head of School,'



Richard Kirschner

said Idelson. "Rick Kirschner is exactly what Canterbury needs to lead us into our next 50 years," said Lewis.

Goss, in explaining the process, said the goal for the search was transparency and inclusivity.

"With the help of consultants Linda

Gibbs and Tom Olverson, of Resource Group 175, we asked the community for its input - from crafting a job description to providing feedback on each of the candidates," said Goss. "We listened and read each word of every comment provided. As a result of the community's feedback and in conjunction with our own assessment. Rick Kirschner was the search committee's enthusiastic and unanimous choice.'

Kirschner grew up in the suburbs of Washington, DC, where he attended and graduated from the Landon School. He earned a BA in history from Princeton University while playing on their Division I Men's Lacrosse Team. He then earned a Juris Doctor degree from the J. Reuben Clark Law School in Provo, Utah. He worked briefly as a lawyer before realizing his true passion: education. He has worked as a teacher, coach and administrator in many well-known independent schools in the Mid-Atlantic area. He has been Head of Upper School at Oak Hall in Gainesville since 2009 and has helped increase enrollment while reducing student attrition. Married for 24 years, he and his wife, Wendy, have three sons: Jake (18), Alek (16) and Cade (12).

"We want to thank current Head of School Tony Paulus for his hard work and commitment to Canterbury over the last seven years. Tony has helped us finish the last 50 years with a strong foundation and I know Rick is prepared to propel us into our next 50 years," added Idelson.

As Canterbury concludes its 50th year

in the Southwest Florida community, community members are eager to welcome Kirschner and his family.

From page 43

Scholarships

Eicher, Sanibel Police Department, who has been employed by the city nearly three years.

• Connor Tomlinson, who is currently pursuing a degree in Electrical Engineering at the University of South Florida. He graduated from Fort Myers High School in 2014. This is Connor's second year in the Employee Dependent Scholarship Program. He is the son of Bill Tomlinson, Sanibel Police Department, who has been employed by the city for more than 29 years. ₩



Lisa Williams of Ocean's Reach proudly displays new Hall of Fame certificate from

Ocean's Reach TripAdvisor Hall Of Fame

cean's Reach Condominiums has been welcomed into the TripAdvisor Hall of Fame.

This unique accolade is reserved exclusively for hospitality establishments that consistently achieve extraordinary traveler reviews on TripAdvisor. It is granted only to those businesses that have won TripAdvisor's Certificate of Excellence for five years in a row.

Ócean's Reach has steadily topped the list of Sanibel Island specialty lodgings on the popular travel review site. Among its close to 400 reviews on TripAdvisor, the property has earned a Customer Satisfaction Index of 98.2 when rated for value, rooms, service, cleanliness and location.

Ocean's Reach was also honored

recently when named as the only accommodation on Sanibel to achieve the prestigious "Two Palm" rating by the Florida Green Lodging Program. The designation, awarded by the Florida Department of Environmental Protection, cites Ocean's Reach as a "true environmental leader in Florida's hospitality industry.

"We're honored to have received these tremendous accolades," said Andy Boyle, general manager. "Being recognized by our guests through TripAdvisor is the ultimate seal of approval and says a lot about how our staff at Ocean's Reach goes above and beyond to provide exceptional guest service.

"And the fact that we were also awarded a Two Palm rating by the Florida Green Lodging Program is icing on the cake. We were the first 'Green Lodge' on Sanibel in 2008 and we've worked incredibly hard ever since to strengthen our environmental focus even more. It's gratifying to know that our guests recognize and appreciate our efforts.

For more information on Ocean's Reach, visit oceansreach.com or call 800-336-6722.☆

Steps To Enhance **Breastfeeding Practices**

Norida Department of Health's Healthiest Weight Florida Initiative is supporting hospitals that are taking steps to enhance maternity care practices in support of breastfeeding statewide. This project promotes hospital recognition through the Baby-Friendly Hospital Initiative and the Florida Breastfeeding Coalition's Quest for Quality Maternity Care Award.

"Hospitals play an important role in ensuring mothers have the information, support and skills to make an informed

decision when it comes to breastfeeding,' said State Surgeon General and Secretary of Health Dr. John Armstrong. "With the dedicated leadership of our hospitals and birthing facilities, Florida will continue to make progress on this important health choice.

The Baby-Friendly Hospital Initiative is a global program launched by the World Health Organization and the United Nations Children's Fund to encourage and recognize hospitals and birthing facilities that offer the finest care for infant feeding and mother/baby bonding. The Baby-Friendly Hospital Initiative and the Quest for Quality Maternity Care Award recognizes birthing facilities that successfully implement the Ten Steps to Successful Breastfeeding.

With support from the department, 27 hospitals in 15 Florida counties received \$10,000 mini-grants to obtain the training and technical assistance needed to implement the Ten Steps to Successful Breastfeeding Program. The counties participating in this project include Lee, Collier, Alachua, Bay, Broward, Clay, Columbia, Duval, Escambia, Highlands, Jackson, Lake, Leon, Palm Beach and

According to the Centers for Disease Control and Prevention, mothers who breastfeed their children are at a healthier weight on average than those who do not. They also have a lower risk of developing Type 2 diabetes, breast and ovarian cancer. Children who are breastfed have a lower risk for developing respiratory and gastrointestinal infections, asthma, obesity, Type 2 diabetes and SIDS (sudden infant death syndrome).

To learn more about the department's efforts to support the Baby-Friendly Hospital Initiative visit www.healthiestweightflorida.com/activities/baby-steps.html.

For more information on the Baby-Friendly Hospital Initiative, visit www. babyfriendlyusa.org/about-us.

For more information on the Florida

Breastfeeding Coalition's Quality Maternity Care Initiative, visit www.flbreastfeeding.org/hospital.htm.☆

ISLAND SUN BUSINESS NEWSMAKERS

New Member

he Berry Team welcomed Jennifer Case as the newest member to their team. Case, a graduate of the University of Florida, has a background in marketing and public relations. She will be working closely with Jennifer Berry and Ken Frey as



Jennifer Case

their licensed personal assistant at Royal Shell Real Estate.

Top Producers





Russ Crutchfield

Stephanie Bissett

he top listing associate for May at Premier Sotheby's International Realty was Russ Crutchfield. The top producing associate was Stephanie

LMHS Trauma Center Plans Second Chance Celebration

he Lee Memorial Health System Trauma Center Second Chance Celebration is an annual gathering for trauma victims and their loved ones to celebrate survival, remember those who were lost, and to award individuals who have gone above and beyond in trauma efforts. Now in its fifth year, the event will be held at 1 p.m. on Saturday, June 27 at Lee Memorial Hospital.

'Traumatic injury affects patients and families in many different ways. Everyone's recovery is different and the effects of trauma impact the whole family," said Kathy Wecher, Trauma Outreach Coordinator. "Surviving trauma is something to celebrate. We invite anyone who has been impacted by trauma to our Second Chance Celebration to gather with others and celebrate the success they've accomplished over the year. It is also an opportunity to make new friendships, thank those who helped in recovery efforts, and to also remember those we have lost to trauma.'

Each year at the Second Chance Celebration, the Glancy Award of Excellence is given to a survivor, family member and various professionals involved with trauma that have gone above and beyond to make a difference. The award honors the late surgeon Kevin E. Glancy for his dedication to the trauma department.

Mary Bell, an emergency services nurse for 15 years and clinical educator, received the award in 2013 for the care she provides trauma patients and their families.

"It was quite an honor to be recognized and to receive it in front of my peers and trauma survivors and their families," she said. "So many times in the emergency room we are the forgotten faces.

Bell said emergency workers often don't get the chance to bond with patients and families because their job is the initial care, and they're usually not seen again once patients are moved to their respective units in the hospital.

A participant since the celebration's first year, Bell said she loves the opportunity to promote what the trauma center does and see how important it is to the community.

A trauma center is not the same as a hospital emergency department. Specialized staff and equipment specifically designed to care for trauma victims is not available at every hospital. Lee Memorial Hospital is home to the only Level II trauma center between Bradenton and Miami, and treats approximately 1,700 injured patients each year.

Every four seconds, someone in the U.S. is traumatically injured and every 6 minutes someone will die from a trauma injury. Most often, trauma patients are victims of automobile accidents, falls, gunshots, stabbings or burns. For the greatest chances of survival, they must be treated in a very narrow window of time in order to survive. The most life changing are head injuries and severe orthopedic injuries.



Millions of people survive trauma injuries each year but are left facing a lifetime of mental, physical and financial hardship. Lee Memorial Health System's Trauma Outreach Services offers various programs and events, such as support groups and the Second Chance Celebration, to assist families and patients as they navigate recovery from trauma.

Some survivors, with a certain degree of recovery, are willing to come and talk to those currently going through the

process. The effects not only impact the victim, but the entire family. Knowing that there is support and someone to talk to that has also been through a traumatic experience can make all the difference in the world.

What I find amazing is that even in such a horrible time of need, they so often are willing to give back to others," Wecher added.

Visit www.leememorial.org for more information.☆

Mom And Me





by Lizzie and Pryce

izzie and Pryce answer your questions and give advice about aging concerns from a two-generational perspective. A mother and daughter team, Lizzie is a retired RN and health educator, and Pryce is a licensed psychotherapist in private practice who specializes in the care of elders and people with chronic illnesses.

Dear Mom & Me.

My husband and I both have multiple health problems and must see many doc-

We always go together for these visits. When the doctor asks me questions, I always answer to the best of my ability. My husband doesn't answer the doctor's questions directly and becomes furious with me if I answer for him and then we have big arguments for days after.

"Don't you tell him I have headaches and fainting spells when he asks," is his favorite response.

I can't see the point of going to doctors if you will not answer their questions - what is your opinion?

Dear Shirley,

I agree: why ask advice if you are unwilling to consider the advice. Why go to a physician if you are unwilling to be honest with the history. But your husband has the right to have his own opinion and behavior. He has to assume the consequences of his choices as well.

Pryce

Dear Shirley,

Your husband probably in his professional life was accustomed to asking the questions, not having to answer them.

I once heard of a woman who was so fed up answering her doctor's questions (irrelevant, so she thought) that she finally said, "I am not going to answer all of your questions. When people take their animals to the vet, the vet doesn't need to ask the animal questions, so why should you?'

If he doesn't want to cooperate with his doctors, I would also ask, "Why go?" Does he not realize the possible consequences; financial, social and other major family problems as the result of his actions, and his possible suffering and pain and the burden of his decision on the family?

Lizzie

Lizzie and Pryce's email address is momandmeaging@hotmail.com.\\$

Food Bank Needs Volunteers

he Harry Chapin Food Bank of Southwest Florida (HCFB) needs volunteers to sort more than 248,000 pounds of food donated during the 23rd annual National Letter Carriers Food Drive held on May 9. The food bank also needs volunteers to help sort and repack fresh produce and other donated food to help feed children, families, seniors and others in need in Charlotte, Collier, Hendry, Glades and Lee counties.

Volunteering is a great way to get involved and make a difference in our community. Volunteering is also a way to build camaraderie and foster teambuilding, especially for businesses looking for a way to give back to their community. Last year, more than 3,000 volunteers collectively donated almost 53,000 hours of their time to help feed our neighbors

Morning and afternoon shifts are available Monday through Friday and on Saturday mornings. Volunteers must be at least 16 years old. For more information about volunteering in Fort Myers or Naples, contact Volunteer Manager Tanya Phillips at 334-7007 ext. 141 or tanyaphillips@harrychapinfoodbank.org and complete an online volunteer application at http://harrychapinfoodbank.org/do-



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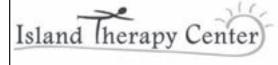
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Nutritional Consequences Of Gastric Bypass



by Suzy Cohen, RPh

ear Pharmacist: your stomach and you will lose weight. The idea is perpetuated in our country and complications such as hypertension, diabetes, high cholesterol and

bladder concerns making it feel dire to undergo a drastic procedure such as gastric bypass. I've watched 12 episodes of My 600 Pound Life on TLC channel, and I've empathized with every person. It's a great show that I highly recommend you watch.

Gastric bypass may end up being

your solution, but you may not fully grasp the long term nutritional consequences of gastric bypass surgery. While some physicians require mandatory nutritional counseling the first year, after that it's optional. The extent of their recommendations stops after a multivitamin or multi mineral, probably the basic "A to Z" once daily sort.

I'm worried you might have fallen off someone's radar of care. I'm worried you have symptoms of nutrient depletion and will now go on to get heavily medicated. We know anemia is a big problem due to B vitamin deficiencies, and it's fixable.

Researchers show that deficiencies in macronutrients – proteins, fats and carbohydrates, and micronutrients - vitamins, minerals and phytonutrients are common. A 2014 scientific review team looked at studies published on many different types of obesity surgeries conducted between January 1980 through March 2014. Major deficits were common especially the finding of low albumin, a critical protein used to transport hormones including thyroid, electrolytes, fatty acids and more. Deficiencies of vitamin B1 (thiamine), vitamin B12, D, iron, zinc and others were common.

These very nutrients are critical for glucose use and management, energy production and management, gene signaling and detoxification. Often the first symptoms without these nutrients are fatigue, anemia, memory loss, cognitive changes and loss of vitality that many chalk up to stress or aging. When left to progress, you can end up with severe damage leading to gait disturbances (trouble walking), Alzheimer's and general loss of health and function.

Now, consider the added layer of complexity when medications are prescribed. The drug mugging effect will necessitate more nutritional supplements. For example, metformin given for blood sugar can deplete B12 and CoQ10. Certain antidepressants can reduce iodine, antimicrobials will further damage your probiotic stores.

The literature consistently shows bariatric surgery patients tend to run out of B12, B1, folate, C, A, D and K, along with the trace minerals iron, selenium, zinc and copper. Over-the-counter multivitamin and mineral formulas cannot provide adequate amounts of some of these micronutrients. Women need preconception care and it's critical they receive iron, B12, vitamin A, K and natural methylfolate before becoming pregnant or there could be fetal complications.

It's easy to get mistaken for having dementia or some other psychiatric disorder when it's just a nutrient deficiency related to bariatric surgery. What if you had a gut infection, or had Celiac and didn't even know it?

In summary, make sure this surgery is absolutely necessary before doing it, and also find a nutritionist who can advise which protein supplements, medical foods, greens or vitamins you need.

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.

June Is Men's Health Month

Tuned is Men's Health Month and the Florida Department of Health is encouraging men to take charge of their health. By making the daily choice to eat smarter and move more, men statewide can lower their risk of disease and improve life expectancy.

'Men's Health Month is an opportunity for every man to step on a scale and do a gut check on his weight," said State Surgeon General and Secretary of Health Dr. John Armstrong. "By building healthy choices into everyday life, men can achieve and stay at healthy weight."

Currently, 71.7 percent of men in Florida are at an unhealthy weight. According to the Harvard Men's Health Watch, unhealthy weight in men can lower testosterone levels, reduce reproductive function and increase the likelihood of kidney stones and some cancers. On average, men also have shorter life expectancies than women, and this can be partially attributed to poor diet and lack of exercise.

By making a commitment and following through with a diet and exercise plan, men are guaranteed to lead healthier lives. Throughout the state, Healthiest Weight Florida is working to assist all residents in making informed healthy choices every day. In order to make it easier to eat smart, move more and be "in the know," Healthiest Weight launched Small Steps to Living Healthy. This email-based program allows Floridians to sign up for weekly tips and useful information delivered directly to their inbox. To take the first small steps to living healthy, register on Healthiest Weight Florida's website at www.healthiestweightflorida.com.

Here are some quick tips from the My-Plate Nutrition Education Series to help men reach that next level of health:

1. Magic foods do not exist. There's no magic food or way to eat. Focus on

getting a variety of vegetables, fruits, whole grains, protein-rich foods (like beans, eggs or lean meats) and low-fat dairy. You'll get nutrients you need for overall good health including magnesium, potassium, calcium, vitamin D, fiber and

2. If it's there, you'll eat it. Keep healthy foods in your kitchen that need little preparation. Find healthier heat-andeat options to replace frozen pizza.

Whole grains help you feel full. Make sure half your grains are whole grains. Choose whole wheat breads, pasta and crackers; brown rice; and oatmeal instead of white bread, rice or other refined-grain products.

4. Build habits that don't add pounds. Cut calories by skipping foods high in solid fats and added sugar. Limit fatty meats like ribs, bacon and hot dogs. Cakes, cookies, candies and ice cream should only be occasional treats. Use smaller plates to adjust the amount of food you eat.

5. Water is your friend. Water is a better choice than other sugary drink choices. Beverages can add about 400 calories a day to men's diets.

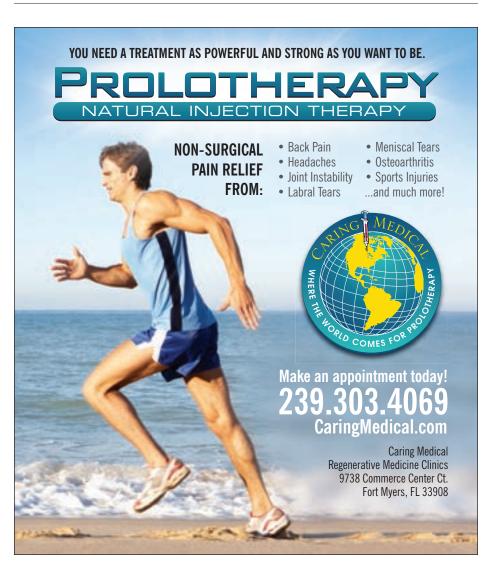
6. Wise up about what's in food. Use both Nutrition Facts and ingredient labels to discover what nutrients foods and beverages contain. Cut back on foods that have sugar or fat as the first ingredient.

7. Sweat is good. Be active whenever you can. Have friends or family join you when you go for a long walk, bike or jog. Vary activities to stay motivated. Set a goal of $2\frac{1}{2}$ hours or more of moderate physical activity a week. Include strengthening your arms, legs and core muscles at least two days a week.

8. Men's energy needs differ from women's needs. Find exactly how much and what foods you need based on your height, weight, age and physical activity level on the USDA website.

For more information on Healthiest Weight Florida's other programs, visit the

Our email address is press@islandsunnews.com



My Stars ★★★

FOR WEEK OF JUNE 15, 2015

ARIES (March 21 to April 19) Choosing to work with someone you once thought might have been disloyal is a courageous move. The logical next step is to talk things out so there'll be no reason for raising suspicions again.

TAURUS (April 20 to May 20) Take your time making a decision about a personal or work-related relationship. New facts are still coming in, and you'll want to know the full story before you take a definitive step.

GEMINI (May 21 to June 20) Expect to learn something new about an old problem. This could provide some insight into how the problem began, and why it still defies efforts to find a resolution. Good luck.

CANCER (June 21 to July 22) An uneasy work-related relationship can be eased with compromises by both sides. The parties might consider putting the agreed-upon changes in writing in case of a future misunderstanding.

LEO (July 23 to August 22) Oh, you lucky Felines: Your romantic aspects are in absolutely purrrfect form. Don't be surprised at how especially attentive the ladies and gentlemen in your life are going to be this week.

VIRGO (August 23 to September 22) Looking to prove yourself in a difficult situation is laudable. But try paying more attention to advice from experienced contacts. It could help you avoid time-wasting missteps.

LIBRA (September 23 to October 22) A business decision seems easy enough to make based on what you know. But this week could bring new facts to light, and you might have to do some heavy

rethinking.

SCORPIO (October 23 to November 21) Feeling sure about the steps you expect to take is great. But you may need to share a few dollops of that confidence with those who have some doubts about your plans.

SAGITTARIUS (November 22 to December 21) A sense of well-being dominates much of the week. A slightly depressed mood could set in on the weekend. But being with family and friends helps shoo it away.

CAPRICORN (December 22 to January 19) You appear to be walking your life's path like the sure-footed Goat you are. But someone might feel you could do better. Listen to the advice, but make up your own mind.

AQUARIUS (January 20 to February 18) With positive signs growing stronger, Aquarians could find themselves facing choices that are each too good to turn down. Best advice: Go for the one you feel most comfortable with.

PISCES (February 19 to March 20) Someone you know might need your comfort and wisdom during a particularly difficult period. Your encouraging words help restore self-confidence and rebuild strength.

BORN THIS WEEK: Your kindness to all who need you is always appreciated and sets a fine example for others to follow.

THIS WEEK IN HISTORY

• On June 15, 1215, following a revolt by the English nobility, King John puts his royal seal on the Magna Carta, or "Great Charter." The document guaranteed that the king would respect feudal rights and privileges, uphold the freedom of the church and maintain the nation's laws.

- On June 16, 1738, patriot printer, publisher and postmistress, Mary Katharine Goddard, is born. She would later publish the first version of the Declaration of Independence to include all of the Congressional signatures. The document appeared "printed by Mary Katherine Goddard.
- On June 18, 1812, the War of 1812 against Great Britain begins. The American war declaration had been called in response to the British economic sanctions against the U.S. and the impressment of American seaman into the British Royal Navy.
- On June 19, 1905, in Pittsburgh, some 450 people attend the opening of the world's first nickelodeon. The storefront theater boasted 96 seats and charged each patron 5 cents to view a 15-minute motion picture show.
- On June 20, 1975, director Steven Spielberg's thriller "Jaws" debuts in U.S. theaters. Jaws starred Roy Scheider as police chief Martin Brody and Richard Dreyfuss as a marine biologist. The film's mechanical shark was named Bruce.
- On June 21, 1982, John W. Hinckley, Jr., who on March 30, 1981, shot President Ronald Reagan outside a Washington, D.C., hotel, is found not guilty of attempted murder by reason of insanity.
- On June 17, 1994, after a dramatic "low-speed chase" on I-405 witnessed by millions on live television, former football star and actor O.J. Simpson surrenders to Los Angeles police. He was charged in the double-murder of his ex-wife and her friend.

STRANGE BUT TRUE

• It was Sigmund Freud, the founder of psychoanalysis, who made the following

- sage observation: "The first human who hurled an insult instead of a stone was the founder of civilization.'
- Many people make provisions in their wills for their pets; it's the compassionate thing to do. Singer Dusty Springfield went a bit further than most, though; she specified that her cat was to be fed only imported baby food.
- For a nation based on a foundation of democracy, the U.S. certainly has a lot of states (that were originally colonies, of course) named for British royalty. The state of Virginia, for instance, was named for Queen Elizabeth I, known as the "Virgin Queen"; and Georgia was named in honor of King George II. King Charles II got both North and South Carolina, while

the Duke of York and Albany -- later King James II -- was honored when the state of New York was named. Even France got in on the action: When explorer Robert de la Salle claimed a large chunk of territory for France in 1682, he named it Louisiana, after King Louis XIV.

- Sissy Spacek was originally considered for the role of Princess Leia in the iconic 1977 film "Star Wars," but she turned it down, paving the way for Carrie Fisher to play Luke Skywalker's twin. Interestingly, the year before, Carrie Fisher had been offered the title role in the horror flick "Carrie"; when she declined, Sissy Spacek stepped in.
- If you're planning a trip to California this summer, you might want to keep in mind that in that state, it's illegal for a woman to drive while wearing a housecoat.

THOUGHT FOR THE DAY

"Hell is paved with good Samaritans." -- William M. Holden

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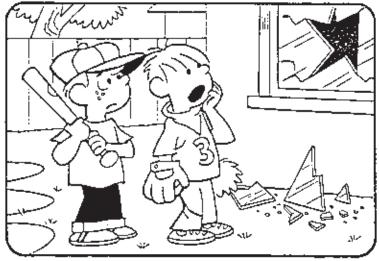
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FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



is different, 5. Class break is different, 6. Piece of glass is missing. Differences: 1. Fence is different, 2. Bat is shorter. 3. Stripe is missing. 4. Number

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! REDLENS Dense LIDOS Field TRAINER Beyond **TEDIOUS** "While my mom's in the hospital, **TODAY'S WORD** grandma's gonna be our answer on page 51

5					7			4
		2	8				7	
	1			5		3	6	
2					3		9	
6	9			1				8
		4	6			7		
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4				7			1	
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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 51

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Bellamare	2006	Miromar Lakes	4,143	\$2,349,000	\$2,274,000	9
Rookery Lake	1998	Bonita Springs	5,043	\$2,275,000	\$2,150,000	4
Sanibel Estates	1985	Sanibel	3,259	\$1,100,000	\$1,050,000	35
Edgewater	2000	Fort Myers	3,571	\$1,275,000	\$1,037,000	119
Siena	2003	Miromar Lakes	3,114	\$1,050,000	\$962,500	13
Fort Myers Gulf Acres	1987	North Fort Myers	5,185	\$995,000	925,000	407
Avieto	2007	Bonita Springs	4,022	\$899,900	\$905,000	13
Edgewater	1996	Fort Myers	4,529	\$995,000	\$860,000	10
Town and River	1988	Fort Myers	2,720	\$799,999	\$760,000	3

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NOW HERE'S A TIP

• Here's a grill tip just in time for summer: When you need to cook something that needs covering (say, chicken) alongside something that does not (like hot dogs), simply invert an aluminum roaster/cake pan over the needs-covering item. You can purchase smaller

every time for me!" -- J.K. in Alabama

size pans that can be reused. -- JoAnn
• "I have a tip about taking medicine. Regardless of the size of the pill, I always feel as if it is stuck in my throat. I have started to have a chunk of banana after taking a pill. I don't get that stuck feeling anymore." -- T.B. in New Hampshire • "The sticky residue from price tags can be

really annoying. I use WD-40 to get it off. Works

- "Painting stairs? This tip will save your life! Paint every other step to start with. When they are dry, go back and paint the others. This way, you can use the staircase anytime during your project. This is particularly important if the stairs are the only way to get to bed after a long day of painting!" -- I.L. in Nevada
- Mix a quarter cup of salt in with two tablespoons of bath wash for a sudsy, refreshing,

skin-soothing salt scrub.

• To travel with pleated skirts, use this packing trick: Turn the skirt inside out, and straighten all the pleats. Then tape the bottom so that all the pleats are held together. Next, feed the skirt into a leg of pantyhose with the foot cut off. You'll end up with a nice tube, which you can tuck into the side of your luggage.

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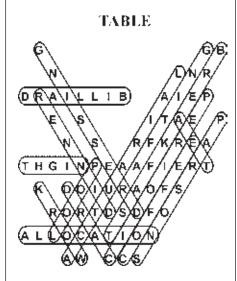
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If you need a person to clean, wash and iron and organize your house I have experience and references. My name is Miriam. I need job for all year. 239-368-6458. Cell 239-878-1416.

#NS 5/29 CC 6/12

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Now delivering to CAPTIVA! We also deliver to a beach access or job site! Call 239-47BEACH (472-3224) or visit www.beachpiez.com. &NS 3/13 CC TEN

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Diambondback 660EL Elliptical. Works perfectly. Computerized Time, Pulse, Distance, Level, Calories, RPM/SPM. Even a cup holder! Long handles for arm exercise, too. Smooth, easy glide. Six levels of difficulty. Paid \$1,200. Sell for \$450. 239-472-5767 #NS 6/12 CC 6/12

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MOBILE DOG GROOMING Self-Contained Trailer Up to 40 Lbs., Total Grooming, Package,

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Hampton Collection Outdoor Rattan furniture set. Includes tan sofa, chair, rectangle cocktail table, and tropical pattern overstuffed cushions. Perfect for lanai, porch, and patio. Excellent condition, never outside of my lanai... purchased new from Leader's Casual Furniture store for \$2,037.... asking \$400. Sanibel 472-7293.

MAINE COON KITTENS

Registered Maine coon kittens (CFA and TICA.) Vet checked, all shots,

parasite free. Big, sweet lovable. Long time

registered breeder on Sanibel. \$950. Amy (c) 239-699-8741. XNS 4/3 CC TFN

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Less than 46,000 miles Good Condition. \$6,500. Call 239-443-0110. NS 6/5 CC TFN

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Street legal, "gas" powered. \$6,500. 239-209-6500 **☆**NS 6/5 BM TFN

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Bracelet found by Dixie Beach Shared Bike Path Call 239-395-9432

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LIVE ON THE ISLANDS

The Crow's Nest Beach Bar & Grille at 'Tween Waters Inn has live entertainment with Bad Banditos on Friday and Saturday; Steve Farst plays on Sunday; Taylor Stokes plays on Tuesday and Wednesday. Crab shows are on Mondays and Thursdays.

The Jacaranda has live entertainment on Friday and Saturday with The Wildfire Blues Band, playing classic rock and R&B. Rentata plays funk, jazz and contemporary on Monday. On Tuesday, it's Sir Mitch, playing classic rock, R&B and dance; Wednesday is Barbara Dexter, playing contemporary, oldies and current hits; Thursday is Eric Malibu, playing contemporary, reggae and dance.

The Mucky Duck on Andy Rosse

Lane, Captiva features music by Gary Earle on Thursday and Friday; Gene Federico plays on Saturday; Gary Earle plays Sunday; Mark Dupuy plays on Monday; Perry English plays on Tuesday; and Gene Federico plays on Wednesday.

Sea Breeze Café at Sundial Beach Resort & Spa has island style live entertainment on Mondays from 5:30 to 8:30 p.m.

Traditions on the Beach at Island Inn has live music Friday with Joe McCormick and Barbara Smith, playing classic R&B, contemporary dance and disco. On Saturday, it's Joe McCormick and Marvilla Marzan. Mike Arnone, "The Jersey Kid," performs selections from Motown to the Rat Pack on Monday. Woody Brubaker and Barbara Smith perform on Tuesday and Wednesday; Joe McCormick and Marvilla Marzan play on Thursday.

The Island Cow on Periwinkle Way has live entertainment on Friday with Gene Federico; Saturday, Jay Helt; and Sunday, Dan Confrey.

RC Otter's on Andy Rosse Lane, Captiva, has live music daily with dining inside and out.

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

Cycling Safety Notes

Ride to the right Warn to pass Wear a helmet Use lights at night

Always be courteous



SANIBEL BICYCLE CLUB

Volunteers needed for light general maintenance. Call (CHR) Community Housing & Resources, Inc. 472-1189.

VOLUNTEERS NEEDED

 \star \star Classified Deadline Friday at Noon \star \star \star

Pets Of The Week

'ello, my name is Avenger. I'm an 11-month-old male Catahoula leopard hound mix. Despite my name, I'm not a superhero. I'm just a nice, gentle, affectionate guy in need of a forever home. I'm part Catahoula leopard, but without the breed's high energy level. I do have the Catahoula blue eyes and merle coat, which is a beautiful blend of colors. So while this Avenger can't really save the universe, you could save me!

My adoption fee is \$75. Hello, my name is Frankie. I'm a 2-month-old female black and white domestic shorthair. I am very timid but I've been learning a lot from my cage-mate, Lucky, like how nice it is to sit in someone's lap and purr until you fall asleep. Also, toys are lots of fun if you play with a friend. Why not adopt us both, since we are two-for-one adoption

My adoption fee is \$30 (regularly \$75) during Animal

Services' Adopt-A-Shelter-Cat promotion.

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

The shelter is open for adoptions from 11:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter is located at 5600 Banner Drive in Fort Myers, next to the Lee County Sheriff's Office off Six Mile Cypress Parkway.

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

The adoption package is valued at \$500.\$



Avenger ID# 621875



Frankie ID# 620208

PAWS Of Sanibel

Sandy

his little boy was found on May 26 near the Sand Pointe condominium on Sanibel. PAWS of Sanibel has named him Sandy (short for Sand Pointe) and they are guessing he is 6 weeks old. They are looking for his owner, but if he is not claimed, they will be looking for a new home for Sandy.

Contact Pam at PAWS of Sanibel at 472-4823 if you can help Sandy.

Chloe

hloe is a pretty dilute calico kitten, a young adult female (1 to 2 years old) who was found on Wild Lime Drive in the area of the back gate of the Wildlife Drive on April 4. Her combo test was negative and she is now spayed and has all of her shots.

Chloe is now in a foster home, but she would

love a forever home. If vou're interested in adopting this beauty, contact Pam at PAWS of Sanibel at 472-4823.☆





Chloe (aka Queenie)



CALLING CARD 239-395-1213

CALLETT G CARD 233 333 1213	
Emergency	11
Sanibel Police	
Lee County Sheriff's Office	
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To be listed in calling card email your information to: press@islandsunnews.com

BEACH CHAIR PAST

answers on page 51

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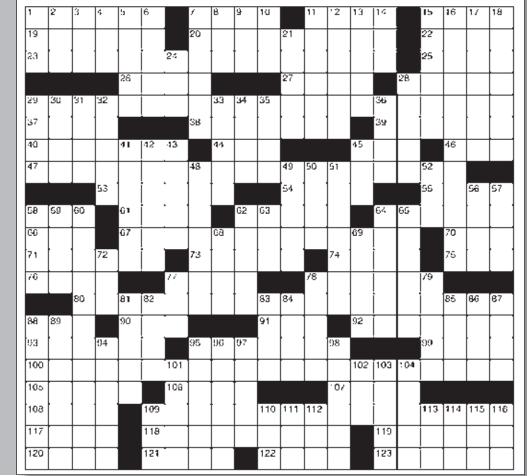
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Actuarial Allocation Billiard Breakfast

Card Coffee Dinner Drafting Dressing Night Parsons Periodic

Pool Tea Work



Ranked Sanibel's Shopping Destination by the Lee County Convention and Visitors Bureau

