Honoring Those Who Served	Jund Sun	PRSRT STD U.S. POSTAGE PAID FT MYERS, FL PERMIT #5718 Postal Customer ECRWSS
VOL. 23, NO. 49	SANIBEL & CAPTIVA ISLANDS, FLORIDA	MAY 27, 20 ⁻

MAY/JUNE SUNRISE/SUNSET: 27 6:37 • 8:14 28 6:36 • 8:15 29 6:36 • 8:15 30 6:36 • 8:16 31 6:36 • 8:16 1 6:36 • 8:17 2 6:35 • 8:17

Artists Stage Climate Change Demonstration On Captiva

by Jeff Lysiak

It isn't every day that you see more than a dozen people – dressed in bright blue leotards, black suit jackets and wildly creative headdresses – marching along the shoreline to the sounds of When The Saints Go Marching In.

But that's exactly what hundreds of beachgoers witnessed last Saturday on Captiva, as more than a dozen artists, scientists and collaborators of the five-week Rauschenberg Residency program took their cause to the sands of Southwest Florida to bring awareness to a number of environmental concerns.

Dubbed the March of the Climate Change Provocateurs, the group gathered on the beach a short stroll west of Andy Rosse Lane and set up camp. There, they exhibited an aquarium filled with barnacles and other live marine critters, flew kites bearing inspirational tidings, staged a number of artistic displays which showed – with continued on page 32



Some of the Rauschenberg Residency artists enrolled in the Rising Waters II program staged a public demonstration aimed at bringing
 awareness to concerns about climate change and sea level rise

Goss Announces Congressional Bid



Chauncey Goss

by Jeff Lysiak

Congressman Curt Clawson will not seek re-election for the 19th Congressional District, Sanibel City Council member Chauncey Goss officially threw his hat in the ring for the seat. "I am excited to announce I am running for Congress," Goss said in a statement released May 19. "I am running because I am deeply disappointed in the status quo in Washington, DC. Southwest Florida deserves dynamic and honest representation that is willing to fight the status quo."

- Among the issues Goss cited are:
- Saddling our children and grandchildren with unconscionable debt
- Rewarding crony capitalism
- Allowing the pollution of our local waters
 - Confusing our foreign allies
- Emboldening our enemies
 Mandating one size fits all education policies
- Over-regulating our businesses with counterproductive rules
- Threatening the very fabric of the country we love

"I want to serve you as your Republican representative to the 19th Congressional District because – first and foremost – service to others is how I've always lived my life," he added.

life," he added. The managing partner and founder of Goss Practical Solutions, Goss was elected to the Sanibel City Council in March 2015. He earned a master's degree in public policy from Georgetown University continued on page 9



Islands Night Returns June 1

by Jeff Lysiak

The 23rd annual Sam Bailey's Islands Night, presented by Bailey's General Store, will return to Hammond Stadium at the CenturyLink Sports Complex on Wednesday, June 1 as the Fort Myers Miracle take on the St. Lucie Mets at 7:05 p.m. Pre-game festivities, including the traditional parade around the diamond, begin at 5:30 p.m. A community tradition that encourages islanders to come together for an enjoyable evening of baseball and camaraderie, Islands Night was created by the late local icon, Sam Bailey. Since there isn't a space big enough on the islands to stage such an event, Hammond Stadium was selected as the perfect place to host family, friends, neighbors and visitors of Sanibel and Captiva.

Islands Night sponsorships are still available for \$100 and can be secured by calling 472-1516. Benefits of sponsorship include unlimited tickets to the ballgame, optional parade participation, event advertising and tabling, and a free T-shirt.

Free tickets for Islands Night are being distributed at Bailey's General Store (both in the Bailey's Center and at Sundial Beach Resort & Spa) as well as at event sponsor locations.

During the game, members of the Sanibel-Captiva Kiwanis Club and Sanibel-Captiva Rotary Club will be engaging in a friendly competition which began last year. Islanders can vote for their favorite service organization by purchasing a 16-ounce beer in either a blue cup (Kiwanis) or a red cup (Rotary). Each \$5 cup purchase – of either Bud Light or Terrapin Hi-5 IPA – will support local charities.

For more information about the Fort Myers Miracle, visit www.milb.com/index. jsp?sid=t509.55

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ISLAND SUN - MAY 27, 2016 3

Horsing Around With CECI Kids



Ernesto Del Valle and Landon Markosky feel the horseshoe crab's hard shell

Ark Thompson of the Sanibel-Captiva Conservation Foundation shared his knowledge of horseshoe crabs recently at the Children's Education Center of the Islands.



Mark Thompson surprised the children by entering the preschool wearing a horseshoe crab mask



Ally Flynt and Liam Suslick are curious, yet hesitant, about the horseshoe crabs



Sanibel Captiva Shell Club President Karen Turner, left, and member Anne Joffe, right, present a check to SCA Executive Director Teresa Riska-Hall

Shell Club Gives Support To Campaign

W ith construction scheduled to get under way this month on The Community House, the Sanibel Captiva Shell Club recently presented a \$10,000 contribution towards the restoration campaign.

The financial support by the club was made in recognition of its long association with Sanibel Community Association and The Community House, home of the Sanibel Shell Show, the club's signature event.

This year saw the 79th anniversary of the show, now part of the annual Sanibel Shell Festival. The show started at the Matthews Hotel – now the Island Inn – but moved a few years later to The Community House.

"The Community House has served an important role for Sanibel over the years, and our club is happy to be able to lend our help to its major makeover," club president Karen Turner said. "We are excited about staging the Shell Show in the renovated facility next year."







Danny Duncan, the retiring chief of the Sanibel Fire & Rescue District, is presented a farewell gift from incoming chief Matt Scott during a surprise retirement party at Sanibel Fire Station #1 last week photos by Jeff Lysiak

Fire District Bids Farewell To Chief

by Jeff Lysiak

ast week, the island community gathered at Sanibel Fire Station #1 to wish a fond farewell to Danny Duncan, chief of the Sanibel Fire & Rescue District for the past nine-plus years, who officially retired after working 34 years in the emergency services sector.

"What a time it's been... I've had a great career," Duncan told the crowd after he arrived at the surprise party. The past 30-plus years... it's pretty much gone by in a blink. But this isn't the end for me, only a mile marker along the road." More than 80 well-wishers gave Duncan a long, warm applause after he and Matt Scott – the former assistant chief for the SFRD who will succeed his longtime mentor – arrived at the station. Duncan was quickly surrounded by members of both his own family and "family" of fellow firefighters and support staff from the district and surrounding first responder agencies.

Duncan joined the district 13 years ago, later being promoted to chief following former chief Rich Dickerson's retirement in April 2007.

Scott, who emceed the party, offered praise after working alongside Duncan for more than a decade.

"I've learned so much from him," said Scott. "I'm never going to be Danny, but I'm going to take what he's



The guest of honor arrived to a warm round of applause, hugs and well-wishes from 80 quests



Sanibel Catering Company by Bailey's provided a buffet luncheon in Duncan's honor

taught me and, hopefully some day, I'll be close."

Scott presented Duncan with a number of awards, mementos and even a "gag" gift from his fellow coworkers in the district. In thanking all in attendance, Duncan also offered kind words for his successor.

"Matt's gonna do great here... (the district staff) won't miss a step," he said. "He's pretty much been working



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Three-year-olds Holston Scott and Owen Gauntt sitting on the back of a fire truck

operations here for the past nine years. You're in good hands.

In addition to members of the SFRD, Duncan's retirement party was attended by members of the Captiva Fire Control District, fire departments from Iona-McGregor, the City of Fort Myers, Fort Myers Beach, Bayshore and Alva along with representatives from the City of Sanibel, Sanibel Police Department, Lee County Sheriff's Office, Lee County Emergency Operations Center, JN "Ding" Darling National Wildlife Refuge and the Clinic for the Rehabilitation of Wildlife. A lunch buffet was provided by Sanibel Catering Company by Bailey's.

"It's been a wonderful experience on Sanibel... the people and the personalities here in this community have all been great to me," Duncan added. "I've got a lot of stuff



Danny Duncan chats with Jim Bjostad from the Lee County Emergency Operations Center



Matt Scott presenting Danny Duncan with a "gag" gift from all his fellow firefighters



Fire District CFO Mary Hickey and City Manager Judie Zimomra



Duncan's retirement cake



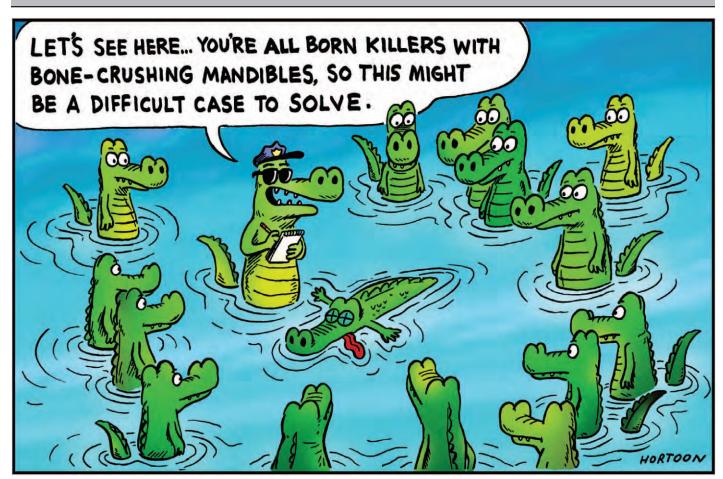
Kathy Prosser, SFRD administrative assistant, signing the farewell poster

planned (for my retirement). I'm going to do some work with my church and do some volunteering. And, I'm going to help raise my grandkids, too."举



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HORTOONS



American Legion Post 123

Sunday, May 29 is American Legion Post 123's 8th annual Redneck O'Limp'ics. The opening ceremony begins at noon. There will be live music, cornhole, watermelon bowling and other activities. All are welcome to join in the fun.

Monday nights feature 9-ball and 3-ball tournaments at 5 p.m. Players are welcome.

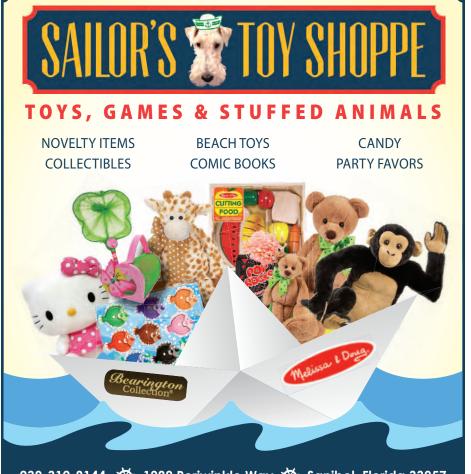
On Fridays, a six-ounce ribeye steak sandwich is on the menu. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m. The public is welcome.

The Ladies Auxiliary has cookbooks available for a donation of \$15.

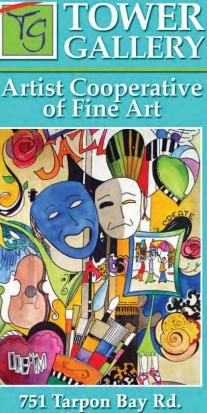
Flag Day is June 14 and if you have an American flag that needs to be retired, drop it off at your convenience.

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

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FISH Aids In Road To Self-Sufficiency



Emily Miller

This year has been monumental for Emily Miller because she landed a job – but not just any job – a fulltime position with benefits. If you had asked Miller a few years ago about working at a resort, she'd tell you that it was just a dream. She didn't used to think someone like her could achieve such a goal.

Miller's success story begins with a struggling start. She suffered a personal accident that left her unemployed for 11 months, during which time her husband abandoned her. She tried to make ends meet, however, with multiple surgeries and no work, she eventually lost her home and filed for bankruptcy. She moved into her father's small, onebedroom apartment and finally found employment.

While working two jobs on Sanibel – one as a part-time trolley driver and the other at a grocery store – Miller became good friends with one of her regulars who was a volunteer at FISH. The two talked quite often and became close. When her friend heard of Miller's struggles, she suggested Emily visit FISH.

FISH staff met with Miller and signed her up for the food pantry. During her initial discussion with FISH social workers, she revealed dental and financial concerns. "I happily provided any information FISH needed: tax returns, pay stubs and bank statements. The food pantry filled in the gaps with very nice products, some I could never afford to buy. The hope of financial assistance for recurring dental problems excited and humbled me. Each and every time I met with FISH social workers, never once did anyone make me feel incapable," said Miller. "FISH was helping me up, and helping me to see that the world wasn't looking as scary as I thought. I was lucky enough to receive financial assistance for dental work, which alleviated continuous pain and gave me more confidence at work."

Miller was aprised of other FISH services and workshops. "I was afraid of failing and almost didn't sign up for budgeting workshops at all. Luckily, FISH was behind me 100 percent, and helped me realize the need to get a grasp on my financial future. I started with one class, just to see if I could do it," she said. "I really learned a lot about budgeting and credit repair and now, several workshops later, my credit score is actually moving in a positive direction."

Throughout the year, Miller has hit other small road bumps. "It hasn't been easy for me. Yet FISH has been there as a group of caring, loving individuals to talk to, to bounce ideas off of, and to help, when and where appropriate, with financial emergencies and even with a car that was donated by a very generous member of the community, she said. "Everyone thinks FISH is just a nonprofit organization. But to me, they are so much more. I can't thank FISH, and those that donate to them, enough for their kindness. The positive impact on my life will never be forgotten. I've learned to trust again, and the true meaning of hope. And, with increased self-esteem and pride in myself, I have just secured a dream job at a resort with the opportunity to advance. I am on the road, once again, to self-sufficiency, and cannot tell you how good that feels. Thank you, FISH."☆

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Get Outdoors At Summer Camp

The Children's Education Center of the Islands is offering their Summer Nature Camp for children ages 18 months to 5 years old.

Each of the six weeks has a nature theme. The camp offers preschoolers an opportunity to learn about Sanibel's ecology by exploring and playing on the five-acre campus.

Each session is led by preschool teachers. Parents can select three, four or five days a week enrollment. There is no registration deadline.

To inquire about the camp, call 472-4538 or visit childrenseducationcenter.org.



Campers will be able to explore nature and learn all about Sanibel's ecology



IISLAND SUN - MAY 27, 2016 Sanibel Shares Golf Course Management Plan During Summit



Attending the Golf Course Management Summit, held at The Sanctuary Golf Club last week, were Holly Milbrandt, Brett Kist, Katy Errington, Mick Denham, Kyle Sweet, Randy Henderson and Saeed Kazemi photos by Jeff Lysiak



Checking out the putting green on the fourth hole are, from left, Katy Errington, Kyle Sweet, Mick Denham, Saeed Kazemi and Randy Henderson

by Jeff Lysiak

n May 19, the City of Sanibel staged a Golf Course Management Summit at The Sanctuary Golf Club, sharing information about limiting the amount of nutrient runoff from golf courses into local waters through reduced use of fertilizer, the use of reclaimed water and other Best Management Practices (BMPs). Led by Vice Mayor Mick Denham, the meeting featured presentations by Kyle

Sweet, golf course superintendent at The Sanctuary, and Holly Milbrandt, biologist with the city's natural resources department. In attendance were Mayor Randy Henderson and City Manager Saeed Kazemi from the City of Fort Myers and Councilwoman Kat Errington from the Village of Estero.



Saeed Kazemi and Randy Henderson watch Kyle Sweet demonstrate the process of applying fertilizer



Ken Kouril, second from left, welcoming the group to The Sanctuary's meeting room on May 19

In an effort to improve the quality of water discharged from the island's golf courses, the Sanibel City Council adopted a list of Nutrient Management Recommendations based on the Florida Department of Environmental Protection's BMPs for the Enhancement of Environmental Quality on Florida Golf Courses in 2008. These recommendations provide specific guidance for golf course managers on how to reduce fertilizer use and improve water quality within their respective golf course lakes. Since their adoption, city staff has worked closely with each golf course to provide technical assistance to help implement these recommendations.

At last week's summit, Denham, Sweet and Milbrandt shared some of the BMPs employed on Sanibel with two neighboring communities.

"We've been focusing on nutrient runoff on the island for a long time," Denham told the group. "At first, we were told that there's no science behind it. But over the last three years, we have found evidence which clearly says we have nutrient issues that have to do with fertilizer."



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Goss

and a BA from Rollins College. Goss had previously worked for the President's Office of Management and Budget. In 2012, he ran for the United States House of Representatives but was subsequently defeated.

In addition, Goss is chairman of the board of the Canterbury School, a member of the boards of the Southwest Florida Community Foundation; The United Way of Lee, Hendry, Glades and Okeechobee; the Sanibel-Captiva Conservation Foundation; the Lee Coast Military Officers Association of America Foundation; and the Freedom and Virtue

Institute.

If elected to Congress, Goss – who serves as the council liaison to the city's planning commission and to the Lee Council Horizon Council – will step down from his council seat, which expires in 2019.

Joining Goss in the 19th Congressional District race is Naples businessman Francis Rooney, majority owner of the Manhattan Construction Company. State Senator Lizbeth Benacquisto of Fort Myers announced on Sunday that she is not considering a run for the Congressional seat to be vacated by Clawson, a resident of Bonita Springs.

"I am grateful to Congressman Clawson for the amount of time and energy he has put into representing Southwest Florida," Goss said. "He is known as a hard worker and a straight shooter in battling Washington's special interests. I look forward to picking up that mantle."

In the days following his announcement, Goss has already picked up the endorsement of Lee County Sheriff Mike Scott.

"I am happy to throw my full support behind Chauncey," said Scott. "He is exactly the sort of person we need representing Southwest Florida. He is a man of integrity who means what he says and I know he wants to represent us by fighting the status quo and special interests in Washington, DC. I look forward to working with him when he is elected."

Donations for Goss' election bid can

be made by sending individual (not corporate) checks for less than \$2,700 per donor to: Friends of Chauncey Goss, c/o Sally Frizzell Coleman, CPA Treasurer, P.O. Box 2620, Fort Myers, FL 33902. For more information, visit www.gossforcongress.com.

Read us online at IslandSunNews.com



Deep Sea Discovery For Kids At Church

Get ready to dive into a lifechanging adventure that leads kids deeper into God's love. At Deep Sea Discovery, held at Sanibel Community Church from June 13 to 17, kids will participate in the largegroup excitement of Celebration Reef, experience God's Word at S.S. Discovery, learn ways to serve others at ECHO Sea Sub, explore the mysteries of the sea through crafts at Curiosity Cavern, and enjoy dinner and games at Pelican Pier. There's even a place for little puddle jumpers at Tide Pool Playland.

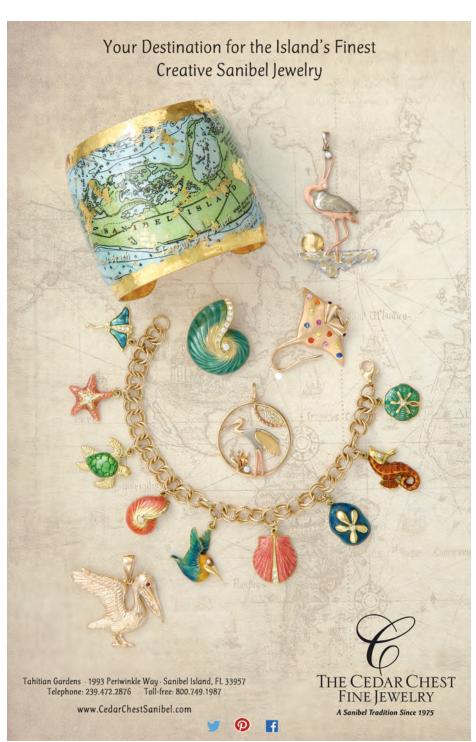
Along the way, kids will explore the depths of the Bible using five dive markers to guide them. Through Deep Sea Discovery, they will resurface knowing that God is with them wherever they go.

Register kids who are 3 years old through completed fifth grade by calling the church office at 472-2684 or email Kathy@sanibelchurch.com.**

Fay Named To Dean's List

Porter Fay, a resident of Sanibel, has been named to Washington and Lee University's Dean's List for the 2016 winter term.

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ANNIVERSARY



Kerry and Carolyn Cooper



appy 25th Anniversary to a very special couple. Many more years of love and adventure to come $\overset{}{\asymp}$

Pajama Day At Christian Preschool



Wearing PJs made for a comfy day at school

Students at Sanibel Christian Preschool, a ministry of Sanibel Congregational United Church of Christ, wore their PJs to class recently as they learned about the dark and nighttime. They heard about the animals that sleep during the day and play at night, and why they didn't need to be afraid just because the sun had gone down and the lights were out. The 2-, 3- and 4-year-old classes all joined in the fun, showing their favorite PJs to their friends.

Sanibel Christian Preschool is currently accepting applications for the school year beginning August 10. The school is an approved VPK provider, offering classes for children ages 2 to 4 of all backgrounds. Applications and more information are available at sanibelucc.org or by contacting Director Laura Miltner at 472-0497.[‡]



Children during puppet play

CROW Calendar Of Events

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

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

Friday, May 27, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

After a patient stabilizes in the hospital, CROW's rehabilitation staff provides them 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.

Friday, May 27, 2 to 3:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

Wildlife walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. This program is open to all, but it is not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Monday, May 30, 11 a.m., adults \$7, teens \$5, 12 and under no charge

Sunday Seminar

The Sanibel Congregational United Church will offer a two-part Sunday seminar focusing on Amish beliefs and practices on June 5 and 12 beginning at 9 a.m. at the church.

"The Amish are in many ways a symbol of some of the most important elements in American history, including the role of freedom of religion and communal cooperation in shaping our nation," said Rev. Dr. John H. Danner, senior pastor, who will lead the sessions.

There is no admission fee for the seminar, and the public is invited to attend. Classes will be held in Heron Hall, located at 2050 Periwinkle Way on Sanibel.

For more information, call 472-0497 or visit sanibelucc.org.☆



– CROW Case of the Week, presented by a CROW student.

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.

Tuesday, May 31, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Sea Turtles at CROW.

Florida's coastlines are hubs for sea turtles as they travel the waterways and use the beaches as home to lay their eggs. Danger lurks in oceans as boats and fishing materials pose a heavy threat to this endangered species, and CROW is the only licensed sea turtle facility from Sarasota to Miami on Florida's southwest coast. This presentation explains why this magnificent creature is usually admitted and how the medical staff treats them.

Wednesday, June 1, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

Thursday, June 2, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Gopher Tortoises, presented by a CROW volunteer.

The life of a gopher tortoise revolves around its burrow. These tortoises are found digging from southern Georgia to southeast Florida. Because of its contributions to the ecosystem, it is classified as a "keystone species." CROW's presenter explains why they are admitted and how the medical staff treats this Friday, June 3, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Why Animals Come to CROW.

species

From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital.

Friday, June 3, 2 to 3:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

Wildlife walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. This program is open to all, but it is not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.



OBITUARY



SUZANNE LURIE (NEE LEROY) uzanne Lurie (nee LeRoy), age 74,

passed from this life on Thursday, May 19, 2016 at her residence on Sanibel Island, Florida.

Suzanne was born in Cincinnati, Ohio on June 3, 1941 to Helen Chappell and Eugene LeRoy. She excelled as an interior designer, splashing color and style in the homes and lives of her clients and friends. Her love of art was evident in everything she touched. Her passion for painting, sculpture and dance motivated each and every day of her life.

Suzanne was preceded in death by her husband Henry Lurie. She is survived by her children Greg (Shannon) McDonald of Prospect, Kentucky; Ted McDonald of Fort Lauderdale, Florida; Kimberly Johnson (daughter in law) of Dallas, Texas; Sally Minkow of Laconia, New Hampshire; Robert (Ralinda) Lurie of Lexington, Massachusetts; Deborah (Philip) Hale of Vineyard Haven, Massachusetts; her brother Stephen LeRoy of Cincinnati; and many extended family and friends who will miss her dearly.

Grandchildren Whitney McDonald, Caroline Mooney, Emily and Anna Minkow, Benjamin (Jen) Lurie, Elizabeth Lurie and James and Robert Hale held a special place in Suzanne's heart.

Cremation arrangements have been entrusted to Fort Myers Memorial Gardens. The family is planning a celebration of Suzanne's life to take place in Cincinnati in the near future and on Sanibel Island this fall.

To share a story, leave a tribute or to offer condolences, visit Suzanne's memorial webpage at www.fortmyersmemorial.com and sign her guestbook.

In lieu of flowers, the family would suggest a donation in Suzanne's memory. Details will be posted on her memorial webpage with a charity dear to her heart and instructions on how you can honor her memory through a contribution.公

Churches/Temples **ANNUNCIATION GREEK ORTHODOX CHURCH**

8210 Cypress Lake Drive, Fort Myers Reverend Dr. Elias Bouboutsis. Orthros Service Sunday 9 a.m. Divine Liturgy Sunday 10 a.m. Fellowship Programs, Greek School, Sunday School, Bible Study. www.orthodox-faith.com, 481-2099

BAT YAM-TEMPLE OF THE ISLANDS The Reform Congregation of Bat Yam Temple of the Islands meets for Friday night services at 7 p.m. in the Fellowship Hall of the Sanibel Congregational United Church of Christ, 2050 Periwinkle Way. Rabbi Myra Soifer. For information call President Alan Lessack at 579-0296. CAPTIVA CHAPEL BY THE SEA The Reverend George E. Morris Services every Sunday 11 a.m. through April 24, 2016. 11580 Chapin Lane on Captiva. 472-1646.

FIRST CHURCH OF CHRIST, SCIENTIST

2950 West Gulf Dr., Sunday 10:30 a.m.; Sunday School 10:30 a.m., Wednesday evening meeting 7:30 p.m.; Reading room open, Monday, Wednesday and Friday 10 a.m. to 12 p.m. (November through March), Friday 10 a.m. to 12 p.m. (summer hours). 472-8684. SANIBEL FELLOWSHIP, sbc

Join us for Bible study and Worship Sunday 9 to 11 a.m. Call Pastor Mark Hutchinson 284-6709.

SANIBEL COMMUNITY CHURCH 1740 Periwinkle Way, Sanibel, 472-2684 Dr. Daryl Donovan, Senior Pastor Sunday Worship: 8 a.m. Traditional in

historic Chapel, 9 a.m. Contemporary and 11 a.m. Traditional in main Sanctuary, 10:15 a.m. Courtyard Fellowship, 9 and 11 a.m. Bible classes. Childcare available at all services. SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

2050 Periwinkle Way 472-0497 The Reverend Dr. John H. Danner, Sr. Pastor. The Reverend Deborah Kunkel, Associate Pastor. 7:45 and 10 a.m Chapel Service. Full Service with Sunday school and nursery care provided. Elevator access.

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3559 San-Cap Road, 472-2763 Pastor Reverend Christopher Senk, Saturday Vigil Mass 5 p.m., Sunday Mass 8:30 and 10:30 a.m., May through October 9:30 a.m. only. Daily Mass Wednesday, Thursday and Friday 8:30 a.m. Communion Service Monday and Tuesday 8:30 a.m. Holy Days call. ST. MICHAEL & ALL ANGELS **EPISCOPAL CHURCH**

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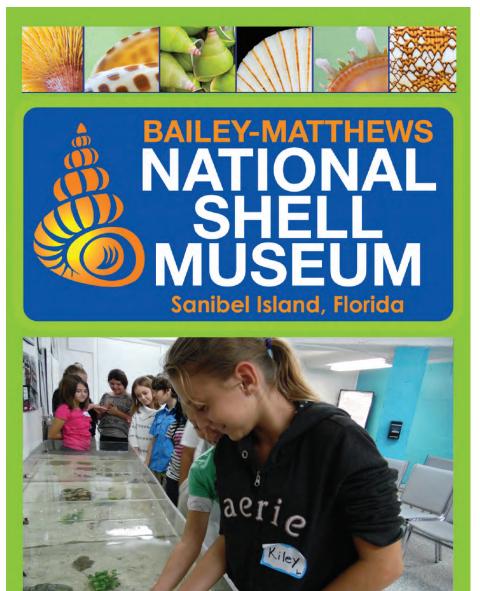
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MAY MUSEUM SPONSOR



Students Get A Look At Coastal Ecology



Shoreline ecology discussion



Students and teachers pictured with Captiva Cruises Educator Richard Finkel



Students observe cow fish while aboard The Playtime



Students watch dolphins playing in the catamaran's wake

The Sanibel School fifth grade class got a close-up look at coastal habitats while on a No Child Left On Shore field trip, as they traveled the waters of Pine Island Sound.

While aboard Captiva Cruises' motor catamaran, *The Playtime*, students spotted a dolphin that surfed and jumped in the boat's stern wake. They waded in shallow back bay waters documenting marine invertebrates such as horseshoe crabs, spider crabs, fiddler crabs, lightning whelks and kings crown snails. In the surf zone on the gulf side of Cayo Costa State Park, students recorded mole crabs and coquina clams within their shoreline habitat. A trawling net was used to take a sample of fish life in the back bay estuary.

The No Child Left On Shore project provides youngsters knowledge of the Caloosahatchee watershed and estuarine environment.

This Environmental Education Outreach Project is a collaboration between Captiva Cruises and The Sanibel-Captiva Conservation Foundation. Its goal is to give Southwest Florida's young people the opportunity to experience the coastal environment and learn, through first-hand observations, about the importance of the back bay estuary.

For more information, call Captiva Cruises at 472-5300 or SCCF at 472-2329 or visit captivacruises.com or sccf.org.



16 | ISLAND SUN - MAY 27, 2016 CROW Case Of The Week:

American Bald Eagle



by Bob Petcher

The American for bald eagle (Haliaeetus seleucocephalus) is the national bird and animal symbol of the United States. Its caricature is proudly displayed on the American Seal.

There was a period of time that the American bald eagle was almost close to being extinct in this country. Populations did recover, and the species was removed from the endangered list in July 1995, transferred to the threatened list and removed from that second list in June 2007.

Interestingly enough, American bald eagles are not actually bald. The name is based from an older meaning of the word "white-headed," which is the feature of the adult American bald eagle. While the male and female species are identical in plumage, the female is approximately 25 percent larger in size than the male on average. However, the plumage of an immature bald eagle in both sexes is brown.

The American bald eagle is known to build the largest nest of any North American bird and the largest tree nests ever recorded for any animal species. By now, many people in the

Southwest Florida region as well as visitors to the area and people around the world for that matter have heard of the popular Southwest Florida Eagle Cam in North Fort Myers. Since the 2012-13 nesting season, three cameras have filmed the plight of adult eagle Harriet and her family in their nest. With live streaming available 24/7, more than 16 million viewers have reportedly viewed www.dickpritchettrealestate.com/eaglefeed.html and gained knowledge about eagles in general.

One of Harriet's offspring, E8, is currently recovering from injury at CROW. This would make the second time in the past four months that the juvenile bald eagle (who is strongly suspected to be male based on its size) has visited the Sanibel rehabilitation clinic.

E8 was originally brought to CROW on February 9, due to his left leg being entangled in monofilament line. Florida Fish and Wildlife officials had asked CROW personnel to enter the eagle nest, remove the line and bring the eaglet to the Sanibel clinic if additional medical attention was thought to be needed. Dr. Heather Barron, CROW's hospital director, made the decision that E8 required a medical exam and supportive care (food, water) to help build its strength and weight. Three days later, the eaglet was re-nested at his home base.

Then, on May 8, CROW volunteers were back at the site when E8 was disclosed to be injured on the ground near the nest after reportedly being struck by



Dr. Heather Barron examines E8 after surgery at CROW

a great horned owl earlier that morning. All of the action was caught on the Eagle Cam. When CROW volunteers arrived at the nest site, they said E8 ran into the woods and couldn't be captured. The following Friday, May 13, CROW volunteers returned to North Fort Myers and successfully rescued E8 from the banks of Daughtrey Creek, across the street from the nest site. Back at CROW, E8 was reported to be "thin, dehydrated and very weak." He also had a right leg femur fracture (broken leg) and was brought to the clinic just in time.

"E8 was extremely compromised, critically ill and in very, very bad shape," said Dr. Barron. "He was covered in parasites, and there were abnormalities in

continued on page 20





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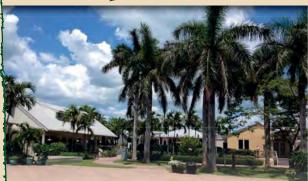


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Tarpon Have The Moves



by Capt. Matt Mitchell

ost of my time on the water this week was spent chasing tarpon. After locating some fish in the middle and northern sound early in the

week, we had very consistent action, getting hook-ups most trips when returning to these same places. Most of the better tarpon action this week seemed to be in the sound, which is my favorite place to fish for them. On the calmer days, we often sat there watching rolling fish while sitting right among them in what seemed like a tarpon highway. When you can find this many tarpon in one place, I anchor up and then it's just a matter of time until you're going to get your shot.

On the best days tarpon fishing this week, we had four or five hook-ups,

which is better than a good day out. What happens after the bite is up to the angler to react to because of the crazy moves these fish can make. Sometimes the angler can do it all right and the tarpon still gets off. Other times, though not very often, a tarpon just stays hooked up even when the angler fails to react.

One memorable tarpon jumped this week, picked up a cut bait and as soon as the line came tight, jumped vertically at least 15 feet in the air. This wild tarpon went sky high, getting at least as high as the tower on my boat before free-falling and breaking the leader. Another crazy fish this week, caught by Barb Nicholson, picked up the bait, greyhound jumping right at the boat. Just when it looked like we might need to duck, it made a 180-degree turn and the fight was on. Thirty minutes later, Barb had her first tarpon.

Tarpon have personality and every single one you hook will have a different set of moves. Each battle plays out differently, with some fish preferring to make crazy long runs and others staying within 50 yards of the boat and jumping time and time again. One real giant we had on this week

Send Us Your Fish Tales

he 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.

CLEAR YOUR GEAR It Catches More Than Fish



Robert Macchia from New Jersey caught his first tarpon this week while fishing with Capt. Matt Mitchell

opted to make the long runs, getting a comfortable distance from the boat before resting up by the surface on a shallow grass flat. Every time we got



the boat close to the fish, it would peel out another 50 to 100 yards of line. This cat and mouse game went on for about 40 minutes. Finally, when we did get it close to the boat, this fish knew its next well rehearsed moves, trying to break us off under the boat. Staying just out of reach for a leader touch, the fish finally broke off on a trim tab and swam off victorious.

No matter how a tarpon fight plays out – won or lost – these fish always make memories. Some of these tarpon battles I'm lucky enough to be part of are just never forgotten.

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



Shell Museum Hosts Forum On Mollusks

by Jeff Lysiak

" ne of the first questions I ask people who come to this museum is, 'Where do shells come from?'"Dorrie Hipschman, executive director of the Bailey-Matthews National Shell Museum, told participants at the Mollusks In Peril Forum, a gathering of some of the world's foremost experts on current large-scale threats to molluscan populations.

Astonishingly, Hipschman explained, nine out of every 10 people she asks will answer, "I don't know."

They have absolutely no idea because they've never thought about it. Nearly everyone loves shells but they cannot begin to explain how the shells arrived on the beach," she added. "How can the public value these amazing living creatures if they aren't aware that they exist? How can we preserve, protect and steward the fragile and endangered populations of mollusks if people have never noticed that they are living? These are challenges that the shell museum meets each day.

From May 22 to 24, the museum hosted the conference – along with an informal sunset cruise aboard the Lady *Chadwick* – sharing the latest information on the possible ecological drivers of extinction risk, the synergies that enhance



Dorrie Hipschman welcoming attendees to the conference

ecological stress, and the taxonomy, ontogeny and geography of change in and risk to marine, freshwater and terrestrial mollusks.

Hipschman welcomed the crowd on Monday morning to the forum, thanking conference supporters Smoky and Stephanie Payson along with sponsors Peter and Mallory Haffenreffer, John and Linda Kramer, The Campbell Foundation, the Law Office of Janet M. Strickland and Chris Davison of the Island Inn.

Dr. Jose H. Leal. science director and curator at the shell museum, thanked his fellow Scientific Advisory Committee members Nina Bednarsek, Robert Cowie. Arthur Bogan, Mark Eakin, Richard Feely and Laura Parker.

'Mollusks are threatened by generalized, widespread disturbances such as those associated with ocean acidification and warming," said Dr. Leal. "Many of



Dr. Jose H. Leal thanking the scientific advisory committee



Dr. Robert Cowie addressing the forum attendees



During Sunday evening's sunset cruise, from left, Tom Annesley, Dorrie Hipschman, Melanie Moraga and Mary Bauer photos by Jeff Lysiak

the marine mollusks will disappear before we even have a chance to inventory or describe them.

The three-day forum included individual lectures and panel discussions with some of the world's leading mollusk experts. Guest speakers included Arthur

E. Bogan, PhD, FLS, research curator of aquatic invertebrates at the North Carolina Museum of Natural Sciences in Raleigh, North Carolina; Emily Carrington, PhD, professor of biology for the Friday Harbor Laboratories at the continued on page 23

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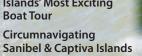
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20 ISLAND SUN - MAY 27, 2016 Plant Smart Yellow African Bulbine



Stalks of star-like flowers tower over the succulent foliage

by Gerri Reaves

Tellow African bulbine (Bulbine frutescens) is a Florida-friendly perennial that is native to the desert grasslands of South Africa.

Its tolerance for heat and dry sandy soil make it a low-maintenance groundcover for the South Florida landscape.



Hardy South African bulbine grows in sandy soil in full sun

The yellow or orange star-shaped flowers bloom even in the summer. Sixpetaled with prominent stamens, they attract butterflies and bees.

The grass-like succulent leaves, which resemble those of the onion, reach only about a foot high, but the pretty flower stalks can be twice that. Jelly-like sap in the leaves gives the

plant another name, jelly burn plant. Like

aloe, it contains glycoproteins that soothe burns, insect bites, abrasions and rashes. It has long been used medicinally in

South Africa. Give it full sun and well-drained soil. The clumps will spread to a four-foot diameter. Use it as a border, rock-garden,

or container plant. Although it will grow in nutrient-poor soil and in shade, it will flower most if given some organic material and plenty of sun.

Propagate it by clump division or simply let it reseed. There are various cultivars, including an orange one that is sterile.

Sources: ifas.ufl.edu, sefloridagardenevolvement.blogspot.com, tropicalfloridagardens.com, and unf.edu.

Plant Smart explores the diverse flora of South Florida.

From page 16 **CROW** Case

its biological profile. He was very thin and extremely dehydrated. I do not think he would have made it another day without care.

Dr. Barron performed surgery a day later (Saturday) to repair the injury. Since the femur fracture had begun to heal in an abnormal position, the 90-minute-long surgical procedure required that type 1 external skeletal pins be extended outside of his leg and attached to a connecter bar.

'It was a complicated surgery," said Dr, Barron, "but it went very, very well."

The eaglet is now recovering at the clinic and will be a patient for approximately three months. Last Friday, after a follow-up exam, E8 was upgraded from critical condition to guarded condition based on clinical criteria, such as being more responsive to stimuli, showing more energy, blood work, better stool samples and ability to digest soft, solid pieces of food. Prior to Friday, E8 had been 'quiet, alert and responsive" but wasn't showing more positive signs of life energy.

"This morning (May 20), he stood for the first time," said Dr. Barron. "Prior to today, he appeared not to have the energy to care.

E8 has moved from a small cage to a larger one where he can spread his wings. While he is still taking pain medication and receiving supportive care, he is expected to move to a small outdoor cage in a couple of weeks then progress to a larger outdoor cage once he becomes acclimated to his surroundings.

'It's great to know that there are a lot of people that are concerned," added Dr. Barron. "We are very grateful for everyone's support. There are lots of other eagles at the clinic that he will be able to hang out with (after more recovery time).

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



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Shell Of The Week Sharp-rib Drill



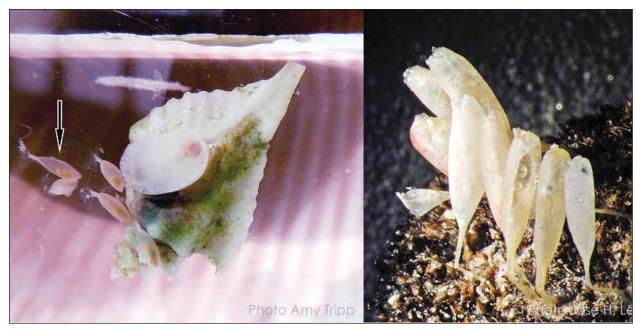
by José H. Leal, PhD, The Bailey-Matthews National Shell Museum Science Director & Curator

he sharp-rib drill, Eupleura sulcidentata Dall, 1890, was first featured in this column in March 2015. Its shell has a "flattened" appearance, thanks to the blade-like varices ("ribs") that occur alternately every 180 degrees (every half-whorl). Sharp-rib drills use their ribbon of teeth,

known as radula, to etch tiny holes into the shells of other mollusks. Part of the feeding process, the holes allow the drill to inject paralyzing compounds into the prey's tissues. As many marine snails do, sharp-rib drills manufacture egg cases to protect their offspring during their early development. The 3/16-inch-tall egg cases are produced by the foot gland, located under the anterior part of the snail's foot. Curiously enough, the egg cases resemble miniature champagne goblets. The images show, on left, a female sharp-rib drill laying egg cases on an aquarium wall, with the foot gland appearing as a circular pink area under the foot; on right, spent egg cases laid on a ponderous ark shell. Learn more about local mollusks at http://shellmuseum.org/shells/southwest-florida-shells.

Shell Museum Events

Daily Island Inn Morning Beach Walks (Advance booking required): Join our Marine Biologist for a beach walk near Island Inn on Sanibel Island. Walks depart daily from the Island Inn lobby at 9 a.m. The cost is \$10 for adults and \$7 for children. Parking at the Island Inn is free for beach walk participants. Space is limited so book online at shellmuseum.org/events or call (239)



The sharp-rib drill, Eupleura sulcidentata. Left, female laying egg cases (one case indicated by arrow) photo by Amy Tripp; right, spent egg cases, photo by José H. Leal

395-2233 to make a reservation. All beach walk guests receive half-off Shell Museum admission. (Current Island Inn guests please book through the Inn).

Mollusk movies and scavenger hunts continuously throughout each day.

Tank Talks continuously throughout each day: Gain great insights into the fascinating world of local mollusks!

• Monday at 1:30 p.m.: Carolyn's Collection - A fun and engaging look at quality shells of a private collector. (Please check shellmuseum.org to note any schedule changes.)

- Tuesday at 1:30 p.m.: Shell BINGO
 Wednesday at 1:30: Mollusk Matinées A series of

nature-related lectures presented by local experts. (Please check shellmuseum.org for weekly topics.)

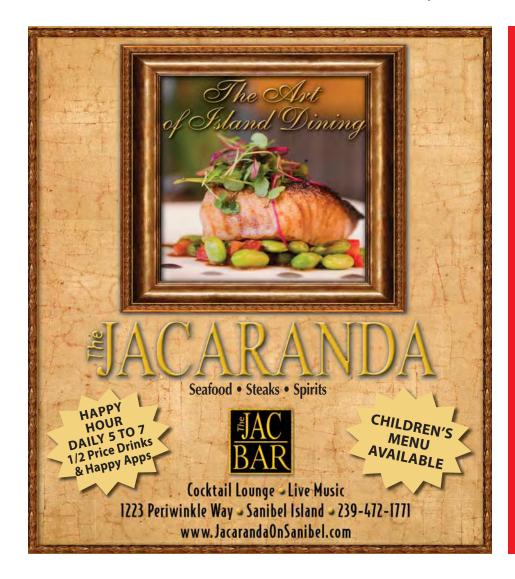
• Thursday at 1:30 p.m.: Cool Shells – See some great shell treasures not on exhibit.

• Friday at 1:30 p.m.: Arts and Crafts - Create marine-themed art and take it home with you!
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.

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





From page 19 Mollusk Forum

University of Washington in Friday Harbor, Washington; Robert H. Cowie, PhD, research professor for the Pacific Biosciences Research Center at the University of Hawaii at Manoa, Honolulu, Hawaii; C. Mark Eakin, PhD, Coral Reef Watch coordinator at the Center for Satellite Applications and Research at the National Oceanic and Atmospheric Administration in College Park, Maryland; Kenneth A. Hayes, assistant professor in the Department of Biology at Howard University in Washington, DC; Charles Lydeard, PhD, professor and chair of Biological Sciences at Western Illinois University in Macomb, Illinois; Brad Seibel, PhD, professor of biological oceanography for the College of Marine Sciences at the University of South Florida in St. Petersburg; Julia Sigwart, PhD, associate professor and associate director for the Marine Laboratory at Queen's University in Belfast, Ireland; George Waldbusser, PhD, assistant professor for the College of Earth, Ocean and Atmospheric Sciences at Oregon State University in Corvallis, Oregon; Meredith White, PhD, visiting assistant professor of Earth and Oceanographic Science at Bowdoin



The first activity during the three-day conference was a 2.5-hour cruise aboard the *Lady Chadwick* for forum speakers, sponsors and shell museum staff



The cruise took passengers between Sanibel and North Captiva Island, pausing at Blind Pass for sunset and dolphin watching

College in Brunswick, Maine; Norine W. Yeung, PhD, malacology researcher at the Bernice Pauahi Bishop Museum in

Honolulu, Hawaii. "Mollusks in Peril is our opportunity to have a community of scientists,



Passengers boarding the Lady Chadwick from the Captiva Cruises dock

researchers, shell and mollusk lovers, students, museum supporters and interested individuals come together for the first time to learn in great detail about the threats to our mollusk populations," added Hipschman. "We look forward to sharing the most current research during the forum and to disseminating it around the globe."



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Sanibel-Captiva Conservation Foundation Garden Walk



The old house at SCCF



carp bee

oin SCCF for a walk through the native landscapes at the SCCF C Native Landscapes and Garden Center at 10 am on Monday, May 23 and 31.

Stroll through the wildflower and pollinator garden, the agricultural area as well as the native landscape surrounding the old house. Learn about the connections between native birds, butterflies and pollinators to their favorite native plants. The



A bee feeds off a native plant



A native plant at SCCF

wildflowers are now in bloom. Buy some seagrape and mangrove honey. Take home a native Florida wild sweet basil to make pesto! Sip some goldenrod tea!

Meet in the last parking lot at the entrance to the Native Landscapes and Garden Center. Call Dee at SCCF at 472-2329 for more information. No reservations

Turtle Tracks



Close up of a hatchling photo courtesy Kennan Ward Photography

earn about the life cycles and habits of sea turtles that nest on island beaches and what SCCF is doing

to protect them. The "Turtle Tracks" program will be held on two Thursdays, June 2 and June 16 at 10 a.m. at the Sanibel Captiva Conservation Foundation at 3333 San-Cap Road. The program is free to SCCF members and children. \$5 for adults.

Following the program see what lives in the touch tank, visit the butterfly house, or take a walk on the trails to the Sanibel River.

THE CLAM

Tank Talks



A female terrapin

n Tuesday, May 31 at 10 a.m., come and meet the SCCF Nature Center ambassadors. Meet Indie the indigo snake, Happy the snapping turtle and Lucky the softshell turtle. There are also beautiful diamond back terrapins and mangrove snakes swimming in their tanks.

Take a tour with a biologist to learn about the SCCF research and projects associated with these local critters. Cost is \$5 per adult with SCCF members and children admitted free. The nature center is located at 3333 Sanibel Captiva Road.

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.



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Highlights Of Student Art Exhibit At Local Bank





Riley Johnson, Nicholas Underwood and Sophie Allen point out their artwork

Preston Hall, Jack Powers and Grace Mitchell point out their artwork

by Jeff Lysiak

ast week, students from The Sanibel School attended an artists reception at SunTrust Bank, located at 2408 Periwinkle Way on Sanibel, where a showcase of artwork from 38 elementary and middle school students is currently on exhibit.

Sixteen of the exhibiting art students attended the reception, which was also attended by members of the Sanibel Captiva Art League, fellow students and art instructor Tylor Stewart, family members as well as bank officials and staff.

Representing The Sanibel School in the art exhibit are:

Middle School – Sofia DeCosta, Anna Wells, Amy Martinez, Beru Pierce, Will Lejeune, Kianna Toothman, Caroline Waite, Tye Robison, Kirill Bykor, Meleah Thomas, Bella Meyers and McKenna Sprecher.

Grade 5 – Vincas Jankaukas, Nick Ünderwood, Riley Johnson, Luca Corricelli, Hudson Stirner, Camyrn Peach, Antonio Clark and Preston Hall

Grade 4 – Brandon Stevens, Lillia Kleinow, Jack Sergeant and Jack Powers Grade 3 – Julia Lemmon and Grace Mitchell

Grade 2 – Molly Dunn, Liza Agibalova-Garcia, Sophie Allen and Drew Barron Grade 1 – Sammy Wells, Lila Fields, Vanessa Kelly, Madison Byrne and Kylie

Hackett Kindergarten – Karmindy Schafer, Dawson Liebetrau and Oliver Wilkinson.



Students from The Sanibel School with officials from SunTrust Bank during last week's opening reception of an art exhibit featuring works created by the elementary and middle school pupils photos by Jeff Lysiak



Julia Lemmon, Kylie Hackett and Anna Wells with their artwork



Sammy Wells and Oliver Wilkinson point out their artwork



26 | ISLAND SUN - MAY 27, 2016 **Book Review**

spent her youth inside the Kremlin as her father's power soared along with

that of the Soviet Union. Eighty-five

in rural Wisconsin as Lana Peters. This

Stalin's daughter. It's a riveting portrait of a woman who fled halfway around the

While she was protected from the

father inflicted upon Soviet citizens, she

mass starvation and murder that her

was not immune to tragedy. She lost

book reveals the many lives of Joseph

world to escape her birthright.

Stalin's Daughter



'n Stalin's Daughter, The Extraordinary and Tumultous Life of Svetlana

> The Extraordinary and **Tumultuous** Life

> > Svetlana Allihuveva

Stalin's

Daughter

her mother's maiden name later in life), Sullivan years later, she died alone and penniless

> almost everyone she loved. Her mother, Nadya, committed suicide when Svetlana was only 6-1/2 years old. That same night Nadya had refused to raise her glass in Stalin's toast to "The destruction of

enemies of the state." She was 31. Her

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father's merciless purge also claimed the lives of aunts and uncles and her lover. who was exiled to Siberia.

After her father's death, Svetlana discovered the extent of his cruelty. As a young man, Stalin was beaten brutally by his father and also suffered notorious brutality from Orthodox priests, who punished their students with solitary confinement for days in dungeon like cells. Svetlana felt this had shaped her father's penchant for cruelty.

In the middle of her life at the age of 41, on the evening of March 6, 1967, she walked into the American Embassy in New Delhi requesting asylum. This was an escape from her past and search for the freedom denied to her in the Soviet Union, where she claimed that she was treated like government property.

When she finally arrived in New York, there were more people to greet her at the airport than had been there for the Beatles in 1964. Svetlana left two children behind in Russia, a decision that constantly haunted her. In America, she found only more heartbreak and was terribly mistreated by the press.

Harper & Row paid Svetlana \$1,500,000 dollars for rights to her book, Twenty Letters to a Friend, the memoir she had written in 1963 and carried out of the Soviet Union. An astonishing sum back then. Only Churchill's memoirs had sold for more. Sadly, she did not understand the concept of money. She gave away much of it and soon lost the rest to the manipulations of Olgivanna Wright, the widow of Frank Lloyd Wright, who lured her into marriage with Wesley Peters, the head architect of Wright's Taliesin Foundation. At age 45, Svetlana gave birth to Olga Peters. Her daughter would be the love of her life.

With access to FBI, CIA and Russian State Archives, and with the close cooperation of Svetlana's daughter, Rosemary Sullivan has created a masterly biography that is epic in scope yet narrated with remarkable intimacy.芬





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

Ordinary Day

by Sandy Greco

Ordinary day

In the grocery store

Rushing, deciding Whether pears or peaches would be best

As you reach for everything in the cart.

Your little hands Trying endlessly to pull things off the shelves.

Exasperated, I tell you to stop Something will break, come crashing down.

Thinking,

I have no time for this.

Not understanding,

This is all the time I have

And I am throwing it away.

Distracted,

Believing things elsewhere more important.

Not recognizing that you Are all that ever really mattered.

It took me too long to learn

The broken pickle jar was never of any consequence

And this never was an ordinary day.

Sandy and her husband Danny live on Sanibel. She is a retired emergency physician, and was the director of an Emergency Dept. in New Jersey.🕸

Top Ten Books On The Island

1. Wisdom From Gift From the Sea by Anne Morrow Lindbergh

2. Deep Blue by Randy Wayne White 3. Cuba Straits by Randy Wayne

White 4. The Nest by Cynthia D'Aprix Sweeney

5. Girl Waits With Gun by Amy Stewart

6. The Paris Wife by Paula McLain 7. Raymie Nightingale by Kate DiCamillo

8. My Grandmother Asked Me to Tell You She's Sorry by Fredrik Backman

9. The Sympathizer by Viet Thanh Nguyen

10.The Wright Brothers by David McCullough

Courtesy of MacIntosh Books and Paper.☆



by Di Saggau Alliluyeva," Rosemary Sullivan gives the reader a complex and tragic look into one of the grimmest chapters of the past century. Born in 1926, Svetlana Alliluyeva, (she adopted

Rosemary

Register Early For Reduced Rates On Half Day Fun Days At Rec Center

Register your child now for the upcoming Half Day Fun Days on Wednesday, June 8, Thursday, June 9 and Friday, June 10. There will be a variety of athletic games, craft projects and special entertainment. Enrollment is available for children in kindergarten through eighth grade. The Half Day Fun Day program operates from 12 to 5:30 p.m. Each child needs to bring a swimsuit and towel. Light snacks will be provided.

This is a new option now available to families seeking child care on school half days, however, these days are included at no charge for children currently enrolled is the After School Program Begister in advance and reactive the "Early Bird" rate

in the After School Program. Register in advance and receive the "Early Bird" rate: Youth Summer Day Camp begins on Monday, June 20. Register in advance and receive the "Early Bird" rate.

Date	Program	Early Bird Rate	After Early Bird Rate
Wednesday, June 8	Half Day Fun Day	Member: \$25 Non-member \$33 (registration by June 1)	Member: \$30 Non-member: \$40 (registration on or after June 2)
Thursday, June 9	Half Day Fun Day	Member: \$25 Non-member \$33 (registration by June 2)	Member: \$30 Non-member: \$40 (registration on or after June 3)
Friday, June 10	Half Day Fun Day	Member: \$25 Non-member \$33 (registration by June 3)	Member: \$30 Non-member: \$40 (registration on or after June 4)

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. For more information, call 472-0345 or visit www.mysanibel.com. $\stackrel{\scriptstyle \sim}{\sim}$



Fish Caught



Katie Hamilton and Michael Timm with the sea trout Hamilton caught

Sanibel resident Michael Timm and his cousin from Fort Myers, Katie Hamilton, caught two fish on May 18. Timm caught a 35-inch, 16-pound cobia at the "A" span of the Sanibel Causeway. Hamilton caught a 19-inch, eight-pound sea trout. Timm used a pinfish as bait. Hamilton used live shrimp.



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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.

The Center 4 Life will be closed on Monday, May 30 in observance of Memorial Day.

Trash & Treasures Sale - returning in November. If you are doing some spring cleaning before heading back up north, the center welcomes your donations of clean, gently used items. All donations are tax deductible. Bring items to the center Monday through Friday between 8 a.m. and 3:30 p.m. The following items cannot be accepted: books, clothes, shoes, computers or old TVs.

Page Turners with Ann Rodman - If you are not on the Page Turners list, and wish to be, email annrodman@ aol.com or contact the Center 4 Life.

The featured book for Wednesday, June 8 is The Great Santini by Pat Conroy. Bring your lunch and view the movie at 12:30 p.m. There will be a discussion of the book and movie at 2:30 p.m.

Artis-Naples, The Baker Museum and Lunch at Seasons 52 – Tuesday, June 7. Cost is \$10 for members and \$15 for non-members.

Take a private tour of the museum's current one-of-a-kind exhibit, Naples Collects, which is an eclectic exhibition that brings together examples of the best-known American artists of the 20th century, works by masters of European art and contemporary artists. After the tour is lunch at Seasons 52. Fee includes private tour at museum only. Car pooling available. Register by June 3.

Cabbage Key Cruise & Lunch – Thursday, June 23. Cost is \$70 for

members and \$77 for non-members. Cabbage Key is a true "Old Florida"

island hideaway. The main house, which is now the inn and restaurant, was built in 1938 by playwright and novelist Mary Roberts Rinehart. The wallpaper at Cabbage Key is made of autographed dollar bills that are taped to the walls and ceiling. It is said that Jimmy Buffet was inspired to write the song Cheeseburger in Paradise while visiting this rustic fisherman's pub. Cabbage Key offers a short nature trail and a water tower on which you can climb to the top for some great photographs. Register by Friday, June 17.

Games – Cost for all games is \$2.50 for members and \$5 for nonmembers. Prizes are awarded.

Bridge – Monday and Wednesday, register by 12 p.m. Game begins at 12:30 p.m.

Mahjongg – Thursday at 12:30 p.m

Hand & Foot – Thursday at 12:30 p.m

Tuesday Kayaking - June 7 (weather permitting) at 8:30 a.m. There is space for 16 people on eight twoperson 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. Island Seniors, Inc. members pay \$4 per class or visitors \$7 per class. 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 Essential Total Fitness - Monday,

Wednesday and Friday at 9:30 a.m. Cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls. Athletic footwear is required. Mahnaz Bassiri is the instructor.

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

Gentle Yoga - Tuesday and Thursday at 9:30 a.m. Stretch, tone and strengthen while improving flexibility, proper alignment and circulation. Mats are used to meet the needs of varying experience levels. Bring a towel. Kim Kouril is the instructor.

Chair Yoga – Tuesday and Thursday at 11 a.m. (through May 26). Similar to Gentle Yoga but all poses are done in a chair. Kim Kouril is the instructor.

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

Rec Center To Close For Repairs

he Sanibel Recreation Center will be closed from Saturday, June 11 to Sunday, June 19 in order to complete numerous maintenance projects. The facility will reopen Monday, June 20.袋



Sunday 12pm - 9pm

beach access from open to close!

6 DAY COUNTDOWN

HIIIII

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New Zonta Year Begins In June



2016-17 Zonta Club and foundation officers and boards, seated from left, Karen Pati, Carol Gestwicki, Barbara Beran, Nancy Dreher and Linda Robison; standing from left, Jan Alden, Orlene Shimberg, Susan Tucker, Judy Baran, Janine Boardman, Nancy Swofford, Diane Chesley, Kathleen Skubikowski and Virginia Jones.



The Zonta Sanibel-Captive Club and Foundation of Southwest Florida presidency passes to Barbara Beran, left, from Virginia (Gini) Jones

The Zonta year of service and advocacy begins in June. The Zonta Club of Sanibel-Captiva's 2016-17 year was ushered in recently with an installation dinner at which the presidency of both the club and the grant-awarding Zonta Foundation of Southwest Florida passed from Virginia (Gini) Jones to Barbara Beran. The club's and foundation's new boards and officers were sworn in as well.

The Zonta Club of Sanibel-Captiva is a service organization of professional women working together to provide hands-on service, advocacy, and (through 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.**



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• Cindy Sitton 239.810.4772

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TENNIS VILLAS AT SOUTH

· Hardwood Floors, Updated Kitchen & Bath Ground Floor Location Provides Picturesque Gulf Views

OCEAN'S REACH



Artist Shuna Lydon, right, speaking with Sheila Turner, Betsy Ventura and Sherrill Sims

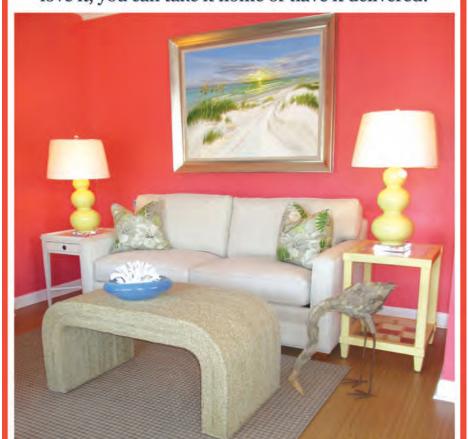
From page 1 Artists Stage Demonstration

both humor and thought-provoking scrutiny – how rising waters will affect coastal communities in the near and distant future, and engaged curious passersby with information about the impending impact of climate change.

To conclude their demonstration, they paraded along the beach, clad in wild costumes and chanting rhythmic messages championing their cause.

According to Rauschenberg Residency participants, one of the serious concerns facing all Southwest Floridians is a pro-

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Fort Myers resident Carly Scheiber, second from right, chatting with artists Marina Zurkow, Mick Lorusso and Shuna Lydon

jected three-foot increase in ocean levels by 2050. That rise will cause frequent flooding and a disruption of or damage to infrastructure such as roads, sewers, drainage and septic systems.

The March of the Climate Change Provocateurs was created by New York City performance artist Pat Oleszko. Other participants from the Rauschenberg Residency program – Rising Waters II – include Kristie and Red Anders, Rachel Armstrong, Amy Balkin, Christopher Cozier, Matthew Gamel, Lisa Hirmer, Mick Lorusso, Buster Simpson, smudge studio, Glenn Weiss and Marina Zurkow.

The Rauschenberg Residency is inspired by iconic artist and longtime Captiva resident Robert Rauschenberg's



Artist Glenn Weiss installing a wood piling showing the height of gulf waters by the year 2100

early years at Black Mountain College. There, an artistic community brought out elements central to his art, collaboration and exploration, learning from and working with others to break new ground. The residency advances new work, extends practices into new mediums, and serves as a research and development lab for performance-based projects.

For more information, visit www. rauschenbergfoundation.org.☆



The group marching along the shoreline last Saturday afternoon



Kristie Anders, left, watching Christopher Cozier flying a kite



One display invited people to play Rising Waters Limbo



Pat Oleszko helps Glenn Weiss into the Helen High Water costume



34 | ISLAND SUN - MAY 27, 2016 Sanibel Bike Club Stages Annual Ride Of Silence



More than 45 bicyclists took part in the annual Ride Of Silence, hosted by members of the Sanibel Bike Club last Wednesday evening. The group rode silently - in honor of fallen bicyclists - from the Matzaluna parking lot, down Periwinkle Way, across the Sanibel Causeway and back to the island. photos by Jeff Lysiak



From left, Ann Dirico, Dave and Debe Gassman, and Thomas DeBenedictis



Mark Blust speaking with Darla Letourneau of BikeWalkLee



Rick Kennedy of the Sanibel Police Department reviewing the ride route with George and Patti Sousa



The group crossing Span B of the Sanibel Causeway



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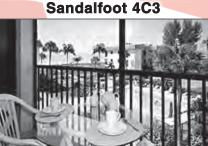


Build on this large corner, canal front lot with sea wall. Direct gulf access in minutes. Room to build 40 ft. dock. \$235,000

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Two parcels, A & B zoned Commercial General. Parcel A is approx. 4.5 acres. Parcel B is approx. 2.0 acres. Survey available. (A) \$999,500 (B) \$400,000



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Penelope Quigley, left, assisting Darlene Rizzo, right, place a Ride Of Silence sticker on Carol Strange's helmet



The group heading towards the mid-way point of the approximately six-mile route



Salli Kirkland and Beth Traucht signing the Ride Of Silence waiver forms



Patti Sousa talking to the group prior to the May 18 ride



Rick Kennedy and Billy Kirkland



36 | ISLAND SUN - MAY 27, 2016

BIG ARTS/ Rauschenberg Scholarship Winners Honored



The scholarship winners in attendance for the awards ceremony Tuesday, May 17, in Schein Hall included, from left, Amalia Smith, Natalie Kazmin, Sarah Adler and Inka Schulz

The recipients of the BIG ARTS/Robert Rauschenberg Scholarship awards were honored in a ceremony held on May 17 in BIG ARTS Schein Performance Hall on Sanibel.

Four of the six scholarship winners were in attendance as BIG ARTS Executive Director Lee Ellen Harder recognized each one during the ceremony. The six scholarship winners were Sarah Adler, Valerie Hernandez, Natalie Kazmin, Isabella LeVan, Inka Schulz and Amalia Smith.

"During the interview process this year, every member of the scholarship committee was moved to express gratitude for the privilege of interacting with this outstanding group of applicants," said scholarship committee chairman Ran Niehoff. "It is truly a high point in our lives to sense the warm passion and witness the creative talent of these young people.

"We are also grateful for the generosity of the donors to the scholarship fund, whose gifts provide a tangible 'high-five' and a firm 'pat on the back' to those whose



work add to the eternal dignity of human experience, one person at a time."

BIG ARTS received 13 applications with portfolios, ranging from theater, creative writing and graphic design to film and illustration.

Of those 13, seven were interviewed by the scholarship committee and of those seven, six were awarded scholarships.

"It is important to recognize the achievements of these scholarship recipients," said Harder. "They are our future in the arts."

Sponsors and donors of the scholarships include the Robert Rauschenberg Foundation, Patricia and Davis Thurber, Deborah and John LaGorce and other community support of BIG ARTS programs benefiting the scholarship programs.

Adler is a Sanibel Island native and has benefited from programs at BIG ARTS. She will graduate from Fort Myers High School and will carry 15 college credits. She attended Ringling College of Art and Design PreCollege and won the Outstanding Academic Achievement Award. She plans to attend the School of the Art Institute of Chicago to study for a BFA in visual communication design.

Hernandez is a native of Fort Myers and is entering her sophomore year this fall at Ringling College of Art and Design for illustration. Her plans are to enter the field of editorial illustration, while pursuing her own personal fine art painting.

Kazmin has been involved in filmmaking since October of 2015 and has been pursuing creative writing for the last decade. This fall, Kazmin will attend Florida State University, where she hopes to attend the College of Motion Picture Arts.

As an incoming senior in the FSU Music Therapy program, LeVan will start her internship this coming January at Big Bend Hospice in Tallahassee. She is beginning her pursuit of a master's degree in the field of music therapy with an emphasis in neuroscience and plans to build a career rich with performing, therapeutic practice and music therapy research in older adults in hospice.

A native from Bavaria, Germany, Schulz graduated a year early from high school and will be attending Ringling College of Art and Design in the fall to study illustration. Her plans include attending a prestigious concept art school in Singapore. Her career goal is to become a concept artist for a video game studio.

Smith is a Lee County native and will graduate from Dunbar High School this spring. She will be attending Florida Southwestern State College this summer to pursue her associate of arts. By 2018, she plans to attend FGCU or Florida A&M University to major in graphic design. Her goal is to become a successful designer with her own business.

Scholarship committee members included Niehoff, Ken Nees, Jerry Churchill, Deborah LaGorce, Lorraine Walker Williams and Blair Wyatt.

To learn more about the BIG ARTS/Robert Rauschenberg Scholarship program, or to donate to the cause, go to www.bigarts.org or call 395-0900.*



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Chrysalis Award Winners

he Lee County Visitor & Convention Bureau (VCB) and the Greater Fort Myers Chamber of Commerce honored six local individuals and businesses with Chrysalis Awards at the annual Celebration of Business & Tourism Awards Luncheon and Trade Show at the Harborside Event Center.

In addition, the VCB presented its long-standing Junonia Award to Ellis Etter, general manager of Wyndham Garden Hotel on Fort Myers Beach. Created in 2006, the VCB's Junonia Award recognizes individuals who have positively impacted the local tourism community by demonstrating unique capabilities, leadership, commitment and dedication.

The 2016 Chrysalis honorees: for business development, Chico's FAS, Inc.; cultural achievement, Artfest Fort Myers; education, Florida Gulf Coast University-Colloquium; sports, City of Palms Classic Basketball Tournament; sales and marketing, Florida SouthWestern State College; and for eco-innovation, Captiva Cruises.

The 43 nominees were judged on innovation, how they distinguished themselves, their efforts to promote the destination, contributions to business and tourism partnerships for the county, and their work to foster growth and sustainability.芬



Sanibel-Captiva Kiwanis Club will return as gold sponsor of the 8th annual 10K Race 4 FISH

Kiwanis Club Sponsors 10K Race

Sanibel Moorings #822

of complex with easy on-site

rentals. \$449,000

Sandpebble #2B

he Sanibel-Captiva Kiwanis Club is returning as a Gold Sponsor for the 10K Race 4 FISH, the only foot race on Sanibel. The 8th annual run is set for Saturday, October 15, 7:30 a.m., at the Sanibel Community Park along Periwinkle Way.

"The Kiwanis Club and Foundation are delighted to partner with FISH in lending a helping hand to our island youth," said Kiwanis President Eric Pfeifer. "Club members have been dedicated to providing all youth with an array of educational opportunities for many years."

We are grateful for the generous support of Kiwanis Club members and its Foundation," said 10K Race Committee Co-chair Nancy Bender. "They are good neighbors who care

about our young people and the future of our community. We are pleased to have Kiwanis return as a Gold Sponsor of the 10K race.'

Sponsorship slots - Gold, Silver, Bronze or Friend – are open. Anyone interested in becoming a sponsor should contact Nancy and Pete Bender at benderlaw@juno.com or 472-5220 by September 15.

For more information, go to fishofsanibel.com.☆



Canal-Front Home in Shell Harbor Near-beach stunning remodeled expanded 3 bedrm 3.5 bath with screened pool on seawalled canal with dock. \$1,495,000



Loggerhead Cay #264 Gulf-view & with newlyremodeled kitchen, top-floor income-producer. \$598,300



Sand Pointe #122 Remodeled gulf-view 2nd floor 2nd floor riverside 2 bedrm for 2 bedrm earning ~\$40K/year residence, vacations or rental, as weekly rental. \$749,000



Lake-Front Home in The Dunes Olde-Florida-style 3 bedrm with large screened porch, open decks, den/office/or 4th bedrm,



Coquina Beach #3G 2nd floor 2 bedrm on gulf-side Large 2 bedrm with upper loft, vaulted ceilings in great room, & excellent income. \$524,000



Sanibel Arms West #E2 Beach-front 2 bedrm grossing over \$70K/yr in handy on-site rental program. \$899,000



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Lighthouse Point #129 **Residential bay-view 3-bedrm** walk-out 29 steps to beach & on convenient east-end. \$699K



Sanibel Surfside #123 This balcony view & happy renters make this condo an excellent investment. \$874,000



Nutmeg Village #303 Top-floor bright updated 2 bedrm with views of gulf from every window. \$799K



Sundial #R401 Top-floor corner remodeled 2 bedrm plus den, courtyard to gulf view, & income. \$799,000



expansive water views, & caged pool. \$849,000

38 | ISLAND SUN - MAY 27, 2016 Superior Interiors How To Work With A Decorator



by Barb Cacchione

A new home or redecorating an existing one, most homeowners find themselves facing the age-old questions of "where do I begin?"

and "how do I turn this house into my home?"

Strangely enough, when homeowners need work done in the home,

professionals are immediately called in – plumbers, electricians, landscapers and roofers. Why then do so many still shy from using the services of a professional interior decorator when making important decorative decisions and purchases for their home? Once considered a luxury for only the very wealthy, decorating services are more of a necessity for today's busy homeowner who simply can't afford to make costly mistakes.

Working with a professional designer should be an enjoyable experience. Since interior decorating projects are highly personal and collaborative, the final results are always much more successful when the lines of communication are open and ideas are freely discussed. Be candid with your decorator regarding such important elements as priorities, timing, budgets and tastes. If a style, color or item is suggested that you do not like, feel free to express yourself.

To ensure that you get off to the right start with your decorator and also get the results you are looking for, keep in mind the following tips:

• Be a keen observer. Consciously make note of what catches your interest as you peruse decorating magazines for interesting rooms and make-overs. Start a file of colors, patterns and designs that appeal to you. You may notice a chandelier, mirror, color combination or window treatment that you like. Once you clip and track these for a brief period, you will be better able to draw a conclusion as to your personal style then communicate these tastes to your interior decorator at your first opportunity.

Take an honest inventory of your existing décor to determine which pieces you want to keep. Assess your furnishings the way you periodically review your wardrobe. Plan to keep the pieces you truly love and put all others on the to-be-replaced-eventually list.

Based upon your initial consultation, your designer will present you with fabric samples, sketches and pictures for your evaluation. Since professionals have access to a world of options unavailable in retail stores, be reasonable about asking to see more and more of everything available. Remember that the first two or three designs you are shown will, in the decorator's opinion, be the best looks for your home. One of the most important services a professional offers is sparing you the confusion of the myriad choices available.

Trust your designer's advice and stay focused on the overall design goal. Once your design plans are finalized, you will quickly derail your project if you begin to question your decisions because you are heeding the outside opinions of neighbors, friends and relatives. While well-intentioned, these people have no concept of the complete overall design and will focus on one phase of the project to criticize.

Register Early For Captiva Triathlon

Registration is strong for the 6th annual Galloway Captiva Triathlon, which has sold out early every year since its 2011 inception and is limited to 750 participants for the Sunday adult sprint event. Proceeds benefit the Community Cooperative's Healthy School Pantry program.

The adult race is scheduled for Sunday, September 11 at South Seas Island Resort on Captiva Island and includes a quarter-mile open water swim, 10-mile bike (on closed island roads) and 3.1-mile run along the gulf and Redfish Pass.

Registration is available online at www.CaptivaTri.org. The nonrefundable

The last piece of advice is to give change a chance. The most dramatic changes usually come from introducing a strong new color or a different pattern. Don't panic! Just remember that all change – even for the better – requires a period of adjustment. Most homeowners who have redecorated their home will be quick to tell you "I should have done it sooner!"

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

cost to register is \$75 for individuals, \$85 for elite amateur athletes and \$180 for relay teams of two or three people. Registration fees increase on June 1 to \$85, \$95 and \$200, respectively.

The Captiva Tri also will host a shorter Children's Fun Tri on Saturday, September 10, also at South Seas. The race will not be timed and all finishers will earn a medal. Children will compete in three age groups – 6 to 8, 9 and 10, and 11 to 13 – with the distances of each race varying. Registration is \$25 (which does not increase June 1). All three age groups are limited in size, and have sold out even before the adult event in years past.

Registration for both races online at www.CaptivaTri.org.

The Galloway Family of Dealerships is the title sponsor of the event. $\overset{\sim}{\approx}$

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Prediction Or Illustration?



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

Clients receive many financial, tax and legal illustrations when planning their estates. Financial firms will run an analysis that plugs in variables such as assumed rates of return, marginal tax rates, additional ongoing contributions and withdrawals, arriving at an illustration to help a client make decisions.

How many of those illustrations actually come true? None. That's right – not one! Allow me to explain. When a financial illustration assumes a certain growth rate, say that growth rate is six percent – the computer model will use that as an average rate. There's absolutely no chance

that any asset will increase in value at a constant rate of six percent. All of us have seen a graph showing the ups and downs of a publicly traded company. The graph almost always looks like a series of peaks and valleys. It may average to six percent, but at any one point in time the real rate of return will be something different.

So consider if you were to take a snapshot at any particular moment in time, and if you add money to that holding or sell all or some part of the holding, the realized gain or loss will certainly be a different amount than that illustrated in a workup.

That's just one example. When you think about all of the variables that must be used in any financial computation, you realize that any such example is merely an illustration, as opposed to a prediction.

Too often, however, clients view these charts, graphs and spreadsheets as predictions, or something that the firm believes will actually happen. It might be close, but then again, it might be far off. Of course, most of the illustrations one finds in financial ads or in prospectus filings are qualified with specific language. Everyone has seen print and television ads stating "past performance does not guarantee future results."

So what does this mean? Do we throw all of the illustrations out the window? No. The illustrations are valuable for what they are – a quick take of what something might approximate given the assumptions used. Therefore, my first suggestion is to closely scrutinize the assumptions themselves. Is the assumed rate of return reasonable? Does the firm fully disclose all of the costs and expenses associated with the investment? Is your marginal tax rate equivalent to that assumed inside the illustration?

Examining all of the variables is tedious and takes some work. I find insurance and annuity illustrations among the most difficult to understand. There are so many variables associated with each product, you have to be an expert in the field to fully evaluate whether the proposal fits within your risk tolerance and achieves your goals.

There are independent firms who will analyze insurance and annuity investments to determine if the promises made are realistic. I'm not suggesting, by the way, that your insurance advisor is intentionally misleading you. The insurance and annuity contracts that he sells are expansive. Often he must rely on his company to educate him as to each product's features.

Some insurance and annuity advisors don't work on commission, rather they charge a fixed fee for their analysis and recommendations. This way, they have no particular "skin in the game" as to which product you buy. Anecdotally, insurance advisors tell me that many clients won't pay the fee separately, preferring to pay a commission. A fixed fee is an out of pocket expense that the client can feel when writing the check as opposed to the commission that is hidden in the transaction cost. If you're going to pay a fee anyway, why not structure it in a manner that won't encourage the sale of the highest commissioned product?

Many clients problematically consider the purchase the end of the investigative phase. To me, it is only the beginning. Monitoring the ongoing yield and rates of return is just as important as the research you did before purchasing. As an example, I ask my insurance advisor to run new illustrations on my whole life policies nearly every year, saving the old ones for comparison. That way, I have a baseline for comparison purposes which helps me determine if everything is still on track.

Even with insurance and annuity contracts that have steep early termination clauses, it's important to determine if the contract you purchased lives up to your expectations. If it doesn't, there are likely certain avenues you can further explore to ensure success. That's why it's so important to seek a relationship with a financial advisor you trust. Even if you are a do-it-yourselfer, if you should become sick or pass away, you want the resources of a knowledgeable professional there for your loved ones.

Our email address is press@islandsunnews.com



Red Sox Resurgence Has Boston Fans Forgetting Dire Preseason Predictions



by Ed Frank

Tt was just seven weeks ago when the Boston Red Sox left here at the conclusion of spring training amid swirling controversies and rumors.

Manager John Farrell reportedly was on a "short leash" if the team didn't get off to a good start in the 2016 season. Last place finishes in three of the last four seasons added to the pressure on Farrell.

The huge long-term contracts awarded a year ago to Hanley Ramirez (four years, \$88 million) and Pablo Sandoval (five years, \$90 million), both of whom performed poorly in 2015, were loudly criticized by the Red Sox faithful.

And many questioned the wisdom of shelling out \$217 million in the off-season to sign pitcher David Price for seven years.

But that was seven weeks ago and it's sure a different outlook today with the season nearing the one-third mark.

As this week began, Boston was 27-17 and in a virtual tie with Baltimore for first place in the American League's Eastern Division.

Thunderous offense and great pitching have led to the early season success. The most exciting part of the Boston turnaround is the hitting streak of centerfielder Jackie Bradley, Jr. Through Sunday, Bradley's streak of 27 straight games was the longest in the major leagues since Nolan Arenado of the Colorado Rockies had a 28-gamer in 2014.

He was nearing the half-way mark of Joe DiMaggio's historic 56-game hitting streak in 1941, and if the streak continues, it will soon generate national media attention. The Red Sox record is 34 straight, set by Dom DiMaggio in 1949.

Let's look at other reasons for the 2016 Red Sox success:

Shortstop Xander Bogaerts, just 23 years old, was tops in the American League with a .346 batting average; Bradley was second at .342. Ageless David Ortiz was fourth with a .329 average.

The 40-year-old Ortiz, who has announced his retirement at the end of the season, had 37 RBIs, second best in the AL, and leads the league in doubles with 19. Red Sox fans are clamoring for Big Papi to reconsider retirement.

Boston has the league's top team batting average at .296.

Red Sox pitching is equally impressive.

Right-hander Rick Porcello's seven wins trailed only Chris Sale of the White Sox,

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who had nine. Price was right behind with a 6-1 record. And reliever Craig Kimbrel, whom Boston also acquired in the off-season, was tied for the league's best with 12 saves

And the Ramirez-Sandoval ruckus is a distant memory. Sandoval is out for the season with an injury, and Ramirez, who was moved to first base, is earning his money with a hefty .315 batting average.

Yes, the doom and gloom of the Red Sox seven weeks ago is now forgotten. Islands Night Returns Next Wednesday

The 23d annual Islands Night is next Wednesday night at Hammond Stadium, with the Fort Myers Miracle opposing the St. Lucie Mets at 7:05 p.m. The fun evening was started by the late Sam Bailey for local residents to gather

for a fun evening of baseball and camaraderie. Free tickets are available at Bailey's General Store and other island sponsor locations.

Islands Night next Wednesday is the second in a seven-game homestand for the Miracle, who began the week with a 24-21 season record, good for a first place tie with St. Lucie in the Florida State League's South Division.

St. Lucie is here Tuesday through Thursday and Daytona Friday through the following Monday.举

SPORTS QUIZ

- 1. In 2015, pitcher Jorge De La Rosa became the all-time leader in victories for the Colorado Rockies. Who had held the mark?
- Two major-league players during the 1960s won the Rookie of the Year Awards in
- 2. Two major-league players during the 1960s won the Rookle of the Year Awards in the same season they were on a pennant-winning team. Name either one.
 3. Marcus Mariota, in 2014, became only the second college football player from the Pacific Northwest to win the Heisman Trophy. Who was the first?
 4. In 2015, Detroit's Brandon Jennings had a game of 24 points and 21 assists. Who was the last Piston to have at least 20 points and 20 assists in a game?
 5. How many NHL seasons did goaltender Martin Brodeur play for the New Jersey Devile?
- Devils?
- 6. In 2015, Martin Truex Jr. became the first NASCAR Cup driver since 1969 to have 14 top-10 finishes in the first 15 races of a season. Who did it in '69?
- 7. When Angelique Kerber won the Australian Open in 2016, she was the first German woman to win the singles title since Steffi Graf. When was Graf's last title?

ANSWERS

1. Aaron Cook, with 72 wins (2002-11). 2. Tom Tresh with the New York Yankees in 1962, and Jim Lefebvre with the Los Angeles Dodgers in 1965. 3. Terry Baker of Oregon State in 1962. 4. Isiah Thomas had a 20/20 game in 1985. 5. Twenty-one seasons. 6. Richard Petty. 7. It was 1994.

homas c ouwers, M.S.T.

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Rotary Happenings

submitted by Shirley Jewell

ewspapers, media outlets and politicians these days are talking about drug abuse, mental health issues, a veteran's health crisis and the current

increase in crime throughout our nation, but little is being done about any of this. The fact is, these problems land in the lap of our judicial system.

To gain some insight into this matter, Sanibel-Captiva Rotary invited 20th Judicial Circuit Veterans Court Judge Andrew Swett; Administrative Services Coordinator for the 20th Judicial Circuit Belinda Smith; and Lee County Veterans Mentor Coordinator Earl Givens to our May 20 meeting. They enlightened us on a fairly new approach within our court system that addresses these issues when our country's military veterans are involved.

What is Veterans Treatment Court (VTC)? This program represents an effort to identify and address the unique needs of veterans living with a mental illness, substance abuse issues, physical and mental trauma, or a number of other serious issues who have had an infraction of the law resulting in arrest. The first VTC started in 2008 in Buffalo, New York. Today, there are 220 operational VTCs in the United States serving 11,000 veterans. The program was brought to Lee County two years ago and took a year of training before activation a year ago in the 20th Judicial Circuit.

How does the VTC work? An arrest is made and the arrested is identified as a veteran. Then there is a screening process to identify the need of each veteran by the court and eligibility for the program. This is done within 24 hours. These veterans cannot be noted career criminals but in need of health or mental health treatment that has contributed to their incarceration

The veterans are then brought before VTC Judge Swett and strongly encouraged to voluntarily take advantage of this program in place of jail time. However, strings are attached, such as regular court appearances, random drug

and alcohol screenings at their own expense, psychiatric and or substance abuse monitoring; and regular contact and home visits with an outreach specialist. This involves taking advantage of a number of resources.VTC offers help with job retraining, job placement, housing and family reunification. Biweekly court appearances before Judge Sweet for approximately a year take place to evaluate the progress of each veteran in the program.

An individual veteran's VTC plan involves a collaborative effort by as many as 13 or more helping agencies within and outside of community government agencies, all set up and monitored by Smith. Completion of individual VTC program plans can take over a year to complete.

The first veteran completing the VTC program graduated this past week. Upon successful completion of the intervention plan, the pending case will be dismissed by the state attorney's office. Probation may be terminated or continued.

Another component toward the success of the VTC program is a volunteer mentoring system run by Givens. Mentors in this program must be military veterans themselves; those who have "walked the walk." They know the glory and pitfalls of service to our country. They also know that returning to civilian life is not easy, and many veterans have trouble doing so. Mentors aim to offer optional support, guidance and friendship as a fellow veteran. They can provide encouragement, understanding, coaching, providing support, being an advocate in court or in dealing with a helping agency. They understand the problems these vets are having.

Givens needs more volunteer mentors for this program. These men and women have given much to our country and now they need help themselves. Givens referred to the movie A Few Good Men. One line spoken by Lt. Cdr. Galloway (played by Demi Moore) when asked, "Why do you like them?" Her answer: "Because they stand on the wall, they say nothing is going to hurt you tonight, not on my watch.

For more information on becoming a mentor, contact Earl Givens at earlgi1948@hotmail.com.

The Sanibel-Captiva Rotary meets at 7 a.m. on Fridays at The Dunes Golf & Tennis Club. Guests are welcome.☆



School Smart



by Shelley M. Greggs, NCSP **ear Shelley**, My second loves to read. He is doing very well with his reading, and we go to the library often to select books for him. With summer

vacation coming soon, I know he will be reading even more books. How can I help him choose appropriate books?

Grace K., Sanibel, Florida

Grace,

How wonderful that your son enjoys reading! A student who likes reading usually is successful in school. In fact recent research by Donald J. Hernandez, a sociology professor at Hunter College indicates that a student who can't read on grade level by 3rd grade is four times less likely to graduate by age 19 than a child who does read proficiently by that time. So, it is crucial to start the reading habit very early in a child's life.

You bring up a great topic of book choices for children. It is important for children to select books at their appropriate reading level to avoid boredom from a book that is too easy or frustration from a book that is too difficult. Children need to pick books in their "comfort zone." This means that the child can read well enough to understand the text, according to Elaine L. McKwan, author of *Choosing a Book in the Comfort Zone*. McKwan further says that there are three components to reading in the comfort zone: 1) the student is able to sound out at least 95 percent of the words; 2) he/she is familiar with at least 90 percent of the words; 3) he/she understands and can use at least 75 percent of the words.

When your child picks a book that seems interesting, you both should peruse the book and check the size of the font, number of pages and types of illustrations. Read the front and back covers as well to see if the book still appeals to your child. A quick way to determine if the book is an appropriate match for your child's reading level is to have your child read several paragraphs aloud from various sections of the book. If your child can read most of the words without difficulty and can then explain the paragraph orally, you have most likely found a book in your child's comfort zone that will be a good book selection. Librarians are a great resource and are very knowledgeable. They are willing to help you with recommendations for book choices. Happy fun reading this summer!

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.*

Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Captiva	1940	3,887	\$4,800,000	\$4,550,000	0
Laguna Shores	Fort Myers Beach	1952	2,286	\$1,750,000	\$1,590,000	93
Southport On The Bay	Bonita Springs	2004	5,100	\$1,720,000	\$1,500,000	6
Shenandoah	Fort Myers	2006	4,632	\$1,298,000	\$1,200,000	199
Metes And Bounds	Sanibel	1983	1,227	\$1,029,000	\$950,000	186
Dorondo Huffner Unrec. Plat.	Fort Myers Beach	1987	2,204	\$925,000	\$902,500	515
Renaissance	Fort Myers	2015	3,255	\$829,990	\$805,000	463
Burtwood	Fort Myers	1926	4,266	\$825,000	\$725,000	252
Copper Lake	Bonita Springs	2002	3,457	\$735,000	\$710,000	36
Cape Coral	Cape Coral	2001	2,164	\$734,900	\$710,000	75

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Beauty Queen To Speak At Symposium



Haely Jardas

Reigning Miss District of Columbia, Haely Jardas, is slated to be the keynote speaker at the Mental Health Educational Symposium at Broadway Palm Dinner Theatre on Monday, October 24.

Jardas, a Fort Myers native and mental health advocate, will speak at the Food for Thought: Feeding the Mind, Body and Soul symposium that is being presented by Hope Clubhouse. The discussion will be held from 11 a.m. to 2 p.m. at the theater's 1380 Colonial Boulevard location in Fort Myers.

The theme, Food for Thought, reflects the initiative behind the Hope Clubhouse new edible Garden of Hope that promotes better nutrition and healthier lifestyles for adults living with mental illness.

In the September Miss America contest, Jardas established the platform "Mental Health Matters." Having suffered from anxiety and depression, Jardas' message to the public was that anxiety disorders and depression are common, particularly among college students. However, they are highly treatable illnesses, and help is available. She continues to encourage the public to reach out to lawmakers at all levels to pass mental health legislation. A graduate of Cypress Lake High

A graduate of Cypress Lake High School and the American University in Washington, DC, Jardas is currently a program manager for the DC Statehood Initiatives Agency. In addition to the keynote address, a

In addition to the keynote address, a panel of local advocates will discuss the state of mental health care in Southwest Florida, and what can be done to improve the quality of life of people living with mental illness. The panel for the symposium will include Judge H. Andrew Swett of the Lee County Mental Health Court, Fort Myers psychiatrist Dr. Omar Rieche and Hope Clubhouse member Cindy Bishop. News-Press executive editor and vice president of content Cindy McCurry-Ross will serve as emcee.

Continuing Education Units can be earned for qualifying professionals in attendance.

Sponsorship opportunities are available. For more information, contact James Wineinger at 900-4200 or email jwineinger@hopeclubhouse.org.‡

All Of Us Have An Autoimmune Disorder

by Suzy Cohen, RPh

ear Readers:



It's a scary thought that you could have autoimmune dysfunction even though you may not have been diagnosed with a disorder yet. I think we all have some degree of autoimmu-

nity and if tested properly, we'd see it. Doctors think autoimmune diseases are "rare" and here I'm saying I think all of us have some degree. I'm not crazy. It's only "rare" because the old-school tests don't detect it until 90 percent of the tissue or organ is completely destroyed.

Tests for autoimmunity are so backwards that until the symptoms are out of control and you're in terrible pain or finally starting to become deformed, the tests don't come back positive. Most of your tissue has to be destroyed or the autoimmune diagnosis is not given.

Take Hashimoto's thyroiditis or Graves' disease for example. These are both autoimmune diseases where your T cells (immune system) destroys your own thyroid gland. But people don't get cured when they take the "standard of care" medications such as thyroid hormone, or when they undergo surgery or radiation. Why aren't they cured and why don't they feel better when their TSH and other thyroid labs look good?

The answer is easy. It's because none of these medications stops the assault caused by the T cells which are still trying to kill other tissues in the body. There's a full-body cytokine storm of pro-inflammatory compounds making you miserable (even though your hormone levels are normal).

Take any autoimmune disease, the best they tell you to hope for is remission. When you have one autoimmune disease, you almost always have two or three or four. Your body creates antibodies everywhere it sees an invader... why would anyone think it stops at your thyroid, your myelin, your adrenals, your joints and cartilage, or your skin cells?

Here's why you could have multiple disorders going on. It could be a pathogen that's gone undetected. It could be food, that's a big trigger.

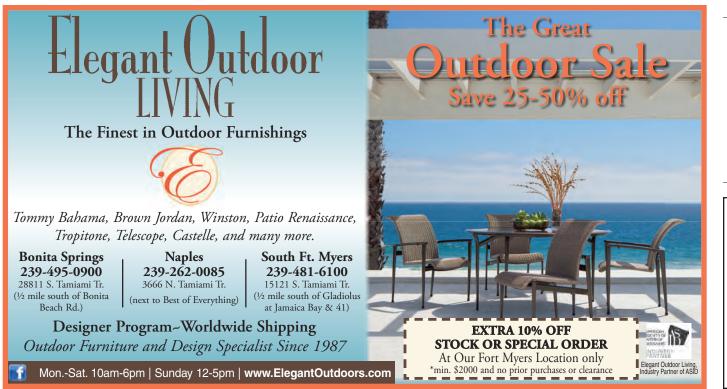
Gluten is a hole puncher.

You get gluten when you eat traditional bread, pasta and pastries, most notably from foods cooked with wheat, barley and rye. Gluten pokes holes in your gut, whether or not you have Celiac disease. It's an additive.

Gluten makes your "tight junctions" in your gut come loose, so various undigested proteins (corn, egg, coffee, tapioca) leak out of the holes in your gut, into your blood stream. The proteins aren't supposed to be there, they're supposed to stay in the tube, meaning your gut. Your immune system tags these innocent foreign proteins which only leaked out because your gut is holy and I don't mean that in a good way.

These proteins are in organs and your immune system is poised to destroy the tissue wherever they lodge. It's not just gluten, it could be corn, egg, dairy, coffee and so forth. It differs for everyone. I've written an ebook, specifically on the topic of food, and what foods to avoid. My ebook pertains to Hashimoto's, however, if you have any autoimmune disorder, it will help you. Sign up for my newsletter at suzycohen. com and it will come in an email.

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.☆



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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,

We have a lovely cottage in the woods on a large lake that we love and enjoy and, to our good fortune, it has also appreciated almost tenfold since our purchase.

We are getting older now, and the upkeep and taxes are beginning to cause us problems.

Our daughter-in-law loves the cottage but our relationship with her has always been strained. My husband wants to sell

rather than let her enjoy the fruits of his good fortune, but I hate to sell it and deprive our son and grandchildren of the pleasure the cottage might give them. What can you suggest we do? Muriel

Dear Muriel,

Perhaps you can work out an option for your son to assist with the taxes and upkeep of the cottage for the use of the cottage. On another note, why would you want to deprive your son and grandchildren the cottage because you do not like your daughter-in-law? Seems to be a choice based on spite. Decisions motivated by spite might feel good in the immediate but do not reflect well on one's character, and there are almost always unforeseen hurtful consequences.

Pryce

Dear Muriel, Your husband seems to have a real problem – so bad that he is willing to deprive your son and grandchildren the pleasure the cottage could bring them.

He made the money and the financial investment so I guess he feels he has the right to do as he pleases.

We all have the right to make our own decisions, and you can't change him so I would suggest you don't even try, because it will only make your life more stressful, but it is a most unfortunate situation. Lizzie

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

Doctor and Dietician Healthy Weights



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

here is a growing belief that lifestyle and genetics are what determine one's health, rather than just a dress or pants size. One development is the fat-acceptance movement, which leans to the belief that extra weight may not be ideal, but it sure beats dieting. They refer to extreme yo-yo dieting, which can over time slow your metabolism and cause cardiac stress and lead to even further weight increases. On the other side of this coin are those who oppose the case for "healthy fatness." They state that extra weight can increase disease risk such as developing breast cancer and heart disease.

We feel that it is best for your body to remain at a "healthy" weight. We agree that people are obsessed with dress size and weight. However, we also agree that obesity can lead to disease.

239.303.4069

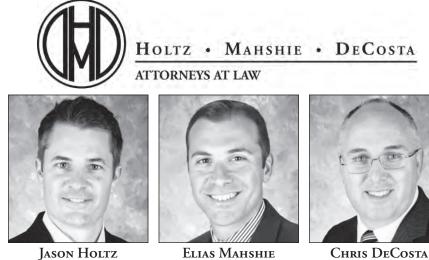


Overweight or thin, folks need to get up off the couch and start moving around. Exercise is key. Immobility contributes to arthritis, chronic pain, obesity, heart disease and diabetes. Women, in particular, need to build strength to prevent osteoporosis. We find that those who lead active lifestyles are often better off than those who are extremely thin but are inactive and tend to have worse overall health than their more active counterparts. Exercise and activity boosts metabolic function and typically also results in muscle-building and weight/fat loss ... let alone the mental and emotional wellbeing benefits. Our goal for you is to become fit, healthy and strong and lose some excess weight in the process. You may need to make some changes, such as the way you eat and increasing your activity level, but the effort will be well worth the benefits of increased energy and feeling of wellbeing.

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

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ANOTHER REASON TO LOVE FLORIDA JOINT REGENERATION THERAPY



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46 ISLAND SUN - MAY 27, 2016

Eden Energy Medicine Energies Of Love: Hearing Between The Lines



by Karen L. Semmelman, Certified EEM, JD, AAML (03-12) ast week, we

learned there are four sensory types, each of which uses as a default while under stress

- Tonal
- Visual
- Kinesthetic
- Digital

(See the Energies of Love book for in-depth exploration)

When one is in the midst of an argument, the default mode will prevail and any attempt to convince the person to perceive the situation in another mode will fail. That means if we learn our own sensory type, and that of those close to us, we will begin to communicate in an effective and loving way. This is the energy of love.

There are energetic tests that can be used to determine the sensory type, which is beyond the scope of this column. However, it is beneficial to learn more about each type to help identify

your sensory type, which also helps acceptance that your way of being in this world may be very very different that your loved one.

Today, we explore the person's whose sensory default is tonal (when in balance is very intuitive, insightful, engaging and probing to understand all nuances of others' being). Here is the vignette:

Harry and Nancy have been married for 20 years. Nancy asks Harry to please be mindful that their 16-year-old son needs more attention after dinner, since she is worried that he is distancing himself from the family. As she is explaining her concerns, Harry become exceedingly upset, telling her that he is doing the best he can and asking why she is always criticizing him for his failure to be a good father and accusing him of never interacting with their son. Nancy gets distressed and tries to explain her logic, but Harry can hear nothing and storms out of the room. Sound like anyone you know?

Harry's sensory type is a tonal, and until he comes back to his own center, no words will be heard in any way other than as he hears them, filling in the blanks as he thinks he is hearing. Harry is under stress and in his default sensory mode, absorbed in his own world and feeling very rejected. The solution? Both parties stop, look and listen after doing the 3-Thumps, crown pull and Wayne Cook exercise (see 5-Minute Routine). Try the exercise in the column Hand To Heart With Partner Creates

Bond (which ran two weeks ago). There are many more solutions in the book. Understanding our loved ones' energies, changes all of our lives.

Have fun with your energy! Next week's topic is Energies Of Love: You Are Always Wrong.

If you have a question, email Karen at SemmEnergyCenter@gmail.com or visit www.semmelmanenergy.com. EEM does not diagnose or cure illness, but working with subtle energies of the body has been shown to help many conditions.举

Got A Problem? Dr. Connie Is In

by Constance Clancy



A: Perhaps I could ask you some specific questions to better understand how you display your frustration.

1. Are you irritable?

2. Are you reactive to the point where you hurt others?

3. Do you find yourself snapping at or blaming others?

- 4. Do you lose your temper?
- 5. Do you self-medicate with alcohol or drugs? How is your diet?

If you can assess how you are doing by truly answering the above questions to the best of your ability, then you may have a better understanding what specifically is getting your goat.

If you agree that you are frustrated with other people, things, certain issues, then take a good assessment of yourself or talk to a professional who may be able to help you with what is really going on. In the meantime, try to take some time out for yourself and practice a few minutes of meditation each day to get calm and peaceful inside. With this clarity and focus, you will have a better understanding of your frustrations and, with this clarity, you can get a better handle on them. Also, be compassionate with yourself and realize that every frustration has a solution. Try and listen to others non-defensively without reacting. Just listen.

Practice patience and compassion. You will feel a sense of self-respect, and you will respect others as they are human too.

Patience sets the right tone to treat others and be treated respectfully.

Constance Clancy-Fisher, EdD is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at constanceclancyfisher@gmail.com.☆



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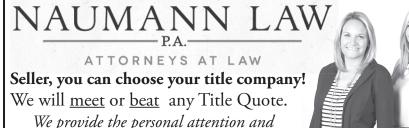
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MASSAGE SUMMER SPECIALS ARE BACK! DETAILS AT WWW.ISLANDTHERAPYCENTER.COM



Cucumber and Sweet Pepper Salad 2 bell peppers (or 12 small sweet peppers), seeds removed and sliced thin (a variety of colored peppers is recom-

mended)

- 2 cucumbers
- 1 red onion

1/4 cup fresh parsley, chopped fine

1 tablespoon fresh herbs (basil, thyme, oregano or mint)

2 tablespoons white wine vinegar

1 tablespoon olive oil

Sea salt to taste

Fresh ground pepper to taste

Add all ingredients except the salt and pepper to a medium-sized mixing bowl. Lightly toss all ingredients to coat.

Taste salad and adjust seasoning with salt and pepper.

Keep refrigerated and serve cold. Chef tip: Add 1 cup of feta cheese to this recipe for extra flavor.efrigerate until ready to use.*



Cucumber and Sweet Pepper Salad



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PETS OF THE WEEK



Alex ID# 658231



Padme ID# 661437

Hello, my name is Alex. I'm a 1-1/2-yearold male brown brindle and white pit bull terrier Not too many guys are handsome, muscular, smart, tender and loving. I'm all those things and more. I love socializing with my doggie friends at the shelter but, most of all, I love running up to greet my human friends. Could we be friends for life?

My adoption fee is \$40 (regularly \$75) during Animal Services' "There's No Place Like Home!" adoption promo.

Hi, I'm Padme. I'm a 3-year-old spayed female brown tabby domestic long hair. I'm a beautiful, front-declawed feline with unique coloring and a big fluffy tail. However, my best feature is the love and attention I give to everyone, both people and other kitties.

My adoption fee is \$40 (regularly \$50) during Animal Services' "There's No Place Like Home!" adoption promo. For information about this week's pets, call 533-7387 (LEE-PETS) or log on to Animal Services' website at www.LeeLostPets.com. When calling, refer to the animal's ID number. The website updates every hour so you will be able to see if these or any other pets are still available.

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

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

The adoption package is valued at \$500.

PUZZLES

Answers on page 53

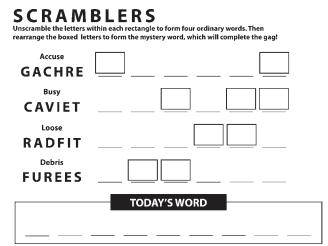
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answer on page 52



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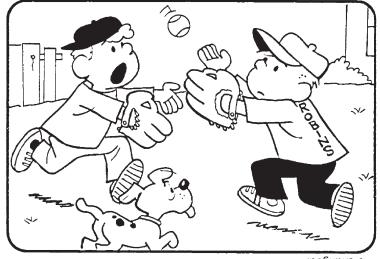
SUDOKU

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 53

HOCUS-FOCUS HENRY BOLTINOFF

FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Fence board is smaller. 2. Number is missing. 3. Glove is different. 4. Dog's ears are different. 5. Leg is moved. 6. Shirt name

PROFESSIONAL DIRECTORY



PAINTING



is cuanged.

BY

LIVE ON THE **ISLANDS**

The Jacaranda has live entertainment Friday and Saturday with Cruzan Vibes, playing reggae and dance. On Monday, it's Renata, playing funk, jazz and contemporary. On Tuesday and Wednesday, it's Sir Mitch, playing classic rock, R&B and dance. 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 live island style entertainment on Mondays.

Traditions on the Beach at Island Inn has live entertainment Friday, Saturday and Sunday with Dusk. On Tuesday, it's Woody Brubaker. Woody Brubaker and Barbara Smith perform on Wednesday and Thursday.

II Cielo has live entertainment with Scott McDonald on Thursday, Friday and Saturday

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

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...



FOR WEEK OF MAY 30, 2016

ARIES (March 21 to April 19) Although you would prefer to move forward at a steady pace, it might be a good idea to stop and reassess your plans. You could find a good reason to make a change at this time.

TAURUS (April 20 to May 20) Just when you thought you had everything planned to the smallest detail, you get some news that could unsettle things. But a timely explanation helps put it all back on track.

GEMINI (May 21 to June 20) Home and work continue to compete for your attention. But you handle it well by giving each its proper due. Someone you trust offers valuable advice. Listen to it.

CANCER (June 21 to July 22) Unsettling news creates a difficult but not impossible situation. Continue to follow your planned routine, but keep your mind open to a possible change down the line.

LEO (July 23 to August 22) Lick your wounded pride if you like, but it's a better idea to find out why your suggestions were rejected. What you learn could help you deal with an upcoming situation.

VIRGO (August 23 to September 22) Feeling a bit listless? No wonder. You might be pushing too hard to finish everything on your to-do list. Cutting it down could help get your energy levels up.

LIBRA (September 23 to October 22) Taking time out of your busy

schedule might be the best way to handle that sensitive private matter. It will help reassure everyone involved about your priorities.

SCORPIO (October 23 to November 21) Insist on full disclosure by all parties before agreeing to be part of a "great deal." What you learn should help you decide whether to go with it or not.

SAGITTARIUS (November 22 to December 21) Your decision to protect the secret that was entrusted to you might irk some people. But it also wins you the admiration of those who value trust and loyalty.

CAPRICORN (December 22 to January 19) Creative activities take on a practical approach as you realize you might be able to market your work. Ask for advice from someone experienced in this area.

AQUARIUS (January 20 to February 18) If you're suddenly a bit unsure about your decision, ask trusted colleagues and/or friends or family members for suggestions that could help resolve your doubts.

PISCES (February 19 to March 20) A workplace situation could get stormy. But stay on course until there's a solution that meets with everyone's approval, and things finally can calm down.

BORN THIS WEEK: You keep an open mind on most matters, making you the confidante of choice for people who need your honest counsel.

THIS WEEK IN HISTORY

• On May 30, 1911, Ray Harroun drives his single-seater Marmon Wasp

to victory in the inaugural Indianapolis 500 auto race. Harroun completed the 500-mile race in 6 hours and 42 minutes, averaging almost 75 mph.

• On May 31, 1929, after two years of friendly negotiations, Ford Motor Company signs a landmark agreement to produce cars in the Soviet Union, which in 1928 had only 20,000 cars and a single truck factory.

• On June 5, 1933, the United States goes off the gold standard, a monetary system in which currency is backed by gold. All persons owning gold coin, bullion or certificates were required to deliver it to the Federal Reserve for the set price of \$20.67per ounce. Americans could not legally own gold again until 1974.

• On June 3, 1940, determined to wreck France's economy and military, the German air force bombs Paris, killing 254 people. Most of the victims were civilians, including schoolchildren.

• On June 2, 1953, Queen Elizabeth II, age 27, is formally crowned monarch of the United Kingdom at London's Westminster Abbey in a ceremony steeped in traditions that date back a millennium.

• On June 1, 1967, the Beatles release "Sgt. Pepper's Lonely Hearts Club Band," regarded by many as the greatest album in the history of rock 'n' roll. Upon hearing the album for the first time, Bob Dylan told Beatle Paul McCartney: "Oh, I get it, you don't want to be cute anymore."

• On June 4, 1972, Angela Davis, a black militant, is acquitted on charges of conspiracy, murder and kidnapping by an all-white

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52 ISLAND SUN - MAY 27, 2016

jury in California. She was accused of supplying weapons used in a courtroom takeover and shoot-out that killed a superior court judge and three others.

STRANGE BUT TRUE

• It was 19th-century Dutch post-Impressionist painter Vincent van Gogh -- one of the most popular artists of all time -- who made the following sage observation: "Conscience is a man's compass, and though the needle sometimes deviates, though one often perceives irregularities when directing one's course by it, one must still try to follow its direction."

• Those who study such things say that penguins are so well insulated that, in general, they have a harder time staying cool than they do staying warm.

• You've probably never wondered how to categorize the dill pickle, but some people have. Is it a fruit? Hard to say. The cucumber is, technically, a fruit -- part of the gourd family -- so it would seem that a pickle is, too.

• You've almost certainly heard of the Rock of Gibraltar -- as a metaphor for strength and solidity, if for no other reason. This famed monolith of limestone on the European side of the Strait of Gibraltar, that narrow connection between the Atlantic Ocean and the Mediterranean Sea, makes up only half of the Pillars of Hercules. On the African side of the strait is Jabal Musa, and this southern half of the Pillars is twice as tall as its more famous partner to the north.

• Many people don't realize that the popular name Renee means "reborn."

• The state of Delaware was named for Delaware Bay, which in turn was named for the first English governor of the colony of Virginia. His name was Thomas West, but his title was Baron De la Warr. Ultimately, his title is derived from the Old French term "de la werre," which means "of the war."

THOUGHT FOR THE DAY

"Patriotism is supporting your country all the time, and your government when it deserves it." --Mark Twain

NOW HERE'S A TIP

• "Use clear nail polish to 'paint' the bottom of shaving cream cans. Then it will not leave a rust ring no matter where it sits in the tub." -- E.M. in Texas

• For healthy leftovers, use plastic wrap instead of aluminum foil, experts say. You're more likely to consume items you can see. Stash them front and center in the refrigerator.

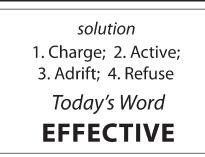
• Shoes on the right feet? Draw a semi-circle on the soles inside your kid's shoes, so that when they are placed side by side it makes a circle. Now Junior can figure it out for himself!

• "Insert a square of cork board (available at office-supply stores) in an old picture frame. You can use it to store and display earrings or necklaces (use pins to hang chains from). You could even use it as an actual corkboard!" -- A.R. in Michigan

• Need a temporary playpen when traveling? How about a blow up pool? Supervision required, but containment achieved.

• Heart-healthy oils like olive oil are a must in any cook's kitchen. However, even if a jar is worthy of display, keep it in a cabinet. Oils break down when exposed to light.

SCRAMBLERS



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A N O L I Z A N O R E S S C E D E K E Y B O A R D I N G E A S T R A E A I R D I G S S H	ALOE JUG ARID N T PAY	2	6	8	3	9	4	1	7	5
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ANNUAL RENTAL WANTED	239-472-7277 1-888-451-7277 *RS 1/4 BM TFN	Call Roger 239-707-7203. Aqualink - Motor Controls. Office & Store Maint. *RS 67 CC TEN	Summer? The Clinic for the Rehabilitation of Wildlife (CROW) on Sanibel is looking for the following INDOOR volunteer positions: - Gift Shop/Visitor Education Center	ENGAGEMENT RING LOS Engagement ring lost at the Lighthous Beach by the big driftwood tree on 4/28 in the water. If anyone finds, please con
ANNUAL RENTAL WANTED Long term resident looking	SEASONAL RENTAL		- Laundry - Transporting sick and injured wildlife to CROW from designated drop off points	the Sanibel Police or call 864-704-513 *NS 5/13 NC TFN
Long term restant tooking for an annual rental. Looking for: 2+ bedrooms, Under \$2,000. Mark 310-866-0032 ☆NS 5/27 CC 6/3	RE/MAX OF THE ISLANDS Putting owners and tenants together Call Ryan Block www.remax-oftheislands.com 239-472-2311	CAREGIVER FL CNA, 20 years experience, Sanibel references. Med. mgt., wound care, CPR, housekeeping, meal prep., pet care, home watch, exercise monitoring, errands, etc. Call Sheila 239-437-9437/850-7082. *RS 5/13 CC TFN	(your car) Due to training, weekly shifts are required. Contact Liz Pearson at 239-472-3644 ext. #229 or email epearson@crowclinic.org. Find an application and more information on our website at www.crowclinic.org. Other volunteer positions also available.	Osland Sun NEWSPAPER Sanibel & Captiva Islands



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