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SANIBEL & CAPTIVA ISLANDS, FLORIDA

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## Six Areas Targeted For Prescribed Burns



Island residents Elizabeth and Paul McKenney speaking with Supervisory Refuge Ranger Toni Westland at last week's meeting

photos by Jeff Lysiak

by Jeff Lysiak

Often when people see a large amount of smoke or flames spreading across a densely vegetated area, their initial reaction may be to panic. Islanders, however, have become used to seeing this type of activity during the late spring/early summer season.

Once again this year, prescribed burns – conducted in order to reduce the likelihood



Toby Clark, Greg Suszek and Jeremy Conrad discuss this year's prescribed burn strategy

of catastrophic wildfires and help preserve the natural ecology of the area – will be taking place across Sanibel as part of a well planned and expertly executed exercise.

Fire is a natural part of Florida's ecosystem, historically set by lightning. Fire removes dead vegetation, promotes new growth of native vegetation and suppresses exotic plants. In the absence of fire, many plant communities are displaced by dense woody vegetation, which can reduce plant diversity and eliminate foraging opportunities for several of the island's wildlife species.

Last week, members of the Prescribed Fire Task Force – which includes the U.S. Fish & Wildlife Service, National Park Service, Florida Forest Service, Sanibel Fire & Rescue District, Sanibel-Captiva Conservation Foundation, Sanibel Police Department and the City of Sanibel – gathered at the JN "Ding" Darling National Wildlife Refuge to discuss details of this year's plan.

continued on page 42

## Bees Enjoy Sweet Success At The Sanctuary

by Jeff Lysiak

Already the top scoring golf course on the island with 98 percent, according to the City of Sanibel's 2015 Golf Course Report Card, The Sanctuary Golf Club is constantly searching for new and innovative ways to be even more environmentally friendly.

They've done it again.

Recently, The Sanctuary became home to more than 500,000 honeybees, which are housed in a dozen bee boxes located in a secluded spot not too far from the eighth hole fairway. Just beyond a field of wildflowers about 25 yards away from the golf course itself, the bees from these boxes – installed last year – have been yielding a sweet harvest of honey.

"I wanted to collect seagrape and mangrove honey when I spoke with a friend of mine about the idea," said Paul Shannon, who explained that his friend put him in touch with Kyle Sweet at The Sanctuary. "Golf courses are under so much heat for using fertilizers, so the idea (of bringing honeybees to the golf course) can kind of be a feather in the cap for them."

According to Sweet, golf course superintendent at The Sanctuary, Shannon's friend Rachel Stokes called him last summer with the suggestion.

"This is something that's been going on in the (golf course) industry for a few years," said Sweet. "This is a great place for pollinators, with the huge amount of property we have and all of the wildflowers and mangroves in and around the course. So it was just a matter of talking with the club's membership about the idea."

While the idea had been considered at the club in the past, it was finally put into action last year.

continued on page 44



Paul Shannon holds up one frame filled with bees – and honey – from one of the bee boxes located along the eighth hole fairway at The Sanctuary Golf Club

photo by Jeff Lysiak



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# Maughan Running For Senate Seat

by Jeff Lysiak

One week after Sanibel City Council member Chauncey Goss announced that he was running for Florida's 19th Congressional District seat, Jason Maughan, a member of the city's planning commission, announced his candidacy for Florida State Senate in District 30.

On Tuesday morning, Maughan said that his decision to run for the state senate was made last Friday, after he saw the results of the latest water releases coming from Lake Okeechobee into the Caloosahatchee.

"I said to myself, 'Somebody has to do something about this,'" said Maughan after being unable to get a response from any of Florida's elected leaders about the issue. "I'm running on the single issue of clean water now. And I'm running this because it's the right thing to do and the right time to do it."

After Maughan began driving to the state capital in Tallahassee on Friday evening in order to file the paperwork necessary for running for senate, he received a phone call. The pilot of a private airplane – after hearing of Maughan's single campaign platform – was willing to transport him to and from Tallahassee.



Jason Maughan

Thanks to the generous offer, Maughan flew to the capital, filed his election papers and was back at Page Field in under five hours.

"I've got both Republicans and Democrats behind me because I'm fighting for clean water for all of us," noted Maughan, who along with his wife, Barbara, are parents to one son, Ronan. "People who know me know that I'm sincere. And that I know right from wrong... and what's happening to our waterways is wrong."

A native of Dublin, Ireland, Maughan first visited the United States in 1976. He and his family emigrated to the U.S. in

1986, settling on Sanibel Island.

After earning a bachelor's degree in political science from Stetson University, Maughan graduated from Gonzaga University School of Law with a law degree. He also received a diploma in comparative international law from Trinity College Dublin, the University of Dublin and a Master of Laws in European Union law from University College Dublin.

Appointed to the Sanibel Planning Commission in 2014, Maughan has also served on the board of directors for the city's Community Housing & Resources, Inc., the Clinic for the Rehabilitation of Wildlife, Children's Education Center of the Islands and the Sanibel School Fund. The owner and managing attorney for the Maughan Law Group, he has been voted Florida Businessman of the Year by the National Republican Congressional Committee in 2006 and 2007, and was appointed Honorary Chairman, Business Advisory Counsel, by the committee in 2006. In addition, Maughan received the Congressional Medal of Distinction in 2007, and was selected to Florida Super Lawyers in 2015.

"This district needs all of us now to work together to conserve and protect our fishing, hunting, boating, family farming and local business legacy as good stewards of our community and future," Maughan proclaimed via a Facebook post on May 30. "For too long, outside special interests have used this district's waters and environment as their personal dumping ground for industrial agricultural waste to support their insatiable greed."

Maughan said that in less than 24 hours following his post, news of his candidacy generated more than 15,000 discussions on the Internet.

"I'm a Republican running against other Republicans because what's going on isn't right," he added. "All of the other (Republican) candidates are running unopposed, but I don't know a single person who is actually supporting them."

Other Republican candidates for senate include Carlos Beruff, Basil Dalack, DJ DeRenzo, Ron DeSantis, David Jolly, Ilya Katz, Carlos Lopez-Cantera, Ernie Rivera, Paul Showen, Joe Smith, Todd Wilcox and Dwight Young.

"If they want to attack me, that's OK. I'm not scared by their threats. I'll take the hit," said Maughan. "My goal is to fix the problem, from the inside. I know a lot of people who are behind me, all who are willing to work together. And when you work together, you build trust."

Fellow Sanibel Planning Commissioner John Talmage is Maughan's campaign manager while renowned Southwest Florida artist Leoma Lovegrove is providing artwork for the campaign.

A formal announcement regarding Maughan's senate candidacy was expected to take place on June 1. The following evening, June 2 from 6 to 8 p.m., both Maughan and fellow Sanibelian Chauncey Goss will attend a Meet The Candidates forum with Fox 92.5 FM talk show host Drew Steele at Six Bends Harley-Davidson, located at 9501 Thunder Road in Fort Myers. Admission is free.✱

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# Middle Schoolers Bring Disney Musical To Stage



Middle schoolers run through a scene from the Disney musical *Beauty and the Beast, Jr.*, playing at The Sanibel School on June 2 and 3. Here, the cast performs the song *Gaston*.  
photos by Jeff Lysiak

by Jeff Lysiak

Last week, middle school students from The Sanibel School opened a four-performance run of the Disney musical *Beauty and the Beast, Jr.*, staged inside the school's cafetorium. A total of 34 students – in grades 6 through 8 – make up the cast and crew. Joey Giangreco is the director of the show, with Lauren Robinson serving as assistant director.

Disney's *Beauty and the Beast, Jr.* tells the story of Belle, an adventurous young girl, and the Beast, her hideous captor who is actually a young prince trapped under a spell. In order to break the spell, the Beast must learn to love another and earn her love in return – before time runs out. With the help of the castle's enchanted staff, including a loving teapot, a charming candelabra and a nervous mantel clock, Belle



From left, Johnny Jensen, Samantha Strickland, Arabella Lilleslatten and Jeb Politte



Ella Stroud, Caitlin McCallion and Morta Jankauskaite

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The enchanted staff from the Beast's castle confront Belle, who refuses to have dinner with her host



The cast performs the show-stopping signature song *Be Our Guest*





Gaston (Jeb Politte) pouts during a scene with LeFou (Rebecca Congress)



Sound technician Isabella Sbarra-Michelland offering suggestions to fix a problem



Rebecca Congress, Zoe Ramsey and Tye Robison



The cast, crew and directing team from The Sanibel School's production of *Beauty and the Beast, Jr.*

and the Beast find a beautiful friendship and love that neither knew was possible.

*Beauty and the Beast, Jr.* features classic songs from the Academy Award-winning film score such as *Be Our Guest*, *Gaston*, *Something There* and *Belle*, as well as original songs from the 1994 Tony-nominated Broadway musical.

Cast and crew members include Lisa Arce, Paris Bender, Rebecca Congress, Julia Dry, Elle Frey, Morta Jankauskaite, Johnny Jensen, Avery Johnson, Chase Johnson, Anna Lerner, Arabella Lilleslatten, Riley Mann, Patrick Martin, Caitlin McCallion, Gabriella Miltner, Kayla Nette, Alyssa Perez, Jeb Politte, Caiden Rainville, Zoe Ramsey, Amaya Richards, Tye Robison, Isabella Sbarra-Michelland, Chet Sproles, Samantha Strickland, Ella Stroud, Elaina Suslick, Meleah Thomas, Case Vandeveld, Livia Von Wowern, Mya Wesley, Sydney Wiggins, Peyton Yelenich and Kira Zautcke.

Lighting and backstage volunteers include Alayna Aracri, Sofia DeCosta, Austin Desiderio-Taub, Kate Ellison, Brian Hartman and Clay Robison.

There are two upcoming performances of *Beauty and the Beast, Jr.* starting at 7 p.m. on Thursday and Friday, June 2 and 3. Tickets are \$8 for adults and \$5 for students. Call 472-1617 for more information.

The Sanibel School is located at 3840 Sanibel-Captiva Road.✧



Lauren Robinson and Joey Giangreco sharing feedback with students during a break at last week's dress rehearsal

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## Dollar-A-Bag Book Sale At Library

The Sanibel Public Library’s dollar-a-bag book sale on used (and nearly new) books will start on Monday, June 6. Patrons are invited to fill a bag for \$1. Hundreds of books, videotapes and magazines will be sold in the main entrance lobby and in the meeting room on the lower level. Foreign language, bestsellers, paperbacks and hardcovers will be available. The sale will continue through the following week, until inventory is depleted. Book sales support the Sanibel Public Library Foundation, which enriches library services and programs.

If there are no items in the book sale that strike your fancy, the library has more than 70,000 books and more than 2,000 feature films to borrow.

For more information about the Sanibel Public Library, call 472-2483 or visit [www.sanlib.org](http://www.sanlib.org).

## Inspirational Message From ‘Running Man’



Running Man photo by Jeff Lysiak

People driving along Sanibel-Captiva Road in the middle of the day are quite familiar with the sight of a gentleman running along the shared use path. Known simply as “The

Running Man” by locals, the runner frequently holds up signs with messages like “Enjoy Life,” “Smile” and – during the holiday season – “Merry Christmas.” Passing motorists often reward his positivity with a supportive honking of their car horns.

Last week, the Sanibel resident (who wishes to remain anonymous) carried both an American flag and a sign which read “Free.”

“It’s not about me... it’s about the message,” he said on the eve of Memorial Day Weekend. “This is all about our veterans and the free world. Praise the Lord!”

## Dates Set For ‘Ding’ Darling Days

This year’s “Ding” Darling Days birding and eco-festival at JN “Ding” Darling National Wildlife Refuge on Sanibel will be held the week of October 16 to 22.

Family Fun Day kicks off the week with free activities on Sunday, October 16. It features all-free refuge tours, live wildlife presentations, archery clinics, hot dogs, a touch tank and butterfly house, and kids’ nature crafts.

Conservation Art Day winds up the celebration on Saturday, October 22 with visits from Federal Duck Stamp and Junior Duck Stamp winners and nature art workshops.

Free and discounted birding, biking, kayaking, paddleboarding, sea life boating tours, and interpretive presentations will fill the week between the two events.

The 27th annual “Ding” Darling Days celebrates the 140th birthday of the refuge’s namesake, father of the Federal Duck Stamp program and Pulitzer Prize-winning cartoonist, Jay N. “Ding” Darling. The refuge invites the public for free birthday cake and showing of the *America’s Darling* documentary film starting at 11 a.m. on Friday, October 21.

The U.S. Fish & Wildlife Service, “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) and Tarpon Bay Explorers, the refuge’s recreation concession, co-sponsor “Ding” Darling Days with support from the local community and businesses.

Visit [www.dingdarlingdays.com](http://www.dingdarlingdays.com) for updates on events, information on sponsoring “Ding” Days, or to sign up for e-mail update bulletins. Contact Birgie Miller at 292-0566 or [director@dingdarlingsociety.org](mailto:director@dingdarlingsociety.org) to become a sponsor.

As a non-profit 501(c)3 organization, DDWS works to support JN “Ding” Darling National Wildlife Refuge’s mission of conservation, wildlife and habitat protection, research, and public education through charitable donations and Refuge Nature Shop proceeds.

To support DDWS and the refuge with a tax-deductible gift, visit [www.dingdarlingsociety.org](http://www.dingdarlingsociety.org) or contact Birgie Miller at 292-0566 or [director@dingdarlingsociety.org](mailto:director@dingdarlingsociety.org).

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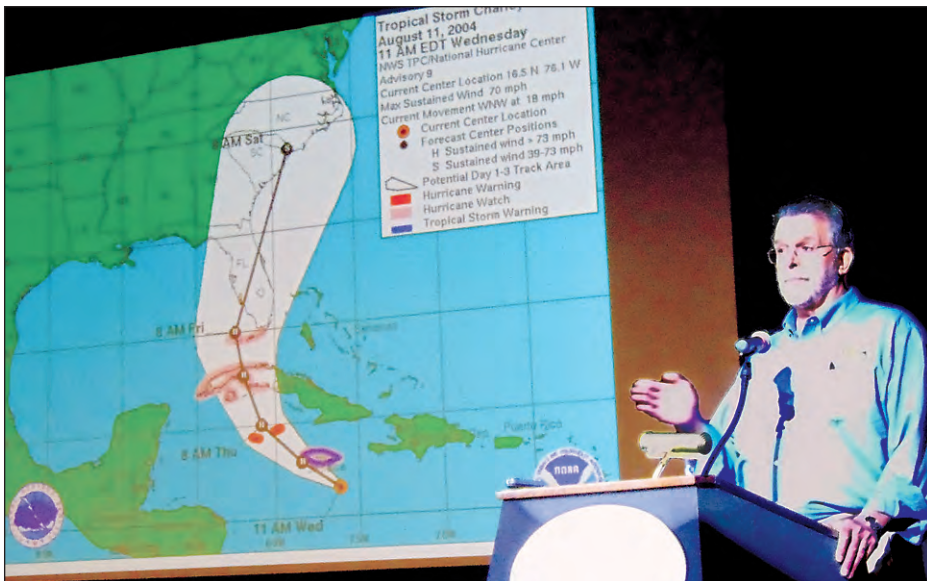
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Lee County Emergency Operations Center Chief Jim Bjostad talks about making preparations before a storm during last week's City of Sanibel Hurricane Seminar, held at Schein Hall  
photos by Jeff Lysiak

## Experts Forecast 'Near Normal' Hurricane Season

by Jeff Lysiak

Last Friday afternoon, more than 80 island residents and business owners filled Schein Hall at BIG ARTS for the City of Sanibel's annual hurricane seminar, during which local officials and weather experts offered information which may prove quite valuable during the 2016 Atlantic hurricane season.

"It's all about being prepared, not scared," Dave Roberts, the City of Sanibel's official weather consultant, told the crowd. "Hurricanes are not unique to Florida, but they are something that we have to deal with from time to time."

During his presentation, Roberts explained that historically (over the past

60 years), there have been 12 named storms, seven hurricanes and three major hurricanes per years in the Atlantic region. For 2016, the National Oceanic and Atmospheric Administration (NOAA) had initially predicted a dozen named storms, five hurricanes and two major hurricanes for this season, which runs from June 1 through November 30.

"They're calling it a near normal hurricane season, but that doesn't mean we'll see a lot of storms this year," said Roberts. "It just means that over the past few years, we haven't seen very many storms, so if we see more activity, it's just Mother Nature going back to what's actually normal."

Roberts did note, however, that NOAA slightly adjusted its 2016 forecast last Friday morning. NOAA's Climate Prediction Center reported a "70 percent likelihood" of 10 to 16 named storms (winds of 39 mph or higher), of which



Dave Roberts, Sanibel's official weather consultant

four to eight could become hurricanes (winds of 74 mph or higher), including one to four major hurricanes (Category 3, 4 or 5; winds of 111 mph or higher).

"While a near-normal season is most likely with a 45 percent chance, there is also a 30 percent chance of an above-normal season and a 25 percent chance of a below-normal season," a statement from NOAA reads.

In addition, NOAA has forecast a 70 percent chance that La Niña — which favors more hurricane activity — will be present during the peak months of hurricane season, August through October.

"Usually, the peak of hurricane season happens around September 10," Roberts added. "But in Southwest Florida, that timeline is starting to shift towards the end of September."

Other participants at the May 27 seminar included Jim Bjostad, chief of Lee County Emergency Management;



Lt. William Dalton, Sanibel Police Department emergency operations manager

Lt. William Dalton of the Sanibel Police Department; Maggie Goldsmith, director of operations at FISH of SanCap; and Harold Law of the City of Sanibel's building department.

During his presentation, Bjostad discussed the hazards associated with hurricanes — including rainfall, wind and storm surge — along with tips for building a disaster supply kit and planning for an evacuation.

Bjostad told attendees that before a storm, homeowners should:

- Clear their yards of potential flying debris
- Repair any leaks in their roofs and clean out gutters
- Cover windows with boards; tape is ineffective
- Have cash on hand (up to \$1,000)
- Turn refrigerators to coldest setting
- If evacuating, turn emergency water shut-off valve to the off position

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# Spotlight Shines On Children At Sunday Service



Sean Daly as a “wise old woman” imparts wisdom to a prince, played by Luke, as the king and queen (Keiran and Addie) and Pastor Danner watch during the entertaining performance of *Happy Shirts*

photos by Barbara Freeman

Many of the youngest parishioners of Sanibel Congregational United Church of Christ helped celebrate Children & Youth Sunday on May 22. As featured participants in the 10 a.m. service, they served as greeters, ushers and liturgist. They sang, played violin and danced. Several youngsters, along with the Rev.



Dancers Annabel, McKenna and Caitlin performed as part of the service during Children and Youth Sunday

Dr. John H. Danner and a couple of adult members of the congregation, acted in Pastor Danner’s entertaining participatory drama, *Happy Shirts*. Children too young to be part of the program had a Children’s Moment.

After the service, the congregation had ice cream sundaes with all the toppings served by members of the Children & Youth Committee. A video program of students and teachers in the church’s Sanibel Christian Preschool played during Fellowship Hour.

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way. Services in June are at 7:45 a.m. (chapel) and 10 a.m. (full service). For more information, call 472-0497 or visit [www.sanibelucc.org](http://www.sanibelucc.org). ✽

37th Annual  
Sanibel-Captiva

Road Rally

Sanibel-Captiva Optimist Club

July 4<sup>th</sup>, 2016

Starts Noon at Timbers Restaurant

Registration Forms: Bailey’s General Store, Sanibel Café, San-Cap Community Bank,

[www.sancapoptimist.org](http://www.sancapoptimist.org)

For further information Contact: Randy @ 239-699-8739, Richard @ 239-292-4631, Dani @ 239-472-0836

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Food Pantry  
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The FISH Food Pantry seeks the community’s help in keeping the shelves stocked, now that the slower summer months have arrived.

The pantry accepts donations of food, including perishables, personal products and other items, Monday through Friday, from 8 a.m. to 4 p.m. On weekends, leave non-perishable food and other items in the drop-off bin located outside the Walk-In Center entrance at 2430 Periwinkle Way.

Food should not have been opened if it is not individually wrapped. The inner packaging must still be intact. Do not donate expired food.

Canned products such as tuna, vegetables, soup, fruit and fruit juices, pork and beans, stews and other meats are always needed. Packaged items like pasta, beans, macaroni and cheese, instant soups, cereal, peanut butter and nutritional bars are welcome.

Personal supplies, like shampoo, soap and toothbrushes, as well as paper products and nutritional drinks are needed as well. FISH also accepts pet food.

For additional information or to make an in-kind product or cash donation, call 472-4775 or visit [fishofsancap.org](http://fishofsancap.org).✽



# Clark Paintings At Sanibel Congregational



A watercolor by Judy Clark

Judy Clark, PhD., has had an impressive career as a biologist and university professor, but she's now enjoying what she calls post-retirement pursuits. Prime among them is watercolor painting, and the Sanibel Congregational United Church of Christ is featuring her artwork throughout the months of June and July. She is the church's Artist of the Month for two months!

Clark, who had a specialty in animal parasites, was a biology professor at Marshall University in Huntington, West Virginia, and a professor of biology, anatomy and physiology at the University of Cincinnati in Ohio. She also served as director of the Department of Medical Education and Science for the Florida Medical Association.

In addition to painting, she enjoys birding, travel, SCCF Sea Turtle and Snowy Plover programs, the Bailey-Matthews National Shell Museum and the SanCap Art League. She and her husband, John, live on Sanibel.

"I have always loved to draw, and we did a lot of drawing in biology," notes Clark. Admiration for the watercolor paintings and cards created by a long-time friend sparked her interest in that medium.

Because the Clarks were living in Jacksonville



Monarch butterfly by Judy Clark

when Judy retired, she says, "My quest for painting knowledge began with watercolor classes at Jacksonville University. There I learned the basic techniques of watercolor painting. I have participated in a number of watercolor workshops since and have gathered new knowledge and techniques from each."

She explains, "My desire in painting is to tell a story, to convey to the viewer what it was about the subject that initially caught my eye and imagination. I want very much for the viewer to feel that pull, too. It is a most difficult objective and, if it can be accomplished at all, takes practice and persistence. Of course, these are the keys to learning any skill...and I am still learning."



Mailboxes in watercolor

Judy Clark's paintings will be on view in Fellowship Hall during weekday office hours (when there is no meeting in progress) and following Sunday services. The church is located at 2050 Periwinkle Way.

For more information, call the church office at 472-0497.✧

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## Summer Programs For Youth



Kids having fun on the water slide at Sanibel Community Church

**H**2O, the Sanibel Community Church’s middle school and high school youth program, rolls out its new schedule this month.

Wednesday, June 8 is Water Night, featuring more than 900 water balloons to use for all kinds of activities – think water balloon volleyball, water balloon toss and water balloon slingshots. There will be free hamburgers and hot dogs for those who attend. All teens are welcome. These activities take place at the church’s back field, 1740 Periwinkle Way on Sanibel.

Starting on Wednesday, June 15, H2O will no longer meet in the evenings, but instead at 9:30 a.m. at Pastor Kevin and Stephanie Schafer’s home. A complimentary breakfast as well as devotional time is scheduled for 9:30 to 10:30 a.m. Summer Bible study, focusing on *Experiencing God* by Henry Blackaby, follows. A girls’ Bible study Sunday afternoons is also available. The youth group will run on Wednesday mornings through July 27.

On Saturday, June 18, H2O will sponsor a free lunch and beach day on the Sanibel Causeway. All teens and their parents are welcome to participate.

For more information, call the church office at 472-2684.✽

## 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](http://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.

**ST. ISABEL CATHOLIC CHURCH**  
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**  
5 p.m. Saturday Eucharist, 9:30 a.m. Sunday Eucharist, 9:30 a.m. Sunday School, 9 a.m. Tuesday Morning Prayer, 9 a.m. Wednesday Healing Eucharist, 6 p.m. First Wednesdays Prayer and Potluck. 472-2173, [www.saintmichaels-sanibel.org](http://www.saintmichaels-sanibel.org)

**UNITARIAN UNIVERSALISTS OF THE ISLANDS**  
Meets on the first Sunday of each month from December through April at the Sanibel Congregational Church, 2050 Periwinkle Way at 5 p.m. A pot luck is held at a member’s home on the third Sunday of each month. email [ryi39@aol.com](mailto:ryi39@aol.com) or 433-4901.✽

## American Legion Post 123

**O**n Sunday, June 5, American Legion Post 123 will be serving a meatloaf dinner from 1 to 8 p.m. On Tuesday, June 7, the Ladies Auxiliary will hold their meeting beginning at 6 p.m. and the American Legion general meeting will take place at 6 p.m. on Wednesday, June 8.

The following Sunday, June 12, Post 123 will serve barbecue chicken and ribs all day. A Flag Day service will be held on Tuesday, June 14, with the retirement ceremony held at 6 p.m. If you have an American flag that needs to be retired, drop it off at your convenience.

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.

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

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1) your name and photo

2) name of high school

3) names of your parents

4) school you will be attending in the fall

Any questions, call 395-1213



## SCCF Kicks Off New Adopt-A-Beach Program



SCCF Sea Turtle Program coordinator Kelly Sloan, left, receives a contribution from Ambu Yoga owner Yali Zawady

The SCCF Sea Turtle Program has launched a new initiative to encourage islanders to help keep the beaches hospitable for sea turtle nesting. This new Adopt-A-Beach Program is open to individuals and businesses, and the very first stretch of beach has been “adopted” by Ambu Yoga of Captiva.

“It’s an honor to be one of the first participants in SCCF’s Adopt-A-Beach Program. The unity between us and the environment is a fundamental element of yoga, and taking care of our island nature is very important to me and to so many of my students,” said owner Yali Zawady. “I’m thrilled that Ambu Yoga has been given this opportunity to help make our home an even better place for humans and wildlife to coexist.”

Since September 2015, Zawady has held monthly New Moon Meditation classes on the beach by the Allison Hagerup Access. She asks for donations to SCCF in lieu of class fees, and tells her students how important it is to keep the beaches safe for sea turtles. The collected donations, including a \$1,000 matching gift from an anonymous donor, raised \$2,000. At a calculation of \$1 per foot, Ambu Yoga has “adopted” the first 2,000 feet of beachfront for SCCF’s new program.

Ambu Yoga’s support will continue into sea turtle nesting season with the addition of Tuesday night sunset yoga classes on the adopted stretch of beach. After the classes, students will help clean the beach before watching the sun set together.

The Adopt-A-Beach program is intended to foster feelings of pride and responsibility as adopters begin to care for “their” beach. SCCF hopes that participants will help educate their neighbors, guests and fellow beachgoers to keep beaches safe for nesting sea turtles by turning off lights, removing beach furniture at night, and filling in large holes that could trap turtles.

“While this does not convey ownership of the beach, we do hope it will inspire stewardship to keep it sea turtle-friendly,” said Sea Turtle Program coordinator Kelly Sloan.

Beach adopters can choose the location and length of beach they wish to adopt for a tax-deductible donation of \$1 per foot. All adopters will receive a report in December detailing the results of every sea turtle and shorebird nest that was laid on their adopted beach, rare bird sightings and the history of banded birds seen on their stretch of beachfront. Certificates highlighting participation in the program will be presented, including the total number of nests protected. All participants will also receive public recognition for supporting the program in the local media.

Businesses, condominium associations and residents interested in adopting a beach are encouraged to contact Sloan at 472-3984 or [ksloan@sccf.org](mailto:ksloan@sccf.org).



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## OBITUARY


**JANET ANNE  
HOLLAND CHERRIX**

Janet Anne Holland Cherrix died peacefully in her home on May 24 with loved ones by her side. She was born on December 15, 1939, the oldest daughter of Robley Crawford Holland and Mary Belle Hastings Holland of Ocean City, Maryland. She is survived by mother Mary Belle, husband of 40 years, Hance V. Chum Cherrix, daughter Christina Kelly Schwartz of Washington, DC, daughter Andrea Lee Kelly of Jericho, Vermont, grandsons Harrison Rios and Asher Kelly, step-granddaughter Lydia Schwartz, sister Sandra Holland Andersen of Berlin, Maryland, sister Marlene Holland Mumford of Bishopville, Maryland and her nephews Tor Andersen, Jon Andersen and Barry Mariner.

The tapestry of her life was richly enrobed with influences from childhood,

as she and her sisters, the Holland girls, spent half the year growing up on 10th Street and Baltimore Avenue during the burgeoning days of Ocean City and the other half in St. Petersburg, Florida. Their Florida home lent the influence of their maternal grandmother, Agnes Laws Hastings, who ignited in Janet a love for fine art, culture and travel. She obtained her BA in English at the University of Maryland, studied pre-Columbian art and history at the American University of Mexico City and went on to obtain her MA in European history from Salisbury University. She taught English at Stephen Decatur High School, was a social worker for Worcester County, Maryland, and helped run the family businesses, including the Sandpiper Restaurant at 33rd Street and Philadelphia Avenue, the Miami Court Motel at 22nd Street and Philadelphia Avenue, and various Ocean City real estate ventures at her father's Sandpiper Restaurant Company.

Throughout her life she sought experiences that were greatly influenced by her love for adventure and learning. As a child she was known to hunt alligators in the Everglades with her childhood friend Willy, and she avidly devoured any story involving shipwrecks, explorers and the sea. For most of her life she traveled to places that offered a taste of the wild and unspoiled, such as the tip of Patagonia and New Zealand, the Galapagos, Machu Picchu, the Amazon, Cuba, national parks and preserves, and multiple trips to countries in Europe, and South and Central America. When she wasn't physically traveling, she was an armchair traveler, avidly reading great fiction set in locations far and wide.

Her draw toward places that preserved the beauty of the natural world led her and Chum to spend winters in Sanibel, a place that very

much spoke to her heart. For all of her zest for travel, she was also deeply devoted to the Eastern Shore and worked to preserve its human, animal and natural heritage. She served on the boards of the Worcester County Historical Society and the Ocean City Lifesaving Station Museum, and was an active member of the Maryland Coastal Bays, Rackliffe House, Lower Shore Land Trust and Worcester County Humane Society. She cherished being in the company of her friends who shared her interests, whether it be preservation work, love of animals, sea creatures and natural beauty, or talking about the sweep of life's experiences in her beloved book club.

A memorial service was held June 1, led by the Rev. Michael Moyer, followed by a celebration of Janet's life at the Cherrix Residence in Berlin, Maryland. Her ashes will be scattered on the Assateague Bay as well as placed with her grandmother Agnes at Sunset Memorial Park in a private ceremony at a later date.

In lieu of flowers, memorial donations may be made to either of Janet's favorite causes: the Lower Shore Land Trust, 9931 Old Ocean City Boulevard, Berlin, MD, 21811, or to the Janet Cherrix Butterfly Garden, Worcester County Library Foundation, 307 North Washington Street, Snow Hill, MD, 21863, to be established at the new Berlin Branch Library in her honor. Letters of condolence may be sent to burbagefuneralhome.com.\*

Read us online at  
[IslandSunNews.com](http://IslandSunNews.com)

## Road Rally Set For 4th Of July

Sanibel-Captiva Optimist Club has announced details of the 37th annual Sanibel 4th of July Road Rally.

Teams and families are being sought to puzzle out the clues while following a prescribed driving course around the island.

Prizes will be awarded for correct time and mileage, for the most correct answers to the quiz about things seen along the route, as well as for the best decorated vehicle. A 50/50 raffle will also be available.

After choosing a team (a driver, navigator and spotters are usual), fill out an entry form located at Bailey's General Store, Sanibel Cafe or Sanibel-Captiva Community Bank and mail it, together with this year's pre-registration entry fee of \$35, to San-Cap Optimist Club, PO Box 1370, Sanibel, FL 33957. You can also fill out a form at the starting line. Entry fee is \$40 for walk-ups.

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

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

Sponsorships are available for tax-free donations of \$100 or more. There is a tiered sponsorship consisting of four levels: Event Sponsor Platinum Level of \$1,000 or more; Lions Paw Gold Level of \$500; Junonia Silver Level of \$250; and Conch Level of \$100.

Each sponsor gets publicity and a placard on one of the rally vehicles. Call Carson, McCurry or Howard to arrange sponsorships. All proceeds from the rally provide funds for the local Sanibel-Captiva Optimist Club's college scholarships.\*

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## Songwriter Fest Returning For 10 Days This Fall

The Island Hopper Songwriter Fest brings music back to the beach with new artists and new events in 2016. The free festival takes place over 10 days on Southwest Florida's barrier islands and offers a wide range of performances.

The festival kicks off on Captiva Island from September 23 through September 25 and wraps up from September 30 through October 2 on Fort Myers Beach. Historic downtown Fort Myers will once again feature

midweek performances. There will be a limited number of ticketed events for special performances.

The festival brings back fan favorites Bob DiPiero, Even Stevens and Frank Myers as well as new artists such as Helen Darling.

"Each year, we pack more fun into the Island Hopper Songwriter Fest experience," said Tamara Pigott, executive director of the Lee County Visitor & Convention Bureau. "This festival gives the audience a unique opportunity to hear the stories behind the songs in small, intimate venues. It gives the songwriters a platform to meet other artists and enjoy getting to know their fans."

There are 52 confirmed songwriters

to date. This year's festival brings some different songwriter experiences, including house parties, sunset cruises, pool parties, a dinner and wine pairing, and a songwriting workshop.

"We look forward to surprising fans with some high-profile acts," said Louis Kaplan, senior vice president programming, iHeartMedia. "The Island Hopper Songwriter Fest is one of our favorite events of the year."

Participating venues on Captiva Island include The Crow's Nest at Tween Waters Inn, Key Lime Bistro, Doc Ford's Rum Bar & Grille Captiva and South Seas Island Resort. Those in downtown Fort Myers include Barrel Room at the Twisted Vine Bistro, City Tavern and Hotel Indigo. Fort Myers

Beach locations include Matanzas on the Bay, Cabanas Beach Bar at DiamondHead Beach Resort and poolside shows at the Pink Shell Beach Resort & Marina.

Island Hopper is presented by Lee County Visitor & Convention Bureau, iHeartMedia, Cat Country 107.1 and BMI.

For more information, visit [islandhopperfest.com](http://islandhopperfest.com).✱

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## CROW Case Of The Week:

## Abducted Animals



by Bob Petcher

Wildlife rehabilitation clinics are known to treat and care for wild animals that are injured, orphaned, displaced, distressed or sick. During its stay, an animal will be fed, nurtured, provided safe temporary housing and treated medically as necessary. Once the patient is restored to a condition of good health after a successful recovery period, clinic officials then release the animal back to its native habitat.

There are instances that an animal is non-releasable due to its condition, such as being unable to defend itself or survive back in the wild. Sometimes, in those cases, the rehabilitator may determine if the patient needs a surrogate parent or seek

a permanent home like an education facility so that the animal can live out its life.

Many wildlife rehabilitators and centers are also committed to improving the well-being of wildlife through public education. At CROW, the teaching hospital also has a Visitor Education Center that is designed to connect people with wildlife that is in their care while maintaining the privacy of the animal.

CROW's mission is "Saving Wildlife Through Compassion, Care and Education."

Unfortunately, some people are too eager to help CROW officials in their quest. There are several reports of perfectly healthy juvenile birds and animals being brought to CROW because of a belief that the animal has been orphaned. CROW staff calls these creatures "abducted animals."

The issue is not an uncommon one. In fact, CROW has documented 914 baby animal abductions this year alone. That breaks down to an intake of 182 every month. Based on those numbers and at this rate, CROW officials could expect to see another 1,274 before the beginning of 2017 if this course of action does not change. As of last Friday, the total number of CROW patients (including abductions) in 2016 is 1,766, so that makes 52 percent of animals cared for being termed "abducted."

Dr. Heather Barron, CROW's hospital director, has begun a program entitled "If You Care, Leave It There" in an effort to reduce the number of abducted animals entering the clinic. The message is clear, and the program offers a brochure that allows one to be educated on the difference between orphaned and abducted and what one can do once faced in a possible "rescue" scenario.

Within the brochure, Dr. Barron offers information that everyone must adhere to:

*"If you happen to see a young, wild animal, please leave it alone unless there appears to be something wrong – a clear injury or a fallen nest."*



An abducted mocking bird that CROW received last week

*"If the nest has fallen out of a tree but the young inside the nest appear healthy, please replace the nest in the tree as high up as you can reach. If this is not possible, consider placing the nest in nearby bushes or even nailing it to the side of the tree in an area where the young will have some shade and shelter from the elements. If the nest itself is missing or damaged, an artificial nest may be created."*

The brochure also educates on nestlings, fledglings, bunnies, raccoon kits, bobcat kittens and other pups. You can pick up a hard copy at CROW's Visitor Education Center at 3883 Sanibel Captiva Road or visit <http://crowclinic.org/wp-content/uploads/2013/08/If-You-Care.pdf> to view it online.

The statement on the front of the brochure is cut and dry:

*"Humans are never a young animal's best hope for survival. They are its last hope."*

*"A young animal should only be removed from the wild after all avenues to reunite it with an adult animal are exhausted."*

*"If you care, leave it there!"*

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

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## CROW 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 [rainbolt@crowclinic.org](mailto:rainbolt@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, June 3, 11 a.m.**, adults \$7, teens \$5, 12 and under no charge – Why Animals Come to CROW.

Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. 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.

**Monday, June 6, 11 a.m.**, adults \$7, teens \$5, 12 and under no charge – 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, June 7, 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.

**Wednesday, June 8, 11 a.m.**, adults \$7, teens \$5, 12 and under no charge – Wildlife Rescue 101.

After a patient stabilizes in the hospital, CROW's rehabilitation staff provides them with a combination of balanced diet, husbandry and physical therapy. Ask the staff how they work their magic. Live animal encounter following the presentation.

**Thursday, June 9, 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 species.

**Friday, June 10, 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.

**Friday, June 10, 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.\*

## Fishing Pier Rehabilitation Project

On Tuesday, June 6, the Sanibel Fishing Pier at Lighthouse Beach Park will be temporarily closed due to a necessary rehabilitation project. Construction is anticipated to continue through August.

If you have any questions, call City of Sanibel Public Works at 472-6397.\*

## Animal Ambassador Visits Children's Education Center



Preschoolers observing Sheldon the gopher tortoise

The students at the Children's Education Center of the Islands were excited to meet Sheldon the gopher tortoise last week. He is the educational ambassador from CROW who charmed the audience with his many talents, even if it was in super slow turtle speed.

The students learned lots of interesting facts about gopher tortoises like they can't go in reverse, and they dig out burrows that they share with 350 different species of animals, a preschool teacher's dream that teaches "Sharing is Caring."\*



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## Finicky Tarpon



by Capt. Matt Mitchell

**T**arpon fishing over the last week was frustrating at times, to say the least. Trips for a few days went one of two ways: either just no fish to be found or lots of fish but none would play and

take a bait. Running over 50 miles one morning during a tarpon trip this week, we finally did locate lots of tarpon. But, along with roughly 30 other boats, we sat in these rolling fish for hours with not a single boat hooking up.

There is a whole list of reasons and theories why these fish don't want to eat and just disappear. Some include we had a big full moon, cooler than usual mornings or just a bad morning tide pattern along with hill tides in the evenings. While tarpon fishing, I usually text back and forth with a handful of other fishing guides who are fishing for tarpon everyday too. The phrase of the week between guides was "lockjaw," as

all of us have been experiencing the same tarpon torment.

Watching daisy chains of tarpon is an awesome thing to see. Often when these fish are getting ready to spawn, they simply just don't want to eat. Most of the fish I did locate this week out on the beaches seemed to be sitting in just one place with no movement at all to the pods. Guides fishing Boca Grande on the big outgoing hill tides had better results with reports of hundreds of fish coming into the pass from offshore right around sunset time.

On a few trips this week, we simply switched it up from tarpon fishing and went shark fishing, not only to bend the rods but to get over the frustration these tarpon were causing at times. Areas around the passes and natural deep channels through the grass flats all held a good variety of sharks. In the bay, the majority of the sharks were four- to five-foot blacktips. Around the passes, there were sharpnose sharks and spinners. Chunks of fresh-cut mullet quickly got picked up once you found an area with a moving current.

We had a big shark surprise while fishing Captiva Pass last week. Pam Murray, while celebrating her birthday, caught lots of the sharpnose sharks before hooking into a 5-1/2-foot spinner



**Pam Murray with a four-foot shark caught and released unharmed while fishing with Capt. Matt Mitchell this week**

shark. This shark ran all over and made some crazy corkscrew jumps before we got it close to the boat. While stationed

right in the middle of the pass, a huge hammerhead shark of at least 10 feet tried to eat the spinner shark right next to the boat. The hammerhead missed the shark and splashed us all before vanishing into the depths.

Tarpon fishing can be the most frustrating type of fishing, although it's still my favorite species to target. If you caught one every time out, it would just not be the same. But after three day trips in a row without a hook-up, something has to give. One thing for sure, there were lots of other frustrated tarpon anglers out there.

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

## Send Us Your Fish Tales

**T**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](mailto:press@islandsunnews.com); or call 395-1213.

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## Lee County Third Graders Visit Sea School



Students from Manatee Elementary School practice seining with marine science instructor Carley Todd

Sanibel Sea School hosted students from three Lee County schools in May. Third graders from Manatee Elementary, Allen Park Elementary and Rayma C. Page Elementary visited Sanibel to participate in a variety of field-based activities designed to supplement their classroom learning. The Sea School's marine science instructors led participants through a squid dissection, surfing lessons, seining in the seagrass beds, and snorkeling.

Students had a chance to hold small organisms like juvenile fish and crabs before releasing them back into the water, and for many, the squid dissection offered a first look at the inner anatomy of a living organism.

"I was so impressed by how quickly the kids began to understand the squid's adap-

tations," said Nicole Finnicum, Sanibel Sea School's director of education. "They grasped concepts like camouflage and jet propulsion right away."

Along with their new knowledge, students returned home with plenty of stories to share with their families.

"I am sure that my house was not the only one filled with stories of pin fish caught and squid ink tattoos," said Allen Park Elementary chaperone Heather Dowling.

These field trips were funded in part by contributions made to Sanibel Sea School during their annual fundraiser, Octifest on the Causeway, and provided an opportunity for some students to experience Lee County's coastal areas for the first time.

"Several of the children told me this was their first time at the beach," said Dowling. "Can you imagine living this close to paradise and never enjoying it?"

Through a scholarship program, Sanibel Sea School is able to ensure that no student is ever turned away from their marine education programs due to cost.

"Our goal is to inspire as many people as possible to connect with the ocean," added Finnicum, "and we believe that money should never prevent that from happening."

Sanibel Sea School is a 501(c)3 nonprofit whose mission is to improve the ocean's future, one person at a time. Learn more at [www.sanibelseaschool.org](http://www.sanibelseaschool.org).

## 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](http://childrenseducationcenter.org).



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Look up at a rough-barked tree and you might glimpse a cardinal airplant's inflorescence this time of year  
photos by Gerri Reaves

Plant Smart  
**On The Verge  
Of Summer**

by Gerri Reaves

It's late spring in South Florida, and deep summer looms ahead. It's the time of year when many of us are enthralled to the stunning flowers of non-natives trees like the Royal Poinciana (*Delonix regia*) or Caribbean trumpet tree (*Tabebuia aurea*). But don't let them get all the attention. Native plants have their own springtime displays, albeit more understated ones. And, they offer benefits to wildlife that exotics simply haven't evolved to offer. For example, glance up at a rough-barked tree like the slash pine (*Pinus eliottii*) in the photo, and you might see one of Florida's most common tillandsias, the cardinal airplant (*Tillandsia fasciculata*), a member of the bromeliad family that is listed as endangered in the state of Florida.

It is not parasitic, but uses a tree as a growing platform, gathering nutrients from the debris and water that collect in a cup at the base of the leaves. The cardinal airplant sports stiff narrow downward-curving gray-green leaves and spikes with tiny violet tubular flowers. The more noticeable red color comes from the bracts, leaf-like



A zebra longwing butterfly (top) explores a budding gumbo limbo

structures under the spike. The gumbo limbo (*Bursera simaruba*) goes through a lovely transformation in spring as its graceful bare smooth limbs acquire burst of greenish yellow flowers and new foliage. It's not only low-maintenance – wind resistant and salt- and drought-tolerant – but wildlife-friendly. It is the host for the rarely seen dingy purplewing butterfly and a nectar plant for other butterflies, like the zebra longwing in the photo. The summer and fall berries are a bounteous food source for birds, too. Gumbo limbo's peeling reddish bark makes it easy to identify and gives it the alternate name, "tourist tree." Check out a seagrape (*Coccoloba uvifera*) tree in spring and you might see a bee or wasp feasting on the spikes of tiny white flowers. This common landscape plant is protected by law because of its ability to prevent coastal erosion. It's also storm-resistant, wildlife-friendly and beautiful – just look at those big round red-veined leaves. The grapes are loved by both wildlife and humans.

Virginia creeper (*Parthenocissus quinquefolia*) will thrive just about anywhere. It isn't typically sold in nurseries because it self-propagates so well, even in poor conditions. This woody vine loses its leaves in the winter, but leafs-out with pretty reddish foliage right away, followed by tiny yellow-green flowers, and then clusters



A wasp (center) seeks nectar amid seagrape flowers  
of blue-black berries that numerous bird species love. Consider leaving it alone if it shows up in your yard, and avoid confusing its five-leaflet pointed leaves with those of poison ivy, which have three shiny oval leaflets. Enjoy those ultra-showy imported flowering trees and shrubs, but don't



These unripe clusters of Virginia creeper berries will ripen into blue-black fruit that many bird species love  
overlook the subtle late-spring displays of the natives. Plant Smart explores the diverse flora of South Florida.✽

**Offshore Rodeo Kids  
Fishing Tournament**

Reel in some fun with Ronald McDonald at the Offshore Rodeo Kids Fishing Tournament on Saturday, June 11 at Salty Sam's Marina, located at 2200 Main Street on Fort Myers Beach. The event kicks off at 10 a.m. with various stations where young anglers will spend time learning, hooking and catching different types of fish. Lunch and a magic show with Ronald McDonald will follow at 11:30 a.m. The tournament is open to the first 80 kids, 12 and under who are pre-registered. Registration is \$25 per child and includes tournament entry, T-shirt, a fishing rod compliments of Fish Florida, trophy and lunch with Ronald McDonald. There will also be educational interactive displays. To register, visit [www.rmhcswfl.org](http://www.rmhcswfl.org). For more information, call 437-0202. All donations from the tournament will benefit Ronald McDonald House Charities of Southwest Florida.✽

**SCCF Nesting Statistics**

Sanibel-Captiva Conservation Foundation has release statistics related to sea turtle nesting season. The group has reported seeing more and more turtles on the beach. While nest and false crawl counts are lower than they were at this time last year, sea turtle stats are almost exactly on par with the nest counts for 2014, which was also a record year for the east end of the island! As of May 27, here are the counts:

- Sanibel East: 15 Loggerhead Nests, 47 Loggerhead False Crawls
- Sanibel West: 54 Loggerhead Nests, 83 Loggerhead False Crawls
- Captiva: 23 Loggerhead Nests, 30 Loggerhead False Crawls
- Total: Loggerhead Nests 92, Loggerhead False Crawls 160

How You Can Help Sea Turtles

- Turn off or shield all lights that are visible from the beach. Avoid using flashlights on the beach. If necessary, use amber or red LED bulbs
- Do not disturb the screens covering nests. They prevent eggs from being eaten by predators and the hatchlings emerge through the holes without assistance
- Remove all beach furniture and equipment from the beach at night
- Dispose of fishing line properly to avoid wildlife entanglement
- Fill in large holes that can trap hatchlings
- Do not disturb nesting turtles - please do not to get too close, shine lights on, or take flash photos of nesting sea turtles
- Pick up litter

\*false crawl – a failed nesting attempt  
If you have questions, or would like to know more about nesting stats on Sanibel, contact [seaturtle@sccf.org](mailto:seaturtle@sccf.org) or call SCCF at 472-2329.✽

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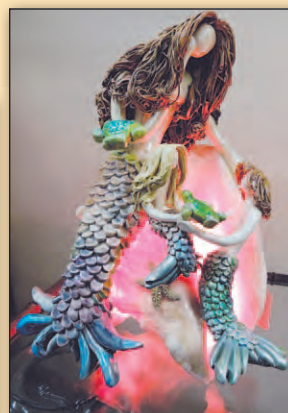
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Shell Of The Week

# Southern Surf Clam



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

**T**he southern surf clam, *Spisula raveneli* (Conrad, 1832), is the closest relative of the

northern surf clam, a species of widely used in clambakes and other specialties of the New England culinary. Surf clams are also related to the smooth and channeled duck clams, two species previously featured in this weekly column. The southern surf clam may grow to be 5.5 inches in size. Its young (see figure) are often found along the beaches of Southwest Florida, and sometimes may be confused by the casual collector with other species of small clams. Surf clams belong to the family *Macridae*, a group of bivalve mollusks readily distinguishable by the presence of an internal ligament that sits inside a cup-shaped depression called a chondrophore (see figure.) Learn more about local mollusks at <http://shellmuseum.org/shells/southwest-florida-shells>.

## Shell Museum Events

Daily Island Inn Morning Beach Walks



Photos by José H. Leal

**Caption:** The southern surf clam, *Spisula raveneli*. The cup-shaped depression near the top of the shell is the chondrophore (see text). Left, two views of an adult shell measuring about four inches; right, young shell measuring 0.5 inch.

photos by José H. Leal

(Advance booking required): Join our marine biologist for a beach walk near Island Inn on Sanibel. 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; book online at [shellmuseum.org/events](http://shellmuseum.org/events) or call 395-2233 to make a reservation. All beach walk guests receive half-off 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](http://shellmuseum.org) to note any schedule changes.)

Tuesday at 1:30 p.m.: Shell Bingo.

Wednesday at 1:30: Arts & Crafts – Create marine-themed art and take it home with you.

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

exhibit.

Friday at 1:30 p.m.: Arts & 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 located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit [www.shellmuseum.org](http://www.shellmuseum.org).



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# Sanibel-Captiva Conservation Foundation



A sweat bee



A pollinating bee in a natural plant community photos provided by SCCF

## National Pollinator Week

Nine years ago, the U.S. Senate's unanimous approval and designation of a week in June as "National Pollinator Week" marked a necessary step toward addressing the urgent issue of declining pollinator populations. Pollinator Week has now grown into an international celebration of the valuable ecosystem services provided by bees, birds, butterflies, bats and beetles.

The Pollinator Partnership is proud to announce that June 20-26, 2016 has been designated National Pollinator Week by the U.S. Department of Agriculture and the U.S. Department of the Interior.

Join SCCF to celebrate National Pollinator Week :

- June 20 at 11 a.m. at SCCF Nature Center at 3333 San-Cap Road: Look for pollinators of the blooming native butterfly orchid. Wear long sleeves and pants due to mosquitoes.

- June 23 at 9 a.m. at the Native Landscapes and Garden Center at the SCCF Bailey Homestead Preserve at 1300 Periwinkle Way. Meet in last parking lot by the Wildflower and Pollinator Garden.

- Sign up for a trip to Corkscrew Swamp when the ghost orchid is in bloom. Contact Dee at [dsrage@sccf.org](mailto:dsrage@sccf.org) for more information.

No reservations are required. Cost is a requested \$5 donation to SCCF.

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.\*



A butterfly in a native orchid

photo by Jane Conroe

## Sea School Receives Grant

Sanibel Sea School has been selected by the Charitable Foundation of the Islands (CFI) to receive a 2016 Capacity Grant, making it possible for the nonprofit to hire an independent consultant to observe and evaluate management structure, facilitate strategic planning, and make suggestions that will increase staff effectiveness in areas like marketing and development.

"Having a local foundation like CFI is so meaningful, because it allows island nonprofits like Sanibel Sea School to better fulfill our missions with local support," said Dr. Bruce Neill, Sanibel Sea School executive director. "It really is a demonstration of how special the Sanibel community is."

Find out more at [sanibelseaschool.org](http://sanibelseaschool.org).\*

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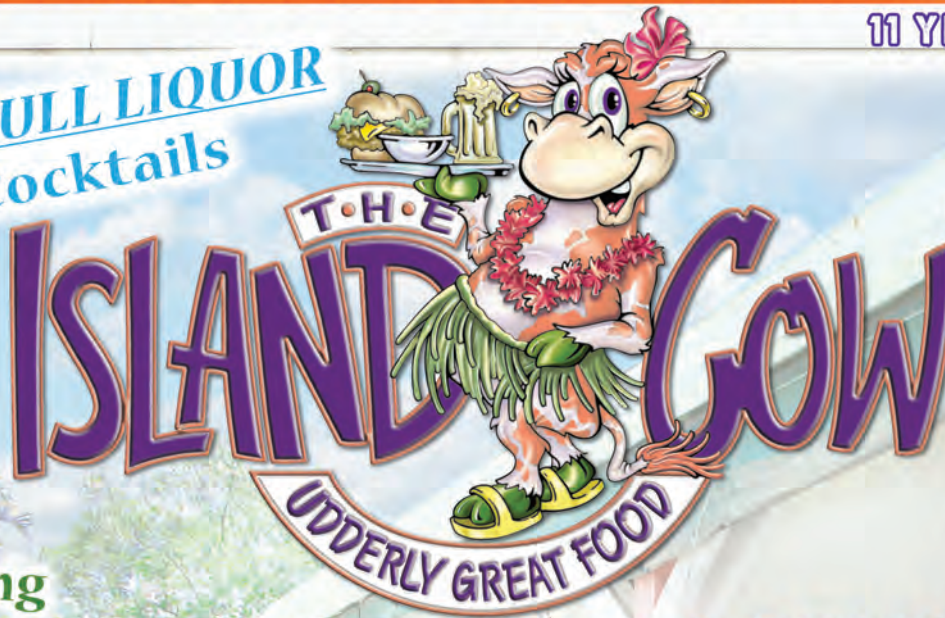
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City Of Sanibel Vegetation Committee

## Brazilian Pepper: Invasive, Infesting

If you are a long-time resident or visitor to Sanibel, most likely you know about Brazilian pepper, while those with less history may not. If you are unfamiliar with the plant, here's what you need to know about this infamous plant.

Brazilian pepper (*Schinus terebinthifolius*) is considered a Category I invasive plant by the Florida Exotic Pest Plant Council and is one of the most aggressive invasive exotic plants in Florida, infesting over 700,000 acres. Its dense canopy shades out other native species, and it invades the aquatic and terrestrial habitats of the wildlife that depend on the land and water for their survival.

In the 1990s, a city-appointed committee studied habitat issues in conjunction with the development of the Sanibel comprehensive surface water management system. The conclusion was that Sanibel's wetland habitat had decreased significantly since the 1950s due to fire suppression, Brazilian pepper and other hardwood invasion as well as a decreased wet season water table. Thus, in 1996, Sanibel City Council adopted The Brazilian Pepper Eradication Program with a goal to rid the entire island of this invasive exotic plant. Over the years, the eradication program, combined with new policies and systems to manage surface water as well as the prescribed



***Schinus terebinthifolius***  
Photo by Shirley Denton

You probably do not want to have the invasive Brazilian pepper on your property

burn program, has resulted in the near elimination of this invasive pest. However, it is an ongoing battle. If you are driving around Fort Myers in the winter, and you see beautiful red berries, it is probably Brazilian pepper. As you can imagine, those bright red berries are very attractive to birds and mammals who act as perfect dispersal agents. Thus, Brazilian pepper will continue to be an occasional nuisance. Be vigilant and prevent its spread.

Since plant identification can be challenging, here's what you should look for: Brazilian pepper is a shrub or small tree which can grow up to 40 feet. There are male and female plants, but only the

female bares fruit. The leaves are alternately arranged with one- to two-inch long, elliptic and finely toothed leaflets. The serrated leaves are reminiscent of the wild rose leaves up north. The mid-rib of the leaf is reddish and flower clusters which are white and two to three inches long, appear from September through November. The fruit is clustered and initially green, becoming bright red when ripe (usually by December). This timeframe distinguishes this non-native plant from native vegetation, which generally blooms and bears fruit in the spring through fall. If you crush a leaf of the Brazilian pepper, it smells peppery

or like turpentine, but be careful since it is a relative of the poison ivy family, and therefore, its sap can cause an allergic reaction.

In order to successfully control Brazilian pepper, all Brazilian pepper tree stumps must be treated with an appropriate herbicide. In most cases, a product containing the active ingredient triclopyr is the best choice for controlling Brazilian pepper; however, the methods of application may vary depending on the maturity of the pepper being treated. Mature trees should be cut as close to the ground as possible. Within five minutes, herbicide should be applied to the cambium (living tissue just inside the bark). Small seedlings or re-sprouts may be hand-pulled or treated with foliar treatment.

Brazilian pepper can be removed from developed property without a permit; however, a vegetation permit is required to remove pepper from a vacant parcel.

Brazilian pepper made its way to Florida from South America in the mid-1800s and is native to Argentina, Paraguay and Brazil. It was brought here as an ornamental plant, and its brilliant green foliage and bright red berries are often used in Christmas decorations. The introduction of Brazilian pepper to south Florida serves as another cautionary tale of why non-native plant and animal species can be so detrimental to the environment. In 1996, along with the Brazilian Pepper Eradication Program, Sanibel City Council enacted legislation regulating seven other invasive exotic plant species – air potato, earleaf acacia, exotic

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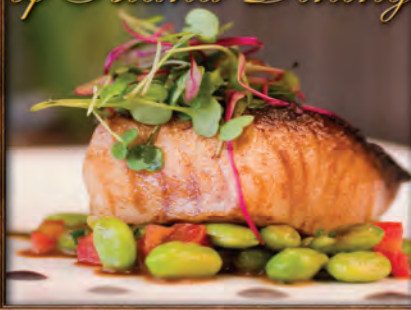
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inkberry, java plum, lead tree, mother-in-law's tongue and melaleuca. These eight are the worst of the invasive exotics on Sanibel, and may not be intentionally planted or transplanted on Sanibel. When applying for any city development permits, conditions of the permit require removal of these eight plants in perpetuity.

To view pictures of these plants or the city's *The Alien Invasion* brochure, visit the city's website at [www.mysanibel.com/Departments/Natural-Resources/Vegetation-Information/Exotic-Vegetation/Other-Invasive-Exotic-Vegetation](http://www.mysanibel.com/Departments/Natural-Resources/Vegetation-Information/Exotic-Vegetation/Other-Invasive-Exotic-Vegetation) or contact the City's Natural Resources Department at 472-3700.

The Natural Resources Department section of the city's website, [www.mysanibel.com](http://www.mysanibel.com), offers information and photos of native plants, a listing of licensed contractors, Sanibel's vegetation standards and codes, and the Environmental Reference Handbook prepared by the city's vegetation committee. The vegetation committee also offers free native plant tours of the grounds at city hall at 10 a.m. on the second Wednesday and fourth Saturday of the month from November to April. For more information, contact the Sanibel Natural Resources Department at 472-3700.✱

## Refuge Officials Visit Center



Students were intrigued by the skull of a sea turtle



Students learned a lot about sea turtles from Ranger Becky and Intern Phoebe

The JN "Ding" Darling National Wildlife Refuge visited the Children's Education Center of the Islands during their month-long study of All Things Sanibel, where students focus

on animals, insects, sea life and plants. Ranger Becky spoke about sea turtles, a favorite of both the teachers and the students.✱

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Book Review

After You

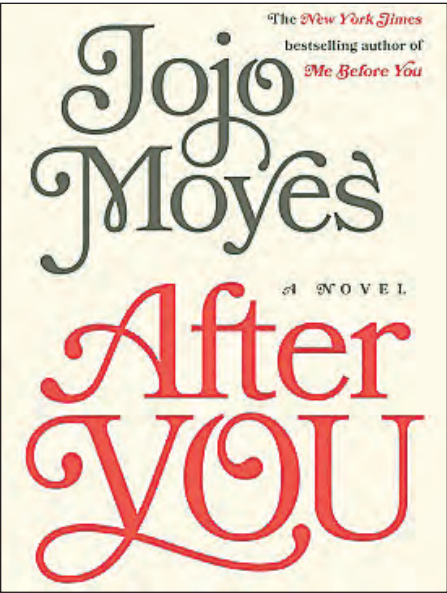


by Di Saggau  
**A**fter You is the sequel to Jojo Moyes' bestselling *Me Before You* about Louisa Clark, a young caregiver who falls in love with her quadriplegic charge, Will, and then loses

him when he chooses suicide over a life of constant pain. And yes, you need to read that book first or at least see the movie that is out on June 3.

*After You* begins 18 months after Will's death, and Louisa is still grieving. She has moved out of her parents' house in the small English village where she grew up and into a flat in London. There are no personal touches in her home. She works in a dreary Irish-themed airport pub that's about as Irish as Mahatma Gandhi. Those are Louisa's words. I love the way Moyes uses her sense of humor throughout the book, while wrestling with serious characters and situations. Describing her family dynamics is done with humorous affection about working-class Brits.

After falling off her apartment roof, Louisa momentarily fears she'll end up paralyzed herself. But Sam, the paramedic who treats her, does a great



job. She recovers and temporarily moves back in with her parents. When Louisa moves back to London, she finds a troubled 16-year-old named Lilly on her doorstep. Louisa is not ready to accept the baggage this young gal brings with her. She throws a fit when Lilly borrows her bumblebee tights, and there's good reason for that.

Louisa attends a "Moving On" support group in a church basement, but she's not moving on. She dresses drably, ignoring her usual outlandish wardrobe. Sam, although she doesn't realize it at first, is Louisa's savior, but it takes her a long time to realize his worth. He's almost too good to be true. For Louisa,

life after Will Traynor means learning to fall in love again, with all the risks that it brings. She finally follows the advice Will left her in a note. "You're going to feel uncomfortable in your new world for a bit. It always does feel strange to be knocked out of your comfort zone. There is a hunger in you Clark. A fearlessness. You just buried it, like most people do. Just live well. Just live."

*After You* will make you laugh, cry and rejoice at being back in the world Moyes creates. She has the formula down pat for understanding family dynamics and social issues with a rollicking sense of humor. I feel her adventures may continue into another book. Let's hope so.✧

Library Awarded Certificate Of Excellence

**T**ripAdvisor, an online travel website, has awarded the Sanibel Public Library its Certificate of Excellence for the third year in a row. The award is given to establishments that consistently achieve outstanding reviews.

"Being singled out for this award is a great reflection on the community," said Library Executive Director Margaret Mohundro. "We appreciate all the Sanibel Public Library users and visitors who have taken the time to write about their experiences and impressions of the library. There is no greater seal of approval than being recognized by one's customers."

The positive feedback isn't based on one thing, she said, but a result of a combination of resources working together: the welcoming volunteers and staff, lots of popular titles and a beautiful facility. "It is nice to note how many of the comments include nice words about the library staff. At the Sanibel Public Library, our main focus is excellent customer service, and we strive to provide that every day with all our library users," Mohundro added.

"This award is a tribute to Sanibel residents, who strongly support their public library and make it what it is – with a variety of services, books, movies, music, technology and programs," said Treasurer Dan Moeder of the Sanibel Public Library Board of Commissioners.

In April, the library introduced Tech IT Out, offering cardholders a way to borrow a Dell laptop or MacBook Air for use inside the building. It is a pilot project funded in part by the Sanibel Public Library Foundation as part of its



Dan Moeder borrows a MacBook Air at Sanibel Public Library

investment in innovative technology. Sanibel's public library is the first in the state to offer this service.

The Tech IT Out kiosk gives adult cardholders a choice of six Dell laptops and six MacBooks. Patrons select a device to borrow, scan their library card, and then use the laptop or tablet in the library for up to three hours. All devices feature cloud-based word processing, and various mobile apps are connected to the library's free, high-speed Wi-Fi.

The library also features a Children's Area with a TeenSpace and a Literacy Corner for the youngest patrons.

The reference area offers general research help, as well as access to many databases, including Morningstar investment services and genealogy tools, plus consumer and health resources. Large-type books can also be found on the shelves.✧

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More than 80 residents and business owners attended the May 27 seminar



Sanibel Police Department officials processing hurricane hangtag applications

From page 8

## Hurricane Season

"After June 1, which is the first day of hurricane season, fill your car's tank with gas and don't let it ever get below half a tank," he added before noting the importance of microchipping your pets. "During major disasters, one in three pets are lost. Pets without a microchip or ID tags, 90 percent of them are never returned to their homes. Collars and tags can get lost... microchips don't."

For more information on disaster planning, visit [leeecoc.com](http://leeecoc.com).

"After a storm, it's not going to be comfortable out here," added Bjostad, who lives on Sanibel. "You're probably not going to have electricity, you're probably not going to have running water and you're probably not going to have cell phone service. We will get to you, but

it might take a while."

During her presentation, Goldsmith explained that FISH can provide a detailed information packet as well as schedule home visits to assist people in need with paperwork and answer questions. After gathering information from households – which includes emergency contacts, evacuation plans and medical needs – FISH can share those details with the Sanibel Police Department, local emergency officials, area shelters and out-of-state family members. To receive a Hurricane Preparedness Information Packet, contact Maggie Goldsmith at the FISH Walk-In Center at 472-4775.

"Make your own family hurricane plan, heed the evacuation warnings and obtain your re-entry passes," said Lt. Dalton, who noted that island residents and business owners may

## Top Ten Books On The Island

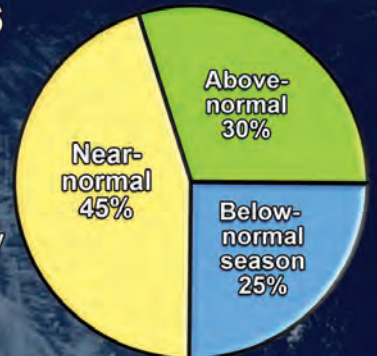
1. *Wisdom from the Gift From the Sea* by Anne Morrow Lindbergh
2. *A Gift From the Sea* by Anne Morrow Lindbergh
3. *My Grandmother Asked Me to Tell You She's Sorry* by Fredrik Backman
4. *Deep Blue* by Randy Wayne White

5. *Me Before You* by JoJo Moyes
  6. *A Bubble Moment* by Katie Gardenia
  7. *Sanibel & Captiva Postcard History* by Deb Gleason and Charles LeBuff
  8. *Euphoria* by Lily King
  9. *Did You Ever Have a Family?* by Bill Clegg
  10. *Round House* by Louise Erdrich
- Courtesy of MacIntosh Books and Paper.✱

## 2016 Atlantic Hurricane Season Outlook

Named storms: 10 - 16  
Hurricanes: 4 - 8  
Major hurricanes: 1 - 4

Outlook probability



Be prepared: Visit [hurricanes.gov](http://hurricanes.gov) and follow @NWS and @NHC\_Atlantic on Twitter

obtain a Hurricane Re-Entry Pass at the Sanibel Police Department, located at 800 Dunlop Road, Monday to Friday from 9 a.m. to 4 p.m. For additional information, contact Emergency Management Specialist Lance Henninger at 472-3111 ext. 234.

Seminar attendees were also given copies of the *Lee County All Hazards Guide* along with other information related to emergency preparedness.

"How worried should you be about storm surge? Well, keep in mind that

six inches of running water is enough to knock you over," Roberts cautioned the group. "So when we start talking about a two foot or a four foot or an eight foot storm surge, that's enough to be considered deadly."

Bjostad also offered his favorite saying about hurricane season: "Respect the wind, but fear the surge."

"If you live on Sanibel, this isn't a place you're gonna want to be with a big storm surge," he added.✱

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Youngsters attending a family program at the Sanibel Public Library

# Summer Reading Program At The Library

The Sanibel Public Library invites teens, preschoolers and elementary-school-aged children to the annual Summer Reading Program Kickoff at 10 a.m. on Saturday, June 11. Children can enroll in the program, enjoy games, crafts and popcorn at the kickoff. Those who can't make it can still sign up any time in

June. Participants will receive a special gift from the Sanibel Public Library Foundation when they register. The reading program runs from June 11 through July 30. Upon registration, each child will receive an age-appropriate activity packet which details how to earn books for their home library. The foundation matches each book earned with a book for the Golisano Children's Hospital of Southwest Florida. Last summer, island readers earned close to 1,000 books for the hospital's library. There is no charge to participate in this program.

Kids are invited to come in and tinker with the on-the-table builds and crafts or use the new LEGO Education Simple & Complex Machine kits. Also available are Keva planks, Snap Circuits, LEGOS, duct tape and scrapbook supplies. Children's programs are usually presented on Tuesdays at 3 p.m. during the summer, but there are exceptions. Magicians, a storyteller and a professional percussion group with a hands-on demonstration are some of the upcoming attractions. Visit sanlib.org to see the schedule.

On Tuesday evenings at 6 p.m., teens are invited for VIP After Hours. Activities include viewing book trailers, swapping books, setting up books as dominoes and more. This program is for incoming sixth grade and older. If a student seeks community service hours, he or she can volunteer at the library during the summer.

The weekly Summertime Storytime Program is held on Wednesdays at 10 a.m. Storytime encourages pre-reading skills through songs, rhymes, finger-plays and stories for children up to 5 years old.

Preschoolers can also participate in the Summer Reading Program, earning board books and picture books for themselves and the hospital.

Call Youth Services Librarian Deanna Evans at 472-2483 ext. 201 for more information.✧

# Poet's Corner



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

selected by Tanya Hochschild

## The Wagon Amish Country

by Sandy Gadowski

A child's wagon leans against an Amish barn, scarlet twins in the blazing sun.

Farther on in a half-mown field, another wagon... black hatted men and boys sit atop golden bound bales, silently waiting for the horse to come to pull them home.

Sandy Gadowski is a member of Island Writers Group One. She and her husband live on Sanibel and spend their summers on Cape Cod.✧

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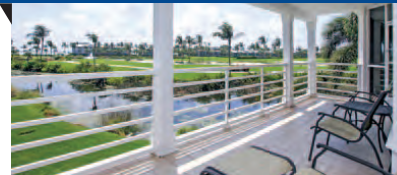
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# Zonta Seeks Applicants For Grants



Representatives of the 2016 grant recipient organizations were invited to a Zonta meeting in January when this year's checks were distributed

The Zonta Foundation of Southwest Florida, the non-profit arm of the Zonta Club of Sanibel-Captiva, is seeking preliminary applications from 501(c)3 organizations in Southwest Florida for the grant cycle that begins in the fall. Distribution of grants will occur in early 2017. Funds were raised in the most recent A Peek at the Unique.

The mission of Zonta is to empower women and girls through service, advocacy and funding. To this end, the club and foundation focus on health, education, safety and self-sufficiency for women and girls, helping them acquire the tools to achieve personal and professional growth, self-determination and self-worth; promoting understanding of women's legal rights; and encouraging an atmosphere of safety and accomplishment.

Successful grant applications will be on mission (focusing on one or more of the aforementioned aspects of empowering women). For example, a successful application might focus on educating a woman for employment. They will also be specific, with measureable outcomes. In addition, applications must gain the support of a Zonta member who will act as liaison/champion throughout the grant cycle. Since Zonta is non-sectarian, applications from organizations with a faith-based connection will not be considered.

For preliminary applications that meet these criteria, the final detailed applications will be distributed at the beginning of October, with a submission deadline of October 28. Typical grants are in the range of \$5,000 to \$10,000; however, these are not minimum or maximum amounts. An innovative project proposed by an established organization could garner larger support.

Preliminary applications are due by July 29. To download an application, visit [www.zontasancap.com](http://www.zontasancap.com). Find the link on the Home Page for "Preliminary Application." Email the completed application to [info@zontasancap.com](mailto:info@zontasancap.com).

For additional information, contact grants committee chairs Carol Gestwicki, [candrgestwicki@aol.com](mailto:candrgestwicki@aol.com), or Jill Janda-Kanner, [jillj1115@embarqmail.com](mailto:jillj1115@embarqmail.com).

The Zonta Club of Sanibel-Captiva is a service organization of professional women working together to provide hands-on assistance, advocacy and funds to strengthen women's lives on the islands, in Lee County and around the world through Zonta International.\*



Team leader Phyllis Gresham presents the check to a representative from SalusCare

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Linda Coin

Dana Coin

Marcia Feeney

Barb Cacchione

## Rotary Happenings

submitted by Shirley Jewell

Just about a year ago, Sanibel Historical Museum and Village Board Chair Karl Rodman and Museum Manager Emilie Alfino were on hand to receive a \$5,000 check from Sanibel-Captiva Rotary for the continuance of preserving and sharing the history of Sanibel. So on his return visit recently, Rodman was eager to share with our club how the museum had used some of this money in producing a seven-minute film presentation titled *Black Pioneers of Sanibel*. Unfortunately, modern technology threw us a curve ball and we watched a silent film version of the history of the Gavin, Walker and Jordan families. Their stories began in 1917. Luckily for us, Rodman could follow the film segments and give us highlights presented by Eugene, Oscar and Ron Gavin, along with Jim Jordan and his mother Mozella Jordan.

These families were pioneer entrepreneurs, coming to Sanibel as sharecroppers and tradesmen. Although segregated during their early years, respect for the families and the important contributions to establishing a real community here on Sanibel earned them admiration from many of Sanibel's white pioneering families. Black pioneering families not only worked the land and fished the waters but functioned in the



Karl Rodman

construction, plumbing, carpentry and electrical trades.

As Jim Jordan recollected, "A separate but equal mentality was a way of life back in early Sanibel."

Segregation did exist and no more so than in the education of the children of these pioneers. In 1896, Sanibel's first school was established, the "Sanibel School for White Children." The black children had to leave the island to get their education and it wasn't until 1929 that these children had their own school on Sanibel, the "Sanibel School for Colored Children." This school was part of the Rosenwald Schools Project, a partnership between Julius Rosenwald, part-owner and president of Sears, Roebuck and Company and the African American leader Booker T. Washington, president of Tuskegee Institute, to establish 5,000 schools for black children

continued on page 38



## Island Realtor Reports Record-Breaking Sales

During the first half of this year, realtor Phaidra McDermott with John R. Wood Properties has seen a number of record-breaking real estate transactions. In January, McDermott represented the buyer in the highest selling property on Captiva Island to date. The 14,414-square-foot home on Captiva Drive sold for \$16.3 million, roughly \$3 million more than the former recorded highest sale on Captiva. The sale was also the highest in all of Lee County. Little Bokeelia Island previously held the record with a sale of \$14.5 million.

This spring, Sanibel Island also had its highest recorded sale, and McDermott represented the seller. Located on West Gulf Drive, the 5,534-square-foot home sold for \$6.837 million. Prior to that, similar listings were hovering in the lower \$5 to \$6 million range.

In addition, McDermott and fellow Sanibel realtor, Barbara Maughan, co-listed a Sanibel property on Tropical Way which sold for a record-breaking price in its neighborhood.

McDermott said, "Larger, newer constructed homes aren't comparable sales to the homes in the past. Most of these newer homes have been constructed within the past 10 years, and most are still occupied by the original owners. Now we're starting to see these properties come onto the market, and as they do, these newer, more substantial homes are going to elevate our price levels on the islands."

McDermott and Maughan plan to expand their business into Fort Myers.✪



Phaidra McDermott



Sanibel home on Tropical Way

### ISLAND SUN BUSINESS NEWSMAKERS

## Top Producers

The top sales associates at RE/MAX of the Islands for the month of April were Chuck and Kimberley Andrews, and Sarah Ashton.✪



Chuck Andrews



Kimberley Andrews



Sarah Ashton



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## Captiva Cruises Captures 2016 Chrysalis Award For Eco-Innovation



Captiva Cruises staff along with president and owner, Paul McCarthy, received the 2016 Chrysalis Award for Eco-Innovation. From left, Jeff Shuff, Brad Junghans, Jenny Rando, Paul McCarthy, Ruben Perez and Ruben Perez (son and father).

Captiva Cruises was the recipient of the Eco-Innovation Award at the 7th annual Chrysalis Awards at the Harborside Event Center in downtown Fort Myers on May 20.

The excursion boat company was honored for the award that “exemplifies the ability to make a significant contribution to the responsible use and protection of our natural resources and environment, promoting the long-term sustainability of the destination.” The award was presented by 2015 Eco-Innovation Award recipient Toni Westland of the JN “Ding” Darling National Wildlife Refuge.

The Greater Fort Myers Chamber of Commerce along with the Lee County Visitor and Convention Bureau hosted the the Chrysalis Awards, which signify the development of a partnership between the business and tourism communities.✱

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## Island Seniors At The Center 4 Life

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

**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 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. There is a short nature trail and water tower to climb. Register by Friday, June 17.

**Games** – Cost for all games is \$2.50 for members and \$5 for non-members. 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 and 21 (weather permitting) at 8:30 a.m. There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors will provide kayaks, paddles and life jackets. Bring water, a small snack, sun lotion, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$10 for non-members. Advance registration is required.

### Fitness Classes

Classes are available and all ages are welcome. 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. Keep your brain fit and your heart, lungs and muscles strong with a combination of aerobics and muscle conditioning exercises. Hand weights, stretch cords and body weight are used. Class begins with a joke and ends with a positive thought for the day. Athletic footwear required. Silvia Villanueva is the instructor.

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

Cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls. Athletic footwear 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 for varying experience levels. Bring a towel. Kim Kouril is the instructor.

**Chair Yoga** – Tuesday and Thursday at 11 a.m. (extended through June 30). 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.✱

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## Casperson Team Helps Moms Find Balance And Feel Beautiful



Lifestyle and beauty expert Kay Casperson, left, talks with Amy Selby

Earlier this month, lifestyle and beauty expert Kay Casperson hosted the local Mothers of Preschoolers (MOPS) group in her Sanibel spa, located at Sundial Beach Resort & Spa, for a special presentation on balancing life as a working mom and how to feel beautiful every step of the way.

"We love having locals in our spa, of course, and this is a very special group of local women for us. One of the most difficult jobs in the world is being a parent, but it's also the most rewarding," said Casperson, the mother of two girls. "As parents, when life gets overwhelming, we tend to neglect our own needs for the needs of our children and spouses, and that throws our lives even further out of balance. But it doesn't have to be that way, and that's why we love hosting groups like the

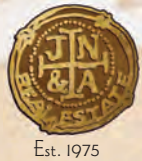


Lifestyle Consultant Hannah Mitchell consults with a mom about caring for her skin and choosing the right makeup

Mothers of Preschoolers, because it's our mission to help everyone we meet live a more balanced, beautiful life."

After introductions and mimosas, Casperson described her lifestyle philosophy and products as each of the moms filled out a short questionnaire about their daily skincare and beauty routines. The group then discussed how each of them could find inspiration to better balance all the important aspects of their lives. Several of Casperson's lifestyle consultants were on hand to answer skin and hair questions, help the moms try new makeup looks and discover the right products for their unique routines.

"We had such a wonderful time getting to know each and every one of these beautiful women," Casperson said after the event. "Everyone's story is different, everyone's journey is different, but I know that if a busy working parent can find balance and live a beautiful life, anyone can."✧✧



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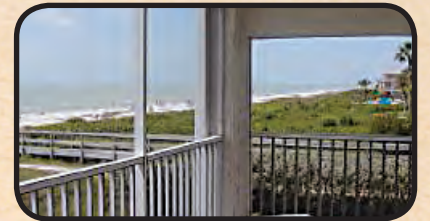
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Present day SWAT team members with head coach Curtis McIntyre

# Sanibel Water Attack Team

submitted by Jodi Luckner

Standing on a tilted square high above the blue water, a 6-year-old girl in a bright blue bathing suit and sparkly goggles feels as if she could slip off and fall in at any moment. Her teammates are cheering for her, yet she can't hear them above her beating heart.

She hears the ref saying, "Swimmer, take your mark," with the buzzer following his voice. She dives head first into the cool water. Even though she's done it dozens of times in practice, it feels like

this is the first. She comes up for air and starts moving her arms quickly through the water. Her parents are screaming in the stands, "Go, Go, Go!"

With the finish nearby, she paddles faster than she ever had before. "You did it!" exclaims her coach with a huge grin on his face. She climbs out of the pool tired, but walking just a bit taller than she had before.

She just swam her first 25-yard race. The first island swim team was conceived in 1978 by Dick Noon and several members of the Sanibel Police Recreation Club. Noon felt that local kids needed something positive to do during the hot months of summer. They affectionately called the group SWAT (Sanibel Water Attack Team).

According to Noon, more than 100 kids participated that first summer. In the early years, SWAT swimmers trained at Casa Ybel and at the YMCA in Fort Myers. Noon, with the assistance of several island businessmen and local community residents, began fundraising to create the Sanibel pool and recreation center building. In 1981, the first recreation center pool was established. Later in 2007, a new lap pool and leisure pool was created as well as a new Sanibel Rec Center building.

Over the years, many coaches have participated in mentoring young swimmers. Assistant to Noon was June Muench, and succeeding head coaches included John Barden, Helene Phillips, Jorey Dahmer, Toni Canino, Coby

## SWAT founder Dick Noon

Amadilo, Greg and Nick Gleeson, Tasha Maddix, Kyle Henninger and present day head coach Curtis McIntyre. "Coach Curt," as he is fondly called, has been training swimmers since 1981. He began coaching in Hobart, Indiana and has been with SWAT for over three years.

"I love swimming," said McIntyre. "It's all I know."

Practices are held Monday through Friday from 2:30 to 5 p.m. Participants must be able to swim a full 25-yard free-style without stopping in order to join. SWAT is affiliated with Swim Florida and swimmers attend out-of-town and local swim meets.

When it gets too hot, join SWAT. Join the fun!\*





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## Interior Design Pros Honored At International Conference



Dana and Linda Coin

Linda and Dana Coin, owners of Decorating Den Interiors – Sanibel, Captiva and Fort Myers, were honored in San Antonio, Texas at their company's international conference and supplier market.

The Coins were recipients of DDI's Medallion Award, signifying their placement at the top 3 percent of the company in revenue, and the Inaugural Award, recognizing unprecedented growth in attaining Chairman's Circle status this past year.

The Coins also received the Chairman's Positive Thinker Award. That particular award was started by the company's late chairman, James S. Bugg, Sr., who constantly said, "Any sales organization needs a core of positive thinkers." Each year, Bugg selected a number of owners who "had stood out as examples of having a

great attitude, which is the foundation of any successful business." The Coins were presented this special award by Bugg's wife, Carol, vice president and director of design.

Linda returned from conference with an extensive library of before-and-after, high-resolution, digital photographs featuring the top room makeovers that were discussed in design sessions at conference. "They make for an ideal workshop or seminar program for organizations looking for meeting programs," she said. "I also met with many suppliers, so I have great ideas and trend forecasting that I can share."

Decorating Den Interior's room makeovers have been featured in such publications as *Good Housekeeping*, *Arabella – the Canadian magazine of art, architecture and design*, *Better Homes and Gardens*, *Woman's Day*, *House Beautiful* and *House and Garden*. In addition, the company has been featured in a variety of design segments on HGTV and The Discovery Channel.

"We represent more than 200 home furnishings suppliers and offer our customers furniture, case goods, accessories, lighting, floor and wall coverings, draperies and other hard and soft window treatments," the Coins said. "We (our team of designers) bring samples directly to the client's home or office and provide complimentary design services and consultation."

Decorating Den Interiors, founded in 1969, is North America's largest home furnishings and interior design company with interior design professionals and decorators throughout the U.S. and Canada. The company has been part of the Sanibel-Captiva business community for 26 years.

Go to [www.coin.decoratingden.com](http://www.coin.decoratingden.com) to learn more about the business. ✨

## New Club For Young Professionals

The Young Professionals Association of Sanibel & Captiva (YPASC), in collaboration with Toastmasters International, is establishing an all-ages Toastmasters club, with an introductory meeting on Monday, June 13 from 5:30 to 7:30 p.m. at the Sanibel-Captiva Association of Realtors office at 2353 Periwinkle Way.

"This is an effort to help meet our mission of leadership development," said Laura Richardson, YPASC leader. "Toastmasters is a respected organization with a proven education program for its members, so it is a perfect opportunity. We are especially looking forward to the group being multi-generational, allowing for a diverse range of skill-sets and knowledge to inform members and benefit the club."

For more information, email [lrichardson@bigarts.org](mailto:lrichardson@bigarts.org) or go to [facebook.com/ypasc](https://facebook.com/ypasc). ✨

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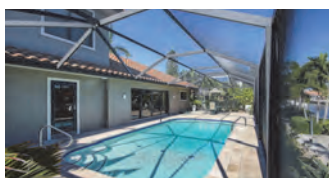
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Additional Info (area code 239) Randy @ 699-8739 or Richard @ 292-4631 Dani @ 472-0836  
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Card Type ☐ AE ☐ Visa ☐ MC ☐ DISC

Exp: Date  Card #  Card Digit code  Billing zip

Team Name:

Driver's Name & Shirt Size:

Navigator's Name:

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Team Leader Name:

Address:

City:  State:  Zip:

Cell Phone:  E-Mail:

Time Out:  Time In:  Total Time:

Mileage Out:  Mileage In:  Total:

Route Score:  + Bonus:  - Penalties:  Total:

**Preregistration Fee \$35.00. Walk-in fee day of event \$40.00**  
Includes: Car, Driver, Navigator, Unlimited Crew, and 1 Official Road Rally T-Shirt.  
(Additional T-Shirts will be available for \$15.00)

### Penalties:

- Five points deducted for each mile over or under computed mileage.
- Points may be deducted for each minute over or under average course time at the Committee's discretion.
- Entry disqualified for exceeding posted speed limit or for receiving a moving violation on the course.
- Entry may be disqualified if not at finish point within 2 1/2 hours.
- The Rally Master reserves the right to adjust the time equally for all contestants if conditions warrant.
- Afterglow party in The Sanibel Grill @ The Timbers Restaurant!



Registration from end of Parade to 12:00 Noon Monday, July 4th,  
in the parking lot at Timbers Restaurant  
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The Sanibel – Captiva Optimist Club is a 501(C)3 Corporation and your donation is fully tax deductible.  
Please note that we are an all-volunteer, not-for-profit organization and all of the funds go directly to Helping The Kids

## Library Hosts Chamber After Hours



Jeffrey Oths, Sean Breckley, Calli Johnson and Richard Johnson



Charlie Frese and Billy Kirkland



Sharon Michie and Brantley Persons

The Sanibel Public Library recently hosted the Sanibel & Captiva Chamber of Commerce's monthly networking event, After Hours.

"After Hours was a great opportunity to welcome new people to the library, so we can show off all of our services to people who might not be utilizing all we have to offer," said Sanibel Public Library Executive Director Margaret Mohundro.

Library staff showed chamber members the laptop borrowing service called Tech IT Out, as well as demonstrated educational gear in the Children's Area.

Public library cards are available to all residents of Sanibel and Lee County at no charge. Visitor library cards have a \$10 annual fee.

For more information, call 472-2483 or visit [sanlib.org](http://sanlib.org).



Scott Kight and Tom Studt



Ernest and Lynne Tressler



Jannette Adams, Mary Schoeffel and Evelyn Stewart





Betsy Eidem, Cathy Cameron and Ryan Markosky



Robin Roberts, Brittney Burt and Trent Peake

## Superior Interiors

Working  
With Color:  
Easy As 1, 2, 3

by Linda Coin

Nothing helps you create a mood or enhances your level of comfort in your home better than color.

Choosing the right color can actually heighten the excitement you

feel when entering a room, or conversely, calm your nerves. And I find that nothing will help you create more design unity than the effective use of color.

Working with color is as easy as 1, 2, 3. So, please don't be afraid to add a bit of liveliness and excitement into your rooms this year.

First, select the color you want to use for the largest areas of your room – primarily the walls and floors. This could be a paint color – or even wall covering – which is having a tremendous rebirth in popularity.

Second, look for one more color that

you can add to complement and lift your room's main color. This secondary color could be used to call attention to a special architectural feature in the room, or could be found in your furniture pieces or window treatments.

And last, but certainly not least, add one more "splash color" to your overall color scheme. This color should be fun and exciting, and could be accomplished simply by adding a few well chosen accent pillows or artwork to your room's décor. It's also important that your chosen splash color be bounced around the room several times. Perhaps accent pillows on your sofa – candles on your mantle, and an usually designed accessory, all featuring this same splash color.

Lighter colors will definitely give your room a feeling of spaciousness because light rays are reflected instead of being absorbed. Bright, strong colors have just the opposite effect – they create a warm, cozy feeling – especially in a very large room.

When starting a new decorating plan, focus on a brand new color scheme, and don't be afraid to be creative with color. It can be a lot of fun, and the rewards could be a brand new colorful place for you and your family to enjoy.

Linda Coin is an Interior Designer for Sanibel/Captiva Islands and can be reached at [linda@coindecnden.com](mailto:linda@coindecnden.com). ☆

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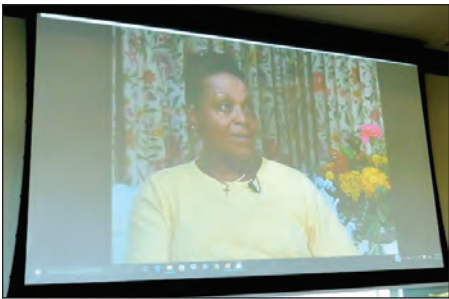


From page 30

Rotary

across the South. It wasn't until 1963 and the opening of a new school, The Sanibel School, that desegregation in education took place, the first in Lee County.

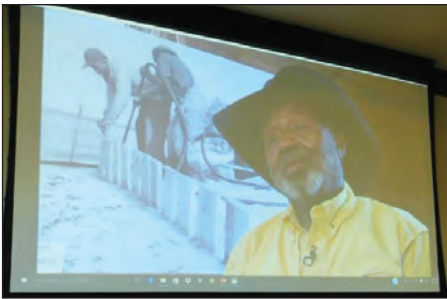
Sanibel and Captiva's early black pioneers and their family members were hard working, honest, well-known, and respected throughout the islands; many serving the needs of islanders by establishing their own businesses. Old film footage of island caterer, the late Mozella Jordan, appeared in this new film and reminded us of how gentle, thoughtful and intelligent this woman was. She was a beloved



Mozella Jordan

member of the St. Michael & All Angels Church congregation. She and fellow parishioners led the way to desegregation here on Sanibel and Captiva.

An exhibit focused on the black pioneers of Sanibel is housed in the



Gene Gavin

Caretakers' Cottage at the Sanibel Historical Museum and Village. Literature states: "This cottage was built after 1925 behind the Mayer family's bayfront home, Shore Haven, now part of the seven-building historical village

complex along with the Caretakers' Cottage. Through the years, it served as guesthouse, bathhouse, caretakers' cottage, and annex for the Mayers. In the 1950s and '60s, Hannah and Isaiah Gavin, after farming and living on Sanibel for decades, stayed there to help widowed Daisy Mayer with housework and gardening." An extensive collection of pictures and memorabilia is on display in the cottage as a tribute to these pioneering families, along with a looped showing of the film *Black Pioneers of Sanibel*.

This is an important part of Sanibel Island history and Rotarians appreciate the generosity of these pioneering families for sharing their stories and pictures with the museum for the production of this film.

Rodman also told us that the film came in under budget and remaining funding is being used currently to underwrite the admission price of children visiting the Sanibel Historical Museum and Village.

"History is a vision into the very soul of who we were and what we did, to become who we are and what we become." – unknown

A new meeting place for the next two months will be announced on the Sanibel Rotary website [www.sanibelrotary.org](http://www.sanibelrotary.org) or on our Facebook page: Sanibel-Captiva Rotary Club.

The Sanibel-Captiva Rotary meets at 7 a.m., Fridays at The Dunes Golf & Tennis Club. Guests are always welcome.\*

Celebrate the 26<sup>th</sup> Annual Independence Day Parade  
Monday, July 4, 2016 9:30 a.m.

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Additional Information??? Contact Trish Phillips at 239-246-2981

Mandatory Parade Participant Meeting on Friday, June 24, at Bank of the Islands  
(10:00 am or 5:00 pm)



Make Sure to Pick Up Your 2016 Parade T-Shirts at Bank of the Islands



2016 Parade Categories

Best Float – Commercial  
Best Float - Small Entry  
Best Nature Theme

Best Float - Not-for-profit  
Best Salute to the U.S. Military  
Best Original Design

Best Float - Family  
Most Patriotic  
Best Music

Entries must be returned (with payment) BEFORE Friday, June 17, 2016

Register Early for Best Starting Position in Parade! Registration Date is the First Determining Factor in Entry Positioning

Parade Entry Form Return with Check "No water to be sprayed by parade participants"

Name of Business or Organization: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Mailing Address (required): \_\_\_\_\_

E-mail Address (required): \_\_\_\_\_

Daytime Telephone Number (required): \_\_\_\_\_

Number of Participants: \_\_\_\_\_

Music Music Music Music Music Music Music Music Music Music

Live? (Yes) \_\_\_\_ or (No) \_\_\_\_ Boombox or Amplifier? (Yes) \_\_\_\_ or (No) \_\_\_\_

Other? \_\_\_\_\_

Physical Description of Float (Ex: P/U Truck w/8' trailer, Bicycles, golf cart, walking): \_\_\_\_\_

Name and Telephone # of Person Attending Meeting on 6/24: \_\_\_\_\_

Line up the Day of the Parade will be between 8:00 am and 8:30 am on Island Inn Road  
(Entries arriving after 8:45 am will be placed at the end of the Parade line up)

Renaissance  
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Lectures Offered

Florida Gulf Coast University's (FGCU) Renaissance Academy for adults announces its 2016 summer program, offering a curriculum of single lectures, short courses, day trips and special events.

Topics include iPad/iPhone, Windows 8, mah jongg, tai chi, yoga, writing programs, art history, photography, a foreign and classic film discussion series, healthy living, World War II, spies and espionage, birding, baseball, Hollywood legends and more.

There are no exams or grades. Course fees are typically \$25 per lecture. The programs are open to everyone at the academy's many locations, such as FGCU Naples Center on 5th Avenue South, Moorings Park in Naples, Bentley Village in Naples, The Arlington in east Naples, The Brooks Commons Club in Bonita Springs and the Atrium Executive Center in Fort Myers.

Summer specials include one free lecture for first-time participants. Returning students can purchase two lectures and get the third free with a membership.

A free, complete academy program guide can be found at local libraries or by calling 425-3272. Register online by going to [RegisterRA.fgcu.edu](http://RegisterRA.fgcu.edu).\*



Will Power

## How Much Direction Does Your Trust Provide?



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

**M**any revocable trusts continue on past the lifetime of the grantor to benefit a surviving spouse and children. A trust that continues on for a spouse may be known as a “marital,” “credit-shelter,” or “family trust” and may be held solely for the spouse for her lifetime and then distribute to the children at her death. Sometimes a trust benefits both the spouse and the children at the same time. These are known as “sprinkle” trusts since the trustee can sprinkle the trust income and principal amongst a group or class of beneficiaries at the same time.

After your death you obviously can no longer act as the trustee of your own trust. So at this time, your successor trustee steps in. It's at this point that the type of trust and how the trustee must invest and distribute the assets becomes a more difficult issue than it was during the grantor's life.

Assume, for example, that upon your death your surviving spouse is to serve as the successor trustee of your trust, and that your trust continues on for her benefit. Assume this “credit shelter trust” pays her all of the income (interest and dividends) during her lifetime and that principal can be invaded if the income is insufficient for her “health, education, maintenance and support.”

What does that mean?

The words, “health, education, maintenance and support” may look familiar to you. If you are married, they likely appear in your own estate planning documents, leading you to wonder why they are prevalent. The reason is because these words appear in the tax code (specifically, Internal Revenue Code §2041) and are known as an “ascertainable standard.” This has estate tax implications excluding trust assets from a trust beneficiary's estate for federal estate tax purposes, even if she is acting as a trustee.

*Jim dies, and his revocable living trust is held for his wife Jane's benefit for the rest of her life. Jane is to receive the income from the trust, and principal may be invaded for her “health, education, maintenance and support.” Even though Jane is the trustee and can presumably remove significant sums from Jim's trust over the course of her lifetime, his trust is not included in her estate for federal estate tax purposes because her withdrawal right is limited by the ascertainable standard.*

This begs a question, however. Is a trust that mandates the distribution of income and a principal invasion power for “health, education, maintenance and support”

enough direction so that all of the beneficiaries understand what rights and responsibilities they have?

Assume in my example that Jane wants a new car. She decides on a Mercedes that costs \$50,000. May she withdraw money from the trust to buy the car? Does that purchase constitute maintenance or support?

Would your answer change if the trust had \$5 million in it? What about if the trust only had \$300,000? What if Jane had more money in her own personal account than what the trust had in its account? Does your answer change if the beneficiaries who inherit the trust following Jane's death are step-children as opposed to biological children?

These questions pose interesting dilemmas. Furthermore, distribution decisions aren't the only subjective choices confronting the trustee. Consider the trust investments, for example.

*Jane is the trustee of her deceased husband Jim's trust that is to be held for her benefit, distributing annual income to her. As trustee, Jane decides to maximize the income of the trust so she invests in bonds and high dividend paying stocks. Jim's two sons, Jason and John, who inherit the trust after Jane's death, complain that Jane's decision to maximize income damages the potential growth of the assets and, therefore, the real value of the trust will decrease relative to inflation.*

Absent direction in the trust instrument to the contrary, Jane as trustee has a fiduciary duty to balance her income needs against the needs of the remaindermen who inherit the trust following her death. Again, if you are a judge hearing a complaint filed by Jason and John, do you remove Jane as trustee if she chooses to maximize income? Does your answer change if Jane has sufficient assets of her own on which to comfortably live for the rest of her life? Does your answer change if Jason and John are multi-millionaires and Jane really does need to maximize income?

In order to avoid these sticky issues, trusts can be drafted to provide more objective standards than the loose “health, education, maintenance and support.” The trust could direct the trustee, for example, to consider the income and other resources available to the surviving spouse when making investment and distribution decisions. Instead, the trust could state that Jane is the primary beneficiary and her needs should be considered above the needs of the remaindermen, notwithstanding other assets or income available to her.

Most beneficiaries don't file complaints against the trustee for these matters. It is costly, divisive and risky to do so. Nevertheless, when considering how and whether you want your trustee to favor one class of beneficiaries over another, it is always a good idea to convey those thoughts to your estate-planning attorney and to have him draft appropriate language satisfying your intent. Otherwise, the default provisions under the law apply, which may or may not be consistent with what you want.

©2016 Craig R. Hersch. Learn more at [www.sbslaw.com](http://www.sbslaw.com).✴

## Distinguished Entrepreneur Winner Named

**C**hristopher T. Spiro, owner and CEO of Spiro & Associates, was named the Distinguished Entrepreneur of Southwest Florida by the Florida Small Business Development Center (FSBDC) at Florida Gulf Coast University.

The award recognizes a small- to mid-sized business for its outstanding success. Additionally, as part of the award, Spiro has been nominated by the FSBDC as the Small Business Administration's Small Business Person of the Year 2017.

Two new awards were presented by the FSBDC this year. John Benkert, CEO of CPR Tools Inc., was named Distinguished Business Innovator of the Year, for his technological advances in the field of data recovery. Judy Williams, owner of SPADA Salon & Day Spa, was awarded

Business Advocate of the Year for her contributions to Southwest Florida nonprofit community.

The awards ceremony was made possible by title sponsor Markham, Norton, Mosteller, Wright & Company, PA.

The FSBDC at FGCU offers

one-on-one, confidential, no-cost consulting and low-cost workshops for businesses throughout Lee, Collier, Charlotte, Hendry and Glades counties.

For more information, call Amanda Stirn at 745-3706 or 410-1133, or email [astirn@fgcu.edu](mailto:astirn@fgcu.edu).✴

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# As Good As The Red Sox Are Playing, That’s How Bad The Twins Are Playing



by Ed Frank

Polar opposites is the best way to describe the performances of the Minnesota Twins and the Boston Red Sox as the 2016 Major League baseball season reaches the one-third mark.

We described last week the welcomed, surprising play of the Red Sox which, entering the Memorial Day Weekend, was atop the American League Eastern Division and, in fact, at 29-18 (.617), owned the best record in the league.

But then we look at our other Spring Training home team, the Minnesota Twins, and the picture is dismal, disappointing – you can even describe it as horrific.

With the worst record in all of baseball at the start of the holiday weekend, 12-34 (.261), you’ve got to wonder whether heads will soon roll in the Twins organization. Here was a team that just missed the playoffs a year ago and was thought to have the talent to reach post-season play this season.

Minnesota started 0-9 and went downhill from there. Offensively, the team ranks last in the American League in runs scored and the pitching is just as bad with the second-worst ERA in the Majors. Take a look at the American League leaders in home runs, RBIs, runs, hits, doubles, triples, stolen bases, pitchers’ ERAs, wins, strikeouts and saves, and you won’t find a single Twins player.

Now do you get the picture? The dire situation wasn’t helped any last week when Twins pitching coach Neil Allen was suspended following his arrest on suspicion of drunken driving. Rhett Bollinger of Major League Baseball, who has reported on the Twins for years, wrote recently that he doesn’t expect any front office or coaching changes. Twins owner Jim Pohlad has publicly stated his support for long-time general manager Terry Ryan. And, Ryan, in turn, has stated repeatedly his support of manager Paul Molitor. Molitor is in the second year of a three-year contract and was *Sporting News* Manager of the Year in 2015 as a result of the Twins surprising performance. How times change! While management may hold on for the season, that doesn’t mean the Twins won’t shop some players as the July 31 trade deadline nears. Third-baseman Trevor Plouffe, who has a year left prior to his free agency, could be dealt to allow Miquel Sano to move from the outfield to his more natural position. Sano has struggled defensively in the outfield. Then there is the repeated question when Byron Buxton, once rated the top prospect in baseball, could be called up from Triple A Rochester. Buxton had difficulties hitting Major League pitching in his prior stints with the Twins. However, since being demoted to Rochester, he was the team’s top hitter through last weekend with a .340 batting average in 25 games played. He had six home runs, 12 RBIs and four stolen bases. His on-base percentage was .398. Most importantly, he has significantly reduced his strikeouts, which were nearly 50 percent when playing in the Majors, to 23 percent with Rochester. Look for Buxton to return to the Twins soon. There are still four months remaining in the 2016 season and maybe, hopefully, the Twins fortunes could improve. But any hope for post-season play is long gone being 14 games out of first place already.✱✱

## 2016 All Stars Coming To Hammond Stadium

The Fort Myers Miracle will play host to the 2016 Florida State League All-Star Game at Hammond Stadium in the CenturyLink Sports Complex on Saturday, June 18 at 7:05 p.m. The 55th All-Star Game takes place for a sixth time in Fort Myers since 1985, with the Miracle – the Class A minor league baseball affiliate of the Minnesota Twins – hosting for a fifth time. The stadium and sports complex recently underwent a two-phase, \$48.5 million renovation. Additions include an outfield boardwalk to provide 360-degree viewing, new seating options, open-air concession stands, two full-service bars and wider concourses. “We are thrilled to show off this state-of-the art facility after the renovations and upgrades that have improved the fan experience the last two seasons,” said Miracle Chief Operating Officer Steve Gliner. “This event will be a great opportunity not just for local fans, but also for guests from around Florida and the United States to come and experience Fort Myers, Hammond Stadium and the beautiful Southwest Florida region.” The game features two teams with players from the South and North Divisions. The South Division includes the Bradenton Marauders, Charlotte Stone Crabs, Fort

Myers Miracle, Jupiter Hammerheads, Palm Beach Cardinals and St. Lucie Mets. The North Division is comprised of the Brevard County Manatees, Clearwater Threshers, Daytona Tortugas, Dunedin Blue Jays, Lakeland Flying Tigers and Tampa Yankees. A Home Run Derby precedes the game on Saturday, with a fireworks show erupting after the final out. The game is presented by CenturyLink, Coors Light, Priority Marketing, Zambelli Fireworks and Lee County Sports Development. To purchase tickets, call 768-4210 or visit [miraclebaseball.com](http://miraclebaseball.com).✱✱

## Water Safety Instructor Course

The Sanibel Recreation Center will hold an American Red Cross Water Safety Instructor Course on Monday, June 13 through Thursday, June 16, from 8 a.m. to 3:30 p.m. each day. The class provides instructor training necessary to teach courses in the American Red Cross Swimming and Water Safety Program. Attendees learn how to use course materials, conduct training sessions and evaluate participants’ progress. You must be at least 16 years old and able to swim 25 yards of freestyle, backstroke, breaststroke, elementary backstroke and sidestroke, and 15 yards of butterfly to attend. Register in person at the Sanibel Recreation Center, located at 3880 Sanibel-Captiva Road, or by calling 472-0345 at least 48 hours prior to the start date. The cost is \$210 for members and \$275 for non-members, and includes all course materials. To find out more, visit [mysanibel.com](http://mysanibel.com).✱✱



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### SPORTS QUIZ

- Three players have hit a home run for their 3,000th major-league hit. Name two of them.
- In 2015, the Chicago White Sox’s Chris Sale became the second pitcher to record double-digit strikeouts in eight consecutive games. Who else did it?
- When was the last time the Cincinnati Bengals won an NFL playoff game?
- In 2015, Steve Alford became the fourth UCLA men’s basketball coach to reach the NCAA Tournament’s Sweet 16 in each of his first two seasons. Who else did it?
- Who scored the overtime goal in 1975 that gave the New York Islanders their first NHL playoff series triumph?
- In 2015, Columbus’ Justin Meram logged the fastest goal in Major League Soccer playoff history (9 seconds). What had been the fastest?
- Which two schools have won the most NCAA Division I men’s team swimming and diving championships?

### ANSWERS

1. Wade Boggs, Derek Jeter and Alex Rodriguez. 2. Boston’s Pedro Martinez (1999). 3. It was the 1990 season. 4. Gene Bartow (1976, ‘77), Gary Cunningham (‘78, ‘79) and Steve Lavin (‘97, ‘98). 5. J.P. Parise. 6. Columbus’ Adrian Paz scored in 26 seconds in 1996. 7. Michigan and Texas, with 12 each.





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From page 1

# Prescribed Burns

Specifically, six areas of the island have been scheduled for prescribed burning this year:

- Bailey Tract (north of Daniel Drive between Tarpon Bay Road and Island Inn Road)
- Sanibel Gardens Preserve (south of Sanibel Boulevard off Island Inn Road as well as west of Locke Avenue)
- South Center Tract (north of Lake Murex Circle and west to Rabbit Road)
- Postell Tract (north of West Gulf Drive between Twin Lakes Drive and Rabbit Road)
- Frannie's Preserve/Johnson Tract (north of West Gulf Drive through Casa Ybel Road and Atlanta Plaza Drive)
- Gulfside City Park Extension (between Algiers Lane and Casa Ybel Road)

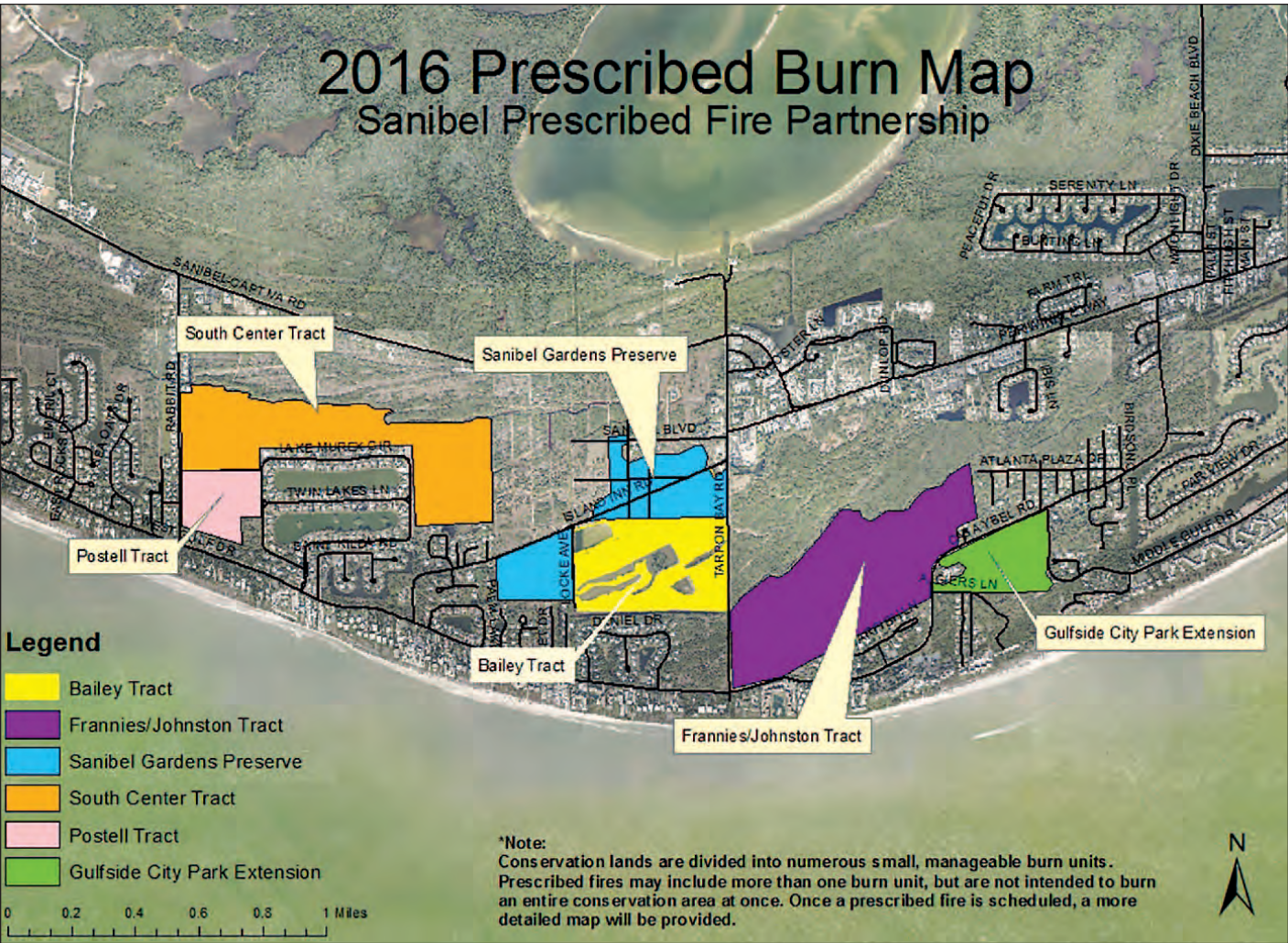
According to Jeremy Conrad, wildlife biologist at the refuge, conducting prescribed burns at dedicated areas of the island where there is evidence of dead trees and overgrowth actually minimizes the threat of a catastrophic wildfire while maintaining public safety. A secondary benefit of the burn is to wildlife, which will improve the habitat of several native species. These include the gopher tortoise, the Eastern indigo snake and the Sanibel rice rat.

"If we don't go in and take care of the overgrowth, any wildfire could potentially become catastrophic," he explained.

Smoke is another concern, therefore, plans call for specific wind conditions to minimize smoke impacts to roads and communities. A prescribed fire will not be conducted if the prescription cannot be met. In other words, if the proper wind conditions and relative humidity are not present on the day of the planned burn, the burn will not be conducted.

During the May 26 meeting, Sanibel Recreation Department member Matt Fannon asked when this year's prescribed burns would take place. "Hopefully in June, weather dependent," replied Supervisory Refuge Ranger Toni Westland.

Greg Suszek, prescribed fire specialist for the U.S. Fish & Wildlife Service, explained that the deeper into the summer season it gets, the less likely a prescribed burn would be executed. "Afternoon rains can affect the hydrology



The six areas targeted for prescribed burns on Sanibel during the late spring/early summer season

of the units," he added. "If it's wet, it's not gonna burn right."

Additional Prescribed Fire Task Force members attending the session included Paul Tritaik, refuge manager, and Jeff Combs, ranger/volunteer coordinator from the JN "Ding Darling NWR; Holly Mibrandt, biologist for the City of Sanibel Department of Natural Resources; Chris Lechowicz, Toby Clark and Audrey Albrecht from SCCF; and Samantha Quinn, mitigation specialist from the Florida Forest Service.

"Every year, we get together with our partners to determine which areas are going to be our top priority," said Mibrandt. "In a perfect world, we'd do prescribed burns (in heavily vegetated areas) every three years."

Purposefully setting and controlling

fires can actually help prevent wildfires. This technique, often called a "prescribed burn," will reduce the amount of dried vegetation, or "fuel." When conducting prescribed fires, managers consider environmental conditions such as temperature, relative humidity, recent rainfall, wind speed and direction, soil moisture, fuel conditions and the type of burn that can be conducted. Following a predefined "prescription" allows fire management officers to determine the desired fire behavior (including intensity, flame length, direction of fire spread and smoke).

Although a specific start date for the first prescribed burn of the season (Bailey Tract) couldn't be given, Tritaik noted that island residents will be given a minimum of 24 hours notice. "We try to give

48 hours (notice) ahead of the burn," he added.

Information about when the burns will be staged will be distributed via mailbox hangtags for residences and businesses adjacent to burn sites. Local media will be updated and information posted on various websites, including [www.firewise.org](http://www.firewise.org) and the City of Sanibel's own [www.mysanibel.com](http://www.mysanibel.com). Also, a public information booth will be set up in front of Bailey's General Store, with task force members available to answer any questions during the burns.

Additionally, Westland encouraged anyone who may be sensitive to smoke to register with Conservation Officer Joel Caouette at 472-3700 or [joel.caouette@mysanibel.com](mailto:joel.caouette@mysanibel.com).

## Health Matters: What Should You Do?

On the day of a prescribed burn, people who may be negatively affected by health issues triggered by smoke should consider doing the following:

- Stay indoors
- Close your windows and turn on your air conditioning unit
- Make sure you have all of your medications on hand (i.e. asthma inhalers, oxygen tanks, pills, etc.)
- Bring your pets indoors
- If possible, leave the island for the duration of the prescribed burn

## Reducing The Risk Of Wildfires

As a homeowner, there are many things that you can do to reduce the wildfire risk around your home. Suggestions include:

- Trimming dead palm fronds from trees
- Trimming any tall grasses near the home
- Pruning large, leafy hardwood trees so the lowest branches are six to 10 feet high
- Removing combustible materials such as gasoline containers, firewood and building supplies from being stored underneath or around the home
- Keeping mulch and other landscaping material well watered



## School Smart



by Shelley M. Gregg, NCSPP

**D**ear Shelley, My kids will be going to a different school next fall where they have to keep a digital portfolio of their work. This is new to them and me.

Please explain what this is and how we can get ready to make these portfolios.

Zhandra B., Fort Myers

### Zhandra,

Portfolio assessment has been (more or less) a popular way to assess children's academic growth for the past 15 to 20 years. It basically means that children are assessed using samples of classroom work to document their progress toward learning goals. It also means finding room for bulging binders stuffed with paper and keeping them intact and organized across time. Now, digital technologies are making it so much easier to collect, curate, share and store student work. The physical barriers of keeping so much paper together that once made portfolio assessment daunting have been eliminated by technology and schools are now taking another look at the practice.

With the aid of user-friendly and sometimes lower cost technology, schools are turning to digital portfolios to track assignments, communicate with parents, and help students reflect on their own educational progress. Google Tools suite is free software that is often used. It allows students to compile portfolios that include everything from essays on the Roman Empire to photos of art projects to videos of the school play or state championship sports game. And digital portfolios stay with students as they move through school and graduate, possibly providing raw material for college applications and resumes.

Typically in the elementary years, teachers snap and upload digital photos of handwritten work. In the upper grades, students accustomed to electronically documenting their school lives habitually upload essays and lab reports and record video of their oral presentations. Students learn the process quickly, and by the time they are in middle school, documenting their work digitally is just part of how they submit their work.

"When you can show parents a

product, like an essay that started as a rough draft and was really clunky and then you show the growth, it's a big win," said Marty Creel, who started a pilot program as an administrator in Maryland's Montgomery County Public Schools.

Each year, students build voluminous electronic archives out of which they curate a smaller set of required assignments, entering links to each item into a spreadsheet that teachers can access at grading time. Choosing which items to include in portfolios requires students to think about their own development in a way that traditional assessments don't. Students can then access the same links later, for a refresher on past material.

"The portfolio is really the students showcasing their work, their growth over time, telling their own story of their learning," said Helen Barrett, a retired education professor at the University of Alaska-Anchorage.

Teachers can upload photos of young children's handwritten work, audio of students reading their own compositions aloud, or video of conversations between teachers and students about their writing strengths and weaknesses. Then, parents receive electronic notifications on their smartphone or computer of the postings and can access their children's portfolios. It has given parents a broader view into how their child is doing, and parents are looking at far more than a test score.

Portfolio assessment has its challenges however. It is more time-consuming than putting scan sheets through a computer. Teachers need training in how to use digital platforms and how to plan assessments so they can provide students with implementable feedback, rather than just a number or percentage from a test. There are philosophical differences as well, since portfolio assessment is designed to record student growth, encourage reflection and honor the idiosyncrasies of personal choice not to promote standardization and uniformity that is often the goal in some schools. Portfolio assessment is a better way to honor a student's learning accomplishments than just test scores.

Shelley Gregg 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. ✨

## Foundation Seeks Volunteers, School Supplies



Children from the Harlem Heights neighborhood receive supplies at the 2015 outreach

The Heights Foundation is seeking individuals, businesses, churches and organizations to provide school supplies and volunteer for The Heights Center's annual outreach program on Saturday, July 30 from 10 a.m. until 1 p.m. The program will be held at The Heights Center, 15570 Hagie Drive in Fort Myers.

The program provides backpacks and school essentials for nearly 450 low-income children living in the Harlem Heights neighborhood.

"Our goal is to ensure that every child in Harlem Heights has the necessary supplies to succeed in school," said Kathryn Kelly, president and CEO of The Heights Foundation. "The poverty rate for children in Harlem Heights is more than twice the county average. Many parents cannot provide all the things their student will need. We want to send our students back to school ready to learn."

The center has a wish list that includes new and durable backpacks, binders, highlighters, paper, USB flash drives, scissors, folders, crayons, markers, paper and notebooks.

"We are looking for organizations whose members can band together to meet the need," said Nancy Sanchez, The Heights Center's Programs and Family Advocacy coordinator. "The 450 backpacks are the largest investment, costing more than \$6,500. A business may be able to sponsor the backpacks, a church or philanthropic organization could provide crayons, markers or notebooks. Monetary donations may also be made online at our website or mailed."

To donate or volunteer, call Nancy Sanchez at 482-7706 or nancy@heightsfoundation.org. Make monetary donations at heightsfoundation.org/donate or mail to: The Heights Center, 15570 Hagie Drive, Fort Myers, FL 33908. ✨

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## Adopt A Shelter Cat Month

The Gulf Coast Humane Society celebrates National Adopt A Shelter Cat month during June by putting a spotlight on special felines available for new homes.

Those interested in adopting multiple cats 1 year or older can take advantage of special pricing. Cats who have been at the shelter nine months or longer will be available to foster before the adoption process to ensure a perfect fit for both the cat and owner. There will also be an opportunity to win a gift basket for those who adopt a cat during the month of June.

The society is located at 2010 Arcadia Street in Fort Myers. For more information, call 332-0364 or visit [gulfcoasthumanesociety.org](http://gulfcoasthumanesociety.org). ✨





Using a smoker before extracting the frames from a bee box, Paul Shannon visits the club every two weeks

From page 1

# Bees Enjoy Success At Sanctuary

“The Sanctuary from its inception has always been dedicated to protecting the environment,” stated Ken Kouril, CEO of The Sanctuary Golf Club. “Our habitat is ideal for beehives being placed on our property to promote bee colonies and pollination. This is a natural fit for

us and our members greatly support this initiative.” A former island resident who attended The Sanibel School and Cypress Lake High School, Shannon graduated from Florida International University with a degree in business administration. At his father’s suggestion, he became interested in beekeeping as a hobby eight years ago. “There’s something about being in the middle of all those bees that’s so amazing,” said Shannon, who began



Paul Shannon inspects a frame which was last harvested for honey 10 days earlier



The bee boxes are located behind a field of wildflowers, approximately 25 yards from the fairway



A frame being placed back inside the bee box



Shannon Farms honey is sold in eight ounce jars

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dearRPharmacist

## Catalase Enzyme Reduces Peroxide And Pain



by Suzy Cohen, RPh

**Dear Readers:**

When you think of peroxide, you think of those brown bottles from the drugstore. Some people use it like cheap bleach to lighten hair color, but mostly it's poured on wounds

as a disinfectant. Going grey is your sign of too much peroxide, it's a sign of "rusting," metabolically speaking.

Peroxide sometimes goes by its molecular acronym, H<sub>2</sub>O<sub>2</sub>, which means there are two hydrogen and two oxygen atoms. Last week, my autoimmune video shocked a lot of you because I said we all make hydrogen peroxide in our own body, all day long! I also said there's a lot more peroxide happening in you if you have Hashimoto's and other autoimmune diseases and that it produces pain and flare-ups. However, I want to be fair and tell you today that peroxide isn't bad. Excessive peroxide is bad.

First, I'll tell you why peroxide isn't bad. Your thyroid gland requires peroxide to make thyroid hormone. Without enough peroxide, you can't make "Thyroid Peroxidase" enzyme, or TPO. It's this TPO enzyme that forms thyroid hormones for you, so see, it's not really a bad guy. It's also a chemical messenger

in your body. In a perfect world, and healthy body, the peroxide you create will rapidly turn into water and oxygen, with the help of an enzyme called catalase (you make that too). It's the oxygen coming off the peroxide which makes the bubbles and fizzing you associate with peroxide.

So we're clear now, right? You get that peroxide isn't toxic in and of itself, but it's definitely toxic in high amounts. It's like acid. It's like bleach. It destroys your cell membranes, it causes pain, it makes your hair turn grey, and it causes peroxidation in your lipids which leads to bad cholesterol ratios, diabetes and heart attack.

Millions of people have too much peroxide and not enough catalase on board to degrade it in the cells. Remember, catalase enzyme turns peroxide into water and oxygen. I have more information and a video about catalase and the connection to thyroid disease at my website [suzycohen.com](http://suzycohen.com). Just sign up for my newsletter.

Controlling peroxide is critical if you have an autoimmune disease of any sort, especially one that affects your thyroid. You're probably wondering how you get excessive peroxide. Honestly, it's easy, some of you probably keep creating it all day long.

If you eat or drink junk foods, sugar, candy, soda... these things are refined and pro-inflammatory, so within seconds you've spawned hydrogen peroxide in your body. Let the rusting begin! We can overwhelm our antioxidant systems so easily with alcohol, emotional stress and even physical workouts or all-nighters.

One more way, if you supplement with high doses of iodine, you'll make more peroxide, this is why people with

Hashimoto's react badly to iodine at times. There's a balance with iodine and selenium which I've explained in other articles at my website. Remember, without catalase (and also glutathione), you can't put out the peroxide flame.

*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](http://www.SuzyCohen.com).* ✨

## Volunteers Needed

Community Cooperative needs summer volunteers for both its Fort Myers and Fort Myers Beach locations, starting immediately.

The Fort Myers office, at 3429 Dr. Martin Luther King Jr. Boulevard, seeks volunteers for shifts ranging between 6:30 a.m. and 2:30 p.m., Monday through Saturday. The Fort Myers Beach office, at the Chapel by The Sea Presbyterian Church, has shifts available Monday through Friday, from 6:30 a.m. to 9 a.m. Duties vary from packing and delivering meals, to assisting in the pantry to gardening.

"We have hit the time of the year when our client needs are the greatest," said Tracey Galloway, CEO of Community Cooperative. "So many of our most dedicated volunteers have headed back to their other homes. We are looking for volunteers at all of our

locations, especially our Fort Myers Beach location, where 80 percent of our volunteers are seasonal residents," Galloway said.

Drivers delivering Meals on Wheels is the biggest volunteer need during the summer. "We serve more than 400 homebound seniors and more than 8,000 meals each month through this program," said Jennifer Larsen, Meals on Wheels program manager. "We rely on volunteer drivers to help cover over 30 routes across Lehigh Acres, Cape Coral, Estero, Fort Myers and North Fort Myers."

With pick-up locations throughout Lee County, a typical route has approximately 15 customers and averages two hours to complete. If volunteers are part of a company, church or organization, they and their co-workers can adopt a route and volunteer together.

To volunteer, you must first complete an application and background check before scheduling your hours. Applications are accepted for volunteers age 16 or older. Children age 12 to age 15 may volunteer if they are accompanied by an adult. Lee County school students who are seeking community service hours are encouraged to apply. Small groups of two to five can be accommodated as well. No prior experience is necessary. Proper attire is also required.

For more information, visit [communitycooperative.com](http://communitycooperative.com) or contact Rachell Mays, volunteer coordinator, at [Rachell@CommunityCooperative.com](mailto:Rachell@CommunityCooperative.com). ✨

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** Sometimes I get food cravings and I think it stems from stress. Do you have any suggestions how to overcome this?

**A:** First of all, ask yourself if you are feeding

yourself properly from a nutritional standpoint, because these cravings can be a symptom of a nutritional need that your body is not getting. If in particular you are craving sweets and carbs (most common cravings) you are correct, this is often from symptoms of something stress related rather than to build energy. See if you can pinpoint your stressor that is contributing to your cravings. Is it job, relationship, family related? Try not to allow yourself to become victimized by negative energy of others. Take a few deep breaths and tell yourself this too shall pass.

When I work with clients in hypnosis, guided imagery and relaxation, I have them visualize a protective shield around

them to keep negative forces at bay. It works! Take a cleansing bath or shower, take a walk in nature, put the shield around you. All of these things can keep you from running to the fridge and pantry seeking out the chocolates and cheese! Left over subtle energies can trigger negative eating patterns. One remedy for this is to burn sage to eliminate the negative energies around. It can be a cleansing of your home/office and also can eliminate the desire to eat foods that are unhealthy for you.

Ask yourself before you put food in your mouth if it is nourishing or depletive of your energy body.

Stay on top of your energy and eating habits. In the long run, moderation is the key. If you feel you need some chocolate or some other food, then have a bite or two, and stop. You will have had a full satisfied feeling with just a couple of bites. Don't deprive yourself or that could lead to binge eating.

Be mindful and alert for those stress induced cravings that come from negative vibes. Your body will thank you for taking the utmost care and your eating behavior will change for the better.

*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](mailto:constanceclancyfisher@gmail.com).* ✨

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## Eden Energy Medicine

# Energies Of Love: You Are Always Wrong



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

Over the last four weeks, we learned there are four sensory types each of uses as a default while under stress: 1: Tonal,

2: Visual, 3: Kinesthetic, 4: 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. By interacting with each other's' energies, loving energy is shared.

In today's column, the visual sensory mode will be explored (when in balance are engaging, persuasive, visionaries and have the gift of seeing the large perspective). Here is the vignette: Susie and Carl have been together for 30 years and continually get "stuck" in resolving an argu-

ment, both feeling defeated and frustrated for the inability to reach the other. As Susie is getting her coffee, Carl is unloading the dishwasher and places the white bowls on a shelf where Susie likes to keep the blue bowls. Susie says, "Carl?" so that Carl will stop and look at Susie. Susie calmly tells Carl that he is putting the white bowls in the wrong spot, which he should know after 18 years living in the house. Carl gets agitated by Susie's tone, and starts to leave the room. Susie follows Carl, takes his arm and asks him to please look at her since she doesn't get why he is upset and starts to explain that he should know better, ready to go on and on about how his perspective is wrong.

Sound familiar? This is the visual, always seeking that others meet her gaze (and she will like the pictures perfectly straight on the walls; notice the colors of the tablecloth and flowers, seeking to have everything visually coordinated) gets nit-picky and blames Carl. Plus, she gets angry easily. Susie, under default (seeing Carl was doing it wrong with bowl location), will continue to see only that Carl is wrong.

The solution? Stop, come to center and ask, "Do you mean...?" with each holding their own forehead and back of the head. Try the exercise in the column Hand To Heart with Partner Creates Bond (see previous column or website). There are many more solutions in the book. Understanding our loved ones energies (plus our own), which changes all our lives.

Have fun with your energy! Next

week's topic is Energies of Love: Feelings Are Fact.

If you have a question, email Karen at [SemmEnergyCenter@gmail.com](mailto:SemmEnergyCenter@gmail.com) or visit [www.semmelmanenergy.com](http://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.✧

## Alzheimer's Program

The Alzheimer's Association – Florida Gulf Coast Chapter will hold a comprehensive program for both caregivers and those in the early stages of dementia starting Friday, June 3. The program runs from 10 a.m. to noon at First Church of the Nazarene, 13454 American Colony Boulevard in Fort Myers.

Beginning Alzheimer's Support and Education consists of nine weekly sessions, with each two-hour class dedicated to education and support. Topics include basics of dementia; positive communication; living day to day; skill building; feelings/emotional well-being; medications and current research; planning for the future; and creativity and cognition.

The Friday program runs through August 5, with no meeting on July 1.

There is no cost to attend. Class size is limited, and pre-registration is required by contacting Emily Reese at 405-7008 or [reese@alzflgulf.org](mailto:reese@alzflgulf.org).

The Alzheimer's Association-Florida Gulf Coast Chapter's services are provided at no cost to the public. Reach the 24/7 Helpline: 1-800-272-3900.✧

## Survivors Day At Cancer Center

Lee Memorial Health System's Regional Cancer Center will host a free luncheon in recognition of National Cancer Survivors Day, an annual nationwide and global celebration of life, on Sunday, June 5 from 11 a.m. to 1:30 p.m. at the Broadway Palm Theatre, 1380 Colonial Boulevard, in Fort Myers.

Debra Townsend-York, of Concepts of Care, Inc., known for offering messages of inspiration, humor, hope and healing, is the guest speaker.

Survivors Day is a celebration for those who have survived, an inspiration for those recently diagnosed, a gathering of support for families and an outreach to the community.

Sponsors include 21st Century Oncology, Florida Cancer Specialists, Florida Gynecologic Oncology, The Landings Yacht, Golf and Tennis Club, and the Comrie Cancer Foundation.

Reservations are required by calling 343-9557 or emailing your name, phone number and number of guests (two maximum) to [Debbie.Manee@LeeMemorial.org](mailto:Debbie.Manee@LeeMemorial.org).

Learn more at [ncsd.org](http://ncsd.org) or by going to [leememorial.org](http://leememorial.org).✧

## Mom And Me



by Lizzie and Pryce

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

### Dear Mom & Me,

My wife has invaded my space.

I retired and looked forward to doing all of the things I could not do while employed, e.g. sleeping in after a late night, having fun for hours on my computer and leisurely walks with the dog.

My wife wanted to stay on with her job and her many social activities.

The past six years have been so much fun and I have had the time to look at the cooking shows and I always have dinner ready when she returns.

But now my wife has retired and is not so involved socially and so I cannot enjoy my fun in privacy.

I love my wife but I wish she would leave me alone. What do you suggest I do?

Harvey

### Dear Harvey,

This is a reversal of roles; we usually hear about men invading a woman's space.

Your wife could also be having a difficult time. I would suggest you try to have a non-threatening discussion with her or have a relative or friend be part of the discussion.

Encourage your wife to take up some of her former social activities in retirement that gave her pleasure while she was employed.

Lizzie

### Dear Harvey,

Perhaps gender equality has made it to another layer of gender politics!

Welcome, welcome to the world of many women who have worked at home only to be invaded when their husbands retire and feel that they can run the home as they had run their office.

Sorry, no sympathy here. I would recommend you discuss with your wife and restructure the home and activities so both of you are not under foot and bothersome to one another.

Pryce

Lizzie and Pryce's email address is [momandmeaging@hotmail.com](mailto:momandmeaging@hotmail.com).✧

## Doctor and Dietician

## Lacking In Energy?



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

The number of people that come to Caring Medical with the complaint of low energy is huge. In this fast-paced world we live in, it is becoming harder and harder to do everything we need to do, in the time we need to do it in, and then still have time and energy left for ourselves. It's time to find out what works for you, so that you can do the things you need to do and feel great while doing them!

So what is going to give you energy? First, simply eat as many fresh, home-cooked meals as possible. Second, lessen your intake of "fake" chemical foods and eliminate excessive intake of junk,

such as sodas. This includes diet soda. It may not contain any calories, but the aspartame, phosphoric acid, potassium benzoate and other chemicals are draining your energy.

Pre-packaged meals are convenient, but are not nutritious. Have you ever looked at the ingredients in these revolutionary boxed meals? They frequently contain over 30 ingredients. If you were to prepare a similar meal at home, you would probably use 5-10 ingredients, and it would taste so much better! You don't need all of the harsh preservatives, food chemicals and hydrogenated fats that come along with those quick fix meals. Convenience is important, but your health is so much more.

Yogurt is the last one we'll touch on today. The "low sugar" or "sugar free" fruit-flavored yogurts are loaded with artificial sweeteners. Choose plain yogurt and jazz it up with some nuts, seeds and fresh or dried fruit. Greek yogurt is really high in protein and the lowest in sugar. It all comes down to choosing fresher foods so that the body is not as drained by the processed, chemical-laden foods.

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](mailto:info@caringmedical.com).✧





### Blue Crab Salad With Avocado

1/3 cup red onion, finely chopped  
 3 tablespoons mayonnaise  
 2 tablespoons fresh cilantro, finely chopped  
 3 teaspoons fresh squeezed lime juice  
 1/2 teaspoon ground cumin  
 1/2 teaspoon lime zest  
 8 ounces jumbo lump blue crabmeat, picked over for shells  
 1 large ripe avocado, halved, pitted, peeled  
 Mix together red onion, mayonnaise, cilantro, lime juice, cumin and lime zest in medium sized mixing bowl. Gently mix in crabmeat. Season salad with salt and pepper. Drizzle avocado halves with remaining 1 teaspoon lime juice to prevent discoloration and season with salt and pepper. Arrange avocado halves, cut side up, on plates. Fill tops of avocado with crab salad. Garnish salad with lime wedges.

Yield: 2 servings.\*

Blue Crab Salad With Avocado



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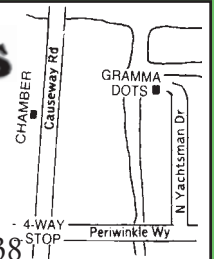


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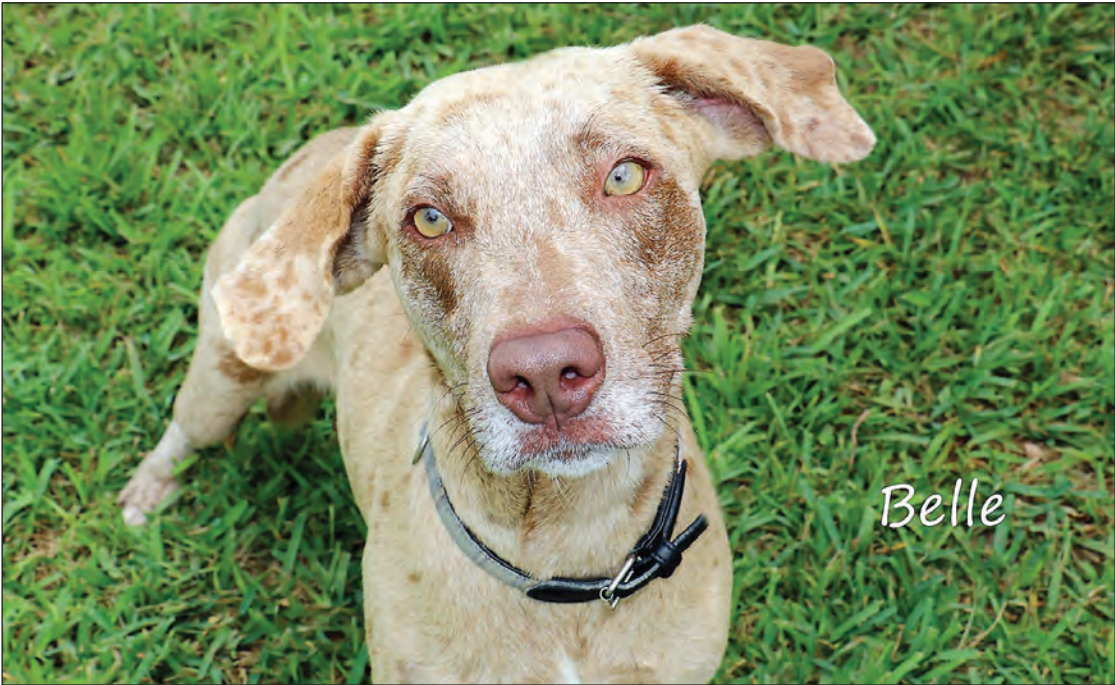
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Florida Highway Patrol .....	278-7100
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City of Sanibel .....	472-4135
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League of Women Voters .....	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald .....	302-521-1158
Master Gardeners of the Islands .....	472-6940
MOAA - Military Officers Assoc. of America, Alex MacKenzie .....	395-9232
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PAWS .....	472-4823
Rotary Club .....	472-7257 or 472-0141
Sanibel Bike Club .....	sanibelbicycleclub.org
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## PETS OF THE WEEK



Belle ID# 661794



Tiger ID# 264911

Hello, my name is Belle. I'm a 5-year-old female brown cathoula Leopard dog mix. I was found out in Lehigh Acres, and that's all that is known about my past. I'm too special not to have a story so here I begin. Chapter One. I'm a lovely, calm, gentle dog with a strikingly beautiful patched coat of various colors. I've had a litter or two of puppies and was an excellent mother but I can't wait to get spayed because that means my next stop will be going home to a real family who will love me and never let me go. Please be my fairy tail ending.

Adoption Fee: \$50 (regularly \$75) during Animal Services' "Once Upon A Time" adoption promo.

Hi, I'm Tiger. I'm a 25-year-old spayed female orange tabby domestic short hair. I think I look pretty good for being, not just old, but really old, 25-years old to be exact. That's more than I can count in human years! My owner had me since I was a kitten but had to give me up due to his health issues. I am very much in need of a nice

quiet home to live out the rest of my life. Could you give me that happy ending?

Adoption Fee: \$25 for senior pets.

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

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

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

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



PUZZLES

Answers on page 53

Super Crossword

2-FOR-1  
#1 HITS

- ACROSS**

1 Battery variety, briefly

6 Yellow cheese

10 Vegan diet staple

14 Spotless

19 JPEG, e.g.

20 Aria star

21 Graph line

22 Call opener

23 Matriarch in Genesis

24 Alpaca's coat

25 Russo of Hollywood

26 Green area in a desert

27 Smitten lady from the U.S.? [1970/1980]

31 No, in Paisley

32 Counterpart of a frat

33 Santa — (hot wind)

34 Desist

35 Order to a Nile reptile to upset a vessel? [1973/1974]

43 Overall fabric

44 Fork over

45 "Twilight" novelist

Stephenie

46 Jackson 5 hairstyle

49 Response to "Are you sure?"

51 The, in Arles

52 Wide foot spec

54 Gp. issuing nine-digit IDs

55 Comment to a growing whale? [1974/1955]

60 Sporty car roof option

61 Pax — (uneasy peace)

62 "Scat!"

63 "Stay —!"

64 Dem. rivals

65 Another high body temperature at bedtime? [1985/1978]

71 Kid's racer

73 Fluffy scarf

74 — T (just so)

75 One-man-army guys

78 Purposes

79 My sweetie Dickinson returned? [1974/1992]

84 Luau paste

85 Top-secret U.S. org.

86 Canonized Mlle.

87 Mineo of Hollywood

88 Constellation with Vega

89 North of Iran-Contra

91 Swiss river to the Rhine

92 "The Waltons" actor Ralph

95 Very uncivilized lasses in Soho? [1988/1986]

103 "L—!"

104 Hunger

105 Ca++, e.g.

106 — Lingus (Irish carrier)

108 Apply a wall coating in either of two opposite shades? [1966/1991]

113 Gridder Bart

115 Irrefutable

116 Witty Mort

117 Major artery

118 Big crowd

119 Boot securer

120 Genesis twin

121 U-Haul competitor

122 Gather

123 BPOE part

124 Animal lairs

125 Soothes
- DOWN**

1 Month after Adar

2 Greeting statement in Apple ads

3 Occupation

4 Gel in a petri dish

5 Burst open, as a seedpod

6 1327-77 English king

7 Singer Celine

8 Affirmation

9 Karl of hoops

10 Ice skater

Lipinski

11 Plow beasts

12 Fussy

13 Early online newsgroup system

14 Eager volunteer's cry

15 Stop bugging

16 Additionally

17 Old ring king

18 Refusals

28 Maine — (cat breed)

29 Damage

30 — -di-dah

36 Scent releasers

37 Giant-screen film format

38 Available

39 Acting group

40 Long Island hamlet near Theodore Roosevelt's estate

41 Fable writer

42 Pitfalls

46 Scottish port

47 Egg — yung

48 Gossipy network

50 Pymt. for a homeowner

51 #1 Beatles hit of 1970

52 Ample, in dialect

53 Town near Florida

Gulf Coast University

56 WSW's opposite

57 Rio dances

58 One, in Bonn

59 Decide (to)

60 One quaking

66 "Game of Thrones" actress

Chaplin

67 Dusting cloth

68 — few rounds

69 Montreal Canadiens, to fans

70 Big tank

71 "Wham!"

72 Garlicky mayonnaise

76 Bar code-scanning device: Abbr.

77 Reggae relative

80 "... ere — Elba"

81 To be, in Marseilles

82 "How boring"

83 Iris relative

85 Ones added to the payroll

90 Security checkpoint items

91 Naval officer

93 Helper for Frankenstein

94 Light metal utensils

96 Holm of film

97 Pint-size

98 Wd. division

99 Ribbed

100 Put in a crate

101 Landed Scots

102 Lobby sofa

107 Fosters

108 Prefix with normal

109 Nip's partner

110 Comb users

111 Kubla —

112 Boxer Oscar de la —

113 — Na Na

114 NFLer

Brady

1	2	3	4	5		6	7	8	9		10	11	12	13		14	15	16	17	18
19						20					21					22				
23						24					25					26				
27						28					29					30				
31						32					33					34				
	35		36				37				38	39					40	41	42	
			43								44					45				
46	47	48				49		50		51				52	53			54		
55				56	57				58				59				60			
61								62					63				64			
		65				66	67				68	69				70				
71	72					73				74					75				76	77
78						79			80	81				82	83					
84				85					86					87				88		
89			90					91						92		93	94			
95						96	97				98	99	100					101	102	
			103								104				105			106		107
			108								109	110						111		
113	114																			
118																				
122																				

King Crossword

- ACROSS**

1 Speed-of-sound number

5 Away from NNE

8 Differently

12 Jai follower

13 Island garland

14 Cambodia neighbor

15 Price reduction

17 African herd

18 Goes in

19 Old foundation garment

21 "Gee, ya think?"

22 Goblet feature

23 Young Lincoln

26 "Family Guy" daughter

28 Burn with steam

31 "Go away!"

33 Fix the sound-track

35 Sandwich cookie

36 Chess soldiers

38 Periodical, for short

40 Barbie's companion

41 Approach

43 Dinner for Dobbin

45 Plot

47 Rhododen-

dron kin

51 "Hi, sailor!"

52 Native country

54 Part of GSN

55 Coach Parseghian

56 Small combo

57 Newspaper pg.

58 Small shots

59 Tosses in

through the woods

5 Inebriated

6 Stitch

7 Offstage areas

8 Crete-born painter

9 Sightseers' stop

10 Devil's purchase

11 Brutus' being one

16 Snare, for

20 "Monty Python" intro

23 Recipe meas.

24 "Eureka!"

25 Quaint and unpretentious city

27 Wrigley

product

29 Director Spike

30 "SNL" announcer Pardo

32 Like some jacks

34 Nassau's islands

37 America's uncle

39 Stare

42 Place to heal

44 1945 conference site

45 Palm starch

46 Fellow

48 Fat

49 Oklahoma city

50 Commotions

53 Sphere
- DOWN**

1 Auntie of Broadway

2 "Two and a Half Men" role

3 Wagon

4 Walked

**MAGIC MAZE** ● — **SHOE : SPORTS**

W I E B Y L V R O L I G G F C

Z W T Q N C L I M B I N G K I

F C Z W U R S A P Y I I N M J

H E C Z X U S I B N G K I Q E

N L J G E C Z X N T V C T T L

R P N L J K T U H N E I A E C

C A Y W V C R T R P E K K N Y

L K I G E E O C B S Z T S G C

X W U S T D P T R A C K O A I

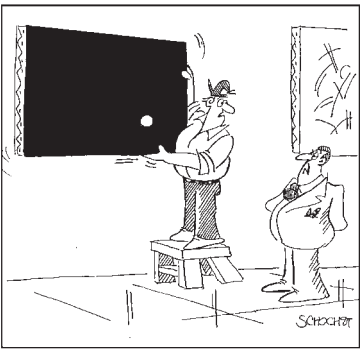
R P O A M L S O G N I L W O B

J I W O N S H G E D F B A Y X

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

Basketball	Deck	Running	Tennis
Bicycle	Gym	Skating	Track
Bowling	Horse	Snow	Water
Climbing	Kicking	Sport	





"Excuse me. You're hanging that  
\_\_\_\_\_ down."  
answer on page 52

### SCRAMBLERS

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

Alone  
**NIGELS**

Portion  
**REASUME**

Plead  
**PRIMOLE**

Hold  
**IDENTA**

**TODAY'S WORD**

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

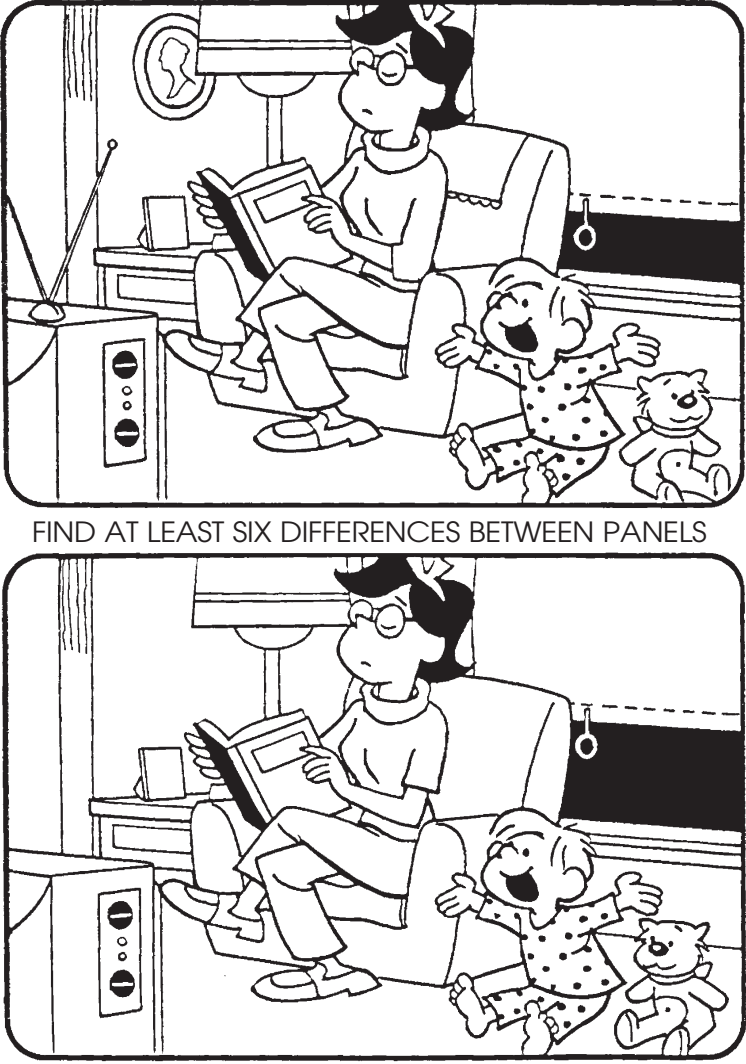
### SUDOKU

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

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS

Differences: 1. Picture is missing. 2. Antenna is missing. 3. Sleeve is shorter. 4. Coverlet is missing. 5. Shade is raised. 6. Teddy bear is reversed.

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## LIVE ON THE ISLANDS

**The Jacaranda** has live entertainment Friday, Saturday and Monday with 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.

**Il 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@islandnews.com](mailto:press@islandnews.com) or 395-2299.\**

## My Stars ★★★★★

FOR WEEK OF JUNE 6, 2016

**ARIES** (March 21 to April 19) Lots of possibilities begin to open up by midweek. Some seem more appealing than others. But wait for more facts to emerge later on before you consider which to choose.

**TAURUS** (April 20 to May 20) Bravo to the determined Bovine. While others might give up, you continue to search for answers. Expect your Taurean tenacity to begin paying off by week's end.

**GEMINI** (May 21 to June 20) You might want to consider stepping back from the task at hand for a while. This could help you get a better perspective on what you've done and what still needs to be done.

**CANCER** (June 21 to July 22) Your keen Cancerian insight should help you determine whether a new offer is solid or just more fluff 'n' stuff. The clues are all there, waiting for you to find them.

**LEO** (July 23 to August 22) Being ignored is difficult for any proud Leo or Leona. But pushing yourself back into the spotlight might be unwise. Instead, let things work themselves out at their own pace.

**VIRGO** (August 23 to September 22) Trying to uncover a colleague's secret under the pretext of showing concern is ill-advised. Control your curiosity in order to avoid raising resentment in the workplace.

**LIBRA** (September 23 to October 22) Expect to hear good news about a loved one. Also, be prepared for some changes in several family relationships that could develop from this lucky

turn of events.

**SCORPIO** (October 23 to November 21) Some surprises are expected to accompany a number of changes that will continue through part of next week. At least one could involve a romantic situation.

**SAGITTARIUS** (November 22 to December 21) You might be upset by some of your critics. But most of your associates continue to have faith in your ability to get the job done, and done well.

**CAPRICORN** (December 22 to January 19) A workplace goal that suddenly seems out of reach is no problem for the sure-footed Goat, who moves steadily forward despite any obstacles placed in his or her way.

**AQUARIUS** (January 20 to February 18) Uncertainty about who is right and who isn't might keep you from making a clear-cut decision. Wait until you know more about what you're being asked to decide.

**PISCES** (February 19 to March 20) Be careful to keep your emotions in check when dealing with a demanding personal situation. You need to set an example of strength for others to follow.

**BORN THIS WEEK:** You have an extraordinary ability to rally people to do their best. You would be a treasure as a teacher.

### THIS WEEK IN HISTORY

• On June 11, 1509, King Henry VIII of England marries Catherine of Aragon, the first of his eventual six wives. When Catherine failed to produce a male heir, Henry divorced her against the will of the Roman

Catholic Church, thus precipitating the Protestant Reformation in England.

• On June 9, 1772, colonists, angered by the British Parliament's passing of the Townshend Acts restricting colonial trade, board the HMS Gaspee, an armed British customs schooner, and set it aflame. When British officials arrived to investigate the incident, they found no one willing to identify those involved.

• On June 12, 1924, the first Bush president, George Herbert Walker Bush, is born in Milton, Massachusetts. Bush served in the Navy during World War II and survived a harrowing ordeal when his torpedo bomber was shot down over the Pacific.

• On June 8, 1948, a hand-built aluminum prototype labeled "No. 1" becomes the first vehicle to bear the name of Porsche. Dubbed the Type 356, the sports car used modified Volkswagen drivetrain components.

• On June 7, 1962, the banking institution Credit Suisse opens the first drive-through bank in Switzerland. The branch featured eight glass pavilions, seven outfitted for left-hand drive cars and one for right-hand drive vehicles.

• On June 6, 1981, more than 500 passengers are killed when their train plunges into the Bagmati River in India. The rail accident was caused by a Hindu engineer who slammed on the brakes to avoid a cow, considered a sacred animal.

• On June 10, 2002, Clint Messina and Rose Houk steal a Krispy Creme doughnut delivery truck and lead Louisiana police on a 15-mile chase, leaving a trail of doughnuts behind.

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As it involved cops and doughnuts, the incident kept late-night comedians busy for days.

STRANGE BUT TRUE

• It was early 20th-century Irish author Robert Wilson Lynd who made the following sage observation: “The belief in the possibility of a short decisive war appears to be one of the most ancient and dangerous of human illusions.”

• If you find yourself with a dull pair of scissors, try this trick: Fold a piece of sandpaper in half, rough side out, and make repeated cuts until the blades are sharp again.

• In 1980, 16 Danish seamen issued a Mayday call and abandoned their sinking ship, leaping into the frigid waters of the North Sea. Despite the fact that the water of the North Sea is so cold that it can kill a person in half an hour, all 16 sailors, who all were wearing life jackets, survived three times that long, and all were alive when rescuers arrived 90 minutes later. The sailors were immediately taken below decks on

the rescue ship, wrapped in blankets and given warm drinks. Seems like a happy ending, doesn't it? Nope. After reaching supposed safety, all 16 of the rescued sailors suddenly dropped dead.

• The word “infant” is derived from the Latin word “infans,” which means “unable to speak.”

• If you're a pet owner, you probably know that the epidemic of obesity is not limited to humans; many pets are overweight, too. You might be surprised to learn, though, that some pet owners choose to deal with the problem in a way that we usually associate only with people: liposuction. Yes, you can get cosmetic surgery for your pets.

• Those who study such things say that in Norway, there are 1,800 lakes that have no fish at all.

THOUGHT FOR THE DAY

“I was a late bloomer. But anyone who blooms at all, ever, is very lucky.”  
-- Sharon Olds

NOW HERE'S A TIP

- Clean your paintbrushes before you begin that spring-cleaning paint job. Bring a few cups of white vinegar to a boil, and soak brushes in the vinegar for up to 20 minutes. Use a plastic scrubbie to remove stuck-on bits, then rinse in cool water. Use a fine-toothed comb to get rid of what's leftover. The brush should be clean and the bristles nice and soft.
- Don't overlook your own garden and yard when putting together a centerpiece for a backyard BBQ or informal gathering. Herbs make a wonderful bouquet.
- You can polish metal with wax paper.
- To keep your kitchen trash can smelling sweet naturally, put three drops of eucalyptus or cinnamon oil on a cotton ball and drop it the bottom of the can.
- What's the right way to fold towels? So your folded towel uses the depth of the shelf it's stored on. That way, you can store the maximum towels per shelf.

- Do you have a large assortment of different colored cupcake liners? Store them in a mason jar. You'll be able to see what you have at a glance, and they fit perfectly inside a wide-mouth jar.
- "Bath toys plus glue gun equals no more gross moldy water inside your tub duck. Just use your glue gun to seal up the 'drain hole' on the bottom of most bath toys. I honestly don't know why they do that, as it seems to only suck up water and not drain anything!" -- L.R. in Virginia

SCRAMBLERS

*solution*

1. Single; 2. Measure;  
3. Implore; 4. Detain

*Today's Word*

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# PUZZLE ANSWERS

## SUPER CROSSWORD

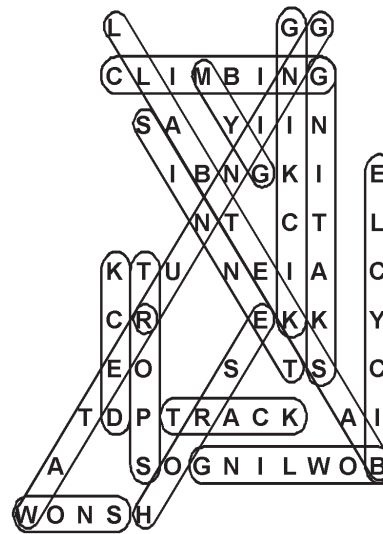
NICAD EDAM TOFU CLEAN  
 IMAGE DIVA AXIS HELLO  
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 CHAIM YEN ION AER  
 PAINTITBLACKORWHITE  
 STARR TRUE SAHL AORTA  
 HORDE LACE ESAU RYDER  
 AMASS ELKS DENS EASES

## KING CROSSWORD

MACH SSW ELSE  
 ALAI LEI LAOS  
 MARKDOWN GNUS  
 ENTERS GIRDLE  
 DUH STEM  
 TAD MEG SCALD  
 SHOO DUB OREO  
 PAWNS MAG KEN  
 NEAR HAY  
 SCHEME AZALEA  
 AHOY HOMELAND  
 GAME ARA TRIO  
 OPED BBS ADDS

## MAGIC MAZE

### SHOE : SPORTS



## SUDOKU

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

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**DREAM TRAVEL**  
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*travel consultant*  
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## IMPACT WINDOWS & DOORS/GLASS



**Windows Plus**

"SWFL Window and Door Specialist"

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 E-mail: office@windowplusllc.com

## GENERAL CONTRACTOR

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- Salt Systems

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- Pool Supplies & Parts

**Installation Of:**

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 1205 PERIWINKLE WAY, SANIBEL FL 33957  
 EMAIL: IslandCondo@comcast.net

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**239-395-1213**



# ★ ★ ★ CLASSIFIED ★ ★ ★ CLASSIFIED ★ ★ ★

## REAL ESTATE

### OWNER FINANCING AVAILABLE

4 Great Lots in the Sanctuary.  
Call John Nicholson at 239-849-3250  
Royal Shell Real Estate  
\*RS 5/13 CC 6/3

### GARCIA REAL ESTATE AND CONSULTING



**RICHARD J. GARCIA, GRI, BROKER**  
**239-472-5147**  
**garciaonsanibel.com**  
Offering Personal, Private, and Professional Real Estate Services on Sanibel and Captiva Islands. 30 Year Resident of Sanibel. Licensed in Florida, New York, Pennsylvania and New Jersey.  
\*RS 4/29 CC TFN

## COMMERCIAL RENTAL

### COMMERCIAL RENTAL



Free standing "cottage" available for rent. Located in the popular Sanibel Square on Periwinkle Way. Newly updated, approximate. 700 sq. feet of area. Please call JUDY @ 239-851-4073.  
\*RS 12/4 CC TFN

### OFFICE SPACE FOR RENT

Great office space for rent.  
Great location,  
700 square feet on Periwinkle.  
Call Joe Gil 516-972-2883  
or 800-592-0009.  
\*RS 4/24 CC TFN

## ANNUAL RENTAL WANTED

### ANNUAL RENTAL WANTED

Island family looking for annual rental.  
No pets,  
please call 239-738-4309  
\*NS 5/20 CC 6/3

## ANNUAL RENTAL

### ANNUAL RENTALS SANIBEL

#### WATERFRONT HOME

This peaceful location is true Island Living. Looking over the water with boat dock/lift, access to Bay & Gulf. This beautiful 3 bedroom/2 bath plus den, piling home is UF. \$3,000/mo.

Please call for details  
**472-6747**  
**Gulf Beach Properties, Inc.**  
Helping People Become Islanders for over 35 years!  
The Island Experience!  
\*RS 4/29 BM TFN

## VACATION RENTAL

### LIGHTHOUSE REALTY

Paul J. Morris, Broker  
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PROPERTY MANAGEMENT & SALES  
359 Periwinkle Way, Sanibel Island  
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\*RS 1/4 CC TFN

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**1-888-451-7277**  
\*RS 1/4 BM TFN

## SEASONAL RENTAL

### RE/MAX OF THE ISLANDS

Putting owners and tenants together  
Call Ryan Block  
[www.remax-oftheislands.com](http://www.remax-oftheislands.com)  
239-472-2311  
\*RS 1/23 BM TFN

*Island Sun*  
NEWSPAPER  
Sanibel & Captiva Islands

## SERVICES OFFERED

### CLEAN BREAK

Residential, Commercial, Construction  
Cleaning. Organizing, staging  
Professional service guaranteed,  
15 yrs exp.  
Tammy Lange (218) 838-3103  
\*NS 5/27 CC 6/17

### POOL & SPA SERVICES

Aqua Smart Pool & Spa Services, Inc.  
772-1955  
Servicing Residential & Commercial Pools!  
\* Weekly Maintenance Service  
License & Insured  
\*NS 5/20 CC TFN

### CAREGIVER/COOK

Assistant available for in home help  
Driving, cooking, caregiving  
Excellent references  
239-738-6582  
\*NS 5/20 CC 6/10

### SANIBEL HOME WATCH

Retired Police Captain  
Lives on Sanibel  
Will Check Your Home Weekly  
Very Reasonable Rates  
(239) 728-1971  
\*RS 1/4 BM TFN

### HELLE'S CLEANING SERVICES

Residential Cleaning to Satisfaction  
Sanibel & Captiva • 239-565-0471  
Sanibel Lic. #11412 Lee Co. Lic. #051047  
\*NS 1/4 PC TFN

### SCARNATO LAWN SERVICE

Lawn Service, Shrubs and Tree Trimming  
Weeding, Installation of Plants, Trees and Mulch (one month free service available)  
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[scarnatolawn@aol.com](mailto:scarnatolawn@aol.com)  
\*RS 1/25 BM TFN

### ROGER NODRUFF ELECTRIC

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Call Roger 239-707-7203.  
Aqualink - Motor Controls.  
Office & Store Maint.  
\*RS 6/7 CC TFN

### 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

## VEHICLE FOR SALE

### GOLF CART FOR SALE



Street legal, "gas" powered.  
\$6,500. 239-209-6500  
\*RS 1/22 BM TFN

## BOATS - CANOES - KAYAKS

### DOCKAGE

Hourly, Daily, Weekly  
and Monthly.  
Captiva Island 472-5800  
\*RS 1/4 NC TFN

## HELP WANTED

### JERRY'S FOODS WAITRESSES OR WAITERS

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

### NEWSPAPER PRODUCTION

Full or part time on Sanibel.  
Must be detail oriented, proficient in InDesign, and experienced in ad building and pagination.  
Email resume to [islandsunlorin@aol.com](mailto:islandsunlorin@aol.com).  
\*NS 4/22 NC TFN

### VOLUNTEERS NEEDED!

Looking for a way to stay cool while making a difference to SWFL wildlife this Spring/Summer? The Clinic for the Rehabilitation of Wildlife (CROW) on Sanibel is looking for the following INDOOR volunteer positions:  
- Gift Shop/Visitor Education Center  
- Laundry  
- Transporting sick and injured wildlife to CROW from designated drop off points (your car)  
Due to training, weekly shifts are required. Contact Liz Pearson at 239-472-3644 ext. #229 or email [epearson@crowclinic.org](mailto:epearson@crowclinic.org). Find an application and more information on our website at [www.crowclinic.org](http://www.crowclinic.org). Other volunteer positions also available.  
\*NS 5/13 NC 6/3

## HELP WANTED

### RETAIL SALES

MARINA SPORTSWEAR STORE  
LOOKING FOR ENERGETIC SALES  
PERSON FULL OR PART TIME  
CALL CINDY 239-472-5161 X444  
\*NS 4/8 CC TFN

## LOST AND FOUND

### ENGAGEMENT RING LOST

Engagement ring lost at the Lighthouse Beach by the big driftwood tree on 4/28/16 in the water. If anyone finds, please contact the Sanibel Police or call 864-704-5135.  
\*NS 5/13 NC TFN

## GARAGE • MOVING • YARD SALES

### YARD SALE SANIBEL

Saturday, June 4, 2016 9AM-1PM  
495 East Lake Rd. Misc. household items, toys, vintage items, atv, boating stuff.  
\*NS 6/3 CC 6/3

### AMAZING SANIBEL ESTATE SALE

June 10 - June 12.  
Details will be in the June 10 edition of the *Island Sun*.  
\*NS 6/3 CC 6/3

### Cycling Safety Notes

Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous



SANIBEL BICYCLE CLUB



# Turtle Nesting Season Guidelines

With the official start of sea turtle nesting season now upon us, the City of Sanibel, in partnership with the Sanibel-Captiva Conservation Foundation (SCCF), is asking all residents and visitors to do their part in protecting these threatened and endangered species.

On Sanibel, nesting and hatchling emergence typically occur between May 1 and October 31. The nesting ritual of the loggerhead sea turtle is one of the most remarkable natural phenomena occurring on Sanibel's gulf beaches. This natural process has happened on Sanibel for centuries and our 11 miles of gulf shoreline have more nesting activity than any other beach in Lee County. Sought by predators and susceptible to dehydration, sea turtle hatchlings have only a one in one thousand chance of survival. Human activities can further reduce that chance.

By following these simple guidelines, you can do your part to ensure the survival of these magnificent creatures:

- Turn off or shield lights near the beaches. Artificial beach lighting can inhibit female sea turtles from nesting and disorient hatchlings. Most beachfront lighting issues can be addressed by turning off all unnecessary lights, repositioning or modifying light fixtures or closing blinds and drapes.

- Remove furniture and other items from the beach and dune area when not in use, between the hours of 9 p.m. and 7 a.m. Items left on the beach, including beach furniture, toys and trash, may be barriers to nesting or result in entanglement and predation of hatchlings.

- Level all sandcastles and fill any holes dug during play. These are fine during the day but may pose additional hazards at night. Please leave the beach as you found it, so that sea turtles and hatchlings are not hindered on their way to nest or to the water.

- Pick up all trash. Sea turtles mistakenly eat debris, especially plastic, which results in death.

- Honor the leash law. All dogs on the beach must be on a leash and not allowed to disturb nesting turtles or hatchlings.

Gulf-front property owners should make sure that their properties are in compliance with the city's sea turtle protection ordinances and ensure that artificial lighting from the property is not illuminating the beach (Sanibel Code Section 74-181-74-183, Section 126-996-126-1002).

An easy way to test if your property is in compliance is to stand on the beach on a moonless night and look seaward. If you can see your shadow cast towards the water, there is too much light behind you. This light could potentially deter female turtles from nesting or disorient hatchlings as they emerge from the nest.

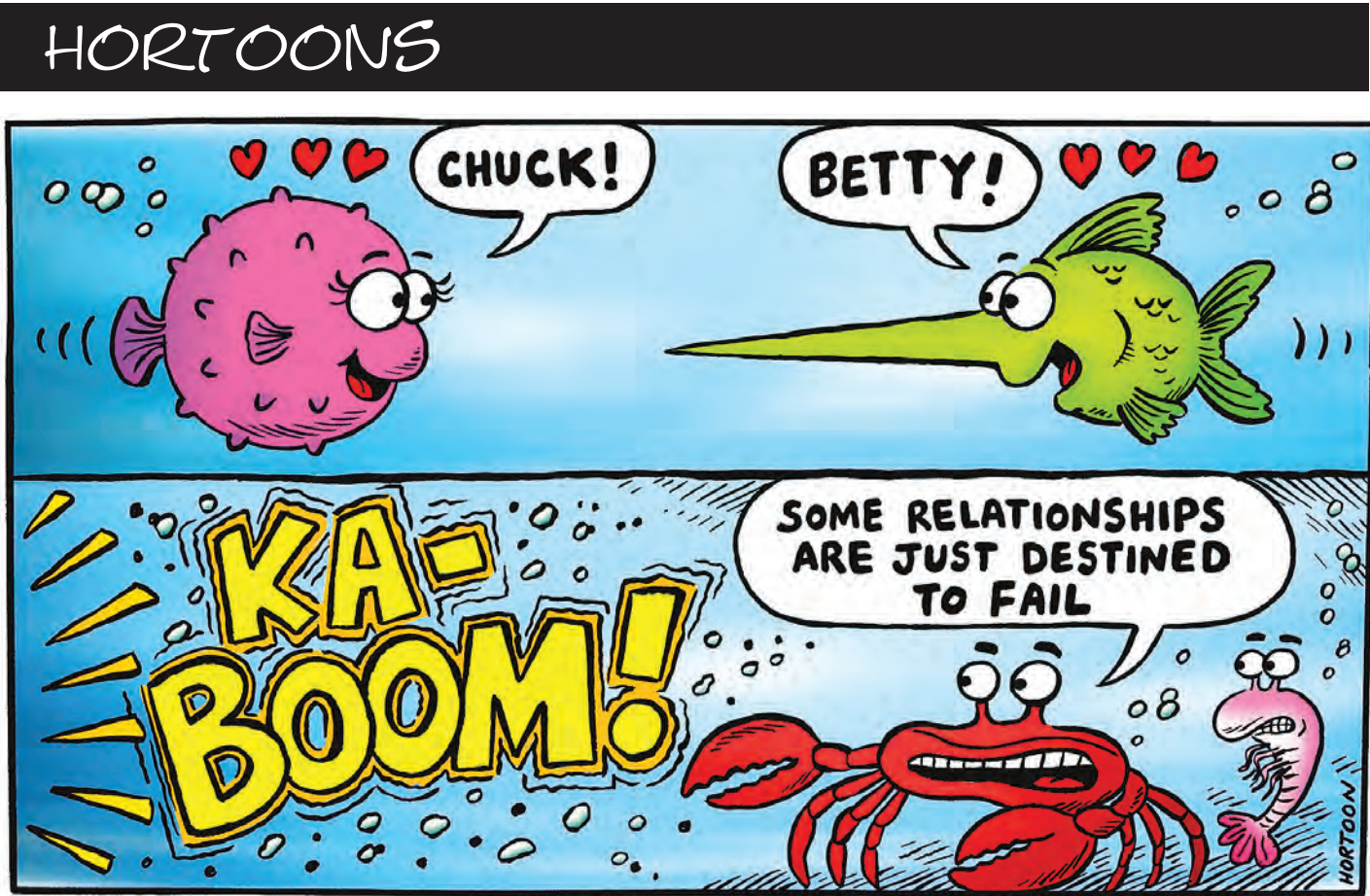
We look forward to another successful sea turtle nesting season and hope to uphold Sanibel's reputation as having one of the darkest and most "turtle friendly" beaches in the state. We ask for your continued compliance with city's sea turtle protection ordinances and remind all residents and visitors that violations of these ordinances may be subject to city, state, and/or federal fines and penalties. Violations should be reported immediately to the Sanibel Police Department at 472-3111, Sanibel Code Enforcement, 472-4136, or Natural Resources at 472-3700.

For more information regarding sea turtles on Sanibel, visit the City's website at <http://mysanibel.com/Departments/Natural-Resources/Protecting-Our-Beaches/Sea-Turtles>.



Kelly Sloan, coordinator of SCCF's Sea Turtle Conservation Program, holding a sea turtle hatchling

photo by Jeff Lysiak



## Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
River Reach Estates	Bonita Springs	2006	4,042	\$1,799,000	\$2,000,000	3
Ferry Landing	Sanibel	1984	2,397	\$1,995,000	\$1,675,000	82
Intracoastal Harbour	Fort Myers	2008	4,534	\$1,899,000	\$1,600,000	14
Venetian Gardens	Fort Myers Beach	2015	5,000	\$1,695,000	\$1,600,000	82
North Fort Myers	North Fort Myers	1974	3,560	\$1,750,000	\$1,500,000	516
Shell Harbor	Sanibel	1976	2,380	\$1,545,000	\$1,460,000	787
Shell Harbor	Sanibel	1974	2,167	\$1,395,000	\$1,300,000	0
Flamingo Harbour Condo	Fort Myers Beach	1983	2,691	\$1,395,000	\$1,200,000	51
Tidewater Island	Fort Myers	1993	6,668	\$1,185,000	\$1,100,000	161
Bokeelia	Bokeelia	1978	2,057	\$1,200,000	\$1,050,000	38

Courtesy of Royal Shell Real Estate





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