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SANIBEL & CAPTIVA ISLANDS, FLORIDA

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## Museum Preparing To Celebrate National Seashell Day

by Jeff Lysiak

Already known as the shelling capital of the world, residents of and visitors to Sanibel are invited to take part in the inaugural National Seashell Day celebration on Monday, June 20.

As part of the festivities planned for the day, the Bailey-Matthews National Shell Museum will be offering its guests a number of special events and activities.

"National Seashell Day is being held to make more people aware about mollusks," said Paul Gulbrandsen, development associate for the museum. "Most people don't know that seashells are created by mollusks, the animals who live inside them. When people see shells on the beach, they'll just step over them or walk on them. But once they know more about the creatures who created them, they have a better appreciation for them."

On National Seashell Day, the shell museum's Executive Director Dorrie Hipschman will appear on ABC's *Good Morning America* broadcast – with two live remote appearances scheduled to air between 7 and 9 a.m. – with ABC News Chief Meteorologist Ginger Zee.

While Zee will be broadcasting her national weather forecast, Hipschman will share information about the museum along with a demonstration using live shells during the remote.

In conjunction with the Lee County Visitor & Convention Bureau, the Bailey-Matthews National Shell Museum is one of six locations that will be a part of a regional scavenger hunt that will follow a "Find The Seashell" theme. The hunt will



From left, Paul Gulbrandsen, Dorrie Hipschman and Melanie Moraga of the Bailey-Matthews National Shell Museum are preparing for the inaugural National Seashell Day on June 20  
photo by Jeff Lysiak

begin on June 17 and conclude on National Seashell Day. Other locations include Love Boat Ice Cream on Fort Myers Beach, the Alliance for the Arts, Edison & Ford Winter Estates and Twisted Vine in Fort Myers, and the Shell Factory & Nature Park in North Fort Myers.

"This is the premise: Six shells have escaped from the Bailey-Matthews National  
continued on page 7

## Shared Use Path Intersection Study Results Announced



A group of bicyclists crossing the Casa Ybel Road/Periwinkle Way intersection

photo by Jeff Lysiak

by Jeff Lysiak

During last week's city council session, Kelsey Congress, city administrative intern, presented the findings of the recently completed Shared Use Path Intersection Study.

"This study was carried out by completing a survey that exhibited the compliance of cyclists with pedestrian-sized stop signs," Congress noted in her May 24 staff memorandum. "The overall conclusions are that 73.5 percent of cyclists at both the Tarpon Bay Road/West Gulf Drive intersection and the Periwinkle Way/Casa Ybel Road intersection did not comply with the pedestrian-sized stop signs."

continued on page 13

## Free Summer Programs At Refuge To Begin

Wildlife Wonders talks, weekly walks and nature crafts highlight the free summer programming to be offered June 19 through August 6 at JN "Ding" Darling National Wildlife Refuge on Sanibel.

Summer programming is made possible by support from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS).

The schedule of weekly activities follows. No pre-registration is necessary.

- Reading at the Refuge, every Wednesday at 10 a.m.: Attendees of each 45-minute reading-and-crafts session learn about a refuge animal and make a take-home craft related to it. Meet in the Visitor & Education Center Classroom.

- Indigo Trail Hike, every Thursday at 10 a.m.: Join refuge naturalists as they lead a one-hour tour to the Wildlife Education Board to identify and discuss the ecosystem's plants, mammals, birds, and reptiles – fun for adults and children alike. Bring water, sunscreen and bug spray. Meet at the flagpole in front of the Visitor & Education Center.

- Family Beach Walk, every Friday at 9 a.m.: The one-hour program convenes at Gulfside City Park to explore the refuge's



Beach Walks at the Perry Tract teach families about marine wildlife and its habitat

gulf-front Perry Tract. City parking fees apply. Bring water, sunscreen and bug spray.

- Wildlife Wonders, every other Saturday at 11 a.m.: Refuge education staff lead this indoor program about the mysteries of manatees, alligators, crocodiles and birds in the Visitor & Education Center auditorium.

For more information, call 472-1100 ext.236 or visit [dingdarlingsociety.org/summer-programming](http://dingdarlingsociety.org/summer-programming).



# Haute Dog!

## *Celebrate* Lily & Co.'s Terrific 10th Year

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# End Of School Year Celebration At Children's Education Center

The VPK Class at the Children's Education Center of the Islands (CECI) celebrated a great year with a "Booknic" – a picnic with any preschooler's two favorite things, books and snacks. The students brought in their favorite book with a snack that went along with their book. The students read their books to the class and then shared their snacks. There were many interesting stories as well as creative snacks.

The Children's Education Center of the Islands is a non-profit preschool offering full-time and part-time classes for children ages 18 months to five years. The preschool is currently accepting applications for the 2016-2017 school year beginning August 10. Scholarships are also available on a limited basis. For more information, call the school at 472-4538 or visit the website at [www.childrenseducationcenter.org](http://www.childrenseducationcenter.org).✱



The VPK Class had fun trying all the snacks and listening to the favorite stories of their friends



Both Ernesto Del Valle's and Cameron Lee's favorite book was *Pete the Cat and the Bad Banana*



Hazel DeCosta read her book, *If You Give a Mouse a Cookie*, to the class and shared some cookies



Gretchen Peelman had an appropriate book, entitled *Kindergarten, Here We Come!*, and brought a bag of popcorn in reference to the book



Max Brodeur brought in peanuts and rice krispie treats for his book, *Make Way for Ducklings*

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# Honoring Mother: A Life Of Giving Continues



Myra Legg

submitted by Marie Hughes  
and Myra Jean Gavin

Myra Legg will be celebrating her 90th birthday on June 25, surrounded by family and friends. It is a wonderful milestone in her life.

Myra became a Christian at the age of 12 and was baptized in the Barren River in Bowling Green, Kentucky. She married Silas Legg on July 8, 1951 and shared 43 years of marriage with him until he passed away in September 1994.

She was a beautician and a laundress while raising her children at home and later pursued a 23-year career as an educator at Henry C. Morton Elementary School in Benton Harbor, Michigan. Silas and Myra worked with the East Main Street Church of Christ in Benton Harbor until Silas' passing. They had a special interest in the spiritual and academic education of young people and were great supporters of Southwestern Christian College in Terrell, Texas.

Myra moved to Sanibel in 1996 and continued her life of giving and service on the island. She began volunteering at HealthPark Hospital, working in patient transport, patient information, arts and healthcare as well as with the Lee Physician Group and accumulated 696 volunteer hours of service. She also volunteered numerous hours as a docent at the Bailey-Matthews Shell Museum and was especially happy to share her knowledge of shells with students from area schools during their tour of the museum. Yearly, she enjoyed wrapping Christmas presents at The Community House for island children.

Myra was one of the first residents of CHR's Casa Mariposa, where she lived for 15 years. She enjoyed visiting her

neighbors and helping them in any way possible. Although she is faced with some health challenges, Myra maintains a happy and joyful spirit and always greets others with a beautiful smile. Her accomplishments are too numerous to share, but her example of giving and service to others and support of her family is a shining light to all who know her.

She enjoys attending worship at the Southside Church of Christ in Fort Myers, crochet, word search puzzles, making wreaths and helping her family. She is now being cared for by her son-in-law, daughters and grandchildren.

Myra's favorite Bible scripture is "Whatsoever thy hand findeth to do, do it with thy might...", Ecclesiastes 9:10.\*

## Hurricane Passes Now Available

The City of Sanibel is now issuing 2016 series hurricane passes, and all residents, property owners and businesses must apply for a new pass.

Applications are available at the Sanibel Police Department, located at 800 Dunlop Road. Passes are issued Monday through Friday from 8 a.m. to 4 p.m. Download an application in the Police Department/Emergency Management section of the city's website online at [mysanibel.com](http://mysanibel.com).

On the new purple residential pass, the first two digits of the serial number

is the property sone number. The new tan commercial pass identifies the business type.

The city is also sharing information about the re-entry passes. Their purpose is to aid security, speed re-entry and provide traffic control when traffic must be kept to a minimum. The pass allows persons in a vehicle to return to perform property damage assessment.

There are pass limits enforced to meet the purposes of security, re-entry and traffic control. For residential needs, a strict limit of two passes per address. For commercial businesses, passes will be issued to facilitate the damage assessment process, ordinarily one pass.

Due to security aspects, all persons issued a pass are responsible to ensure their pass does not fall into the wrong or irresponsible hands.

If there is a need to evacuate, people without a pass can return with proper credentials. Access via credentialing is slower, so it is recommended every household get a pass and take care of it.

The city makes an independent decision each year whether to re-use passes or issue new ones. Keep your pass until you know it is no longer valid.

Call the City of Sanibel at 472-3111 for more information.\*

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## Sanibel Historical Village Free Admission Day Is A Must-See



The first building that got the village started, it arrived in 1983

For the third year in a row, the Sanibel Historical Museum & Village will offer free admission for all visitors on Saturday, June 18. The village is open from 10 a.m. to 1 p.m., with a docent-guided tours at 10:30 and 11:15 a.m.

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



The Sanibel School for White Children was previously Pirate Playhouse on Periwinkle Way, until it was brought to the village and restored to its original 1930s look



One of the most beloved homes in the village is Morning Glories



The Sears kit cottage was brought to the island in 1926 in 30,000 pieces



Notice the mosquito nets in this bedroom in the Rutland House

The Sanibel Historical Village is located at 950 Dunlop Road (next to BIG ARTS) and there is handicap access to all buildings. Aside from Free Admission Day, admission is \$10 for adults (18 and over); members and children are free. For more information, call 472-4648 during museum hours or visit [www.sanibelmuseum.org](http://www.sanibelmuseum.org). ✨

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# Doc Ford's Golf Tourney Proceeds Benefit Campaign



From left, Dave Edwards, Donna Edwards, Marge Meek, Nicole McHale, Brian Cunningham, Liz Filbrandt, Kimmi McGonnell and Donna Butz photo by Bob Petcher

The Community House received another monetary push towards its restoration campaign. Representatives from Doc Ford's recently presented a \$1,600 check to board members of The Community House to further the financial support of the capital campaign and inch it closer to the \$3 million goal of the project. Proceeds were from the recent Doc Ford's Golf Invitational. Doc Ford's Sanibel General Manager Kimmi McGonnell and fellow managers

Liz Filbrandt, Donna Butz and Brian Cunningham, also the event organizer, as well as Friends of the Doc Ford's Golf Invitational Dave and Donna Edwards were on hand to support the cause with Nicole McHale and Marge Meek, board members of The Community House. "We want to thank the members and staff of The Sanctuary Golf Club for a wonderful outing," said Cunningham.✱

# Community House Receives Charitable Foundation Grant

The Charitable Foundation Of The Islands (CFI) recently granted \$6,000 to the Sanibel Community Association (SCA) to support operations at the Sanibel Community House. The grant will be used to purchase new computer equipment to enhance customer service, record keeping and administration when the Community House reopens this Fall following renovation. Commenting on the grant, SCA Executive Director Teresa Riska-Hall said: "This is an exciting year for the Community House as we bring our entire facility up to a new standard, and this grant from the Charitable Foundation of the Islands will allow us to upgrade the office operations as well. The SCA, along with other island non-profits, is fortunate to have the support of a community-focused organization like Charitable Foundation of the Islands

to help us accomplish our mission of service to the citizens of Sanibel and Captiva." The Charitable Foundation Of The Islands provides assistance to island non-profits for capacity building, operating support, program expansion, endowment, scholarships and emergency needs, such as after a disaster. One of CFI's areas of concentration is helping non-profits build stronger organizations with technology, strategic planning, marketing, social media resources and staff development. Since 2000, CFI and its predecessor organizations have distributed more than \$3 million in grants and scholarships to Island causes. The Sanibel Community Association is a non-profit 501c3 with a long history of service to the local community. Formed in 1928, SCA is owns and operates the Sanibel Community House whose mission to enrich community life through educational, cultural and social gatherings in its historic facility. Currently the Community House is undergoing major restoration and renovation work and will reopen to the public in the Fall of 2016. ✱

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## Nature Camp For Preschoolers

The Children's Education Center of the Islands (CECI) is offering its fun and educational Summer Nature Camp for children ages 18 months to 5 years. Each of the six weeks is nature themed. Camp offers preschoolers an opportunity to learn about Sanibel's ecology by exploring and playing on the five-acre campus. Campers get up, get active and get outdoors daily. No two sessions are alike. Each session will be led by preschool teachers who will provide a safe, fun and educational outdoor experience, inspiring the children to explore, respect and protect nature.

Enroll in three, four or five days a week. Sign up by calling the school at 472-4538 or visit the website at [childrenseducationcenter.org](http://childrenseducationcenter.org).

The Children's Education Center of the Islands (CECI) is a non-profit preschool offering full-time and part-time classes for children ages 18 months to 5 years. For a tour of the center, contact Ms. Cindy at 472-4538.✱



Campers at the Children's Education Center of the Islands Summer Nature Camp show off the beans they grew from seeds

From page 1

## Seashell Day

Shell Museum, and they've scattered themselves throughout the destination," a VCB press release announced last week. "We are encouraging people to go out, find them and take selfies with the shells."

After snapping photos of the cardboard cutout shells and uploading them to either Instagram or Twitter using the hashtag #sanibel6, scavenger hunt participants will be entered to win a variety of prizes. (Psst... rumor has it that there's a seventh shell out there – the junonia, a rare find – which will result in an even larger prize if found in conjunction with the other six!)

In addition, National Seashell Day activities planned at the shell museum include:

- Arts & Crafts with longtime shell enthusiast Karen Turner, held all day long beginning at 10 a.m. Various craft projects (magnets, critters, etc.) and coloring activities for all ages. Free with paid admission.
- Tank Talks, held every hour on the hour starting at 11 a.m. Visitors will see the creatures living inside shells including lightning whelks and horse conchs, among others.
- Free shell bags will be given away to visitors, one per family or group, while supplies last.
- The museum store will be offering a 20 percent discount throughout the day.

Another highlight of National Seashell Day at the shell museum will be an appearance by renowned island sheller Pam Rambo, who – in conjunction with the VCB and 62 volunteers – helped decorate a Volkswagen Beetle with more than 19,000 seashells. The vehicle will appear in the museum's parking lot between 12:30 and 2:30 p.m. that day.

"We're pretty excited about that," said Melanie Moraga, assistant director of the museum. "People are really gonna want to see it and take their picture with it. I think it's going to look awesome."

"The beach is only the second best place to find shells on Sanibel," added Gulbrandsen.

When Anne Morrow Lindbergh visited Captiva Island and penned her

1955 book, *Gift From The Sea*, she wrote: "The beach was covered with beautiful shells and I couldn't let one go by unnoticed. I couldn't even walk head up looking out to sea, for fear of missing something precious at my feet." Shell seekers throughout the islands and mainland coasts can do the "Sanibel Stoop" and "Captiva Crouch" to search for some 400 shell varieties of all shapes, sizes and colors, with the "once in a lifetime" find being the rare junonia shell.

National Seashell Day also happens to coincide with the first official day of the summer season.

"As a destination renowned for world-class shelling, we are thrilled to officially declare June 20 as National Seashell Day," said Tamara Pigott, executive director of the Lee County Visitor & Convention Bureau. "Our beautiful shells have long attracted writers, artists and innovators to our beaches for creative inspiration and a connection to nature. National Seashell Day is a celebration of the gifts from the sea that make The Beaches of Fort Myers & Sanibel so special."

Visit [www.nationalseashellday.com](http://www.nationalseashellday.com) for additional information.

The Bailey-Matthews National Shell Museum, located at 3075 Sanibel Captiva Road on Sanibel, will be open from 9 a.m. to 5 p.m. on National Seashell Day. More information may be found online at [shellmuseum.org](http://shellmuseum.org) or by calling 395-2233.✱



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Planning commissioners approved a resolution on Tuesday to place the Sanibel Lighthouse and adjacent keeper's cottages on the city's Register of Historic Sites and Structures photo by Jeff Lysiak

## Sanibel Lighthouse Added To City's Historic Structures Register

by Jeff Lysiak

During the planning commission's meeting on Tuesday, the Sanibel Lighthouse, both Lighthouse Keeper's Quarters and the adjacent "Brick Hut" building were officially placed on the city's Register of Historic Sites and Structures.

According to Roy Gibson, senior planner, the Sanibel Lighthouse had originally been intended to be placed on the local inventory of historic structures when the city was incorporated, but at the time the island landmark was owned by the U.S. Department of the Interior, under the control of the United States Coast Guard. It was placed on the National Register of Historic Places in 1974.

Earlier this month, the city's Historical Preservation Committee approved the inclusion of the Sanibel Lighthouse, both the east and west keeper's cottages and Brick Hut on the local register of historic sites and structures, since they met all five of the required criteria:

- The improvement or structure has retained its integrity either in original workmanship, materials, design, setting or association.

- The improvement or structure is at least 50 years old.
- The improvement or structure has outstanding historical, cultural or architectural significance to the community.
- The improvement or structure exemplifies the broad cultural, economic and social history of Southwest Florida.
- The improvement or structure has distinguishing characteristics of an architectural style representative of an historic or unique period or method of construction.

"As the Eiffel Tower is to Paris and the Statue of Liberty is to New York City, the lighthouse is to Sanibel," said commissioner Jason Maughan, who made the motion to approve the resolution. "I can't believe these structures weren't already on the city's registry."

Commission vice chair Chris Heidrick seconded the motion, which was approved unanimously, 6 to 0, with commissioner Holly Smith absent and excused.

In other business, commissioners also approved a pair of variances to allow the construction of boat docks and lifts at two east end locations.

The first application, a property on Bay Drive in the Sanibel Harbours subdivision, requested permission to install a boat lift on an existing dock, but extending greater than the maximum distance allowed by Sanibel City Code.

"The applicant proposes to install a boat lift adjacent to the dock located at the terminus of the canal," the planning department staff report reads, in part. "However, because of the presence of mangroves existing along the shoreline of the subject property, the installation of a boat lift at a distance closer to the canal's mean high water line would have a deleterious impact to the mangroves. Any redesign or relocation of the existing dock to accommodate a boat lift otherwise would not eliminate the issue of significant impact to the mangrove."

After a brief discussion, commissioners voted unanimously to approve the application.

"It's one lift and one dock... I agree with the (planning and natural resource department) recommendations," said commissioner Tom Krekel. Planning commission chair Dr. Phillip Marks commended the applicants – Jeffrey and Veronica Powers – for "doing whatever they could to protect these mangroves."

The second application, for a property located at 720 Periwinkle Way, sought to allow for the construction of a boat dock and lift to encroach within the minimum 15 feet setback required from the side property lines as extended waterward into the canal adjacent to an existing single-family residential lot.

The applicant, Charles Neuman, previously filed for a variance last October. Subsequently, the dock layout had been modified. According to the staff report presented by city planner Benjamin Pople, the boat lift and finger pier walkway into the canal have been shifted further toward the center of the property by approximately one foot, while the encroachment by the westerly marginal dock projection – a.k.a. captain's walk – into the 15-foot setback from the extended side property line has been eliminated.

"This shows great movement from the original application," said commissioner Chuck Ketteman, who made a motion to approve the variance, which was seconded by fellow commissioner John Talmage. After the applicant's representatives agreed to comply with the five subject conditions for approval, commissioners voted unanimously, 5 to 0 – with Heidrick abstaining – to grant the variance.\*



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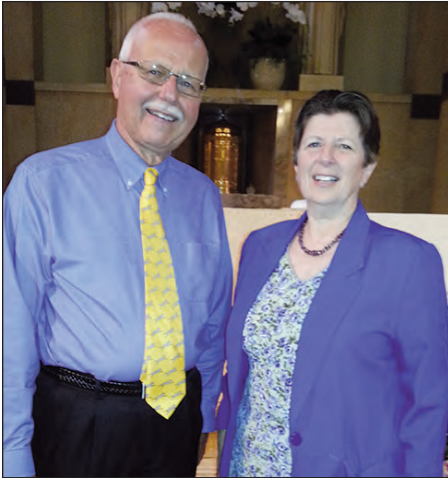
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## St. Michael's Minister Honored



St. Michael's Minister of Music Hank Glass, left, with Dawn Riske, dean of the American Guild of Organists' St. Louis Chapter, who presented Glass with the award

Hank Glass, minister of Music at St. Michael and All Angels Episcopal Church, was honored on May 23 at a meeting of the American Guild of Organists' St. Louis, Missouri Chapter, held at the First Presbyterian Church, Kirkwood. The Special Resolution, presented to him by Dawn Riske, director of music and organist for Christ the King Parish in University City, Missouri and dean of the Saint Louis Chapter, recognized Glass for 60 years of

chapter membership. In conferring this recognition, Riske declared, "The entire membership of the chapter wishes to pay tribute to Hank for his outstanding achievement in the cause of sacred music." Glass holds dual membership in the AGO's St. Louis chapter and the Southwest Florida chapter. About his award, Glass commented, "I am so thankful to my colleagues for this recognition. We share a common mission, to strengthen our respective churches by bringing the spiritual power of music to the congregations that we serve."

Glass is former assistant cathedral organist and choirmaster of Christ Church Cathedral in St. Louis. He also served at St. Louis' Emmanuel Episcopal Church. He taught vocal music for 32 years and his choirs were selected three times, through audition, to perform for the Missouri State Music Teacher's Convention. Glass has served as dean of the American Guild of Organists' Saint Louis Chapter. He is currently secretary of the guild's Southwest Florida Chapter. He is also on the national committee for membership for this group of over 15,000 organists. Glass has been minister of music at Saint Michael's for the past five years.

To inquire about music at St. Michael's, contact Glass or Rector Ellen Sloan at St. Michael and All Angels Episcopal Church, 2304 Periwinkle Way, call 472-2173 or visit [saintmichaels-sanibel.org](http://saintmichaels-sanibel.org).

## Churches/Temples

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### 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.

### HISTORIC CAPTIVA CHAPEL BY THE SEA

The Rev. Dr. John N. Cedarleaf Services every Sunday 11:00AM November 13, 2016 thru April 30, 2017 11580 Chapin Lane, Captiva 472-4646

### 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.

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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

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### ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

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### 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.\*



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Photo by Brian Tietz





Sanibel Community Church parishioners

## Summer Services Schedule At Sanibel Community Church

Sanibel Community Church continues to offer three opportunities for worship each Sunday, even during the summer months. For the early risers, an 8 a.m. traditional service is held in the historic chapel, concluding with participation in the Lord's Supper. At 9 a.m., the Contemporary Praise Team leads a service of praise, which includes church time for children third grade and under. Another traditional service is offered at 11 a.m. with hymns and organ music in the new sanctuary. Senior Pastor Dr. Daryl Donovan gives a practical, Biblical message at all three services.

At 10 a.m., refreshments, coffee and snacks are offered in the courtyard. Childcare is provided for all three services. Dress is casual and all are welcome.

The church is located at 1740 Periwinkle Way (next to Jerry's). For more information, call 472-2684 or visit on the web at [www.sanibelchurch.com](http://www.sanibelchurch.com).

## Pastor To Lead Team In National Prayer



Daryl Donovan

Sanibel Community Church will be joining one million Christians on the Mall in Washington DC on Saturday, July 16.

Pastor Daryl Donovan will be leading a team of 25 from the church to participate in this historical prayer event. The all-day prayer event will involve dozens of denominations worshipping and praying together.

The team from Sanibel Community Church will be ministering at a homeless shelter, working with the dream center for

children, as well as conducting a prayer walk around the Capitol, prior to the all-day prayer event.

Sanibel Community Church is a non-denominational, evangelical congregation located at 1740 Periwinkle Way. Sunday morning services are at 8, 9 and 11 a.m. Childcare is provided at all services. For more information call 472-2684, or visit [www.sanibelchurch.com](http://www.sanibelchurch.com).

## Lee Republican Women To Meet

The next gathering of the Lee Republican Women Federated will be a lunch meeting on Monday, July 11 at Pinchers – The Marina at Edison Ford, 2360 W. First Street in Fort Myers, located adjacent to the Edison & Ford Winter Estates in the Fort Myers Downtown River District.

There will be a social at 11:15 a.m., with lunch and the program to follow.

The meeting will be a forum with former Secret Service Agent Dan Bongino, Representative Patrick Rooney, Jr. and Sanibel City Councilman Chauncey Goss. They are running to fill the Congressional District 19 seat being vacated by Representative Curt Clawson.

Cost to attend is \$22 per person. To RSVP, visit [www.leerepublicanwomen.com/event](http://www.leerepublicanwomen.com/event) or contact Wren Morefield at 270-210-1284 or [wrenspet@hotmail.com](mailto:wrenspet@hotmail.com) before July 7 at noon.

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From page 1

## Shared Use Path

Congress explained that when looking at the intersections independently, the Tarpon Bay Road/West Gulf Drive intersection had more compliant bikers (38.8 percent) than the Periwinkle Way/Casa Ybel Road intersection (14.1 percent). The study was conducted over the course of two days, Thursday and Friday, May 12 and 13.

Data gathered consists of whether the cyclist complied with the stop signs, whether the cyclist was alone or in a group, if he/she was wearing a helmet, the gender of the cyclist, the approximate age of the cyclist, and the direction (east to west or north to

south) the cyclist was traveling in when crossing the intersection.

Additional statistical highlights from the 28-page report:

- 33.3 percent of cyclists wearing a bicycle helmet stopped at the Tarpon Bay Road/West Gulf Drive intersection
- 16.7 percent of cyclists wearing a bicycle helmet stopped at the Periwinkle Way/Casa Ybel Road intersection
- 33.3 percent of cyclists riding in a group stopped at the Tarpon Bay Road/West Gulf Drive intersection
- 7.32 percent of cyclists riding in a group stopped at the Periwinkle Way/Casa Ybel Road intersection
- 45 percent of cyclists not riding in a group stopped at the Tarpon Bay Road/West Gulf Drive intersection
- 20.50 percent of cyclists not riding

in a group stopped at the Periwinkle Way/Casa Ybel Road intersection

"Overall, the percentage of cyclists who complied with the stop signs was significantly lower than the number of cyclists who did not comply with the stop signs," the report concluded. "The Tarpon Bay Road/West Gulf Drive intersection showed more compliance with the stop signs than the Periwinkle Way/Casa Ybel intersection which was surprising, considering that Periwinkle Way tends to be more traffic congested with it being the main road on Sanibel Island."

In her summary, Congress recommended that the data gathered in the study be shared with the city's public policy makers, the community as well as bike advocacy groups. "This is

vital so that the next steps subsequent to the pilot study can be taken," she added.

According to City Manager Judie Zimomra, in accordance with previous city council action, the city is proceeding with the removal of paint and thermoplastic "Stop" and "Bike Stop" markings on Sanibel's shared use paths.

"For improved efficiency, this work is proposed to be carried out as a component of the city's resurfacing and shared use path repair projects," Zimomra explained in a June 6 staff memorandum. "These projects are expected to be carried out in August, September and October 2016."✱



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Sand Dollar Week campers examine tiny creatures while snorkeling in the bay

## Cruising For Sand Dollars At Sanibel Sea School

submitted by Leah Biery

Campers who attended Sanibel Sea School's Cruising for Sand Dollars Week didn't allow a few raindrops to put a damper on their fun. They snorkeled along the sandbar in search of live sand dollars, then headed over to the bay to look for these echinoderms' close relatives – sea urchins, sea stars, and sea cucumbers. They also had a chance to hold tiny fish and seahorses before releasing them back into the seagrass bed.

Participants burrowed in the sand like sand dollars, found fabulous shells washed ashore by the recent storms, and created sand dollar-inspired art in the form of a sand mandala and a giant illustration of the organism's life cycle. As usual, campers surfed every day, made macramé bracelets, and held the traditional Milk and Cookies Slideshow at the end of the week. Counselors and campers agree that the summer camp season is off to a great start.

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

## CROW Calendar Of Events

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

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

**Friday, June 17, 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 17, 2 to 3:30 p.m.,** \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

Wildlife walks are the best opportunity for visitors to get an in-depth look into the inner workings of the hospital and the treatment process. The program has two parts: an introductory presentation covering our medical and rehabilitation methods and then a guided tour through treatment areas of the hospital, concluding on rehabilitation grounds. 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 20, 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 21, 11 a.m.,** adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

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

**Wednesday, June 22, 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. Supportive care is necessary to ensure success during the final stage in the rehabilitation process. Ask the staff how they work their magic. Live animal encounter following the presentation.

**Thursday, June 23, 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 24, 11 a.m.,** adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

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

Wildlife Walk with Rehabilitators and Staff (\*Advance registration required)

**Friday, June 24, 2 to 3:30 p.m.,** \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

Wildlife walks are the best opportunity for visitors to get an in-depth look into the inner workings of the hospital and the treatment process. The program has two parts: an introductory presentation covering our medical and rehabilitation methods and then a guided tour through treatment areas of the hospital, concluding on rehabilitation grounds. 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.✱

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## CROW Case Of The Week:

# Kemp's Ridley Sea Turtle Release



by Bob Petcher

Sometimes anglers hook their fishing lines into other creatures of the sea without intent. That is the nature of the sport of fishing.

On May 28, a juvenile Kemp's ridley sea turtle was

mistakenly reeled in after swallowing a fishing hook in the Matlacha area. It was brought into CROW to be cared for.

Patient #16-1814 was said to have "arrived bright, alert and responsive with superficial wounds on its plastron (shell)." CROW medical officials examined the reptile and, after taking full radiographs of the animal, the x-rays indicated a large hook in the thoracic (opening top of ribcage) within the animal. While its sex is unknown, it weighed in at 2.4 kilograms.

The Kemp's ridley is a rare species of sea turtle – called the world's most endangered sea turtle by *National Geographic* magazine – and considered the smallest marine turtle in the world. Adding intrigue to the usually scarce sightings of such a sea turtle is the fact



**A Kemp's ridley with an emdedded hook shown by the x-ray**

that this is the fourth Kemp's ridley that has been brought into CROW in 2016.

While Kemp's ridleys are known to live to approximately age 50, they are not big into deep diving, instead preferring shallow waters to reach the bottom to feed on fish, jellyfish, mollusks and occasionally seaweed and sargassum. However, their favorite food is crab, and their specific function in the ecology of the oceans is to keep the crab population balanced.

Due to the Kemp's ridleys being surface swimmers, they are probably



**After rehabilitation, it is time to be released back into the waters**

more susceptible to being hooked than the more common sea turtle species of loggerheads and greens.

Back at CROW, medical officials unsuccessfully tried to remove the embedded hook from patient #16-1814 by using a scope and grabbers. The next step was to reach down the turtle's mouth and find the eye of the hook. Through "manual manipulation," the hook's eye was located, and the hook was pulled through the sea turtle's mouth.

"The end of the hook was clipped and the two pieces were successfully removed," according to the report.

Last week, the Kemp's ridley was released back into the waters after its short stay at CROW. The rehabilitated juvenile was set free to live its life back in the wild.

Prior to release, CROW officials stated the sea turtle was tagged with two flipper tags and a PIT (Passive Integrated Transponder) tag.

"CROW is required to tag Kemp's ridley sea turtles because they are the most endangered of all the sea turtles. If the tagged sea turtle should become stranded or injured, the rescuer can use the numbers on the tag to see where it came from and its medical history," said Rachel Walsh, CROW wildlife rehabilitator. "Flipper tags are the most common tags used because they are easy to attach to the flipper. The PIT tags are injected under the skin, and they are designed to be permanent. All the information about the turtle is provided when a scanner is passed over the site."

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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## Jeweler To Celebrate 10 Years With Community Barbecue



The Blu-Tones will perform at Lily & Co. Jeweler's community barbeque

On Saturday, June 25 from 11 a.m. to 4 p.m., Dan Schuyler and Karen Bell, owners of Lily & Co. Jewelers, will commemorate the store's 10th anniversary with a community barbecue. All are welcome.

Sanibel Catering Company by Bailey's will serve barbecued pulled pork and chicken sandwiches, Italian sausages with peppers and onions, burgers, kosher hot dogs, baked beans, macaroni and cheese, coleslaw, plus an assortment of chips and drinks. There will be cake for dessert and dancing to the rhythms of the retro rock-n-roll band The Blu-Tones. Guests will receive a commemorative "Lily Rocks" T-shirt, while supplies last.

"We want the afternoon to be about our community having the best time," said Bell, "because without them, we wouldn't have much to celebrate. It is our way of saying 'thank you for 10 wonderful years.'"

"We hope to see you June 25th for a terrific barbeque in honor of our 10 years as part of the wonderful island community," said Schuyler. "There will be a few surprises that day, too."

Lily & Co. Jewelers is located at 520 Tarpon Bay Road.✧



Karen Bell and Dan Schuyler received the Top 50 Designer Retailer award from Jewelers Circular Keystone in 2015



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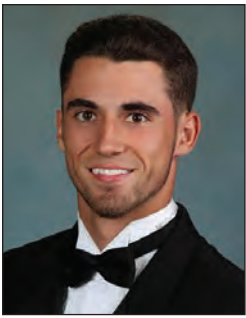
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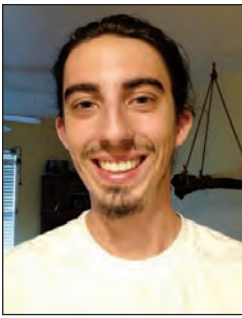
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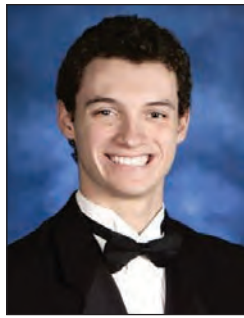
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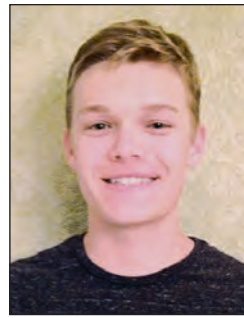
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## Seven Scholarships Awarded To Dependents Of City Employees

Following Hurricane Charley in 2004, an endowment fund was established with the Southwest Florida Community Foundation to provide scholarships for dependents of City of Sanibel employees. This year, there are multiple sources contributing to the city's Employee Dependent Scholarship Program. The Charitable Foundation of the Islands contributed \$5,302.27; the Southwest Florida Community Foundation endowment will grant \$3,500 in scholarship awards; \$1,000 grant from the Sanibel-Captiva Kiwanis and \$697.73 in proceeds from city vending machines; for a total of \$10,500 in scholarship awards for academic year 2016-17. This is the largest amount awarded in an academic year from the City of Sanibel Employee Dependent Scholarship Program since its inception in 2004.

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

- Jacob Crandon graduated from the Canterbury School on May 27 with a 3.48 GPA. This fall, he will attend Berry College, where he will pursue a bachelor's degree in exercise science. This is Jake's first year in the Employee Dependent Scholarship Program. Jake is the son of Lt. Frank Crandon of the Sanibel Police Department, who has been employed by the city for 16 years.

- Hayden Cummins is currently pursuing a bachelor's degree in sociology at Florida Gulf Coast University. Hayden graduated from Fort Myers High School in 2012. This is Hayden's fourth year in the Employee Dependent Scholarship Program. Hayden is the son of Terri Weich of the city's planning department, who has been employed by the city for 17 years.

- Dakota Phillips is currently pursuing a degree in sports management at Florida SouthWestern State College. Dakota graduated from South Fort Myers High School in 2013. This is Dakota's second year in the Employee Dependent Scholarship Program. Dakota is the son of Maj. James Phillips of the Sanibel Police Department and Trish Phillips, recreation department, who together have a combined 44 years of city service.

- Nicolas Smith graduated from Fort Myers High School on June 4 with a 3.99 GPA. This fall, he will attend The Citadel where he will pursue a bachelor's degree in computer science. This is Nick's first year in the Employee Dependent Scholarship Program. Nick is the son of Bert Smith, director of IT Department, who has been employed by the city for 18 years.

- Connor Tomlinson is currently pursuing a degree in engineering at the University of South Florida. Connor graduated from Fort Myers High School in 2014. This is Connor's third year in the Employee Dependent Scholarship Program. Connor is the son of Chief Bill Tomlinson of the Sanibel Police Department, who has been employed by the city for more than 30 years.

- Madeline Tomlinson graduated from Fort Myers High School on June 4 with a 5.29 GPA. This fall, she will attend Florida State University where she will pursue a bachelor's degree in biology. This is Madeline's first year in the Employee Dependent Scholarship Program. Madeline is the daughter of Chief Bill Tomlinson of the Sanibel Police Department.

- Alec Worth is currently pursuing a degree in legal studies at the University of West Florida. Alec graduated from Florida SouthWestern State Collegiate High School in 2015 with a 4.15 GPA and an associates in arts degree. This is Alec's second year in the Employee Dependent Scholarship Program. Alec is the son of Sgt. Dustin Worth of the Sanibel Police Department, who has been employed by the city for 26 years.\*

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# Tropical Storm Colin Changes It Up



by Capt. Matt Mitchell

**T**ropical Storm Colin kept anglers off the water for at least a few days early in the week. Once the strong winds passed, we still were left with lots of tropical

moisture and unpredictable rains coming at basically any time of day. Several mornings I had to cut charters short and headed in either soaked or running from the rain after trying to get out and give it a go. Finally, by the weekend, things started to get back to normal with light winds and near perfect conditions.

All this rain from the tropical storm did wonders for our snook fishing. Wind and heavy rain stirred up what had been crystal clear water in the passes, leaving it dirty which was just what we needed to fire these fish up. After watching

hundreds of snook in the crystal clear passes for weeks and not being able to get them to eat a bait, this catch-and-release fishery finally went off. Drifting pinfish and grunts rigged with a split shot or small sliding sinker to keep it down in the fast moving water helped catch snook after snook. Many of these snook are the smaller males and can be caught on almost every cast. Upsize your bait if you want a chance at a trophy-size female. When this bite is going off there is not a pinfish or grunt made that is too big to get hit. All summer long, this snook fishery, both in the passes and out on the beaches, is as good as it gets.

Rough conditions from the storm did the opposite for tarpon fishing by completely shutting it down. For four or five days after the storm passed, there were just no tarpon to be found either in the sound or out on the beaches. For four long days, none of the other fishing guides I talk with daily even saw a tarpon. During nasty weather, tarpon move offshore until things calm down. By the weekend, as conditions improved, tarpon started to reappear first out along the beaches then slowly making their way back into the sound. While hunting tarpon out along the beaches from North Captiva north to Gasparilla over the weekend, I found good numbers of fish.

## 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.



A blacktip shark caught around the passes this week

Pitching live crabs to these pods resulted in a few hook-ups, although this bite was far from good even though we had lots of shots at them.

Shark fishing around the passes was still good action on days following the

storm when tarpon could just not be found. Natural channels that dump into the passes during the outgoing tide all held a great mix bag of sharks ranging from three to eight feet. Cut fresh mullet on a heavy mono leader with a big circle hook was all it took to bend a rod. After a few frustrating hours searching for tarpon, shark fishing was at least an option to offer my clients, and most took me up on it. When you have a tarpon trip booked for months out and it finally arrives, conditions like we had is never a good thing. No matter how well you plan a trip, it's still up to Mother Nature if you're going to be successful and get a chance at a tarpon.

*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).\**

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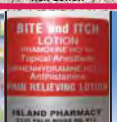
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Melaleuca has almost turned this undeveloped parcel into a monoculture  
photos by Gerri Reaves

Plant Smart  
**Time To Replace That Shade Tree?**

by Gerri Reaves

The onset of summer in south Florida reminds us of the benefits of trees. They give us a pleasant protected spot to sit in the yard and bird watch, not to mention providing habitat and food for the birds we're watching. Shade trees contribute immeasurably to the aesthetic appeal of a home landscape, and they can reduce electric bills by blocking a structure from the searing summer sun. Mature trees can even increase property values. Many residential areas developed years ago were landscaped with non-native trees that would grow fast to create curb appeal and shade. Some invasive trees just volunteered, thrived, and remain.

Pictured here are only three trees commonly found in older residential neighborhoods. Over time, the species proved to be major environmental threats and were listed as category-1 invasive pests by the Florida Exotic Pest Plant Council. Species in this category aren't just bothersome; they are documented to have caused ecological damage by "altering native plant communities..., displacing native species, changing community structures or ecological functions, or hybridizing with natives." If your yard hosts one or more of these invasive trees, consider replacing them with native or Florida-friendly trees. Melaleuca (*Melaleuca quinquenervia*) is perhaps the best-known invasive tree in Florida, because it was imported well over a century ago and because the state has spent many millions of dollars to eradicate it. Its seeds can be viable for as long as a decade and a single tree can hold up 100



Countless bishopwood trees like this were planted as shade trees in Florida's flurry of mid-20th century million seeds.

The common name, paper-bark tree, refers to the attractive peeling whitish spongy bark. Other names include cajuput, punk tree, and white bottlebrush tree, which refers to the creamy spikes of flowers. One clue that the dreaded melaleuca is near? The odor of boiled potatoes when it's in bloom. Despite progress with insect biological controls, it is ubiquitous, often dominating entire large undeveloped parcels. One bright spot regarding melaleuca: it is giving back for a change, by being



Carrotwood is one of the most common invasive shade trees in residential landscapes

converted into termite-resistant mulch. Bishopwood (*Bischofia javanica*), also called bischofia, was imported as an ornamental tree probably in the 1940s. Its fast-growth, height, breadth and rounded dense crown made it a popular shade tree. It has rough reddish brown bark and pea-sized fleshy berries that birds unfortunately disperse. Carrotwood's (*Cupaniopsis anacardioides*) strange seeds – black with reddish crusts – are also dispersed by birds and small animals. This fast-growing tree was imported to create quick landscapes in the 1950s and 1960s.

Carrotwood gets its name from the inner bark, which is often orange. Also, the deep-rooted spouts, that are so difficult to pull, resemble carrots. The leaves are distinctively wavy. Every season, these category-1 trees are tolerated in the landscape, they perpetuate the environmental damage by out-competing native plant species. It might be time to take a close look at the trees in your yard and re-envision how to create shade. Just a few native choices are live oak (*Quercus virginiana*), mahogany (*Swietenia mahagoni*), laurel oak (*Quercus laurifolia*), and wild tamarind (*Lysiloma latisiliqua*). Consult the Lee County Extension Service or a native-plant nursery for help in identifying suitable shade trees. Plant Smart explores the diverse flora of South Florida.\*

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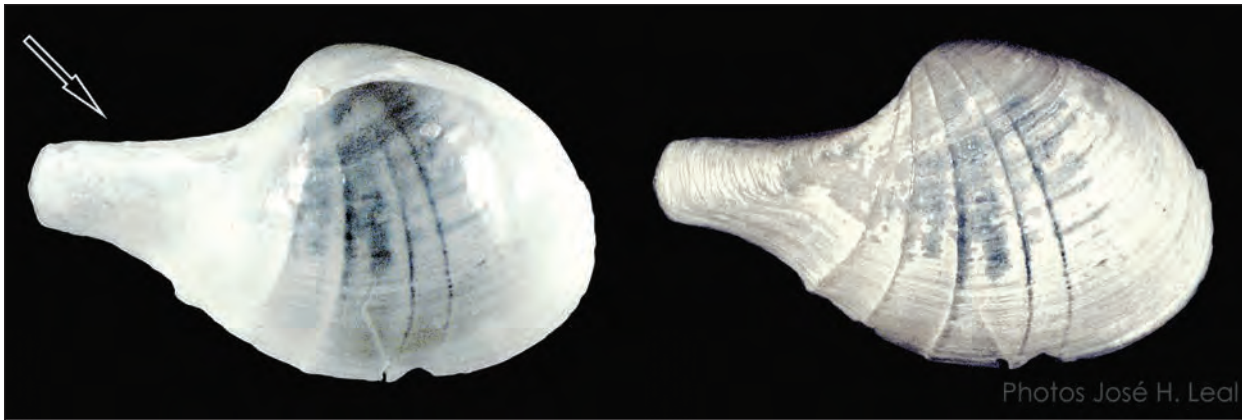
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Photos José H. Leal

Precious cardiomya, *Cardiomya gemma*. Arrow points to shell rostrum.

#### Shell Of The Week

## Precious Cardiomya



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

The precious cardiomya, *Cardiomya gemma* AE Verrill and Bush, 1898, is a locally found bivalve that rarely exceeds 1/4 inch in size. Its delicate shell is characterized by 4-5 radial, well-separated ridges on the central part of the shell, and the rostrum that protrudes from its posterior end (arrow

in figure). The rostrum houses the bivalve's raptorial incurrent siphon, the main structure involved in the capture of prey by this carnivorous mollusk. Cardiomyas and related species feed on small crustaceans that they ingest by quickly contracting an

internal septum, in a "pump-like" fashion. Learn more about local mollusks at <http://shellmuseum.org/shells/southwest-florida-shells>.

#### Shell Museum Events

Daily Island Inn Morning Beach Walks (Advance booking required): Join our marine biologist for a beach walk near Island Inn on Sanibel. Walks depart daily from the Island Inn lobby at 9 a.m. The cost is \$10 for adults and \$7 for children. Parking at the Island Inn is free for beach walk participants. Space is limited so book online at [shellmuseum.org/events](http://shellmuseum.org/events) or call 395-2233 to make a reservation. All beach walk guests receive half-off shell museum admission. (Current Island Inn guests, please book through the inn).

Mollusk movies and scavenger hunts continuously throughout each day.

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

Monday at 1:30 p.m.: Carolyn's Collection – A fun and engaging look at quality shells of a private collector. (Check [shellmuseum.org](http://shellmuseum.org) to note any schedule changes.)

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

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

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

Sunday at 1:30 p.m.: Shell BINGO.

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

## Seahorse Found



Linda Dunn and Eileen Leite

photo by Jeff Lysiak

Eileen Leite, visiting from Taunton, Massachusetts, found a perfect example of a calcified seahorse – approximately five inches tall – on the beach while staying at Sanibel Arms on June 7.\*



## Our Local Library Laugh-In



**J. David Truby on his way in to entertain the crowd**

photo courtesy of Sanibel Public Library

submitted by Mary Irving

Who says SanCap folks take themselves too seriously? It sure was not those present at the Sanibel Public Library when J. David Truby, a self-confessed seasonal coward resident, told humorous local stories, from notes for a satirical book he is writing titled *Darkside Sanibel*.

In his happily-honed and gently sharp-edged humor, Truby roiled on about local land barons, bike trail bullies, profiteer pirates, burglars, snowbirds, celebrities – real and otherwise – socialite pomposities, self-appointed social enforcers, elected things, tourons, mainlanders, etc. All of which have fed him stories for a good natured humor book he is currently writing about SanCap, which he describes as “sliding down the razor blade of the good life

with cutting-edge laughs all the way.”

For starters, Truby told the library guests, “I am so happy that you folks have a community sense of humor, otherwise, Sanibel-Captiva would sink into the Gulf of Mexico of its own tedious, civic self importance.” For the next hour, he told stories, jokes and quoted local newspaper stories, letters and civic silliness from city hall, with laughs from all present.

Some of his suggestions included putting a NASCAR track around the perimeter of “Ding” Darling, requiring at least one manatee and one snowy plover be elected to COTI’s city council, blame the University of Alabama for our red tide, and put a duty free shop at the causeway toll booth. Truby also told us that John Milton stayed at Tween Waters Inn when he wrote *Paradise Lost*, while Jimmy Page and Robert Plante wrote *Stairway To Heaven* at The Great White Grill.

Truby was introduced by Duane Shaffer, the event coordinator for the Sanibel Public Library, who has known him for many years. He described Truby as a “true icon of his entire career.” Truby and his wife, Nancy, have been seasonal residents of the original Sanibel Arms for the past 21 years.

He knows the island well, having many local and seasonal friends, plus he is a long time member of American Legion Post 123 and several other groups. He was recruited to play competitive league softball by Sam Bailey in 2000, and did so. For the past 10 years, he has played what he calls “Baileyball,” a Monday night pick-up game at The Sanibel School under the leadership of residents Jack Koc and Tony Rinaldi.

Shaffer added that Truby has happily agreed to do the 2017 update of his talk from his book next season. Truby smiled and added, “Shhhh... the book is not finished yet. But then, for now, neither am I.”\*\*

## American Legion Post 123

On Sunday, June 19, American Legion Post 123 will celebrate Father’s Day, hosting a fish fry from 1 to 8 p.m. The following Sunday, June 26, Post 123 will serve barbecue ribs and chicken all day long.

Monday nights feature 9-ball and 3-ball tournaments at 5 p.m. Players are welcome. On Tuesday’s, tacos are served all day.

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.\*\*

## Top Ten Books On The Island

1. *Sanibel Flats* by Randy Wayne White
2. *Turtle Tracks* by Sue Trew
3. *A Man Called Ove* by Fredrik Backman
4. *Deep Blue* by Randy Wayne White
5. *A View From the Cheap Seats* by Neil Gaiman

6. *A Bubble Moment* by Katie Gardenia
  7. *Wisdom of A Gift From the Sea* by Anne Morrow Lindbergh
  8. *Circling the Sun* by Paula McLain
  9. *The Hour of Land* by Terry Tempest Williams
  10. *Sanibel Sunset Detective* by Ron Base
- Courtesy of MacIntosh Books and Paper\*\*

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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](mailto:annrodman@aol.com) or contact the Center 4 Life.

The featured book for Wednesday, July 13 is *Room With a View* by EM Forster. Bring your lunch and watch the movie at 12:30 p.m. At 2:30 p.m., there will be a discussion on the book and the movie.

**Friends Helping Friends Technology Clinic** – Mondays and Fridays, 10:30 a.m. to 12 p.m.

Monday session: Bring specific questions about your e-reader (Kindle or Nook), tablet, iPad and laptops.

Friday session: Bring specific questions about your Smart phones (Android or Apple)

Registration is required. Limited spaces

are available. This is complimentary to Island Seniors members. Call the center for more information.

**Friday Collage Classes with Bea Pappas** – June 17 and 24, 12:30 to 3:30 p.m.

Pappas will teach an easy approach to collage, both figurative and abstract. Collage can be worked from torn magazines, found papers like book pages or handmade papers. Bring a pint of fluid matte premium, scissors, papers, magazines and substrates (substrates can be watercolor paper, canvas, canvas board or mat board.) Cost is \$15 for members and \$20 for non-members. Call the center to sign up.

**Sunset Social on the Causeway & Beach Blanket BINGO** – Thursday, June 16, 5:30 p.m. (weather permitting)

Relax and watch the sunset with friends. Meet on the causeway at 5:30 p.m., listen to oldies and play some of your favorite pastime games including Beach Blanket BINGO. Food will be served at 6:30 p.m. Bring a side dish to share, and your beach chair. Contact the center for directions to the viewing area.

**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.

**FISH Hurricane Preparedness Session** – Friday, June 24, 1 to 2 p.m.

The FISH of SanCap hurricane committee is reaching out to the community to identify those who may need information and assistance preparing for the hurricane season. This session is complimentary to Island Seniors members. You must register by Thursday, June 23 in order to attend, and receive your preparedness packet. Contact the center for more information.

**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 21 and July 5 (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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## 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.

What would it be like to have feathered wings?

Would I be afraid I'd fly too high?

Will I trust them to carry me

on the winds of my imagination?

Isn't that the magic of living?

Absurd, Dangerous, Wonderful!

DebAnne  
Sanibel, 2016

Deb Macaluso lives on Sanibel and took a poetry class at BIG ARTS, where she wrote this poem.\*

selected by Tanya Hochschild

### Yoga On The Beach

by Deb Macaluso

Morning on the beach

earthbound on the sand.

Cloud clumps drift by

hugging the eternity of a cerulean sky.

Gulls circle and wheel; wings

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## SCCF Nesting Statistics

Sanibel-Captiva Conservation Foundation has released statistics related to sea turtle nesting season. The group has reported a rough few days on the beach during Tropical Storm Colin, with strong storm surge and significant portions of the beach underwater for hours at a time. The current count is 59 nests completely lost (washed away) on Sanibel (nine on the East End and 50 on the West End) and eight nests lost on Captiva.

The silver lining is that peak nesting season has not yet arrived, so there is plenty of time for new nests to be built. Sea turtles have a nesting strategy that accommodates for natural events such as this. Each nesting female turtle deposits several nests throughout the duration of the nesting season - essentially hedging bets to make sure that even if a storm hits at some point during the nesting season, there is a high probability that at least a few of the nests will incubate successfully.

Here is some additional information from FWC: "No storm season is a total loss for Florida's sea turtles. Even in 2004 when Florida sustained direct hits from Charlie, Frances, and Jeanne, 42 percent of statewide loggerhead nests hatched, and 40 percent of hatchlings successfully emerged from those nests, which is well within the normal range."

The night survey team has encountered 70 turtles (not all unique individuals). They are having great success, says SCCF officials.

As of June 10, here are the counts:

- Sanibel East: 46 Loggerhead Nests, 104 Loggerhead False Crawls
- Sanibel West: 112 Loggerhead Nests, 213 Loggerhead False Crawls
- Captiva: 59 Loggerhead Nests, 74 Loggerhead False Crawls
- Total: Loggerhead Nests 217, Loggerhead False Crawls 391

\*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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\*Winner Best Seafood 2010-2015



# Upcoming Summer Programs For Kids At Sanibel Public Library

The Sanibel Public Library invites children to sign up for the annual Summer Reading Program. Families can register any time during the month of June. Participants will receive a special gift from the Sanibel Public Library Foundation.

The library's Summer Reading program runs through July 30. Each child receives an age-appropriate activity packet which details how they can earn books for their home library. The Sanibel Public Library 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 library at the children's hospital.



Magician Brian Boyd performing at the Sanibel Public Library

Children's programs will be presented primarily on Tuesdays at 3 p.m. during the summer. The full event schedule can be found in the calendar on the library's website at [sanlib.org](http://sanlib.org).

On Tuesday evenings at 6 p.m., teens are invited for VIP After-Hours. Some of the planned activities include viewing book trailers, swapping books, setting up books as dominoes, and more. This program is for incoming sixth grade and older. Additionally, students who need community service hours can volunteer at the library during the summer. Those interested should speak with Youth Services Librarian Deanna Evans.

Weekly Summertime Storytime will be held on Wednesdays at 10 a.m. Storytime encourages the development of pre-reading skills through songs, rhymes, finger-plays and stories for children up to age 5. Preschoolers can also participate in the Summer Reading program, earning board books and picture books for themselves and the hospital.

There is no charge to participate in these library programs. The Sanibel Public Library Foundation, along with the Joan Hunt Cory Children's Fund, underwrites the summer reading program. The Children's Fund was established in 2008 to honor longtime library volunteer and supporter Joan Hunt Cory, who was also a 20-year Sanibel resident. For more information about the Sanibel Public Library, call 472-2483 or visit [www.sanlib.org](http://www.sanlib.org).

## League Of Women Voters New Website

The League of Women Voters of Sanibel wants you to be prepared to vote. In addition to the local LWVS website, [www.lwvsanibel.org](http://www.lwvsanibel.org), discover the new website created by the League of Women Voters of Florida specifically geared up for the August 30 Florida Primary and the November General Election: [www.bereadytovote.org](http://www.bereadytovote.org).

The site will provide you with all you need to know about when and how to order a vote by mail ballot; how to register to vote with important deadlines; information about the primary races and the candidates; overviews of the amendments, and other information. You will find links to the BRTV website via [lwvsanibel.org](http://lwvsanibel.org) and other social media sites such as:

- [www.facebook.com/BeReadyToVote](http://www.facebook.com/BeReadyToVote)
- [www.youtube.com/LWVFlorida](http://www.youtube.com/LWVFlorida)
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## Book Review

# The Swans Of Fifth Avenue

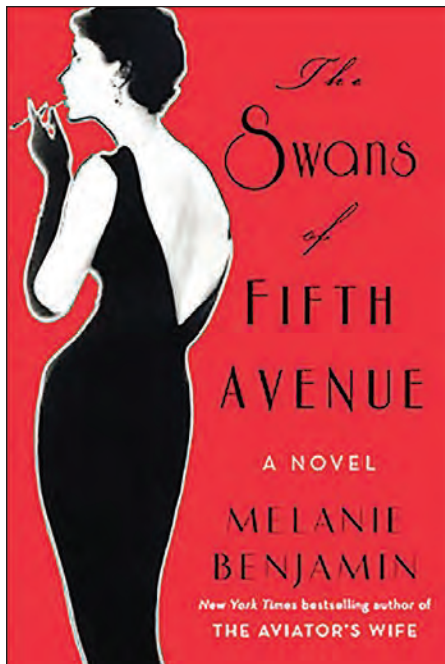


by Di Saggau

**M**elanie Benjamin, author of *The Aviator's Wife*, has a new novel, *The Swans of Fifth Avenue*. The book is about New York's "Swans" of the 1950s, and the

scandalous, headline-making, and enthralling friendship between literary legend Truman Capote and Babe Paley, a glamorous star of New York high society. Her flawless face regularly graced the pages of *Vogue*, and she was adored for her style and exquisite taste, especially among her friends. This included socialites Slim Keith, CZ Guest, Gloria Guinness, Marella Agnelli and Pamela Churchill. Babe appeared to have it all; money, beauty, glamour, jewels, influential friends, a prestigious husband, and gorgeous homes. But beneath it all was a woman desperately longing for true love and connection.

When diminutive golden-haired genius Truman Capote, with his larger-than-life personality enters Babe's life, it sets her circle of swans aflutter. He



gains an unlikely entrance into the enviable lives of Manhattan's elite, along with access to scandal and gossip of Babe's powerful circle. Babe calls Truman her "True Heart," never imagining the destruction he will leave in his wake. Truman said of his friend, "Babe Paley had only one fault, she was perfect. Otherwise, she was perfect."

Truman's fame is at its peak when such notable celebrities as Frank and Mia Sinatra, Lauren Bacall, and Rose Kennedy converge on his glittering

Black and White Ball. The ball, held in November 1966, was in honor of Katharine Graham, and when the invitations went out, Truman said he made 500 friends and 1,500 enemies.

All too soon he ignites a literary scandal whose repercussions will echo through the years.

Truman did the unforgivable. In 1975, the socialites discover that he revealed their dirtiest laundry to the world in a story published in *Esquire*. They all feel betrayed, especially Babe, who dropped him and never spoke

to him again. Exposing the secrets of Manhattan's rich and powerful was nothing short of social suicide for the once literary giant.

A heavy smoker, Babe died of lung cancer on July 6, 1978. She planned her own funeral, right down to the food and wine selections that would be served at the funeral luncheon. *The Swans of Fifth Avenue* will seduce readers as it opens the door into one of America's most sumptuous eras, revealing a startling new look at the infamous society swans. ✱

## Sanibel-Captiva Art League

## Summer Exhibit

**B**eautiful tropical scenes and a colorful variety of other subjects are among the 50 paintings by members of the San-Cap Art League in their annual Summer Exhibit at the Sanibel Public Library.

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

The Art League has 130 resident and vacationing members who have art experience ranging from beginners to professional artists and who work in a variety of materials. Members have the opportunity to meet once a week for Paint-outs, attend monthly seasonal meetings with informative presentations and participate in workshops with local and nationally known artists.

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

The mission of the Art League is to provide encouragement, enrichment and education in the visual arts to the community. Island visitors and residents are welcome to view the exhibits and participate in other seasonal events.

For more information, visit [www.sancapart.com](http://www.sancapart.com) or write to P.O. Box 1192, Sanibel FL 33957. ✱

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Preschoolers at the Children’s Education Center of the Islands with Marty Harrity, school director Cindy DeCosta and Richard Johnson

## Proceeds From Sam Bailey’s Islands Night Benefit Local Youth

Even though the Islands Night was rained out this year, local nonprofits still benefited from the charitable nature started by Sam Bailey. His original mission of being a good community member by giving back to the island residents continues today. The Children’s Education Center of the Islands was the recipient of a donation from Islands Night, presented to the non-profit preschool by Marty Harrity and Richard Johnson. This donation helps this island preschool provide a loving and educational preschool experience to all children, regardless of their financial status.✱

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## Lazy Flamingo Named Silver Sponsor For 10K Race 4 FISH On October 15



The staff of Lazy Flamingo with FISH of SanCap board members

Lazy Flamingo has signed on as a Silver Sponsor of the 8th annual 10K Race 4 FISH, which will be held on Saturday, October 15 with the start and finish line at the Sanibel Community Park on Periwinkle Way. “It is always important to support non-profit organizations in our community,” Lazy Flamingo General Manager Ron Rich said. “These organizations and the people they assist are an integral part of what makes Sanibel and Captiva Islands so unique.” FISH of SanCap is a leading non-profit organization with the goal of making a social investment in our community that assists our neighbors to live independently with dignity in their homes. Its Helping Hands programs provide non-emergency medical transportation, medical equipment loans, weekend food backpacks for children and delivery of a well-balanced meal to home-bound clients. “The Lazy Flamingo is a strong advocate of our community,” FISH of SanCap board vice chair and race committee co-chair Ed Riddlehoover said. “Their support of the 10K race helps us continue our mission of lending a helping hand to those in need and we are grateful.” There are a variety of race sponsorship slots available – Gold, Silver, Bronze or Friend. For Gold to Bronze sponsorships, your name or logo will appear on the back of T-shirts featuring the Hortoon race logo and worn by the runners, as well as all race banners and printed materials. Friend sponsors will be included on all race banners and printed materials. Anyone who is interested in becoming a race sponsor should contact Nancy or Pete Bender at [benderlaw@juno.com](mailto:benderlaw@juno.com) or 472-5220. The deadline is September 15.✱

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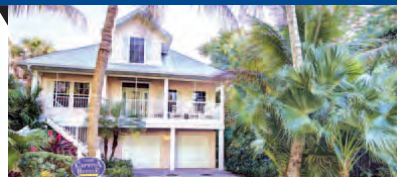
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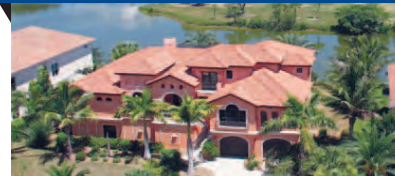
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## Superior Interiors

## Planning Your Outdoor Spaces



by Jeanie Tinch

With so many of today's new homes being built to incorporate gorgeous patio spaces, doesn't it stand to reason that with a little thought and pre-

planning, these spaces can become an exciting extension of your home's indoor space?

So, where do you begin, and how do you master the design of flowing your indoor and outdoor spaces together? Here are a few things to take into consideration before creating the outdoor space of your dreams.

It all starts with a plan.

It's generally a good idea to begin this process by first taking into consideration all the possible events your family will want to plan for when they use your new outdoor haven. Large gatherings and family events will call for one type of plan. And conversely, an outdoor space designed for two to relax and unwind will dictate a totally different set of priorities.

As you consider all the activities you want to accommodate in your new outdoor space, you might consider

creating specific spaces for specific events. Activities such as outdoor cooking – on a grill or customized outdoor kitchen – might be best suited in one area, dining in another. And just as on the inside of your home, area rugs are a great way to help separate and define spaces. Today's selection of outdoor area rugs is wide and varied – in many shapes, sizes and colors.

Secondly, creating the right landscape plan to surround your outdoor space is extremely important. Plantings, flowers and architectural accents will all play an important part in the overall design as you finalize your landscape plan. You'll find that stonework and carpentry choices will be critical components to aid you in creating your perfect outdoor retreat. Why not give special consideration to the plants you choose to surround your space? Just think of the delicious scents you could add to your outdoor space with the right plantings.

*Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at [jeanie@coindceden.com](mailto:jeanie@coindceden.com). ✨*

Our email address is  
[press@islandsunnews.com](mailto:press@islandsunnews.com)

## Rotary Happenings

submitted by Shirley Jewell

At the start of hurricane season each year, many property owners on Sanibel and Captiva islands check property insurance policies, including flood insurance coverage, and review policies to make sure everything is up to date, being aware of changes to flood insurance coverage and costs that have gone up in the past few years.

Pete Travis, director of client growth at Torrent Technologies Corporation, was the guest speaker at a recent Sanibel-Captiva Rotary meeting and focused his talk on flood insurance...the need...and some changes to flood insurance costs in recent years. Torrent Technologies Corporation provides insurance protection –above National Flood Insurance Protection– in conjunction with insurance companies (write your own policies companies) and lending institutions in the area of flood insurance. The company advises and provides policies for residential, commercial and condominium properties.

Previous to 1968, flood insurance was part of homeowners' insurance policies. But after a number of flood disasters in the 1950s, insurance companies started to exclude flood insurance from



homeowners' policies. Flood damage was now the responsibility of property owners with few exceptions. To address possible flood catastrophes both to properties and personal wealth, government agencies built dams, levees, and other structures to help hold floodwaters back. That wasn't enough. The government found itself providing public disaster aid to affected property owners. So, in 1968, the National Flood Insurance Act (NFIA) was passed. In turn, the NFIA created the National Flood Insurance Program (NFIP). NFIP provided flood insurance, floodplain management and flood hazard mapping. Federal flood insurance was now available in areas where local governments adopted adequate floodplain management regulations. In 1973, an amendment to the NFIP included restrictions on lending agencies – the law-prohibited lenders that are federally regulated, supervised, or insured by federal agencies – from lending money on property in a floodplain community without flood insurance.

NFIP is administered by the Federal Emergency Management Agency (FEMA). Flood insurance was initially only available through insurance agents working directly for the federal program. "Since 1983, these policies can be provided through private/public collaborations and are known as "Write Your Own Policies" through which a pool of insurance companies issue policies and adjust flood claims on behalf of the federal government under their own names, charging the same premium as the direct program. Participating insurers

continued on page 34

## Buying, Selling or just want to chat... Talk to Chuck!

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## Island Businesses Receive Certificate Of Excellence For Superior Service



**Billy Kirkland, owner of Billy's Rentals & Segway Tours**



**A Segway tour departs from Billy's Bike Shop**

**B**illy's Segway Tours of Sanibel and Billy's Rentals have both been selected for the TripAdvisor 2016 Certificate of Excellence, reflecting the consistent good reviews they've earned on TripAdvisor. They have been recognized for superior service.

Billy's Segway tours offer Sanibel's exclusive guided tour featuring information on island history, tropical vegetation and local wildlife. The experience is approximately 90 minutes. Tours depart from Billy's Bike Shop on Periwinkle Way Monday through Saturday, three times a day, with a guide for up to six riders.

Billy's Rentals have been providing island style transportation to visitors and locals of Sanibel and Captiva for over 15 years.

The achievement celebrates hospitality businesses that have earned positive traveler reviews on TripAdvisor over the last year. The Certificate of Excellence accounts for the quality, quantity and frequency of reviews submitted by travelers on TripAdvisor over a 12-month period. To qualify, a business must maintain an overall TripAdvisor bubble rating of at least four out of five, have a minimum number of reviews and must have been listed on TripAdvisor for at least 12 months.\*

## New General Manager At The Dunes



**Brian Kautz**

**B**rian Kautz is the new general manager at The Dunes Golf and Tennis Club. When asked about his move to Southwest Florida, Kautz said, "It's good to be home."

Kautz was an active part of Southwest Florida golf from the late 1980s through the early 2000s. During that period, he served as the director of golf for The Vines Golf and Country Club, now known as the Estero County Club at The Vines.

Kautz's passion for the golf and club business has been nearly life-long. His early training was provided by master professional Tony Clecak at Harrison Lake Country Club in Columbus, Indiana. His first head professional position was at The Pointe, a resort in Bloomington, Indiana. After leaving The Pointe, he worked as a sales representative for Arnold Palmer's company Pro Group. It was that position that first brought him to Southwest Florida.

In 2002, he took the opportunity to serve as the general manager and minority partner of the Charlevoix Country Club in Charlevoix, Michigan. From there, he went on to serve as the director of golf at Shanty Creek Resorts in Bellaire, Michigan. He enjoyed his work and the knowledge he gained in Northern Michigan, but he missed Southwest Florida.

It was more than the warm weather; it was the year-round golf and club community that he missed. His wife Cynthia and grown children Amy, Will and Matt supported his desire to relocate. Regarding the opportunity to serve as The Dunes' general manager, Kautz said, "The variety of my experiences has provided the background I need to address the unique situations and changes that are part of the 2016 golf and club landscape in Southwest Florida. I am honored to have been given the opportunity, and I look forward to the challenge."

The Dunes is currently undergoing course renovation which should be completed by the fall.\*



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Will Power

When Your Plan Doesn't Work Out



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

“Sarah” had a will that left \$50,000 specific bequest of cash to each of her five grandchildren, while the rest, including her residence, was to be distributed among her two daughters. At her passing, she owned her Florida homestead, a \$90,000 investment account, a \$10,000 checking account and an IRA account of \$1.2 million. Her two daughters were also the IRA account beneficiaries. So what happens at Sarah’s death? Does each of her grandchildren receive \$50,000? The short answer to that question is “No.”

The reason rests in the types of assets Sarah had at the time of her death. Her homestead is not an inventory asset of her probate estate under Florida law. Moreover, in my example it is specifically devised to her two daughters. That only leaves \$100,000 of cash and other assets subject to her estate administration. This is what her will governs.

What of the \$1.2 million IRA account? That account has a beneficiary designation, so it is not subject to distribution under the terms of Sarah’s will. This leaves her \$90,000 investment account and a \$10,000 checking account. Assuming, for a moment, that there are no creditors, taxes or administration expenses associated with Sarah’s estate, then this \$100,000 would be apportioned among the five grandchildren, with each receiving \$20,000 as opposed to the \$50,000 promised under the will.

The grandchildren receive nothing from the IRA account because they are not a beneficiary of that account. Nor do they receive any equity from the homestead that was specifically devised to Sarah’s daughters.

As you can see, it is therefore important to understand what assets you own and how you own them when making out your will or considering the distributions in your revocable living trust.

The same problem as Sarah’s may arise when you have “Pay on Death” or “Transfer on Death” accounts. Assume that Sarah titled her investment and checking accounts as Pay on Death to her daughter Jane. Even if Jane is named in Sarah’s will as her personal representative (executor), the Pay On Death designation would usually result in Jane inheriting the accounts. Jane would not distribute those accounts in her role as personal representative under the will. It

doesn’t matter what Sarah has in the will as her account would pass outside of the will. In this example, the grandchildren would inherit nothing. Jane’s sister would also not receive any interest in the accounts, even though she was to share equally with Jane under the terms of the will.

Sometimes clients aren’t certain how life insurance and annuities work either. Most life insurance and annuity contracts have designated beneficiaries and therefore pass outside of a will or revocable trust. Sometimes the trust is named as the beneficiary. Since life insurance is generally income tax free, naming a revocable trust usually doesn’t carry any adverse income tax consequences. Annuities are a different story, however.

Distributions from annuities usually carry with them some amount of ordinary income, resulting in the payment of income tax. The annuity contract should be carefully examined as well. If a person is not named as the contingent annuitant, then there is the possibility that the annuity company will make a full distribution upon the original annuitant’s death. This could result in a significant distribution that triggers a large income tax. If the trust traps the income inside, then the highest marginal tax rate may also apply, exacerbating the problem.

This all highlights why you should have your estate planning attorney involved not only in the creation of your will and trust, but also in the proper titling of your various bank, investment and brokerage accounts, as well as having him at least confirm the proper beneficiaries of your IRA, 401(k), life insurance and annuities. Too often clients will take the advice of their financial planner – or worse, the bank teller – when deciding how to title their accounts. As you can see from this simple discussion, a coordinated, thoughtful review by a qualified professional could head-off unintended consequences.

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SPORTS QUIZ

- 1.Name the last major-league player to hit .380 or better in a season.
- 2.Barry and Bobby Bonds were the first major-league father-son combination to each hit 300 home runs. Who was the second?
- 3.How many Super Bowls did Don Shula appear in as a head coach?
- 4.When was the last time before the 2015 NCAA Tournament that the Kansas and Wichita State men’s basketball teams played each other?
- 5.How many Stanley Cups did Al Arbour win as both a player and a head coach?
- 6Entering 2016, Al Unser was the oldest winner of the Indy 500. How old was he?
- 7.Bjorn Borg won 11 Grand Slam singles titles, and they all were in two events. Which two?

ANSWERS

1. San Diego’s Tony Gwynn hit .394 in 1994. 2. Cecil Fielder and Prince Fielder. 3. Six -- one with Baltimore (’68 season) and five with Miami (1971, ’72, ’73, ’82 and ’84). 4. It was 1993. 5. Eight -- four as a player (1954, ’61, ’62, ’64) and four as coach of the New York Islanders (1980-83). 6. He was 47 when he won his fourth Indy 500 in 1987. 7. He won six French Opens and five Wimbledons.

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# The Most Difficult Golf Course In The Country Hosts U.S. Open



by Ed Frank

**T**he most difficult golf course in America – knee-high rough, lightning-fast greens and 270 sand traps called “church pews.”

This describes the setting for this weekend’s U.S. Open Golf Championship that will be played on the famed 113-year-old Oakmont Country Club in Pennsylvania.

“I’ve played Oakmont the last two days and I really think it is the hardest golf course we’ve ever played,” said Phil Mickelson earlier this week.

Oakmont has hosted the U.S. Open eight times, more than any other course, the last time in 2007 when Angel Cabrera was

the winner.

The iconic Oakmont, which is divided by the Pennsylvania Turnpike, is the oldest top-ranked course in the United States.

The course record at Oakmont is 63 shot in 1973 by Johnny Miller, the ’73 winner. But don’t expect a score like that this year.

The odds makers have established Jason Day, the world’s No. 1 ranked player, as the favorite followed by Rory McIlroy and Jordan Spieth, the defending champion. Day is the only three-time winner this year having won the Player’s Championship last month.

Neither of these three played in last week’s Fed Ex St. Jude Classic, opting instead to prepare for the Open.

Also likely to be in the hunt this weekend are Dustin Johnson and Justin Rose. Johnson has been in the top 10 in nine of the last 12 tournaments this year, but who will forget his meltdown on the final hole of the Open a year ago when he three-putted the 18th hole to hand the championship to Spieth?

Mickelson needs an Open title to compete his career grand slam, but is listed at 33-1 odds to win. And last year’s champion, Danny Willett, comes in at 35-1 odds. Another popular headliner, Rickie Fowler, is at 22-1 odds to win his first major tournament.

You’ll hear or read all kinds of descriptions of Oakmont this weekend – diabolical, a course made for sadists, beauty and the beast.

Regardless, it will bring out the best in competition among the best golfers in the world. But don’t be surprised if even par, or just a few strokes below par, wins this

famous tournament.

## Red Sox and Twins First-Round Draft Selections

The Boston Red Sox and the Minnesota Twins selected a total of 82 prospects, of which 37 were pitchers, in last week’s Major League Baseball Draft.

Both teams used their first-round picks on high school players.

Boston – The Red Sox had the No. 12 pick in the first round and drafted 17-year-old Jason Groom, described as an ultra-talented left-handed pitcher who is a senior at Barnegat New Jersey High School.

The six-foot six-inch 220-pound youngster has a fastball in the upper 90s along with a strong curveball.

Minnesota –The Twins had the 15th pick in the first round and drafted 18-year-old Alex Kirilloff, an outfielder. Kirilloff is home schooled but played baseball at Plum High School in the Pittsburgh area. He hit .544 this past season with an on-base percentage of .645.

Both teenagers are likely to receive signing bonuses in excess of \$2 million.✱

## Miracle To Host Baseball Camps

**T**he Fort Myers Miracle will be hosting two, three-day baseball camps presented by CenturyLink, Rock Star Seedz and Dick’s Sporting Goods at Hammond Stadium at the CenturyLink Sports Complex. The 2016 Miracle Baseball Camp I will take place on Monday, June 20 through Wednesday, June 22 for children ages 6 through 8. Camp II will be held on Monday, July 18 to Wednesday, July 20 for children ages 9 through 12. The cost is \$99 per child.

The camps will run from 9 a.m. to noon. Campers will be given a T-shirt, Miracle gift, daily breakfast snack and lunch, a photo with a Miracle player, a camp completion certificate and one box seat ticket to the Miracle game

on each night of the camp. Additional tickets can be purchased for family and friends for games on each night of the camp.

Participants will receive top-rate instruction from the Miracle coaching staff and players. The 2016 Miracle Baseball Camps feature multiple stations to practice baseball skills and develop their knowledge of the game, with players working alongside campers.

Campers will be featured as the Florida Prepaid Baseball Buddies on the last day of each camp, and will take the field with the Miracle during the evening’s starting lineups.

Space is limited to the first 100 campers for each session. Registration forms can be found at [www.miraclebaseball.com](http://www.miraclebaseball.com). For more information or registration questions,

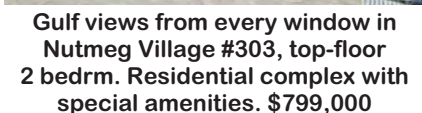
continued on page 36



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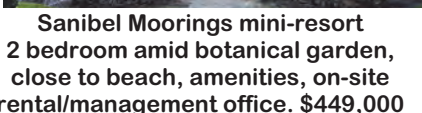
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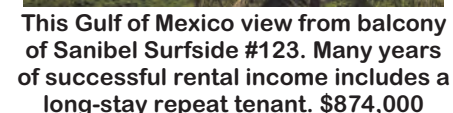
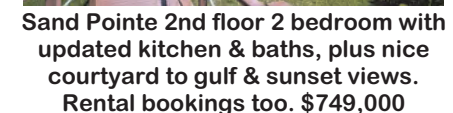
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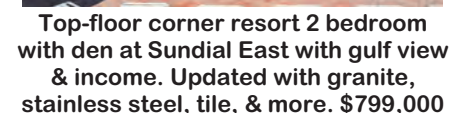
**Gulf-front 2-bedroom walk-out at Sanibel Arms West earning more than \$70K/yr in easy on-site program with low fees, low condo fee too. \$899,000**



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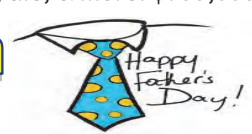


**This Gulf of Mexico view from balcony of Sanibel Surfside #123. Many years of successful rental income includes a long-stay repeat tenant. \$874,000**



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## School Smart



by Shelley M. Greggs, NCSP

**D**ear Shelley,  
My almost 11-year-old daughter will be going to a sleep-away camp for the first time and although she wants to go very much,

she is quite anxious about it. How can I help calm her anxiety?

*Mary Beth F., Fort Myers, Florida*  
**Mary Beth,**

The summer camp brochure photos typically show us the sun-splashed children playing sports, swimming, and having a great time. What we never see is any sign of anxiety that most kids experience and is a natural reaction to a new adventure and a family separation. All children experience a mixture of excitement and nervousness when summer camp approaches and for most, the excitement exceeds the nerves, but for some children, the anxiety interferes in what should be a fun, formative experience.

Children are typically ready for sleep-away camp around ages 10 to 12, given individual skills, experiences and temperament. Summer camps help kids develop many skills important for future success: resilience, self-reliance and social adaptability. The camp experience, being away from home and among peers, can help kids develop social skills, separate in a healthy way from parents and develop independence. Camp activities can help them build confidence by enjoying success in their chosen activities.

The key to helping your child get over pre-camp nerves is to acknowledge her feelings and give her tools to help her tame them.

- Help your child get excited about camp: Take her shopping for new gear and focus on fun things about camp that she can anticipate.

- Avoid focusing on what makes children anxious. Instead of asking leading questions like, "Are you nervous about horseback riding?" ask open-ended questions like, "How are you feeling about the horses?"

- Don't trivialize her concerns or offer glib reassurances. "There's nothing to worry about!" or "Everyone loves camp!" may discourage your child. Instead, show that you have empathy and acknowledge her concerns.

- Go through "rehearsals." A shorter-term sleepover or a night at grandma's will make it easier for your child to be away from home.

- Make communication easy and accessible: Pack envelopes and stamps, outline a schedule for phone calls or emails if they're part of the camp's routine, and make sure your child understands how easy it will be.

- Help your child formulate realistic, goal-oriented plans for making friends or passing a swimming test. Having a framework for completing these plans can give your child a feeling of success and take her mind off his anxiety.

- What you want to share is your confidence in your child and the summer experience. Keep the goodbyes short, as delaying just causes more mixed feelings and communicates your own anxiety. Kids can pick up on your feelings even if you don't verbalize them.

- If your child has psychiatric, medical or learning issues, make sure the staff and counselors know anything they need to know to head off problems and maximize her experience. And let your child know that counselors are there to support her, whether she has a simple question or a larger problem.

Summer camp is a unique situation where your child engages with a large community of peers and learns how

to interact socially in a less-structured environment than school. This is a time for her to actively make decisions for herself and develop a sense of self-reliance. Even though you may be concerned and want to intervene, give your child the space to take ownership over the experience herself.

*Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.\**

From page 30

## Rotary

receive an expense allowance for policies written and claims processed. The federal government retains responsibility for underwriting losses - \$250,000 for structures, \$100,000 for contents."

So far, so good; but along comes a few catastrophic storms: Hurricane Andrew 1992, Hurricane Katrina 2005 and Hurricane Sandy 2012. Things had to change; the NFIP had to borrow money from the U.S. Treasury Department to handle insurance claims and payback the money with interest. Flood insurance rates had to go up.

Therefore, in 2012, the Biggert-Waters Flood Insurance Reform Act attempted to make insurance rates actually reflect the expense of flood insurance payouts on properties insured. The 2012 law put a 5 percent surcharge on all but the lowest-risk policies to create a reserve fund to cushion against future losses. Formerly under-insured subsidized properties were to be phased out and surcharges

enacted to reflex cost of insuring businesses, non-primary residences, structures with severe repeated flood losses. Rates for these groups were scheduled to increase by 25 percent per year until reflective rates were reached. Immediately, there were objections to Biggert-Waters and, in 2014, this act was repealed and modified - refunding of insurance surcharge over-payments made during the period of the original Biggert-Waters went into effect. The new law phased in increases to the subsidies properties. Newly purchased subsidies properties were extended to new owners and payment of flood insurance rates set according to new rulings.

Surcharges remained of primary residence assessed \$25 and other properties \$250.

Grandfathered properties on flood maps during the time of 2012 Biggert-Water Act were to receive a 20 percent annual rate increase until grandfather properties were assessed full-risk rates. Under the 2014 changes, homes and businesses that were built to code then remapped into a higher risk area will not receive a rate increase. Properties moving into Special Flood Hazard areas would pay the subsidized premium in the first year, and then the rate increases assessed on all such properties would be between 5 percent annually, with no single property receiving more than an 18 percent increase. There are quite a few additional changes...mostly FEMA related.

Travis did address the issue of why some insured might not receive the amount of money they expect from their flood insurance policies. Make sure your policy reflexes the coverage you intend, make sure you comply with all stipulated policy covenants and, most of all, make sure that you have a government certified "Write Your Own" flood insurance agent handling your flood insurance.

Sanibel-Captiva Rotary Friday morning breakfast meetings start at 7 a.m. Throughout the summer the club is meeting at the Bailey-Matthews National Shell Museum. Guests are always welcome.

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

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## Florida Super Lawyers Named



Craig Hersch



Jay Brett

Sheppard, Brett, Stewart, Hersch, Kinsey & Hill, PA partners Jay A. Brett and Craig R. Hersch have been named to the Florida Super Lawyers list of top attorneys in Florida for 2016, a highly-esteemed recognition given to no more than five percent of attorneys in Florida.

Brett is shareholder in the law firm of Sheppard, Brett, Stewart, Hersch, Kinsey & Hill, PA, who began his practice with the firm in 1973. His practice consists of estate planning, including wills, trusts, probate and trust administration; real property law, including commercial and residential transactions, title insurance and mortgage law; and business/banking law. Born in Altoona, Pennsylvania, he attended Pennsylvania State University, received his undergraduate degree

in business administration from the University of Florida in 1970, and his juris doctor degree from the University of Florida in 1973. Brett has served on the 20th Judicial Circuit Judicial Nominating Commission, serving as its chair in 1992-1993. He also served on the 20th Judicial Circuit Bar Grievance Committee, serving as its chair in 1984. From 1978 to 1982, he served as a hearing examiner for the Lee County School Board. From 1999 until 2013, he served on the Board of Trustees of the Southwest Florida Community Foundation, Inc. and served as its chair from 2009 to 2011. He also served as a founding director of Florida Gulf Bank, and currently serves on the Lee County Advisory Board of Iberia Bank. Brett has also served as an advisory director for First Union National Bank of Florida, as a director of YMCA of Lee County, and for 12 years as a director of the City of Palms annual high school basketball tournament. He has received an AV rating from Martindale-Hubbell for over 25 years.

Hersch is a Florida Bar Board Certified Wills, Trusts & Estates attorney and holds his Florida CPA license. Hersch is a partner at Sheppard, Brett, Stewart, Hersch, Kinsey & Hill, PA and has created several trademarked processes tied to his estate planning and administration practice, including The Family Estate & Legacy Program and The Estate Settlement Program. He is the author

of two books, *Common Cents Estate Planning* and *Legal Matters When a Loved One Dies*, and is working on two additional books that are anticipated for publication in 2016. His work has appeared in several professional journals, including *The Practical Tax Lawyer*, *Trusts & Estates Magazine*, and *The Florida Bar Journal*. Hersch also writes a weekly estate planning column that is published in Sanibel's *Island Sun* newspaper and on his firm's blog at [www.sbslaw.com/blog](http://www.sbslaw.com/blog). Hersch is a multiple graduate of the University of Florida with accounting and law degrees and has provided his expertise as a continuing education lecturer for The Florida Bar and the Florida Institute of Certified Public Accountants. Hersch holds an AV Martindale-Hubbell rating, the highest attainable by the independent national attorney rating service, has been selected as a Worth 100 Top Attorney and has been named to the 2015 Super Lawyers list.

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## ISLAND SUN BUSINESS NEWSMAKERS

### Realtor Joins Firm

Top producing agent

Linda von Wowern has joined Royal Shell Real Estate as part of the McMurray & Nette team. After searching the world over, Von Wowern and her family finally found paradise in Southwest Florida.

In 2012, she, her husband Per and their five children made the move from Sweden to Sanibel.

Von Wowern studied advertising, marketing and graphic design at the RMI Berghs School of Communication and has put her design talents and sales skills to work with companies large and small for over 20 years.✱



Linda von Wowern

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Eden Energy Medicine

Energies Of Love; I Am Always Right



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

Over the last several weeks, we learned there are four sensory types, one of which we each use 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. So, 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. Today we explore the last of the sensory types – the digital (in balance the most

kind, calm and rational person who is able to access and organize vast amounts of information while at the same time create a perfect solution for any problem). This person thinks with perfect logic, knowing that she/he is always right, since, after all, who can dispute linear thinking? In distress, the digital will rationally explain all the reasons why her/his approach is accurate, being completely un-emotive, even if loved ones may be crying. Here is the vignette:

Eleanor and Edwin have been living together for 35 years. On the way home from the gym, Edwin is rear-ended by a woman who was texting. Edwin's neck is hurt, the police arrive, the car is damaged and he is very upset, seeking Eleanor's support. Oh, and Edwin was driving Eleanor's BMW convertible – her pride and joy. When Edwin, who is now limping and holding his neck, tells Eleanor, she immediately asks that he explain every step that happened, that he needs to call the insurance company right away, that she will call the doctor and notify the police to press charges due to the woman's texting, that he should sit down and write a chronology so they can give the same accounting to everyone. She rationally explains that she has reminded him in the past to be

careful while driving her car, explaining all this with precision and rational ease. Edwin approached Eleanor to hold her, seeking comfort and Eleanor pats him on the cheek, telling him they must attend to business.

Solution? After doing the Blow-out; zip-up and hook-up exercise (part of the 5 Minute Routine), try the exercise in the column Hand to Heart with Partner Creates Bond (see prior column or website) There are many more solutions in the book. Understanding our loved

one's energies (plus our own), changes all our lives.

Have fun with your energy! Next week's topic is Energies of Love; Experience Teaches.

If you have a question, email [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.\*

Foundations Award Grants

The Southwest Florida Community Foundation and Robert Rauschenberg Foundation recently awarded 10 local nonprofits with \$250,000 through a granting partnership.

For the past two years, the foundations have collaborated to strengthen the quality of life for local residents of Southwest Florida. This year, the foundations focused on organizations that provide a safety net for some of the most vulnerable populations.

Grants ranging from \$8,000 to \$50,000 were awarded to: ACT (Abuse Counseling & Treatment, Inc.); Boys & Girls Club; Children's Home Society; Community Cooperative Ministries, FISH of SanCap; Family Health Centers of Southwest Florida; Harry Chapin Food Bank; Human Trafficking Awareness Partnerships; St. Matthew's House; and Valerie's House.

As a group, the beneficiaries provide a wide range of critical services – from hunger relief for school children and senior citizens alike to employment training and anti-poverty measures to grief counseling. Serving every age group and several counties across Southwest Florida, the collective foundations believe the 10 grantees are essential to the well being of the region.

"We wanted to reflect Bob's long commitment to supporting those in

greatest needs. We are honored to provide funding for organizations that exhibit dedication to serving the people of Southwest Florida region by the work they do every day," said Christy MacLear, CEO of the Robert Rauschenberg Foundation.

"The funding provided by the Robert Rauschenberg Foundation is a great example of funders working together to bring resources to our community, and we feel honored to work with them as it continues their legacy of giving in Southwest Florida," said Sarah Owen, president and CEO of the Southwest Florida Community Foundation.\*

From page 33

Baseball Camps

contact Delroy Gay at 768-4210.

The Fort Myers Miracle are the Class A-Advanced minor league baseball affiliate of the Minnesota Twins Major League Baseball club. Since moving to Fort Myers in 1992, the Miracle have qualified for the Florida State League Playoffs eight times and won the Florida State League Championship in 2014. Home games are played at Hammond Stadium at the CenturyLink Sports Complex. In 2016, the Miracle are hosting the Florida State League All-Star Game on Saturday, June 18 at 7:05 p.m. The season begins in April and ends in September. For a game and events schedule, visit [www.miraclebaseball.com](http://www.miraclebaseball.com).\*

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dearRPharmacist

## Drugs That Can Harm Your Skin



by Suzy Cohen, RPh

### Dear Readers:

Did you know that your medication can damage skin? Most of you don't even think about that as a side effect. Photosensitivity is a fairly common skin reaction that is sparked by taking medicines which interact with ultraviolet (UV) radiation from the sun or tanning beds. It happened to me once and, luckily, the red burning rash and tingling only affected my hands. It took only two hours of sun exposure on a shady trail while hiking in California. Still, it rendered me out of writing commission for a few days.

The big problem is that photosensitivity reactions are highly unpredictable. Nothing may happen the first three times you go swimming, but then the next time it's dreadful. The reaction can differ with each exposure and the specific medication you take. Perfumes containing "6-methylcoumarin" or "musk ambrette" may cause skin allergies, so it's not just drugs.

For example, a classic reaction is a severe sunburn, but also possible are brown splotches in your skin, redness, pain and tenderness, an actual bumpy rash, hives, any inflammation. Photosensitivity reactions may cause permanent skin damage while others are reversible in a few days; it is very individual.

Finally, just because you do not have a problem with medication now, doesn't guarantee smooth sailing every time you take it. There are hundreds of offenders, and again my list does not mean you'll have a reaction at all, it just means the possibility exists. Here goes:

- Antibiotics: Sulfamethoxazole, tetracycline, doxycycline, ciprofloxacin and the UTI drug nitrofurantoin.

- Psychoactive medications: Amitriptyline, imipramine and other Tricyclic antidepressants. Also sertraline (Zoloft), venlafaxine (Effexor), mirtazapine (Remeron) and alprazolam (Xanax).

The blockbuster Aripiprazole (Abilify) is another psyche med that has been associated with skin eruptions and sensitivity.

- Accutane and Retin A: These are used to improve skin, so it's ironic it can have a photosensitivity reaction, but they're biggies.

- Allergy meds and antihistamines: Cetirizine, diphenhydramine, loratadine and other blockbusters.

- Blood pressure medications: Enalapril and amlodipine can sometimes cause "Subacute Cutaneous Lupus Erythematosus," a painful skin eruption. Other offenders in this category include Vaseretic, Lotensin HCT, Dyazide and Hyzaar. Beta-blockers, diuretics and vasodilators require extra sun caution.

- Diabetic drugs: Glipizide, glyburide, tolbutamide, glimepiride and others. Metformin does not usually cause any problem.

- Birth control pills or menopausal drugs, any of them, there are hundreds. Patches, pills, all of them can have a 'photo' reaction.

- Statin cholesterol drugs: All of them, atorvastatin, fluvastatin, lovastatin, pravastatin, simvastatin have the ability.

- Diuretics: Many of them are skin sensitizers, however the popular HCTZ (hydrochlorothiazide), this can cause a dangerous reaction called "Subacute Cutaneous Lupus Erythematosus." Any drug containing HCTZ is a potential offender.

- Anti-inflammatory (NSAID) drugs: Ibuprofen, ketoprofen, naproxen and celecoxib.

My list is not complete so ask your pharmacist about your medication. Please use natural sunscreens and sun-blocks, wide-brimmed hats as well as clothing that covers you up well. Aloe vera creams are soothing, as is the gel right from the plant.

Try putting lavender essential oil (20 drops) and peppermint oil (2 drops) in some cold water, then make a cold compress out of that. It will cool on contact. Compresses with comfrey root, baking soda water or lavender oil are the fastest way to take the sting out of your sunburn or rash.

*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).*

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** I have had a lot of stress in my life and noticed it is affecting my neck, shoulders and back. What would be the best form of treatment for my stress?

**A:** While there are many treatments available to reduce stress, you may want to begin with treating yourself to a massage.

Below are the many benefits.

Medical massage not only makes you feel great and relaxed, but it also:

- Increases circulation
- Enhances the immune system
- Promotes nervous system functioning

- Reduces blood pressure
- Relieves pain and muscle tension
- Improves mood, intellectual reasoning and job performance

- Produces a positive effect on conditions such as fibromyalgia, arthritis, diabetes and migraine headaches

Depending on the techniques used, massage can:

- Stimulate the nervous system to help reduce muscle atrophy
- Increase muscle tone
- Stimulate the functions of the skin or an organ deep inside the body;
- Sedate the nervous system to help ease muscle tension, spasticity, stress-related symptoms and headaches
- Boost the functioning of the immune system and maintain health when done regularly

- Stimulate sluggish circulation or slow down the circulation of someone who has just run a marathon when using friction massage techniques

- Allow better range of motion and support the connective tissue and muscles in becoming strong and healthy when doing simple joint movements and joint stretching.

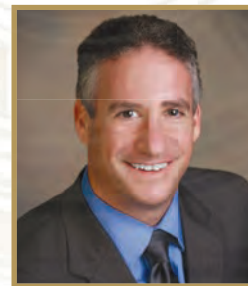
I would also incorporate a daily meditation practice even if it is just for a few moments. If the stress continues, you may want to contact a mental health professional who can work with you on other modalities to help you.

*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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Doctor and Dietician

# Conditions Causing Anxiety



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

In many years of natural medicine, we've seen how some underlying conditions can lead to anxiety. Reactive hypoglycemia is one. A glucose tolerance test can determine how the body responds to carbohydrates. Those with reactive hypoglycemia start with a very low blood sugar level initially that then jumps up really high. These folks tend to feel really tired shortly after eating a carbohydrate meal such as pasta or a bread sandwich. Protein and good fat, which take longer to absorb, are better meals for sustained energy. Meals including beef, chicken, eggs, fish, turkey and pork are ideal.

Chronic insomnia is a relatively common cause of anxiety. We recommend

that people with insomnia stop drinking caffeine after 3 p.m. In addition, most liquids should be taken at least three hours before going to bed. Many times, people are up during the night because they have to urinate. Doing these two simple things alone can help. Sometimes natural supplements for sleep can help as well.

Lastly, low cortisol levels can cause anxiety. Your body produces the hormone cortisol to help you deal with stress. When this hormone is used up, your body has a harder time dealing with stress. This can lead to anxiety. Cortisol levels should rise in the morning when waking up and decline in the evening when going to bed. If cortisol does not rise in the morning when it is supposed to, you will probably have a terribly hard time getting up in the morning. If levels are low during the day, you may be the type to fall asleep during the afternoon. Cortisol hormone can be supplemented (by prescription) to help rest the gland and restore the adrenal system. This will help restore your energy, hence relieving the resultant anxiety that often accompanies it.

*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.\**

## 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,

I am fed up with older women, the way they treat each other in ways men would never treat other men. I was at a local women's function with a woman that is severely handicapped. She had a stroke 30 years ago when she was in her early 40s and has struggled all of these years and never complains.

We were sitting at a designated table and all was fine. Then a woman came over and insisted we move to another location as it would make it easier for

the others. She gave this woman no consideration whatsoever. At this point it made no difference what table we sat at and it was closer to the handicapped ladies room.

Do you know why women are so cruel to one another?

Eva

### Dear Eva,

I do not think all women are mean and cruel, nor do I think that all men are mean and cruel. People are people and regardless of their gender, some can be very thoughtless and mean to others. Just as some men are given to too much testosterone and fight with others, some women are given too much estrogen and fight with other women. Unfortunately mean people are part of our world. I do not give them much of my time or energy.

Pryce

### Dear Eva,

People are people regardless of their age. There are miserable children and miserable seniors and many in between.

I am very sympathetic to people who are handicapped and try to give them extra concern. However, some handicapped people are unreasonable and expect us all to conform to their needs.

The occasion you are questioning sounds a little uncaring as the woman does not seem to be asking for extra special privilege.

Lizzie

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

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### Baked Grouper with Lime Cilantro Butter

- 4 six-ounce grouper fillets
- ½ cup unsalted butter
- 3 tablespoons fresh cilantro, chopped
- ¼ cup lime juice
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- ½ teaspoon freshly grated nutmeg
- ¼ teaspoon salt
- 1 pinch freshly ground pepper
- 2 tablespoons grated lime or lemon zest

Preheat oven to 350 degrees F. Put the fillets in a greased baking dish. In a saucepan, melt butter over medium heat; add next seven ingredients. Stir to blend and pour lime butter over fillets. Sprinkle grated rinds evenly over the top. Bake for 15 minutes until cooked through and meat flakes easily with a fork.✱



Baked Grouper with Lime Cilantro Butter

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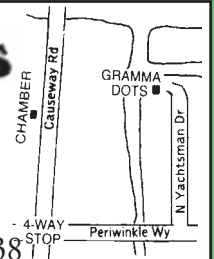


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Sanibel-Captiva Shell Club .....	facebook.com/sancapshellclub 267-7291
Sanibel Youth Soccer .....	www.sanibelsoccer.org 395-2040
United Way of Lee County .....	433-2000
United Way 211 Helpline 24 hour .....	211 or 433-3900
Zonta Club .....	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum .....	395-2233
JN "Ding" Darling National Wildlife Refuge .....	472-1100
Sanibel Historical Museum & Village .....	472-4648
SCCF Sanibel-Captiva Conservation Foundation .....	472-2329

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

## PETS OF THE WEEK

Hello, my name is Ellen. I'm a 1½-year-old spayed female brown tabby domestic short hair. There are so many great reasons to adopt a sweet and loving cat that is no longer a kitten. For one, my personality is already evident. That means you will get a calm, patient kitty who likes to cuddle. Give me a loving home and give my tale a happy ending.

Adoption Fee: \$30 (regularly \$50) during Animal Services' "Once Upon A Time" adoption promo

Hi, I'm Gracie. I'm an 8-year-old spayed female tan Florida curr. I'm loyal, wise, low-maintenance and a loving dog. There are a million reasons to adopt a senior dog like me. Older dogs are less demanding, housetrained, grateful, gentle, calm and patient. I am no exception. I'm young at heart and aged to perfection. I am full of vim and vigor and have a lot of life to live and a lot of love to give. Love knows no age. Won't you please adopt me and give my tale a happy ending.

Adoption Fee: \$25 for pets six years and older

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.\*



Ellen ID# 664389



Gracie ID# 662319

### PAWS Of Sanibel

## Laya

Laya has been alone since Memorial Day when her owner was found unconscious. Sadly, her owner never regained consciousness and passed away after 10 days in hospice care. Laya is being fed by a neighbor, but she needs a real home. She is approximately 8-years old, spayed and comes with her vet records. She was great companion to her owner. Call Nancy at 560-0178 if you would like to meet Laya.\*



Laya



## PUZZLES

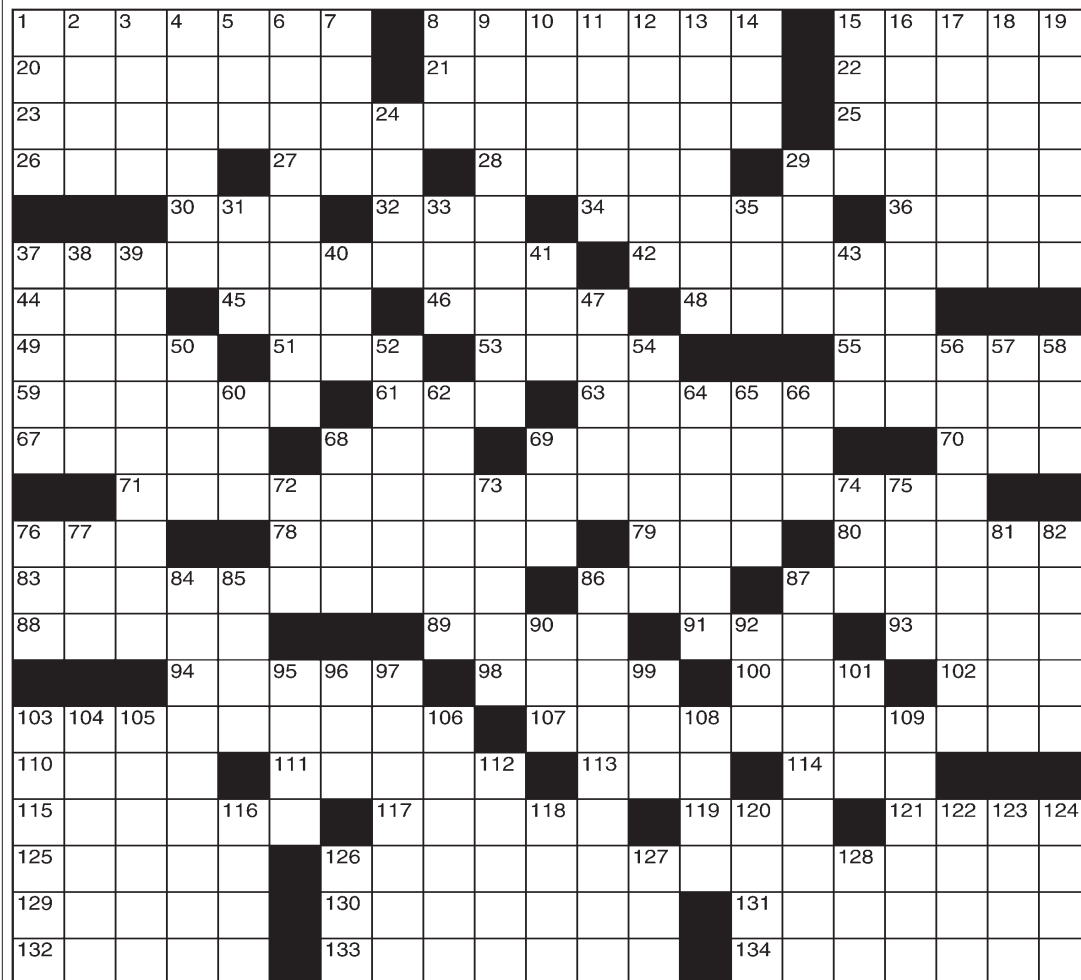
Answers on page 45

## Super Crossword

CIRCULAR  
THINKING

## ACROSS

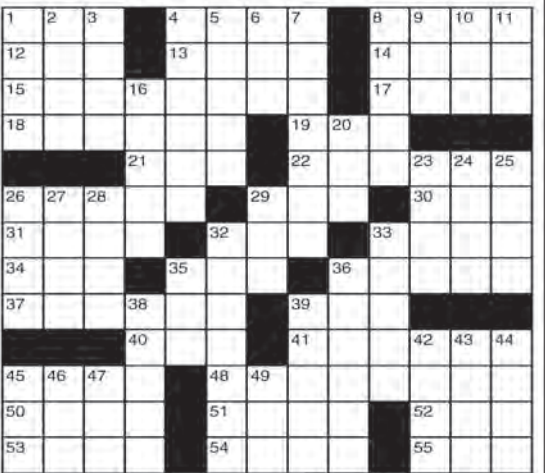
- 1 Typo, e.g.  
8 Having two of each chromosome  
15 German-born writer Hermann  
20 Of the king of beasts  
21 Improve  
22 Fungal spore sac  
23 Its sheets have holes in them  
25 Used all of  
26 90 degrees from norte  
27 Tax org.  
28 Posed  
29 Not dismissive of  
30 Hasty flight  
32 Suffix with confident  
34 Follow through with  
36 Get in return, as profits  
37 It's raised in some opening ceremonies  
42 They may be attached to fobs  
44 Brazil's — Paulo  
45 Educ. org.  
46 Hose flaw
- 48 "Yond Cassius has — and hungry look": Caesar  
49 Lie next to  
51 Added wing  
53 Overcrowd  
55 Rotating subway gate  
59 Germany's Adenauer  
61 Gorilla, e.g.  
63 Mobiles, e.g.  
67 Group jargon  
68 CBS hit  
69 European country  
70 Tool —  
71 Learning centers with many mats  
76 Stat for Ruth  
78 Pizza topping  
79 Co. bigwig  
80 Turbaned believers  
83 Big top  
86 Moo — shrimp  
87 New hand distribution  
88 Get — on the wrist  
89 Big truck  
91 Start for law  
93 Other, to José  
94 Revelation nation  
98 Little boys  
100 H lead-in
- 102 — Sharkey" ('70s sitcom)  
103 Stump, e.g.  
107 Bling seller  
110 Circle dance  
111 Rome home  
113 Pluralized -y  
114 Doc treating tinnitus  
115 Made a barking noise  
117 The "SI" of WYSIWYG  
119 "— for Alibi"  
121 Rakish guy  
125 Spitz's kin  
126 Theme of this puzzle  
129 Uncle Ben's products  
130 Lease  
131 Salts  
132 About to cry  
133 Conceives  
134 Unfavorable
- DOWN
- 1 Vogue competitor  
2 1910s-'20s autos  
3 Plant part  
4 11th-century Italian theologian  
5 Game draw  
6 With no restrictions  
7 Physics Nobelist  
Simon van der —  
8 Dict. info  
9 Maintaining equilibrium  
10 Letters after upsilons  
11 Sri —  
12 Next up  
13 AriZona drink  
14 German "the"  
15 Padlocked fastener  
16 Language devised in 1887  
17 First division of an act  
18 Catch a few rays  
19 Prevents, in legalese  
24 "Likely story"  
29 As soon as  
31 Galaxy extra  
33 Gore and Green  
35 Olive of old funny pages  
37 Honshu metropolis  
38 Part of AFL  
39 Wee miss  
40 "Iron Man"  
41 Ripken  
41 Needle-nosed fish  
43 With 96-Down, discuss in detail  
47 Spanish for "cats"  
50 "Iliad" locale  
52 Old dog star  
54 Kind, decent person  
56 Rough pen drawing  
57 Hawaiian garland  
58 D.C. winter hrs.  
60 Bread box?  
62 Mountain climbing aids  
64 Tie, as Nikes  
65 Canyon sound  
66 Jack-a- — (hybrid dog)  
68 "White Men — Jump"  
69 Show hosts, for short  
72 Votes against  
73 Chip brand  
74 Ending for many sugars  
75 — deck (part of a cruise ship)  
76 Rival of JVC  
77 "Encore!," in 111-Across  
81 Brother of Groucho  
82 One-master  
84 Followed  
85 Wake — the crack of dawn  
86 Tangential topic  
87 Energized  
90 USAF rank  
92 Minister's study: Abbr.  
95 Graph paper pattern  
96 See 43-Down  
97 Ground, as grinders  
99 Eur. country  
101 Ob- — (delivery doc)  
103 Impede  
104 Team newbie  
105 Beethoven symphony nickname  
106 Mozart's "Eine — Nachtmusik"  
108 Morales of "Mi Familia"  
109 Large step  
112 Gossip girl?  
116 Not taxing  
118 "— it!" (fielder's call)  
120 "— girl!"  
122 — about  
123 Boho-chic boots  
124 Livy's "to be"  
126 Prefix with centennial  
127 Scale amts.  
128 Toyota acronym before "4"



## King Crossword

## ACROSS

- 1 Apiece  
4 Hot tubs  
8 Vail gear  
12 Expert  
13 Ancient Briton  
14 Flirtatious look  
15 Review  
17 Roddick or Rooney  
18 Popular logic puzzle  
19 Nonstick spray  
21 Teensy  
22 Unrivaled  
26 Tatter  
29 Mole, e.g.  
30 Off-chanted letters  
31 Revolutionary period?  
32 They're between mis and sols  
33 Architect — van der Rohe  
34 A Bobbey twin  
35 Aviate  
36 In one's cups  
37 In-group  
39 Ger. neighbor  
40 Actress Thurman  
41 "Doonesbury" journalist Hedley  
45 Arp's style  
48 Chic shop  
50 Tidy  
51 Bancroft or
- Boleyn  
52 Salt Lake athlete  
53 Actress Jessica  
54 No stay-at-home  
55 Cleo's slayer
- 7 Increases  
8 Pundit  
9 Family  
10 Third-party abbr.  
11 Firmament  
16 Eiffel's masterwork  
20 Whatever amount  
23 Witticism  
24 Works with  
25 Uncomplicated  
26 Harmonization  
27 Get better  
28 Hindu princess
- 29 Express  
32 Sleazy hotel  
33 -- Vanilli  
35 "Fee fi fo --!"  
36 Person with a horn?  
38 Production number?  
39 Lop  
42 Blue hue  
43 Crazy  
44 Profound  
45 "CSI" evidence  
46 Moray or conger  
47 Taxi  
49 Yoko of music
- DOWN
- 1 Lobbying orgs.  
2 Beige  
3 Nevada senator Harry  
4 Added alcohol to  
5 Resentment  
6 Prefix with puncture



## MAGIC MAZE ● PARTY —

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

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

Animal	Favors	Leader	Secretary
Boss	Game	Line	Spirit
Caucus	Hardy	Organizer	Time
Chairman	House	Politics	





"I'm speechless, Darlene.  
A \_\_\_\_\_ named after me!"  
answer on page 44

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!

Modest

BEHLUM

Lump

GLUBE

Void

ENTAGE

Stable

LIDOS

TODAY'S WORD

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

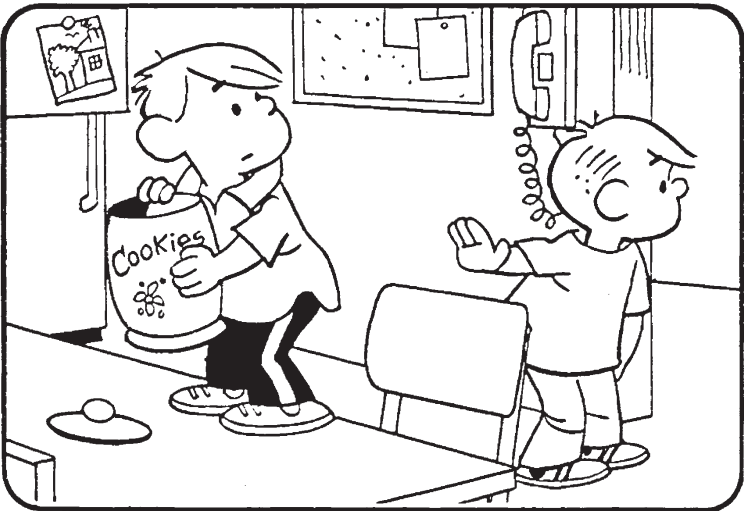
SUDOKU

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.

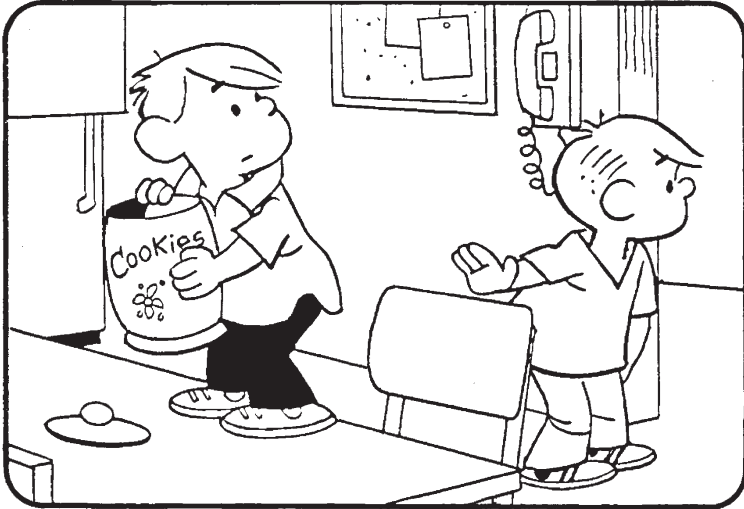
answer on page 45

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Drawing is missing. 2. Stripe is missing. 3. Bulletin board is smaller. 4. Cord is shorter. 5. Arm is missing. 6. Neckline is different.

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## LIVE ON THE ISLANDS

**The Jacaranda** has live entertainment Friday and Saturday with DVS, playing classic rock and dance. Renata plays funk, jazz and contemporary on Monday. 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 live music by Peter Redpath on Thursday and Sunday. Gary Earle plays Friday. Gene Federico performs on Saturday and Wednesday. Mark Dupuy plays on Monday. On Tuesday, it's Perry English.

**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 with Woody Brubaker and Barbara Smith. Dusk plays on Saturday. Woody Brubaker plays 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 Dan Confrey. Peter Redpath plays on Saturday. On Sunday, it's Dan Confrey.

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

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

## My Stars ★★★★★

FOR WEEK OF JUNE 20, 2016

**ARIES** (March 21 to April 19) Family and friends rally around as you confront an unexpected challenge. Some plans will have to be changed until all the fuss and fluster settle down.

**TAURUS** (April 20 to May 20) Your creative gifts find new outlets for expression this week. Someone (a Libra, perhaps) has ideas that you might find surprisingly appealing. Pay attention.

**GEMINI** (May 21 to June 20) You'll soon be able to restart those delayed travel plans. A financial matter you thought was closed could suddenly reopen. Be prepared to take swift, decisive action.

**CANCER** (June 21 to July 22) A romantic relationship takes an unexpected turn. You might be confused about how to react. It's best not to be rushed into a decision that you're not ready to make.

**LEO** (July 23 to August 22) Don't let your pride stand in the way of resolving an emotionally painful situation. This is a good time to deal with it and let the healing finally begin.

**VIRGO** (August 23 to September 22) A workplace problem that you've been handling so well suddenly spins out of control. Don't panic. You can rely on your good sense to help you restore order.

**LIBRA** (September 23 to October 22) Wearing rose-colored glasses won't solve a thorny personal situation. You need to take a hard look at what's happening and then act according to the facts.

**SCORPIO** (October 23 to November 21) Weigh all your options carefully before making any decisions you've been putting off. Then go ahead and plan a weekend of family fun.

**SAGITTARIUS** (November 22 to December 21) While personal and financial situations continue to improve, some setbacks might occur. But they're only temporary, so hang in there.

**CAPRICORN** (December 22 to January 19) Family matters dominate the week. Health problems raise concern, but soon prove to be less serious than you had feared. Things start easing up by the weekend.

**AQUARIUS** (January 20 to February 18) Most situations are calmer now, both at home and on the job. But there's still a chance that a co-worker will set off another round of unpleasantness.

**PISCES** (February 19 to March 20) There's no need to fish for compliments from an admirer who can't say enough nice things about you. The upcoming holiday bodes well for family gatherings.

**BORN THIS WEEK:** You love to compete, both on a personal and a sporting level, and you hate to settle for anything less than excellence.

### THIS WEEK IN HISTORY

- On June 25, 1876, near Montana's Little Bighorn River, Indians led by Sioux chiefs Crazy Horse and Sitting Bull wipe out Lt. Col. George Custer and much of his 7th Cavalry. Within an hour, Custer and all 215 of his soldiers were dead. Although the Sioux and Cheyenne

fought to maintain their traditional ways, within five years almost all would be confined to reservations.

- On June 22, 1906, writer and pilot Anne Morrow Lindbergh (wife of aviator Charles Lindbergh) is born in New Jersey. She later published several books about her experiences, including "North to the Orient" (1935).

- On June 26, 1948, the Berlin Airlift begins as U.S. and British aircraft deliver food and supplies after the city is isolated by a Soviet blockade. By July 15, an average 2,500 tons of supplies were being flown in each day, with planes landing every 4 minutes.

- On June 21, 1956, playwright Arthur Miller defies the House Committee on Un-American Activities and refuses to name suspected communists. Miller's defiance of McCarthyism won him a conviction for contempt of court.

- On June 20, 1963, the United States and the Soviet Union agree to establish a "hot line" communication system, a step toward reducing tensions between the two countries following the Cuban Missile Crisis.

- On June 23, 1987, Tiffany launches a career-making tour with a live performance in a mall in New Jersey. The 16-year-old singer's debut album gathered dust until she began her tour of shopping malls, turning the album into a smash hit.

- On June 24, 1997, the Walt Disney Corp. orders the recall 100,000 already shipped copies of an album by Insane Clown Posse -- on the day of its planned release. The Southern Baptist Convention had threatened to boycott Disney over the rap duo's lyrics.

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## STRANGE BUT TRUE

• It was award-winning Canadian novelist, poet and literary critic Margaret Atwood who made the following sage observation: "War is what happens when language fails."

• Many people don't realize that the parachute was invented before the airplane. The first person to use a parachute and survive was Louis-Sebastien Lenormand, who jumped off the tower of the Montpelier Observatory in 1783.

• You've doubtless heard of Edgar Allan Poe's poem "The Raven" -- or at least the famous line "Quoth the Raven, nevermore." When the poem was published in 1845, it immediately became wildly popular, catapulting the previously obscure poet to national celebrity. Future president Abraham Lincoln liked it so much that he reportedly committed the lengthy verse to memory. Despite criticism from such literary lights as William Butler Yeats (who called the poem "insincere and vulgar ... its execution

a rhythmical trick") and Ralph Waldo Emerson (who said, "I see nothing in it"), the popularity of "The Raven" continued unabated, inspiring a plethora of parodies, including "The Gazelle," "The Turkey" and "The Pole-Cat." Popularity didn't translate into financial success, however; Poe died in 1849, shortly after being found a penniless wanderer on the streets of Baltimore. His death has been blamed on consumption, alcohol poisoning or an opium overdose, but the true cause remains a mystery.

• If you're planning to take a cruise this summer, try to remember to use your right foot when you take your first step aboard; it's considered bad luck to step aboard with your left foot.

• You might be surprised to learn that in Russia, there are laws that prohibit the production, import or sale of lace panties.

## THOUGHT FOR THE DAY

You have not converted a man because you have silenced him." -- John Morley

## NOW HERE'S A TIP

• Use Velcro or a bungee cord to attach kids' bubble containers to a porch post. Or bury them halfway into a flowerpot filled with sand. The kids can dip the bubble wands to their heart's content, but are less likely to spill the container of bubble juice.

• PVC pipe is so easy to work with for many creations beyond piping. For instance, you can look up free instructions to construct a drying rack for your towels to go poolside. Simply go to your internet search engine and enter "PVC towel rack DIY."

• "An old dish-drying rack can be used to organize the lids to your plastic storage containers." -- T.C. in Montana

• "Here's a neat trick to keep your bathroom smelling sweet with little effort: Add a few drops of a pleasant essential oil to the cardboard tube of your toilet paper. Every time the roll 'rolls,' it'll give off the scent. And it's easily refreshed with each new roll." -- R.D. in New Mexico

• Use a zip-up delicates bag to clean small toys in the washing machine. This is especially good for Lego blocks or other building bricks.

• When playing dice games with small children, put the dice into a small see-through container. The kids shake and roll the container and read the dice inside. This makes for a safer game, and you're less likely to see a die go flying!

## SCRAMBLERS

*solution*

1. Humble; 2. Bulge;  
3. Negate; 4. Solid

*Today's Word*

**DOUGHNUT**

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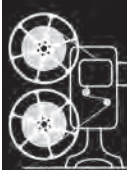
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# PUZZLE ANSWERS

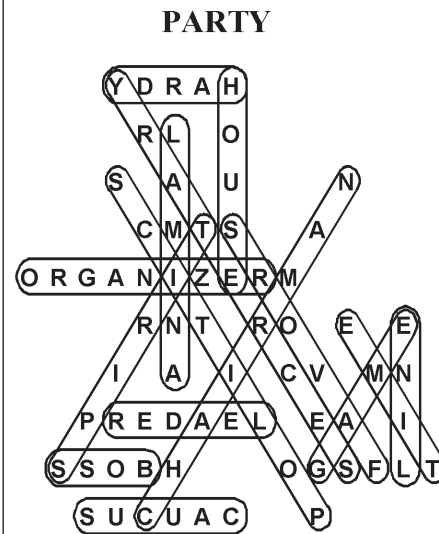
## SUPER CROSSWORD

ERRATUM	DIPLOID	HESSE
LEONINE	ENHANCE	ASCUS
LOOSELEAF	BINDER	SPENT
ESTEIRS	ASKED	OPENTO
LAMIAL	ACTON	REAP
OLYMPIC	FLAG	KEYCHAINS
SAO	PTA	SNAG
ABUT	ELL	CRAM
KONRAD	APE	TELEPHONES
ARGOT	CSI	MONACO
GYMNASTIC	SCHOOLS	
RBI	ONIONS	CEO
CIRCUSTENT	SHU	REDEAL
ASLAP	SEMI	PRE
MAGOG	LADS	EFG
TREETRUNK	JEWELRY	SHOP
HORA	ITALY	IES
WOOFED	SEEIS	AIS
AKITA	THINGS	WITHRINGS
RICES	RENTOUT	SEADOGS
TEARY	IDEATES	ADVERSE

## KING CROSSWORD

PER	SPAS	SKIS
ACE	PICT	WINK
CRITIQUE	ANDY	
SUDOKU	PAM	
WEE	UNIQUE	
SHRED	SPY	USA
YEAR	FAS	MIES
NAN	FLY	TIPSY
CLIQUE	POL	
UMA	ROLAND	
DECO	BOUTIQUE	
NEAT	ANNE	UTE
ALBA	GOER	ASP

## MAGIC MAZE



## SUDOKU

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

# PROFESSIONAL DIRECTORY

### BRICK PAVERS



Lee County Lic. # IP06-00664 **239-560-1199**  
Sanibel Lic. # S3-14729 timsmithbrickpavers@gmail.com

### TRAVEL

**DREAM TRAVEL**  
...on land and sea...  
**DANA PARISH**  
travel consultant  
dana@h2ovista.com  
239-472-8835  
...dream your travel, travel your dream...  
member Sanibel-Captiva Chamber of Commerce  
affiliate Avoya Travel / American Express Travel Sanibel resident since 1987

### IMPACT WINDOWS & DOORS/GLASS



# Windows Plus

"SWFL Window and Door Specialist"

**Phone: 239-267-5858 Fax: 239-267-7855**  
**www.windowplusllc.com**  
10831 Sunset Plaza Circle, Unit 107 Fort Myers, FL 33908  
E-mail: office@windowplusllc.com

### GENERAL CONTRACTOR

**D.BROWN**  
GENERAL CONTRACTORS LLC  
CGC1517615  
**NEW CONSTRUCTION & REMODELS**  
**239-593-1998** | [www.dbrowngc.com](http://www.dbrowngc.com)

### FISHING CHARTER

Light Tackle Sport Fishing  
Tarpon • Snook • Redfish & More  
**CAPT. MATT MITCHELL**



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& Insured  
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[www.captmattmitchell.com](http://www.captmattmitchell.com)  
email: captmattmitchell@aol.com

### POOL SERVICE/POOL REPAIR

**Island Condo Maintenance**  
RP0031826 Since 1974 SI-12240  
**COMPLETE POOL SERVICE**  
**SANIBEL AND CAPTIVA ISLANDS**

**Specialists In:**

- Residential-Commercial Pool Service & Repairs
- Salt Systems

**Complete Line Of:**

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- Pool Supplies & Parts

**Installation Of:**

- Pool Heaters, Blankets & Roller Systems

**7:00 AM - 4:00 PM MON-FRI**  
**8:00 AM - NOON SATURDAYS**  
**472-4505**  
1205 PERIWINKLE WAY, SANIBEL FL 33957  
EMAIL: [IslandCondo@comcast.net](mailto:IslandCondo@comcast.net)

Would you  
like your  
business card  
in every  
home and business  
on Sanibel & Captiva  
every week?

**Call**  
**239-395-1213**



# ★ ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★

## REAL ESTATE

### CONDO FOR SALE

Just off island Davis Woods, 2BR/1BA.  
Completely Renovated.  
\$155,000.  
239-691-9249.  
\*NS 6/10 CC 6/17

## VACATION RENTAL

### LIGHTHOUSE REALTY

Paul J. Morris, Broker  
VACATION RENTALS  
PROPERTY MANAGEMENT & SALES  
359 Periwinkle Way, Sanibel Island  
239-579-0511  
\*RS 1/4 CC TFN

## 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

## BOATS - CANOES - KAYAKS

### DOCKAGE

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

## HELP WANTED

### HELP WANTED

Licensed Real Estate Assistant  
Work with a top producer on the islands  
and surrounding area. No salary cap.  
E-mail resume to:  
SWFloridaRealEstateCompany@gmail.com  
\*NS 6/17 CC 7/1

## 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

## Island Vacations

Of Sanibel & Captiva  
*Million \$ Views Await You!*  
• Cottages • Condos • Homes •  
Miles of Beaches & Bike Paths  
239-472-7277  
1-888-451-7277  
\*RS 1/4 BM TFN

## 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

## HELP WANTED

### EXPERIENCED INTERIOR DESIGNERS/DECORATORS GROW WITH US!

Established national interior decorating  
company with Sanibel Design Studio  
and direct supplier accounts for major  
home furnishing lines seeks creative,  
entrepreneurial-minded team member  
to serve affluent homeowners within the  
communities of Sanibel, Captiva,  
Ft. Myers, and Cape Coral.  
Qualifications:  
Proficient with design,  
color, space, and trends  
Creative, entrepreneurial,  
professional attitude  
Confident, agreeable,  
able to learn and grow  
At least 2 years sales experience  
Perks & Benefits:  
Supportive professional team environment.  
Flexible hours

Direct accounts with manufacturers:  
private samples library  
Administrative services  
Continuing education provided  
Generous staff discount  
Marketing/client relationship tools  
Excellent compensation based on  
individual performance  
Long term growth opportunity.  
Please submit confidential resume  
and cover letter to:  
Linda Coin, Design Director DDI  
Sanibel/Captiva  
linda@coindceden.com  
\*NS 6/10 CC 6/17

## REAL ESTATE ADMINISTRATOR

Royal Shell Real Estate is seeking a  
dependable, well-qualified Administrator.  
P/T weekend work, Sat - Sun & possibly  
other days as needed. Email resume to:  
Danielle@RoyalShellSales.com  
\*NS 6/10 CC 6/17

**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

## SEASONAL RENTAL

### RE/MAX OF THE ISLANDS

Putting owners and  
tenants together  
Call Ryan Block  
www.remax-oftheislands.com  
239-472-2311  
\*RS 1/23 BM 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

## 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

## SERVICES OFFERED

### 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

## ROAD RALLY ANSWER

A piece of fish  
and the hand that holds it!  
(aka don't feed the alligators!)  
\*NS 6/17 CC 6/17

## VEHICLES FOR SALE

### 2004 TUNDRA 4 DOOR PICK UP

Tan, sun roof, TRD suspension, tonneau  
with Thule bike racks, clean, good rubber,  
recent timing belt/water pump, hoses,  
belts, tune up. Drives like a car.  
186 k miles. \$7,800. 325-544-0396.  
\*NS 6/10 CC 6/17

### SCARNATO LAWN SERVICE

Lawn Service, Shrubs and Tree Trimming  
Weeding, Installation of Plants, Trees and  
Mulch (one month free service available)  
Joe Scarnato (239) 849-6163  
scarnatolawn@aol.com  
\*RS 1/25 BM 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.  
\*NS 4/24 CC TFN

### ROGER NODRUFF ELECTRIC

Lic# EC12002788.  
Call Roger 239-707-7203.  
Aqualink - Motor Controls.  
Office & Store Maint.  
\*RS 6/7 CC TFN

## RENTAL WANTED

### ANNUAL RENTAL WANTED

Island family looking  
for annual rental.  
No pets,  
please call 239-738-4309  
\*NS 6/10 CC 6/17

### 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

## GOLF CART FOR SALE



Street legal, "gas" powered.  
\$6,500. 239-209-6500  
\*RS 1/22 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.  
\*NS 4/22 NC TFN

## 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).

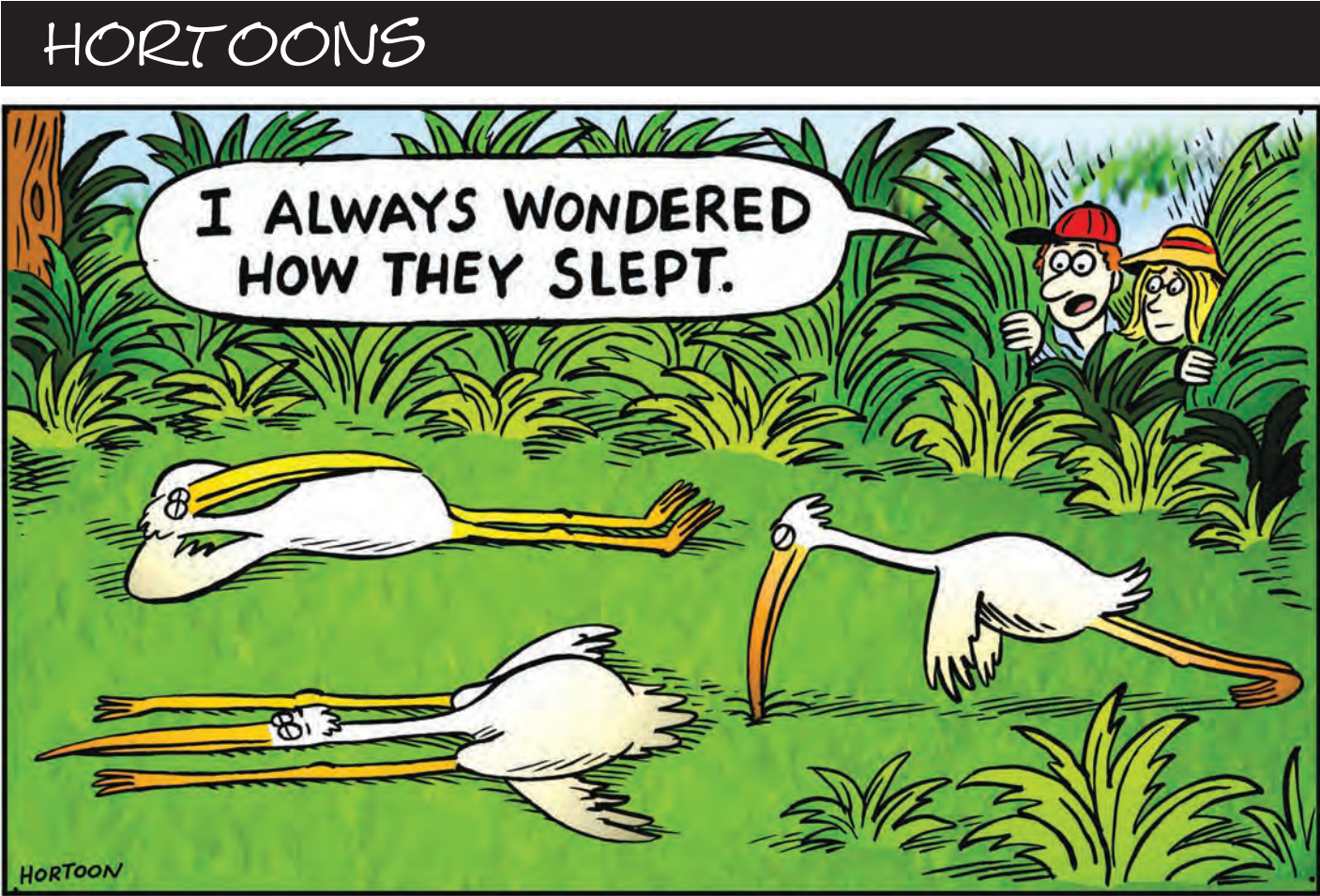


A loggerhead sea turtle hatchling making its way towards the water  
photo by Jeff Lysiak

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 at 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>.



## Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
McPhie Park	Fort Myers Beach	1950	2,048	\$1,800,000	\$1,530,000	133
Orchid Ridge	Bonita Springs	2000	4,277	\$1,595,000	\$1,500,000	183
Cape Harbour	Cape Coral	2012	3,593	\$1,449,000	\$1,280,000	349
Shell Harbor	Sanibel	1999	2,639	\$1,395,000	\$1,300,000	3
Tarpon Estates	Cape Coral	2013	3,114	\$999,900	\$950,000	30
Sweet Bay At Shadow Wood	Bonita Springs	2003	3,064	\$899,000	\$840,000	420
Winkler Estates	Fort Myers	1991	3,840	\$858,000	\$795,000	55
Lakewood	Fort Myers	2015	3,413	\$850,000	\$850,000	0
Cape Coral	Cape Coral	1994	2,941	\$799,900	\$758,825	23
Dunes At Sanibel Island	Sanibel	1979	2,898	\$799,000	\$755,000	50





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239.472.8311



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239.765.9660



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