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**SANIBEL & CAPTIVA ISLANDS, FLORIDA**

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## Jensens Pitch In To Help Veterans Group



**John Jensen standing next to the boat that has been donated to Operation Open Arms by longtime Captiva resident Dr. Frank Watkins**

photos by Jeff Lysiak

by Jeff Lysiak

**T**he founder of a Southwest Florida-based veterans group can always count on the Jensen brothers.

Over the past several years, whenever Capt. John “Giddyup” Bunch

made a request for virtually anything from the Jensen family on behalf of Operation Open Arms – whether it’s been accommodations for a combat-wounded veteran at their Captiva resort or fishing excursions with all amenities included for active duty



**The Jensen brothers – Jimmy, Dave and John – proudly display the Good Samaritan E-Award they received in 2013 from the Lee County Visitor & Convention Bureau for their contributions to Operation Open Arms**

military personnel in dire need of some R&R – siblings Dave, Jimmy and John have granted those requests on every occasion.

Last week, the Jensens came through once again.

According to Bunch, longtime island resident Dr. Frank Watkins had recently

relocated to Maryland. Dr. Watkins’ daughter, Lee, suggested to her father that he should donate his boat, motor and trailer to Operation Open Arms. Lee Watkins was a high school classmate of Bunch’s wife, Jennifer.

Once arrangements for the donation

continued on page 25

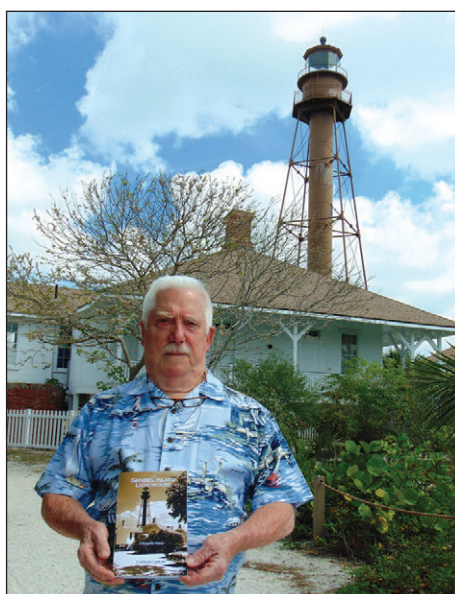
## LeBuff Publishes New Sanibel Lighthouse Book

by Jeff Lysiak

**O**ne of America’s greatest authors, Mark Twain, once stated, “Write what you know.” For Charles LeBuff, that subject would certainly refer to the iconic Sanibel Lighthouse.

Over the years, LeBuff has penned several books, including *Sanybel Light: A Wildlife Life on a Florida Barrier Island*, *Sanybel Light: A Historical Autoiography – A Comprehensive History of Sanibel Island, Its Lighthouse and the National Wildlife Refuge* and *The Sanibel Lighthouse: A Specialized History of Sanibel Island, Florida 1513-2014*.

The longtime wildlife technician, who served 32 years working for the U.S. Fish and Wildlife Service, knows quite a bit about the lighthouse, having lived in its keeper’s quarters from the end of 1958 until July 1979.



**Author Charles LeBuff with his newest book about the iconic structure**

photo by Jeff Lysiak

Last week, LeBuff’s latest book, *The Sanibel Island Lighthouse: A Complete History*, was released via



**A vintage image of the Sanibel Lighthouse keeper’s quarters when fishing from the porch was possible**

photo provided

Amber Publishing. It is currently available on Sanibel at MacIntosh Books and Paper (as the exclusive seller of signed

and personalized copies) and online at Amazon.com.

According to LeBuff, his latest book chronicles Sanibel Island’s early history and photographically documents the changes to the Sanibel Island Light Station over the past dozen-plus decades. The book contains 130 pages along with 66 illustrations in both black-and-white and color.

In the online description of the book, LeBuff writes about Sanibel being first visited by Juan Ponce de León in 1513. “In 1884, construction of the light station’s wrought iron Sanibel Lighthouse was completed and the landfall light was activated,” he wrote. “The lighthouse continues to serve as a functioning aid to navigation.”

Last week, LeBuff discussed some of his fondest memories of living in the shadow of Sanibel’s best-known landmark.

“The first time I saw the lighthouse was in 1952,” he recalled. “Me and a buddy of mine from Estero came over to do some shelling and exploring. I could see the light coming from the lighthouse from Bonita Beach and I asked my friend, ‘What’s that?’

continued on page 5



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Sanibel Sea School's Ocean Tribe Outfitters will offer stand up paddleboards, kayaks and a variety of clothing and accessories for ocean recreation photo provided

## Sea School To Open Retail Store

Sanibel Sea School is set to open a new retail space that will support its mission to improve the ocean's future, one person at a time. The store will be called Ocean Tribe Outfitters, and a Sanibel & Captiva Islands Chamber of Commerce ribbon cutting ceremony will be held to celebrate the opening.

Ocean Tribe Outfitters will specialize in paddling gear, including kayaks, stand up paddleboards, and related accessories, as well as equipment and clothing for ocean recreation. The organization's team of marine educators spends thousands of hours in the field each year, and will be available to recommend their favorite

products to customers.

"Paddling, especially paddleboarding, is one of our favorite ways to explore the ocean at Sanibel Sea School, so making the sport more available to others was an easy choice for us," said Dr. Bruce Neill, the organization's executive director. All profits from the store will fund the nonprofit's programs, including scholarships and ocean outreach programs for students in need.

Community members and visitors are invited to attend the ribbon cutting at 5 p.m. on Wednesday, May 31 at 455 Periwinkle Way. Light refreshments and hors d'oeuvres will be served, and there will be a chance to win a variety of prizes for children and adults. For more information or to RSVP, visit [www.sanibelseaschool.org](http://www.sanibelseaschool.org) or call 472-8585.✱

## The Community House

### Small Bots Of Mass Destruction

This one-on-one combat tournament for robots, hosted by KurTrox and Treasure Coast Makerspace and The Community House, will be held this Saturday, May 20. Check-in begins at 9 a.m. All ages are welcome.

There will be trophies and prizes for the top two in each weight class, as well as awards for sportsmanship, driver abilities and other categories. Each driver is allowed only one robot per weight class, while teams are allowed three per weight class. Spectators are welcome from 10 a.m. to 8 p.m. by donation.

### Creole Cooking Class

On Sunday, May 21 from 10 a.m. to 1 p.m., Chef Dwayne Bergeron will hold a hands-on Authentic Creole Cooking class. Bergeron is a New Orleans native who has a love for cooking and teaching others about authentic creole cuisine. Learn how to make jambalaya, etouffee and beignets. Cost is \$95 per person.

### Community Potluck

The next Community Potluck will be held on Wednesday, May 24 from 6 to 8 p.m. featuring Phillip and Karen Christie of Maverick Meats. They will speak and answer all your questions about selecting and trimming meats. Cost is \$10. Bring a dish that serves approximately six people and your own beverage.

### Gourmet Prep For Home Chefs

Gourmet Prep for Home Chefs with Resident Chef Jarred Harris will be held on Sunday, May 28 from 4 to 6 p.m.

Chef Jarred will show students how to make dishes like crispy pork belly salad frisee, caramelized apples with calvados vinaigrette, beef Wellington, vegetable and sweet potato dauphinoise, and chocolate tart. Cost is \$45. Register in advance.

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

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by KAY CASPERSON

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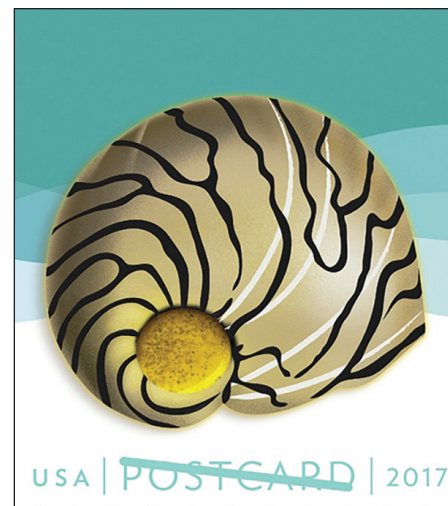
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The four United States Postal Service seashell stamps issued in 2017

images courtesy USPS

## Seashell Stamps Shine Spotlight On Sanibel

by Jeff Lysiak

The year 2017 promises to be fun and fascinating in the world of collecting United States Postal Service stamps. In the coming months, philatelists can look forward to stamps featuring writer Henry David Thoreau, artist Andrew Wyeth, the National Museum of African American History and Culture along with a variety of sharks, butterflies, bees and flowers.

But stamp collectors on Sanibel have already been enjoying the bounty bestowed upon a set of four stamps issued earlier this year which feature iconic images of something the island is best known for: seashells.

Issued on January 28 in San Diego, California, the postcard-rate stamps depict iconic shells found in North American waters: the alphabet cone, the Pacific calico scallop, the zebra nerite and the queen conch, commonly known as the pink conch.

"Whether used as jewelry, decorative

displays or simply 'listening to the ocean' while walking along the beach, Americans exhibit a fascination with seashells," a United States Postal Service press release stated. "Four new postcard rate Forever stamps now highlight the wonder of seashells, which are the hard, protective outer layer created by an animal that lives in the sea. Each stamp depicts a highly stylized artistic view of the shells. Horizontal swaths of white and blue in the background suggest waves washing the shells onto a beach."

Art director Greg Breeding designed the stamps while Sergio Baradat created the stamp art.

And while some people on the island have begun using these postcard stamps exclusively due to their "local" flavor, others – such as alphabet cone expert Harlan Wittkopf – only recently discovered that the stamps had begun circulating.

"While it may be true that my 'contagious obsession with that (alphabet) shell has resulted in an infectious international popularity,' I need to let everyone know that I was not directly involved or personally contacted in any part of the stamp selection process," Wittkopf said from his off-season home in Iowa.

Wittkopf, who has published a number of books, articles and educational brochures – along with his own personal stationery letterhead – spotlighting alphabet cones for more than 20 years, has received numerous kudos and well-wishes from fellow alphabet cone enthusiasts over the past several months, including samples of the first day issue commemorative cancelled cachets.

"Wow! From 1791 to 2017, the alphabet cone has come a long way," Wittkopf added. "It is the superstar. I'm just happy to have been its agent, with Sanibel Island as the producer!"

Dr. Jose Leal, science director and curator of the Bailey-Matthews National Shell Museum, offered that while he hadn't seen the stamps before or heard about them from visitors, the four species that have been featured are interesting choices.

"What is interesting is that one can promptly and clearly distinguish the queen conch, the alphabet cone and the zebra nerite, but the Pacific scallop is not as easy to identify, perhaps because it doesn't have any of the strong shell features that distinguish the three other species, such as the flared lip and pink aperture of the queen conch, the letter-like markings of the alphabet cone, and the distinctive, high

contrast bands of the zebra nerite," said Dr. Leal, who added that in the future, he'd like to see some more local seashell species – including the lion's paw, nutmeg, turkey wing and angulate wentletrap – depicted on USPS stamps.

Another "seashell news" reminder: National Seashell Day 2017 will take place on Wednesday, June 21. Visit [www.leevcb.net](http://www.leevcb.net) for a schedule of events and more information.\*

## American Legion Post 123

Stop by American Legion Post 123 this Sunday, May 21 for a fish fry served from 1 to 8 p.m.

The 9th annual Redneck O'lympics will be held at Post 123 on Sunday, May 28. The event will feature games, food and fun for everyone, along with live music with Tanya & the Patio Daddios.

Every Monday, 9-ball pool tournaments are played. New and returning players are welcome. On Tuesdays, tacos are served all day. Spaghetti and meatballs are served all day on Wednesday. On Fridays, a six-ounce ribeye steak sandwich is on the menu. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m.

The Ladies Auxiliary has cookbooks available.

If you have a flag that needs to be retired, drop it off at Post 123, 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. The public is welcome.

For more information, call 472-9979.\*



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Recycle artist Brynn Selby

photo provided

# Youngsters Learn About Recycling

Three-year-old Brynn Selby learned about recycling at Summit Christian Preschool recently. Each week, the children learn about a theme

and its application. Registration is open for the next school year's 3-year-old class. Summit Christian Prechool at Sanibel Community Church is located at 1740 Periwinkle Way. Call Andy at 452-7007 for more information.\*


## From page 1 Lighthouse Book

He said it was the Sanibel Lighthouse.” In 1956, LeBuff began working for the U.S. Fish and Wildlife Service Red Tide Field Investigations Lab. Two years later, he joined the staff of the Sanibel National Wildlife Refuge (renamed the JN “Ding” Darling National Wildlife Refuge in 1967). In 1961, he was elected president of the Sanibel-Captiva Audubon Society, and in 1967, he was a founding board member of the Sanibel-Captiva Conservation Foundation (SCCF). He is the last surviving member of that founder group. For more than 22 years, LeBuff lived with his family at the lighthouse. The keeper’s quarters – which were leased by the U.S. Fish and Wildlife Service from the U.S. Coast Guard – were modest structures without any modern conveniences such as air conditioning or running water; drinking water came from an on-site cistern. “My family and I had to acclimate to living here,” said LeBuff. “We had to cope with the mosquitoes and sand flies, there was no personal phone, no available medical care nearby... but we got used to island living pretty quickly.” LeBuff also recalled evacuating Sanibel during Hurricane Donna in September 1960. “We had a nine-foot storm surge out here, so I’m glad we had to get out of town,” he said. “We came back to the island by boat to the dock at the end of Bailey Road, and then we had to walk back here. There were big pine trees down

all over the place; Periwinkle Way hadn’t even been cleared yet.” Upon returning to the keeper’s quarters, the author found a small surprise. “On the front steps of the residence, there was a Scotch bonnet sitting there,” LeBuff added with a laugh. “It was the only Scotch bonnet I ever found while living on Sanibel.” The first modern permanent residents of Sanibel were two lighthouse keepers and their families. The primary and assistant keepers, employees of what at the time was the U. S. Lighthouse Establishment, arrived to begin their duties in 1884. In 1939, American light-keepers (then all civilians) were transferred into the U.S. Coast Guard. That service’s enlisted personnel manned the Sanibel Island station until it was classified as automated and unmanned in 1949. LeBuff also recalled the changes to the landscape surrounding the lighthouse park and nearby fishing pier. “Years ago at high tide, you could actually fish from the porch of the keeper’s quarters,” he said, noting some of the vintage photographs included in the book. “I used to catch mullet and snook right outside the front door.” The City of Sanibel, established in 1974, purchased the Sanibel Island Light Station property in 2010 and today operates Sanibel Island’s Point Ybel as a city park. The lighthouse and twin keeper’s cottages are the oldest surviving structures on the island. *The Sanibel Island Lighthouse* details this registered historical site’s operation and 133-year history. For more information, visit [www.amber-publishing.com](http://www.amber-publishing.com).\*

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Finley Hall and Taylor Peach

## Imagining The Great Outdoors

Preschoolers enjoyed a “hot dog” and “marshmallow” during their time learning about the amazing outdoors at Summit Christian Preschool.

photo provided

Registration is now open for the 2017-18 school year for children who are 3 and 4 years old by September 1. For more information about registration and tours, call 452-7007 and ask for Andy.

Summit Christian Preschool at Sanibel Community Church is located at 1740 Periwinkle Way.\*

Captiva Island Historical Society

## Landmark: Dessa And Andy Rosse

This week's image is Dessa and Andy Rosse.

Andy and Dessa Rosse came to Captiva in 1926. Andy was a fishing guide for 'Tween Waters until 1940 when he bought Andy's Fishing Pier (now McCarthy's Marina).

The History Gallery, developed by the Captiva Island Historical Society, features many photos like this. All ages are welcome to step aboard a wooden replica of the old mailboat, *Santiva*, to capture the spirit of Captiva and learn through graphic and video panels about the events and people that shaped the island.

The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane on Captiva and open during library hours.

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



Dessa and Andy Rosse on a dock

photo courtesy

Captiva Island Historical Society Archives

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# What’s All The Fuss These Days About ‘Formula Retail’?



submitted by Larry Schopp,  
Chairman, COTI Land Use Planning Committee

We’ve all seen them and shopped in them. Most shopping malls these days are dominated by what have come to be known as “formula” retail outlets, places like the Gap, Williams Sonoma, Bed Bath and Beyond and others, some regional rather than national. They typically have common ownership, product lines, signage and logos but the theme is the same, a uniform business model from location to location. Until 10 years ago, Sanibel had no special rules in place to deal with formula retail. Then, something happened that changed that.

In 2007, a formula retail outlet that specializes in beach paraphernalia moved into a structure at the intersection of Periwinkle Way and Casa Ybel Road that had been home to several smaller shops and professional offices that mainly served the residents of Sanibel. There was a doctor’s office, book store and eye care office, among others. Residents – particularly those who patronized the previous businesses and professionals – were up in arms that this could happen on Sanibel, not just because they were inconvenienced by the loss of businesses they had come to rely on, but because the specter of Sanibel’s commercial districts becoming carbon copies of off-island strip malls threatened to undermine Sanibel’s small town character.

### City Council Enacts Formula Retail Ordinance

The Sanibel City Council saw it the same way and in 2007 enacted a far-reaching ordinance that regulates the conditions under which formula retail outlets may operate on Sanibel. With the exception of grocery stores, gas stations, hardware stores and formula stores that had their origins on Sanibel, formula retail outlets may only operate on Sanibel as “conditional uses.” The goal was not to ban formula retail outlets but to regulate them in a way that would protect the character of the island and ensure that there would be a place on Sanibel for retailers that serve the needs of residents as well as visitors.

Here’s how the process works currently: If a retailer wishing to open on Sanibel has one or more off-island outlets with the same standardized characteristics, it is considered “formula retail” and must obtain a conditional use permit after a hearing before the planning commission. At the hearing, these five conditions set out in section 126-102 of the Land Development Code must be met:

“(1) The formula retail store shall be compatible with existing land uses on the same site as the formula retail store and with existing and permitted adjacent and nearby land uses.

(2) The formula retail store shall be designed and operated in a non-intrusive manner that preserves and is consistent with the historic, architectural, visual character and ambiance of the commercial sector of the community. Formula, standardized, “cookie cutter” architecture, including architectural features is prohibited.

(3) The floor area of the retail store shall not exceed 2,000 square feet of commercial space.

(4) The proposed development intensity of the formula retail store shall not exceed that of other low and moderate intensity retail uses that are permitted on the site of the formula retail store.

(5) The formula retail store shall not imbalance the variety and mixture of retail, office and service uses that make up the commercial sector of the community.”

A formula retail outlet that does not meet the five listed conditions will be denied a permit to operate on Sanibel.

### A Second Hearing Required

But the ordinance goes even further. Once there is a total of more than 50,000 square feet of formula retail space on Sanibel (as is presently the case), there is an additional set of conditions that must be met by the applicant before the planning commission and at an additional hearing before the city council:

(1) The formula retail store, in aggregation with other formula retail stores in the city, shall not produce an imbalance between resident-serving and resort (tourist) segments of the commercial sector of the community.

(2) The formula retail store, in aggregation with other formula retail stores in the city, shall not frustrate the city’s desire to retain a unique and diverse service and retail base in the local economy and to provide opportunities for small, local businesses.

(3) The formula retail store, in aggregate with other formula retail stores in the city, shall not discourage the continuation of existing businesses or establishment of new businesses that serve the residential segment of the community.

(4) The formula retail store, in aggregation with other formula retail stores in the city, shall retain the historical and visual character of the commercial sector.

(5) The most basic of all of the economic assumptions for Sanibel’s planning is that Sanibel’s economic fortune is directly related to viability of its natural systems. The formula retail store, in aggregation with other formula retail stores in the city, must not place added demand on Sanibel’s natural and human made infrastructure.

Sanibel must protect the environment because of the responsibility entrusted to the people of Sanibel to care for these resources, but also as a component of a sound economic policy. The economic base of Sanibel is the environment.

### Reasons That The Process Is Being Reviewed

The law seems to be working. Not surprisingly, since 2007 a total of only seven new formula retail outlets have gone through the conditional use process successfully and opened for business on Sanibel. So why are the city council and planning commission taking a fresh look? Well, there are several reasons.

First, some have questioned whether the ordinance is too restrictive. Should a business with only one off-island outlet be considered “formula retail” or should that number be higher, say two, three or four off-island outlets?

Second, now that Sanibel has reached a total of 50,000 square feet of formula retail space, redundant hearings are required. All applications for permits to open a formula retail outlet must go through a city council hearing in addition to a planning commission hearing. The city council has asked the planning commission to consider whether that trigger for a city council hearing (50,000 square feet of formula retail space) should be raised. That would, of course, put off to some time in the future the requirement of a redundant hearing.

Third, there have been some cases where formula retail businesses have, in effect “flown under the radar” – and not been forthcoming about their status as formula retail before opening for business. That begs the question – what can be done preliminarily to identify formula retail businesses so that they don’t go undetected?

So, that’s where things stand at the moment. Clearly, the current ordinance is too critically important to have it weakened. On the other hand, with 10 years of experience as backdrop, a fresh look at how the ordinance can be improved may be in order.

My feeling is that two or three off-island outlets is a more reasonable cut-off than one in defining formula retail. On the other hand, four sounds like a chain and is probably too many. That’s an area where reasonable people may differ, and I’m just offering my opinion.

On the issue of the redundant hearing by the city council, the trigger might be raised to 70,000 total square feet of formula retail space on Sanibel, as suggested by planning department staff. However, one might question whether there is a need for that additional level of review if the planning commission is required to apply the additional five conditions in the course of its review of the application. Actually, there is no other situation under the Land Development Code where a determination by the planning commission after a hearing is automatically followed by a redundant hearing before the city council on the same issues. Is it really necessary?

Finally, the screening process needs to be tightened so that formula retailers are identified at the outset and made subject to the conditional use process as the city council intended. If there are violations, meaningful penalties – not warnings or slaps on the wrist – should be imposed uniformly.

*COTI invites input on this and other issues affecting the island. Send an email to [coti@coti.org](mailto:coti@coti.org). To read past commentaries on island issues, visit [www.coti.org](http://www.coti.org) or visit Committee of the Islands on Facebook.✱*

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Shipmates from the *USS Seminole AKA-104* gathered last month at The Community House for a military reunion hosted by Sanibel residents Bill and Jaye Boswell  
photo by Alice Johnson

## Veteran Reunion Held On Sanibel

by Jeff Lysiak

Last month, 22 former shipmates from the *USS Seminole AKA-104* gathered last month at The Community House for a military reunion of sailors who served aboard the combat cargo vessel during World War II, the Korean War and Vietnam War.

Hosted by Sanibel residents Bill and Jaye Boswell, the April 29 event also featured guest speakers Lucas Century,

a local glass artist and sculptor who developed the process for inscribing names on the Vietnam Veterans Wall in Washington, DC, and Nori Ann Reed, Capt. USN Retired, who served as the commanding officer of the *USS Detroit*.

According to Boswell, *USS Seminole* was designed to carry military cargo and landing craft, and to use the latter to land weapons, supplies and Marines on enemy shores during amphibious warfare and operations. The vessel received six battle stars for service in the Korean War and six campaign stars for service in Vietnam. She served as a commissioned ship for more than a quarter of a century.

The day before the reunion, several *USS Seminole* shipmates were treated to a sunset cruise with Tarpon Bay Explorers. During Saturday's reunion, which included a catered sit-down dinner, the sailors shared memories of their service aboard the vessel.✧



Bill Boswell speaking at the reunion

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2. *A Gentleman in Moscow* by Amor Towles
3. *Florida's Seashells* by Blair and Dawn Witherington
4. *Sanibel Flats* by Randy Wayne White

5. *My Sanibel Kitchen* by Loretta Paganini
  6. *The Leavers* by Lisa Ko
  7. *Gift From the Sea* by Anne Morrow Lindbergh
  8. *Golden Prey* by John Sandford
  9. *Clownfish Blues* by Tim Dorsey
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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. President Alan Lessack 579-0296.

### HISTORIC CAPTIVA CHAPEL BY THE SEA

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### UNITARIAN UNIVERSALISTS OF THE ISLANDS

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



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Artist Andrew Corke, left, mounting his manatee “sculpture” with the assistance of Nick Masiello, Refuge Manager Paul Tritaik and Lawrence Voytek photo provided

# Sculpture Launches New Project At Refuge

Phase I of a new visual restroom interpretation began on May 9 at the JN “Ding” Darling National Wildlife Refuge – the first of its kind in the 550-plus-refuge National Refuge

System. The installation of a mother manatee, fashioned by local artist Andrew Corke entirely out of recycled bicycle tires, kicked off a project that is expected to be complete by late summer. Funded by a grant from the West Coast Inland Navigation District (WCIND), Project #LearningLav will create educational messaging inside the lavatories at the “Ding” Darling Visitor & Education Center and on the

outdoor wall leading to them. Simple teaser messages and visual artistic representations of mangroves, recycling, manatees, sea turtles, fish and birds will entice visitors to go into the Visitor & Education Center to learn more. “We have identified a major missed opportunity for educating visitors,” said Birgie Miller, executive director of the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS), which is facilitating the grant and project. “Whereas we see nearly a million visitors to the refuge each year, only about a quarter of those numbers enter the center. We were finding that many came to use the restrooms without ever

stepping foot inside to see all of our wonderful educational exhibits.” Eventually, the outdoor underwater 3-D mural will depict a number of refuge water species. Corke, a graduate of The Sanibel School, is currently working on a baby manatee, also made from recycled tires. “Visit often to see what surprises will be happening throughout the summer with #LearningLav,” said Miller. To support DDWS and the refuge with a tax-deductible gift, visit [www.dingdarlingsociety.org](http://www.dingdarlingsociety.org) or contact Birgie Miller at 292-0566 or [director@dingdarlingsociety.org](mailto:director@dingdarlingsociety.org).\*

## SCCF Sea Turtle Nesting Statistics

Nesting activity is really picking up and SCCF is now monitoring 19 nests on Sanibel and 9 nests on Captiva. This puts the tally at 15 nests ahead of where it was on this day last year. The research team has already encountered 10 loggerheads on the beach. Two of them were recaptures – both were originally tagged on Sanibel (in 2013 and 2015). Interestingly, they were found less than one kilometer from they were originally tagged. **As of May 12, 2017**  
Sanibel East: 7 loggerhead nests, 3 loggerhead false crawls\*  
Sanibel West: 12 loggerhead nests, 24 loggerhead false crawls  
Captiva: 9 loggerhead nests, 3 loggerhead false crawls  
**As of May 12, 2016**  
Sanibel East: 2 loggerhead nests, 0 loggerhead false crawls  
Sanibel West: 5 loggerhead nests, 4 loggerhead false crawls  
Captiva: 6 loggerhead nests, 3 loggerhead false crawls  
\*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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Sea rosemary is listed as endangered in Florida

photo by Gerri Reaves

## Plant Smart

## Sea Rosemary

by Gerri Reaves

Florida is the only state in which sea rosemary (*Heliotropium gnaphalodes*) is native. Due to loss of its native habitat -- coastal uplands and dunes -- it has ended up on the state's endangered list.

This long-lived multi-branched evergreen shrub of the borage, or forget-me-not, family is also known as sea lavender, bay lavender and beach heliotrope.

Because it helps to prevent shoreline erosion, it is used in coastal restorations.

It grows up to six feet high and nearly as wide, forming large mounds, with the lower branches rooting when they are covered by sand. It sometimes develops into a woody small tree.

The foliage is especially attractive -- whorled clusters of silvery gray velvety leaves. A coating of silky hairs gives them a soft texture and helps the plant retain moisture.

The leaves are fleshy and linear or spatula-shaped, measuring about one-half inch wide and up to four inches long. Dead leaves tend to remain on the lower branches.

The plant flowers and fruits intermittently though the year.

Tiny white flowers appear on curled spikes, or cymes. They attract various pollinators, so this is a good nectar

plant for a butterfly garden. Five-petaled with dark rosy throats, the flowers turn lavender with age.

The very small, one-seeded drupe fruit ripens from yellow or white to black. Because it is corky, the fruit floats, which helps in dispersal.

Use highly drought- and salt-tolerant sea rosemary as a groundcover, hedge, or even a pot plant.

Plant it in full sun and sandy or limestone soil. It will grow in nutrient-poor soil and needs no irrigation once established.

Avoid putting it in a moist place or over-watering it, for it will develop root rot. In fact, it's not recommended for inland locations.

You're likely to find this rare ornamental plant for sale only at native nurseries.

In the Bahamas, a tea made from this species is used to treat a variety of ailments.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *Shrubs and Woody Vines of Florida* by Gil Nelson, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, fnps.org, lee.ifas.ufl.edu, and wildsouthflorida.com.

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

## Mosquito Control

The Lee County Mosquito Control District (LCMCD) provides mosquito control for Sanibel and all of Lee County. Mosquito season typically runs from May through October and mosquito activity increases with rain, particularly after heavy rains that produce large areas of standing water. Due to the abundance of mangroves, wetlands and salt marshes, Sanibel is a prime breeding ground for mosquitoes.

If you are experiencing a high number of mosquitoes at your residence, make a service request online at [http://www.angwatechnology.com/lee\\_devel/PublicServiceRequest/](http://www.angwatechnology.com/lee_devel/PublicServiceRequest/) or contact the LCMCD directly at 694-2174. If the LCMCD receives complaints from a specific area or neighborhood, the district dispatches personnel to conduct a mosquito count and, if warranted, will fog or spray the area.

For more information, visit the Lee County Mosquito Control District's website at <http://www.lcmcd.org/>.

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## Sundial Opens Take Out Sushi Market

Following the popularity of its Japanese steakhouse, Sundial Beach Resort & Spa has unveiled a new sushi-inspired take out market located in its main lobby. Shima Grab N Go fuses the healthful benefits and delicious taste of fresh sushi with the convenience of to-go ordering.

Providing a tasty alternative for resort guests and the public, Shima Grab N Go offers packaged and custom-made sushi, sashimi and snacks. Call ahead ordering at 395-6005 is

available and the resort will launch a new dedicated website with online ordering capabilities later this spring.

Sundial's Shima Japanese Steakhouse & Sushi Bar was named 2016's Best New Restaurant and Best Sushi; the new Grab N Go market carries a full line of the same award-winning sushi.

"With Shima Grab N Go, we've created a convenient dining alternative for both the community and our resort guests," said Sundial General Manager Phillip Starling. "Freshly prepared sushi fits the health and wellness lifestyle Sanibel is known for."

The tori-gated shop is just steps from the resort center's entranceway. Sundial Beach Resort & Spa is located at 1451 Middle Gulf Drive on Sanibel.\*

## Campers Taking Trip To Belize

From July 29 through August 5, a group of Sanibel Sea School campers will visit Belize to immerse themselves in learning about coral reef ecology on the Mesoamerican Barrier Reef. This is the nonprofit's first expedition to Belize, although some staff members have visited before, and will offer a unique opportunity for teenagers to practice real scientific research methods in the field.



Sanibel Sea School will offer a chance for teenagers to study coral reef ecology in Belize

photo provided

Open to students ages 15 to 18, the program will be held at the IZE Field Station, which is located next to the South Water Caye Marine Reserve, a UNESCO World Heritage Site that is also the largest and most diverse conservation site in the Belizean reef system. Participants will design and carry out their own short-term research projects, learn to identify coral reef inhabitants, and gain new insights on marine conservation goals and challenges.

"We will snorkel every day, and we're expecting to see a wide variety of wildlife," said Nicole Finnium, Sanibel Sea School camp coordinator. "There will be plenty of interesting fish, sharks, rays, turtles, and invertebrates to discover and, of course, a chance to learn about the role that each species plays in the larger coral reef ecosystem."

Evenings will provide time to write, make art, participate in guided discussions, and taste Belizean food. "I think it's going to be a magical, life-changing experience for all of us," added Finnium.

To learn more about this expedition, visit [www.sanibelseaschool.org](http://www.sanibelseaschool.org) or call 472-8585.\*



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## Prime Time For Tarpon



by Capt. Matt Mitchell

**W**eather conditions for tarpon fishing got much more consistent this week and so did the action. After finding lots of rolling tarpon just out from the beaches earlier in the week, we returned to these same places and found these fish for most of the week. By the weekend, wind patterns changed and blew from the west, making

it just too rough to look for these beach fish. The hunt was on again. Being able to run straight to these beach tarpon and fish for them while watching rolls for the first few hours of a morning charter is how tarpon fishing should be.

After a full week of near perfect, sticky, hot humid conditions, the weather did wonders for tarpon fishing by helping to push lots of fish into our nearshore waters. Tarpon were spotted rolling and free-jumping in all the usual places, both in the sound and out on the beaches. Even during a windy weekend and spotting them in rough conditions proved tough, we were still able to anchor up and catch them. Finally, after the up and down weather conditions we have experienced this past month, big numbers of tarpon have flooded in.

During morning light wind periods, some of the best action and the largest pods of fish were out along the beaches. This bite, as usual, was best on a variety of live baits: crabs, threadfins, big shiners and pinfish

fished under a float. Finding these schools of tarpon out on the beaches can be a little frustrating at times as there is just so much water out here to cover. This method of sighting these fish to locate them often leads to you having these fish all to yourself.

Once I did find them earlier in the week, they were in roughly the same area (few miles) for the whole week. For as long as the conditions remained the same, these tarpon were like clockwork in hanging out along a few miles of beach day after day. We set up the boat on the line, and it was the best method as these fish were traveling. Watching them roll in line with the bait before they eat only adds to the rush. By mid-morning, our sea breeze would kick up, and the fish would quit showing. It was all over.

Over the weekend, the winds kicked up and the only option to tarpon fish was to duck and hide from the wind. I returned to a favorite windy day place and anchored up with very low expectations due to the lousy conditions. Surprisingly, it took only a few minutes until we saw a fish roll only 30 feet from the boat, and the next moment we were on. This big tarpon skied a few times before breaking off. We stayed put for a few hours and ended up striking out (0 for 3) while watching fish roll and crash bait in whitecap conditions. This is a really good sign these fish have finally invaded the sound. These tarpon in the bay ate a variety of baits including crabs, pinfish and cut baits. With another sticky hot week forecasted, this is primetime to catch em.

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



A tarpon comes boat side just before being released  
photo provided

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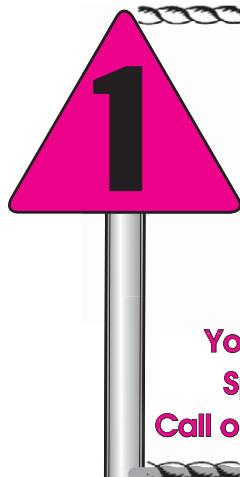


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Members of the Shell Islands Garden Club at the RS Walsh Garden Center photo provided

## Garden Club Holds Meeting

Late spring is a time for the snowbirds to head north, and the members of the Shell Islands Garden Club are no exception. Thirty-plus remaining members, however, had a special treat as the May meeting was held in the shaded Asian garden section of the RS Walsh In The Garden Center on Sanibel-Captiva Road.

Brian Lea captivated the audience with a presentation on gardening in Sanibel. Lea was peppered with questions as he explained what grows well and what does not on the island, and that sometimes just moving a plant to a different location can make all the difference between success and failure.

After his presentation, Lea led the ladies on a tour of the garden center with its vast collection of plants and garden ornaments. The regular business meeting and bag luncheon followed with an overview of next year's full schedule of activities ranging from a visit to the Burroughs and Langford Kingston homes in Fort Myers to a field trip to Marie Selby Gardens in Sarasota, plus a host of regular meetings to be held at The Community House.

The Shell Islands Garden Club meets on the second Tuesday of the month. For more information, contact President Gerri Perkins at 201-400-2078.✱

### Shell Of The Week

## Broad-Ribbed Carditid



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

The broad-ribbed carditid, *Cardites floridanus* (Conrad, 1838), is a com-

mon species on our shores. Its shell may reach about 1.5 inches in size, is very thick and relatively heavy for its size. With its sculpture of thick radial ribs, it vaguely resembles and might be confused with local species of ark clams. These latter, however, have a shell hinge consisting

of many, small teeth that are similar in size; the carditid, on the other hand, has a hinge with just a few teeth, all different from each other. The shell color is usually whitish with brown markings; an unusual form with yellowish color is sometimes found. Learn more about local mollusks at <http://shellmuseum.org/shells/southwest-florida-shells>.

### Shell Museum Events

Daily programs included with paid admission include movies, live tank talks as well as arts and crafts (Call 395-2233 for scheduled times).

Florida Family Discount: Buy one adult admission, receive one free child/youth admission (from May 1 to September 4 only).

Beach Walks: Information and registration available online at <http://shellmuseum.org>.

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



The broad-ribbed carditid, *Cardites floridanus*, from Sanibel; rare yellowish form on right

photo by José H. Leal

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## CROW Case Of The Week:

## Florida Softshell Turtle Eggs



by Bob Petcher

The Florida softshell turtle (*Apalone ferox*) is regarded as the largest softshell turtle in North America. Females can grow to nearly 24 inches in length, yet males typically grow to only half

that size. Softshells are also known as one of the largest freshwater turtles on the continent.

The Florida softshell turtle is so named due to its carapace being... well, soft. It is more like leather, also flattened, and contains less hard bony material than its cousins.

Florida softshells range from dark brown to olive green in color. Their most striking feature is a streamlined face, which sports beady eyes and a pointed, snorkel-like snout with nostrils at the tip. You can find them along ponds, lakes, rivers, streams and canals, often basking in the sun on a log or rock. But don't try to approach them. This species' Latin name suffix "ferox" means ferocious. This reptile can be aggressive and bite if prodded. They are also strong swimmers.

Softshells are carnivorous. They dine on a diet of invertebrates, fish and

amphibians – crayfish, snails, mussels, frogs and assorted worms and insects – but some eat a more varied diet that includes plant material.

Female softshell turtles tend to lay their eggs in sand or mud on the banks of waters in which they reside. Viable sperm may be retained inside the female for about six months after copulation. Interestingly, females spawn simultaneously on days of heavy thunderous rain. On egg-laying sites, eggs are stacked in layers from the bottom to the mouth of the nest. Newly-laid eggs stick together, and their eggshells are soft and leathery to the touch.

At CROW, a Florida softshell turtle was admitted on April 12 from Fort Myers after being hit by a car. Unfortunately, the patient's injuries were deemed too severe, so it was humanely euthanized to prevent suffering. On the positive side, x-rays taken during the patient's intake exam showed that the female turtle contained 25 eggs inside her body, 18 of which were not affected by the injuries. The eggs were removed, placed in vermiculite and then placed in an incubator.

CROW medical staff said the deceased turtle's eggs will incubate for approximately 80 days from the date of extraction before they are expected to hatch. The success rate of the 18 eggs during this procedure looks good, says Dr. Heather Barron, CROW's medical director.

"More often than not, we are successful with hatching eggs that are incubated," she said. "They are expected



Patient #17-1007 (not shown) succumbed from injuries sustained by being struck by a vehicle, but many of her eggs survived and are now in the incubation stage

photo by Brian Bohlman

to hatch in late June or early July."

Once hatched, the hatchlings will remain at the clinic for an appropriate time period.

"In the wild, chelonians (turtles) do not provide any parental care once the eggs hatch," said Dr. Barron. "After they hatch at the clinic, they remain in care for about a month to provide a head start and growth through a vital time when

they are most vulnerable to predators."

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



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# CROW Calendar Of Events

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

For reservations, contact David Waszmer, Visitor Education Center and gift shop manager at 472-3644 or [dwaszmer@crowclinic.org](mailto:dwaszmer@crowclinic.org). Hours are 10 a.m. to 4 p.m. Monday through Friday. CROW is located at 3883 Sanibel-Captiva Road.

**Friday, May 19, 11 a.m. to 12:30 p.m.,** \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour). Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

**Friday, May 19, 11 a.m.,** adults \$7, teens \$5, 12 and under no charge – Why Animals Come to CROW (daily presentation).

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.

**Monday, May 22, 11 a.m.,** adults \$7, teens \$5, 12 and under no charge – CROW Case of the Week, presented by

a CROW student (daily presentation). 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. One of CROW's animal ambassadors will be present.

**Tuesday, May 23, 11 a.m. to 12:30 p.m.,** \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour). Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

**Tuesday, May 23, 11 a.m.,** adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff (daily presentation).

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. One of CROW's animal ambassadors will be present.

**Wednesday, May 24, 11 a.m. to 12:30 p.m.,** \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour). Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended

for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

**Wednesday, May 24, 11 a.m.,** adults \$7, teens \$5, 12 and under no charge – Opossums at CROW (daily presentation).

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

**Thursday, May 25, 11 a.m. to 12:30 p.m.,** \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour). Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

**Thursday, May 25, 11 a.m.,** adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Sea Turtles (daily presentation).

There are seven different species of sea (or marine) turtles, and human activities have tipped the scales against the survival of these reptiles. Most species of sea turtle are classified as endangered, and CROW is the only licensed sea turtle facility between Sarasota and Marathon, Florida. From

boat strikes to washback hatchlings, CROW's team members explain why they are admitted and how the medical staff treats this species.

One of CROW's animal ambassadors will be present.✱

## VCB Seeks New Resident Artist

Lee County Visitor & Convention Bureau (VCB) is seeking candidates for its third-quarter 2017 Resident Artist Program. This initiative gives aspiring and/or established photographers and videographers an opportunity to further develop their work and connect with the people and nature of Lee County.

The VCB will use these images and video in promotions to show what it's like to unwind, unplug, explore, gather together and be surrounded by the nature of Lee County.

The program offers a \$5,000 stipend, and it allows the VCB to use the submitted imagery and/or footage in the destination's ongoing global marketing efforts. Work from the VCB's past resident artists – Jamie Williams, Dennis Gingerich and Rob Hoovis – is currently incorporated into print, digital and social media campaigns across multiple platforms.

Applicants for the upcoming residency must reside in Lee County full- or part-time. During July to September, the selected candidate

continued on page 25

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## Fish Caught



Kyle Goulart photo provided

Kyle Goulart from Pawcatuck, Connecticut caught a 32-inch snook offshore by Bowman's Beach while fishing with guide Steve Latino. The fish was released.✱

## Shell Found



Clifford S. Wood photo by A. Ziehl

Clifford S. Wood from North Fort Myers found a junonia on Tarpon Bay Beach while staying at Caribe Beach Resort. "I have been searching for many years," said Wood. "They really do exist."✱

## Shell Found



Neel Lesesne photo provided

Neel Lesesne, visiting from Columbia, South Carolina, found a junonia on the beach right across the street from Seashells of Sanibel on West Gulf Drive during semi-low tide on May 10. "She loves to come down here to shell, but sometimes doesn't have a lot of luck," said Cathy Lanier, Lesesne's friend. "She loves Sanibel and visits at my condo often."✱

## Shell Found



Scott and Vickie Meyers photo by A. Ziehl

Scott and Vickie Meyers, visiting from St. Louis, Missouri, found a junonia on the beach while staying at Sundial Beach Resort & Spa. The couple said they've been coming to Sanibel for 37 years "and finally found a junonia."✱

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# Shell Museum Offering Summer Beach Walk Series

by Jeff Lysiak

The Bailey-Matthews National Shell Museum’s summer beach walk series will be held at Bunche Beach, located at 18201 John Morris Road in South Fort Myers.

Dedicated in 1949, Bunche Beach – officially called the San Carlos Bay/Bunche Beach Preserve – is a 718-acre facility located on San Carlos Bay. The natural tidal wetlands are a particularly good area to see mollusks.

Low-tide excursions at Bunche Beach will be lead by Dr. José H. Leal, the museum’s science director and curator, as well as staff marine biologist Stefanie Wolf.

“Bunche Beach is a pristine area that is a classic example of the protected ‘back bay’ coastal sections of Southwest Florida,” said Dr. Leal. “Given the very gentle slope of the sandy beach area, low tides at Bunche Beach are characterized by exposure of very large expanses of sandy bottom, which enables the observation of the diverse and abundant local marine life.”

Upcoming dates/times for the Bunche Beach walks include:

- Wednesday, May 24 at 7 p.m., Dr. José H. Leal
- Wednesday, June 7 at 7 p.m., Dr. José H. Leal
- Sunday, June 11 at 7 a.m., Stefanie Wolf
- Thursday, June 22 at 7 a.m., Stefanie Wolf
- Thursday, July 6 at 7 p.m., Dr. José H. Leal
- Sunday, July 9 at 7 a.m., Stefanie Wolf
- Sunday, July 23 at 7 a.m., Stefanie Wolf
- Thursday, August 10 at 7 a.m., Stefanie Wolf
- Wednesday, August 23 at 7 a.m., Stefanie Wolf

The cost is \$10 for museum member adults and \$5 for museum member children (ages 5 to 17); the cost is \$12 for non-member adults and \$7 for non-member children. Parking is \$2 per hour. The beach walk will last about an hour. All participants receive a coupon for half-off museum admission and advanced booking is required. Beach walk tickets are non-refundable; a full refund will be given if the museum cancels due to weather. Call 395-2233 to make reservations or visit [www.shellmuseum.org](http://www.shellmuseum.org) for more information.\*




Bunch Beach at sunset

photo by Dr. José H. Leal

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# Students Explore The Ocean



Students from Orangewood Elementary School practiced using a seine net at Sanibel Sea School photo provided

Groups of second graders from Orangewood Elementary School, located in Fort Myers, visited Sanibel Sea School during the first week of May to participate in ocean learning and exploration. Throughout the day, students

rotated through a variety of stations, each with its own educational component. This partnership was subsidized by Sanibel Sea School's donor-supported scholarship fund, to ensure that cost would not prevent any individual from attending.

Stations included seining, where students had a chance to catch and release creatures from the seagrass flats while learning about the seagrass ecosystem, surfing, which was accompanied by a lesson on the physics of waves, and a squid dissection.

"I was so impressed by the kids' excitement and their willingness to participate and learn," said Johnny Rader, a marine educator at Sanibel Sea School. "One of their teachers told me that many students in her class are immigrants from Haiti, and have literally never been to the beach in Florida. They have been looking forward to this experience for months."

Rader added that he hoped the experience was as meaningful for his students as sharing the day with them was for him.

"We are working with more and more Lee County Schools each year," said Rader, "and we're realizing how many kids in our area hardly ever get to interact with the sea. Public schools have very little funding for field trips, and I'm so grateful that our donors make it possible for this to

happen. It really means the world to these kids."

Sanibel Sea School will also host students from Manatee Elementary, Rayma C. Page Elementary, Allen Park Elementary, Tanglewood Elementary, and Pine Island Elementary this spring.✧

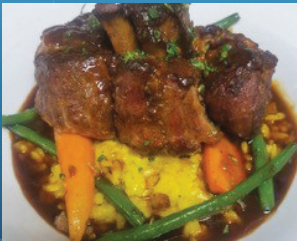
## New Moon Meditation Class

There will be a guided meditation class on the beach as the sun sets and the moon rises on Thursday, May 25 starting at 7:30 p.m. Meet at Alison Hagerup Beach Park, located at 14790 Captiva Drive on Captiva (labeled "South Beach" or Location #30 on South Seas Island Resort maps). The suggested donation is \$10 to \$15, with all proceeds benefitting Sanibel-Captiva Conservation Foundation's sea turtle research program. Bring a towel or blanket to sit on.

For more information, visit [www.ambuyoga.com](http://www.ambuyoga.com) or call 314-9642.✧

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[www.ilcielosanibel.com](http://www.ilcielosanibel.com) or [www.opentable.com](http://www.opentable.com)

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The Mucky Duck  
Since 1976







### Southern Fried Mahi-Mahi Sandwiches

2 eggs, large  
 1/2 teaspoon salt  
 1/4 teaspoon cayenne pepper  
 1 cup all-purpose flour  
 Salt and pepper to taste  
 1 cup cornmeal  
 4 five-ounce mahi-mahi fillets  
 1 cup vegetable oil  
 8 soft sandwich rolls, split  
 Leaf lettuce  
 2 tomatoes, sliced thin  
 Beat together eggs, salt and

cayenne in a shallow dish. Mix flour, salt and pepper in a shallow dish; place cornmeal in separate dish. Coat fillets in seasoned flour; dip in egg wash and then into cornmeal to coat. In a deep fry pan, cook the fillets in oil at 375 degrees F. for 2 to 4 minutes, browning on each side. Drain on absorbent paper. Serve on sandwich rolls with lettuce and sliced tomatoes.

Yield four servings

Nutritional Value Per Serving

Calories 314, Calories From Fat 59, Total Fat 7g, Saturated Fat 3g, Trans Fatty Acid 0, Cholesterol 127mg, Total Carbohydrates 34g, Protein 28g, Omega 3 Fatty Acid 0.12g

Look for "Fresh from Florida" ingredients at your grocery store.★



Southern Fried Mahi-Mahi Sandwiches

photo courtesy Fresh From Florida

## BEST TAKE-OUT ON THE ISLANDS

### The Sanibel Sprout

#### Vegan Cafe and Juice Bar

Open 10 a.m. to 7 p.m.  
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 in the Bailey's Center

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Catering and special orders welcome

Sanibel's original fresh juice and smoothie bar

Open for breakfast, lunch and dinner



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 Subs  
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2441 Periwinkle  
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In Bailey's Shopping Center



### FULL DELI, BAKERY DAILY LUNCH SPECIALS COLD BEVERAGES

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stay and chill  
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Specializing in Local Seafood

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Dining Awards: 6 years running

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2430 Periwinkle Way

- Coq au Vin (Chicken Stew)
- Boeuf Bourguignon (Beef Stew)
- Lapin au Vin Blanc (Rabbit Stew)
- Cassoulet au Confit de Canard (Bean stew with duck confit)

Pick up hot & ready or cold to reheat later!

We recommend calling ahead for groups of more than 4 guests.



From page 1

## Veterans Group

had been made, Capt. Bunch reached out to John Jensen. He informed the marina and cottage owner that the boat Dr. Watkins was donating to Operation Open Arms – a 12-foot Logic in excellent condition – was stuck on a boat lift and required some assistance in towing it off the property. Jensen and an employee discovered that the boat lift apparatus was “frozen,” essentially stuck in a position that couldn’t be raised or lowered.

“We had to wait until high tide to get that boat out of the water,” Jensen said. “Then we had to dig the trailer out of the sand from inside the boathouse... it looked like it hadn’t been used for about 10 years.”

While towing the boat back to Jensen’s Marina, they discovered that the steering mechanism was frozen as well. While minor repairs to the boat’s steering and engine were performed at the Captiva marina, the trailer was shipped to Rocket Trailers in Fort Myers for extensive rehabilitation, including new springs and hubs.

Bunch, who estimated that the towing, repairs, shipping and storage of the vessel and equipment might have cost Operation Open Arms “hundreds of dollars,” the Jensens didn’t ask for a penny.

“I had to tell this story of amazing things people like the Jensen brothers do for those who protect our freedoms,” said Bunch, a charter fishing captain and resident of St. James City. “They have all been named to the Operation Open Arms Circle of Honor years ago for their

countless unselfish acts. I’m in awe of Team Jensen Brothers and I wish parents would teach their kids who the real role models of Southwest Florida really are.”

As you might imagine, John Jensen humbly accepted the praise offered by Bunch, explaining that he and his brothers have long admired the bravery of America’s military veterans.

“We all really enjoy giving back whenever we can,” he said. “Our uncle was a longtime U.S. Navy man. And whenever we get a veteran staying at the resort or taking a fishing charter, they always tell the most amazing stories. It’s hard to believe their courage and what they’ve gone through.”

A few years ago, the Jensen brothers were recognized for their years of community service and support of America’s military veterans when they were awarded the 2013 Good Samaritan E-Award, presented by the Lee County Visitor & Convention Bureau. That same year, they hosted Lance Corporal Christian Brown and his mother as their special guests during Operation Open Arms’ eighth anniversary.

Brown, a United States Marine wounded in Afghanistan, was given the VIP treatment throughout his five-day vacation, which included fishing excursions, a helicopter tour, fish fry, shopping and dining outings as well as a special Marching Mullet Parade held in his honor.

Last year, the Jensens invited Brown to be their guest once again. And, once again, they didn’t ask for a penny.

“Jensen’s has been a bigger part of Operation Open Arms than any other

group,” Bunch added. “I’m not sure that you could find three other men that are greater advocates for our troops than the Jensens. Honestly, I can’t think of any time that I’ve asked for something for our troops that they haven’t been there for us. They’re just amazing.”

On Thursday and Friday, May 18 and 19, the Jensens and Operation Open Arms will be taking part in the prestigious “Ding” Darling & Doc Ford’s Tarpon Tournament. For the sixth consecutive year, the brothers are taking care of the tournament entry fee, fishing tackle and bait, accommodations and other expenses for a pair of active duty soldiers: Army Staff Sgts. Dylan Driskell of Punta Gorda and Toby McGlothlin of East Palmetto,

From page 20

## Resident Artist

will be required to capture 30 digital, high-resolution photos and/or videos that highlight the unique attributes of different communities within the county. In addition, the selected candidate will be asked to post images regularly to social media and attend a monthly status meeting with VCB managers. How to apply:

- Submit a 500-word statement, share your approach for capturing elements of the destination and state what you hope to gain from participating in the program.
- Provide a link to your online portfolio and your active social channels (Twitter, Facebook, Instagram, etc.) as well as the numbers of followers/subscribers per channel.

- The deadline for entries is June 9.

Florida.

“Over the years, we’ve gotten to know a lot of these veterans... they’re a great bunch of guys,” said John Jensen, who noted that Capt. Jesse Romero will lead the team’s fishing expedition.

“It’s very important that we take care of our veterans,” added Jimmy Jensen. “They’re the reason we’re able to do any of this. Whenever we can do anything for Capt. ‘Giddyup’ and Operation Open Arms, we’re gonna do it because it’s a great organization. They’re all so deserving. So whenever he calls, we’re ready to help.”

For more information or to make a donation, visit [www.operationopenarms.org](http://www.operationopenarms.org).\*

The candidate that is selected will be notified shortly after the close of the application period.

“Our next resident artist will join a growing list of local creatives whose work has helped us to create high impact visual assets that effectively position Lee County as an attractive tourist destination,” said Brian Ososky, the VCB’s director of marketing. The bureau expects the new set of images to further bolster its Islandology marketing and advertising campaign that celebrates the unique way of life in Southwest Florida.

The Lee County Visitor & Convention Bureau retains full rights usage for images selected. Stipend will be paid in full following program completion. No living accommodations, studio or equipment will be provided.

For more information or to apply, visit [www.leevcb.com/rap](http://www.leevcb.com/rap).\*

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**July 24 -28**  
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Learn more and register at [www.BIGARTS.org](http://www.BIGARTS.org) or call Camp Director at 239.395.0900



# ISLAND FARE

## BAILEY'S GENERAL STORE

Bailey's General Store has a full deli, bakery, coffee bar, daily lunch specials, take out and catering for cook-outs, picnics and parties. This is the oldest supermarket on the islands, established long before a causeway linked Sanibel to the mainland. Services include shopping for your groceries and delivering them to your home or vacation destination. Pick up the extensive list of gluten-free products near the entrance to the supermarket. Bailey's has a second location at Sundial Beach Resort & Spa at 1451 Middle Gulf Drive.

2477 Periwinkle Way, 472-1516

## BEACH PIEZ

Beach Piez New York style pizza offers carry out and delivery on Sanibel and Captiva. Hours are Monday through Wednesday from 11 a.m. to 9 p.m., Thursday, Friday and Saturday from 11 a.m. to 10 p.m., and Sunday from noon to 9 p.m. With fresh ingredients, mouth-watering mozzarella, provolone cheese "secret recipe" dough, homemade pizza sauce and family recipe meatballs, Beach Piez will deliver the best pizza the island has to offer.

2441 Periwinkle Way, 472-3224

## THE BLUE GIRAFFE

The Blue Giraffe, under new ownership, offers casual island dining for "no wait" breakfast from 7 a.m. to noon daily as well as lunch and dinner seven days a week until 8 p.m. Dine outside in the garden atmosphere of Periwinkle Place or inside at hand-painted tables, inspired by local artists. The new menu is full of traditional and unique breakfast items, signature burgers, custom sandwiches, fresh and local seafood, salads, steaks, pork and vegetarian options. There is a full liquor bar and various local beers on tap.

2075 Periwinkle Way (Periwinkle Place), 472-2525

## BLEU RENDEZ-VOUS FRENCH BISTRO

Make an Island Rendez-Vous at Bleu! Join your hosts, Parisian Chef Christian Vivet and his Floridian wife Mari Vivet for a classic French bistro dining experience on Sanibel. Choose from an array of appetizers, the extensive a la carte menu, a Prix Fixe Tasting Menu, the Chef's Bleu Inspirations or Petite Plates. Pair your dinner with an extensive French and domestic wine list, dessert wines or French craft beers. Don't forget to save room for an appetizing dessert menu. Authentic French dishes are prepared in the open kitchen for diners lucky enough to score a seat at the Chef's Counter to watch a real French chef in action. Chef Christian prepares his delicious appetizers, entrees and desserts from scratch with flair, creativity and efficiency. It's as if you have stepped off a plane in France, without the jet lag! You'll feel welcome by Mari's southern hospitality as you are greeted at the door. Open Tuesday to Saturday at 5 p.m. Reservations encouraged.

2430 Periwinkle Way, 565-1608

## CIP'S PLACE

Cip's Place is named for the late Jimmy Cipriani, a longtime islander and owner of the property on which the restaurant sits. In Jimmy's memory, Cip's styles itself as a local watering hole. A large mural shows many islanders through the ages – including "Cip" – and if you don't recognize them all, ask to see the "key." Food choices range from "comfort" to culinary with some Caribbean and island favorites as well. Try the home-made potato chips, fried buttermilk chicken with sage gravy and snapper tacos. Choose between the outdoor garden patio and front porch. Indoor seating and full bar are also available. Hours are 11 a.m. to 9:30 p.m. daily, with happy hour from 4 to 6 p.m.

2055 Periwinkle Way, 472-0223

## DOC FORD'S RUM BAR & GRILLE

Doc Ford's is a well-known local's restaurant, famous for its great food and service with plenty of indoor and outdoor seating boasting "Award winning flavors from the Caribbean Rim." The restaurant is named for the Doc Ford character in local author Randy Wayne White's best-selling mystery novels. With locations on Sanibel & Captiva Islands and Fort Myers Beach, all locations offer island favorites like Yucatan shrimp and fish tacos along with raw bar selections and fresh local seafood dishes. Premium rums and tropical drinks such as the Island Mojito are a specialty of the house. The



Owner Jeff Weigel by his hot dog man at Sanibel Deli & Coffee Factory

photo by Bob Petcher

combined menu offers both lunch and dinner daily from 11 a.m. to 10 p.m.

Doc Ford's Sanibel, 2500 Island Inn Road, 472-8311; Doc Ford's Captiva, 5400 South Seas Plantation Road, 312-4275, Doc Ford's Fort Myers Beach, 708 Fishermans Wharf, 765-9660

## DUNES GOLF & TENNIS CLUB

The Dunes Golf & Tennis Club is open to the public and serves lunch daily from 11 a.m. to 3 p.m. Chef specials include an assortment of salads, wraps and sandwiches, soup buffet Monday through Friday, and the popular hand-battered coconut shrimp and steak sandwich. Dinner is available only on event nights from 6 to 9 p.m. or for special seasonal dinners.

Featured monthly events include Trivia Night, Karaoke and Themed Dinner Nights. There is a Friday a la carte dinner menu with featured selections each week, such as steak and seafood.

Take in the sunset views while sipping on your favorite drink. Happy hour is every day from 3 to 6 p.m. Enjoy with the famous crab bisque as a starter.

949 Sand Castle Road, 472-3355

## GRAMMA DOT'S

Gramma Dot's, the only dockside dining on Sanibel, offers a lunch and dinner menu seven days a week from "Sanibel's only seaside saloon" where you can dine at the Sanibel Marina in view of luxury yachts and fishing boats and watch the comings and goings of seagoing folk and fishermen. The menu features a full line of fresh seafood, salads, sandwiches and more. Appropriate dress is required. If you're arriving by boat, check in with dockmaster for a lunch slip, monitor VHF 16. You can tie up for a night or two at the available dockage if you wish. Gramma Dot's is open daily at 11:30 a.m. For dinner, arrive before 8 p.m.

634 North Yachtsman Drive, 472-8138

## GREEN FLASH

The Green Flash has marvelous waterfront views of Captiva Island's bayside and Pine Island Sound. The Green Flash was built on the site of the historic Timmy's Nook, opened in 1950. Fittingly, seafood dominates the menu, although other options are offered as well. The Green Flash is easily navigable by boat and is located southwest of Marker 38 on the Intracoastal Waterway. Hours are daily from 11:30 a.m. to 3:30 p.m. for lunch and 5:30 to 9:30 p.m. for dinner. All seats have a view of the waterfront. Reservations are not accepted.

15183 Captiva Drive, 472-3337

or hot food from the deli or help yourself at the well-stocked salad bar to take out. The restaurant is open for breakfast, lunch and dinner from 7 a.m. to 8:30 p.m. 1700 Periwinkle Way, 472-9300

## JOEY'S CUSTARD

Joey's Custard is a family owned and operated sandwich, coffee and ice cream shop in Bailey's Center. Owners Joey Almeida and mom Debi Almeida offer fresh-to-order paninis as well as Working Cow ice cream products (custard, yogurt, sorbet, banana splits, sundaes, floats, smoothies, hard and soft serve ice cream) and coffee (five-bean house blend, Tim Horton, espresso, affogato). Try the Beach Box Lunch To Go (add \$2 to any sandwich and get a drink and bag of chips). Ask about BOGO with Island Cinema.

Joey's Custard is open from 10:30 a.m. to 9 p.m. Monday through Thursday; 10:30 to 10 p.m. Friday and Saturday; and noon to 9 p.m. Sunday.

2467 Periwinkle Way in Bailey's Center, 472-7222

## MATZALUNA ITALIAN KITCHEN

Are you in the mood for pizza? Matzaluna Italian Kitchen has a wood-fired oven to bake authentic pizzas, including gluten-free ones. That's in addition to a big menu, involving over 20 combinations of pasta dinners from \$11.95 (including soup or salad and fresh baked bread), affordable veal, tender chicken, choice steaks and seafood (Italian style) in a casual market-like setting. Gluten-free pizza is also available. Matzaluna offers a large selection of Florida craft beer, both on draft and in cans and bottles. Enjoy \$5 apps at the bar from 4:30 to 5:30 p.m. Hours are 4:30 to 9:30 p.m. daily and happy hour is 4:30 to 6 p.m.

1200 Periwinkle Way, 472-1998

## MUCKY DUCK

Historically known as the neighborhood pub, The Mucky Duck may well be the most famous restaurant on Captiva Island due to its longevity of 40 years in business and quirky name. Then there are the fabulous sunsets. Patrons gladly wait on the beach for tables. This place draws crowds – as customers sip cocktails and beverages until they can take their seats. Reservations are not accepted. The Duck, serving fresh seafood, pub-style food, sandwiches, steaks and other items, is open for lunch from 11:30 a.m. to 3 p.m. and dinner from 5 to 9:30 p.m.

11546 Andy Rosse Lane, 472-3434

## OVER EASY CAFÉ

Over Easy Café is a pet-friendly place with indoor and outdoor dining for breakfast and lunch. The covered patio is a popular spot. Choose from 22 different eggs benedict, scramblers and omelettes, 11 pancakes and French toast choices, 15 egg specialties and wraps, eight salads and 26 sandwiches and burgers, plus baked goods. Beer and wine is available. Breakfast is served all day. Hours are 7 a.m. to 3 p.m.

630 Tarpon Bay Road, 472-2625

## PASTURE & PEARL

Sanibel's newest restaurant, Pasture & Pearl is the latest collaboration from the well-traveled husband and wife team Chef Elaine Dammeyer and General Manager Christian Jegu. Come as you're comfortable for a modern, fine dining experience. The cuisine celebrates locally, regionally, ethically and sustainably sourced ingredients, and wine selections are curated by resident sommelier Kory Lynn. The intimate atmosphere and attentive service evoke the hospitality of a dinner party. The menu offers seasonal vegetarian preparations, fresh, wild-caught and responsibly farmed seafood, and the finest cuts of freely pastured beef, lamb, chicken, duck and rabbit from White Oak Pastures, a 150-year-old, multigenerational farm in Southwest Georgia, including a custom cut especially developed for the signature dry aged bone-in ribeye.

The Village Shops, 2340 Periwinkle Way, 810-5514

## PECKING ORDER

The Pecking Order features tender, juicy, fried chicken and all the fixins. The chicken is marinated and seasoned, and the high-pressure deep-frying system produces a crispy coating that seals in the juices without allowing the fat to penetrate. Homemade sides include slow-cooked collard greens, sweet and spicy baked beans, cheesy shell mac, rice and beans, cole slaw, mashed red potatoes and gravy, Harlem special, cheesy

## IL CIELO

Il Cielo offers creative American cuisine and internationally inspired specials in an upscale casual atmosphere. From locally caught fish, American lamb and grass-finished beef to farm-fresh organic produce, there is a thoughtfully prepared dish on the menu for everyone. Il Cielo is open Tuesday through Sunday from 4:30 to 9 p.m. Happy hour is from 4:30 to 6 p.m. and features signature small plates, appetizers and half-priced house wines, domestic beers and well drinks. There is live piano music by Scott McDonald Tuesday through Sunday nights beginning at 7 p.m.

1244 Periwinkle Way, 472-5555

## ISLAND COW

The Island Cow is a family favorite with its colorful indoor and outdoor seating and live entertainment. "Come as our guests... leave as our friends!" is the motto. The Cow serves breakfast, lunch and dinner featuring fresh local seafood and meats and has an extensive children's menu. Starbucks coffee is also on the menu. **Now serving full liquor island cocktails!** Breakfast is served between 7 and 11 a.m. Hours are 7 a.m. to 9-ish p.m.

2163 Periwinkle Way, 472-0606

## ISLAND PIZZA

Island Pizza is named so because it does pizza right. The dough is made daily and the ingredients include fresh produce from local vendors. That is why the "family-owned" restaurant has been voted "the best pizza on the island" from 2009 to 2016. Known as quaint and colorful, Island Pizza has more than 9 years of experience while specializing in home-cooked Italian cuisine. Besides pizza and classic Italian entrees, Island Pizza has a large selection of appetizers and salads as well as wings, calzones and seven choices for kids. Boar's Head deli meats are also served on subs.

Open seven days a week from 11 a.m. until late evening. Lunch is served 11 a.m. to 5 p.m. with buy-one-get-one drafts on happy hour from noon to 5 p.m. Eat in, take out or free local delivery.

1619 Periwinkle Way, 472-1581

## JERRY'S RESTAURANT AND DELI

Jerry's Restaurant and Deli in Jerry's Market is the next best thing to dining in a tropical garden. This family-style restaurant has large windows to view the lush garden with caged tropical birds that are favorites with visitors and residents. Daily specials are offered in the spacious restaurant and you can order a sandwich



# ISLAND FARE

grits and veggie chili. Try the Black Betty, a warm, dark chocolate torte filled with liquid dark chocolate, sprinkled with sea salt flakes and confectioners' sugar. Take out, delivery and outdoor dining available.

2496 Palm Ridge Road, 472-2534

## SANIBEL BEAN

The Sanibel Bean coffee shop is java central on Sanibel Island. With its indoor and outdoor seating and free Wi-Fi, it's a popular venue for laptop-toting coffee lovers to relax and check their inboxes, have breakfast or lunch or recharge the batteries in the afternoon. Besides a big selection of coffee from around the globe and a variety of coffee drinks, The Bean has tea and other beverages and a variety of hearty sandwiches, pastries and muffins, plus other light fare.

2240 Periwinkle Way, 395-1919

## SANIBEL DELI & COFFEE FACTORY

Sanibel Deli & Coffee Factory offers a gluten free menu in addition to homemade regular choices, along with award-winning New York style pizza and wings, Boar's Head meats, frozen yogurt, New York style bagels and ice cream. There is indoor seating as well as outdoor tables shaded with umbrellas. Free Wi-Fi. Eat in or take out as well.

2330 Palm Ridge Road, 472-2555

## SANIBEL GRILL

The Sanibel Grill has 19 big screen TVs with satellite TV tuned to every televised sporting event. The Grill shares a kitchen with The Timbers, serving the same fresh seafood, along with burgers, sandwiches, pizzas and salads. Crunchy Grouper and Crunchy Shrimp are signature dishes. Open seven days from 4 p.m. to midnight with happy hour from 4 to 6 p.m. and 10 p.m. to midnight.

703 Tarpon Bay Road, 472-3128

Read us online at  
IslandSunNews.com

## SANIBEL SPROUT

The Sanibel Sprout is the island's only 100 percent gluten-free/vegan/organic cafe: an oasis of health where the emphasis is on providing incredibly tasty and creative culinary creations designed to nourish and delight all of your senses. Order one of the fresh salads, Wizard Waffles, classic burger, Mexican plates and indulge in our Indian curry, Vietnamese pho and raw vegan lasagna. Pair your meal with a locally crafted beer, a glass of organic wine or housemade kombucha. The fresh juice bar is brimming with smoothies, herbal elixirs and custom juices, or come and enjoy an espresso or cappuccino with one of the delectable donuts, pies, cupcakes or truffles. The Sanibel Sprout is open for breakfast, lunch & dinner from 10 a.m. to 7 p.m., Monday through Saturday and from noon to 7 p.m. on Sunday.

2463 Periwinkle Way in Bailey's Center, 472-4499

## SUNDIAL BEACH RESORT & SPA

Voted 2016's Best New Restaurant and Best Sushi, discover an authentic experience at Shima Japanese Steakhouse & Sushi Bar featuring hibachi dining and expertly rolled sushi. For sushi-to-go, visit Shima Grab N Go for the same award winning sushi selection.

Panoramic Gulf views await at the Gulf-front Sea Breeze Café where the menu celebrates fresh local produce and seafood. Enjoy breakfast, lunch or dinner on the outdoor terrace or in the dining room.

Sanibel's favorite tiki bar, Turtle's Pool & Beach Bar, serves up frosty drinks and favorite fare at the bar and family-friendly patio.

Visit sundialresort.com for menus, restaurant hours, daily happy hours and reservations.

1451 Middle Gulf Drive, 472-4151.

## TIMBERS RESTAURANT & FISH MARKET

The Timbers Restaurant & Fish Market and the adjoining Sanibel Grill are mainstays of the island dining scene, boasting 35 years of fresh fish on Sanibel Island. The restaurant offers 13 dinners for \$15 daily before

5:30 p.m. plus a large selection of local seafood, such as grilled shrimp, fried grouper, oysters, clams and crab cakes. Besides specializing in fresh local seafood, the restaurant has a seafood market that opens at 11 a.m. (except Sunday, when it's open at 2 p.m.) Restaurant is open seven days from 5 to 9 p.m.

703 Tarpon Bay Road, 472-3128

## TRADERS GULF COAST GRILL & GIFTS

Traders Gulf Coast Grill and Gifts is unique in that it combines a bustling restaurant with a large shopping emporium with casual clothing, jewelry, accessories, home decorating and gift items, books and lamps.

The restaurant serves bistro cuisine with island flair, featuring such offerings as black beans and rice, blackened fish and fresh salads from an open kitchen. There's no fryer in the place. The tables are freshly wrapped in white paper for each party, and there's a pot of colored crayons for doodling, whether you're an adult or a child. Lunch is served from 11 a.m. to 2 p.m., happy hour from 3 to 6 p.m. and dinner 5 to 9 p.m. There's live music from 7 to 10 p.m. Tuesdays and Thursdays with Danny Morgan and Wednesdays with Chris Workman.

1551 Periwinkle Way, 472-7242

## TRADITIONS ON THE BEACH

Traditions on the Beach, Sanibel's first dining room, has been delighting its guests since 1895. Offering "Contemporary Cuisine, Sanibel Style," Traditions provides the highest level of service in a relaxed beachfront setting. Both the tapas menu, served in the Sunset Lounge, and the full dining room menu capture the flavors of the gulf, complemented by the unique atmosphere of the historic Island Inn. Award winning Chef Aziz uses only the finest fresh, local ingredients to create vibrant dishes. Drink, dine and dance at Traditions on the Beach, featuring live entertainment. Tapas and cocktails are available in the bar and lounge beginning at 4 p.m. Monday through Friday. Regular dinner menu beginning at 5 p.m. daily. Reservations are suggested.

3111 West Gulf Drive, 472-4559

## LIVE ON THE ISLANDS

**Il Cielo** has live entertainment with Scott McDonald on Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday.

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

**The 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 John McLane.

**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 on Friday with Woody Brubaker and Barbara Smith. On Saturday, it's Dusk Duo. Mike Arnone plays on Sunday. On Wednesday, it's Dusk Duo. Woody Brubaker and Kathy Buda play on Thursday.

**Sea Breeze Café at Sundial Beach Resort & Spa** has live island style entertainment on Mondays with Danny Morgan & Friends.

*Restaurant owners/managers, please email or fax any changes to your entertainment schedule to*

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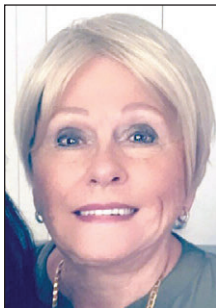
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Book Review

# News Of The World

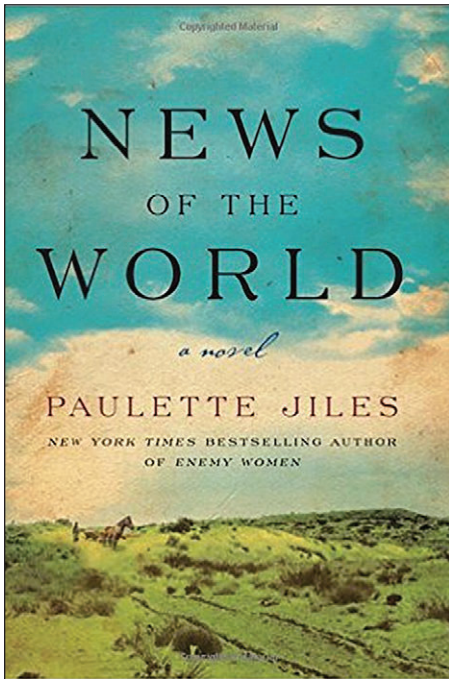


by Di Saggau

**N**ews of the World by Paulette Jiles is an enjoyable little book that tells the tale of a 71-year-old man, Capt. Jefferson Kyle Kidd, who travels from town to town in North Texas with

his newspapers reading aloud the news of the day to various assemblies for a dime a head. The setting is the aftermath of the Civil War, and people are hungry for news of the world, of the Irish pouring into New York City, of the railroad driving into the new state of Nebraska, of a volcanic eruption in Mexico. During a stop in Wichita Falls, Capt. Kidd is offered a \$50 gold piece to deliver a young girl to her relatives near San Antonio. Four years earlier, a band of Kiowa raiders killed her parents and sister, raising Johanna as their own. The 10-year-old has once again been torn away from the only home and family she knows.

Capt. Kidd feels a sense of duty even though he knows the journey will be a difficult one winding through unsettled territory and unforgiving terrain. There is no one else who can or will help this girl. The captain must watch for thieves, Comanches, Kiowas and the federal army. His toughest job is watching over



Johanna, who refuses to answer to her name. The small, thin, despondent child has forgotten the English language and tries to escape at every opportunity. She refuses to act civilized and even throws away her shoes.

As their journey continues, she slowly draws closer to the man she calls "Kep-dun," and the two forge a bond that makes the difference between life and death in a treacherous land. Jiles tells the reader how children, like Johanna, suffer from a post-traumatic stress disorder and always seemed to want to return to the Indians who had kidnapped them. There is suspense throughout the book about

what will happen to Johanna and the captain when they reach their destination. Not only is the book about how the two main characters learn to trust each other, it's about a time long ago when the news was a rare commodity and an expert reader like Capt. Kidd could entertain

and inform eager crowds as to what is happening in the wider world.

Unfolding in gorgeous prose, *News of the World* is a vigorous book that captures a beautiful and hostile land, and a masterful exploration of the boundaries of family, responsibility, honor and trust.✪

## Programs At The Sanibel Library



The Summer Reading Program starts June 3

photo courtesy Sanibel Public Library

**T**he Sanibel Public Library's upcoming programs can be found on the library's website calendar at [www.sanilib.org](http://www.sanilib.org). There are many gently used DVDs, audiobooks, magazines and books for sale in the library's Book Sale Room at marked-down prices.

Readers are encouraged to read,

then come in to the library to talk about *The Japanese Lover* by Isabel Allende, the focus of the Wednesday, May 24 book discussion. The meeting begins at 2 p.m. On June 28, the group will review *The Nightingale* by Kristin Hannah. The books featured for the discussions are offered in print,

continued on page 30



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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.

selected by Tanya Hochschild

**L**ord Beaverbrook appealed to the women of Britain during WWII to submit any articles made wholly or

in part of aluminium, which he said he would turn into Spitfires, Hurricanes, Blenheims and Wellingtons. The response was overwhelming. Across the land, families cleared out their kitchens. A Staffordshire housewife, Elsie Cawser, penned this poem:

### The Salvage Song

by Elsie Cawser

My saucepans have all been surrendered,

The teapot is gone from the hob,  
The colander's leaving the cabbage  
For a very much different job.

So now, when I hear on the wireless  
Of Hurricanes showing their wettle,  
I see in a vision before me,  
A Dornier being chased by my kettle.

**PIZZA. BEACH. SLEEP. REPEAT...!**



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# School Smart



by Shelley M. Gregg, NCSP

**D**ear Readers, Here is the third and last column on resiliency. Now that we have a basic foundation in this topic, let's discuss the characteristics of

children who are resilient. Who are these kids and what do they do differently? Here is what the research from the Resilient Schools Program says.

**Social Competence**

Resilient children tend to be responsive, have good social skills, are capable of initiating and sustaining close relationships with adults and peers, and are able to show appropriate empathy. They have good communication and conflict resolution skills, and an appropriate sense of humor. The basic elements of social competence include:

- Basic interaction skills (e.g. smiling, making eye contact, listening)
- Entry/approach skills (how to approach an individual socially or join a group)
- Maintenance skills (e.g. how to share, take turns, follow rules, co-operate, etc.)
- Friendship skills (e.g. involve others in decision-making, be inclusive, etc.)
- Conflict resolution

- Empathy
- Communication of needs and ideas
- Sense of humor
- Assertiveness (how to say no and stand up for oneself, etc.)

**Problem-solving Skills**

The ability for effective problem solving is essential for resiliency. The resilient child is generally able to think creatively, flexibly and skillfully in dealing with problems. They are able to ask adults for help when needed. Starting at about age 11 to 12, when children begin to think abstractly, is a good time to teach them a general problem-solving model, although with guidance, younger children can be taught the initial problem identification. Here is a basic problem-solving model:

- Identify the problem
- Brainstorm solutions
- Evaluate potential solutions, choose the best solution and put it into action.
- Evaluate the outcome. If it does not solve the problem, repeat the process.

**Autonomy**

A degree of autonomy is essential for the development of good problem-solving skills. If children do not have a sense of their own independence, they will continually rely on adults around them to solve their problems, and they will not develop their own problem-solving skills. Parents can promote children's autonomy by:

- Encouraging them to take on age-appropriate responsibilities at home such as caring for a pet.
- Assisting them to think of their own solutions to problems rather than

stepping in and solving the problem for them.

- Teaching children that it is OK to make mistakes and fail.
- Encouraging them to make their own choices when appropriate rather than choosing for them.

**Optimism**

In regard to resiliency, optimism refers to a sense of a positive future, a tendency to find positive meaning in experiences, and a belief in one's ability to impact positively on one's environment. Some children tend to be naturally optimistic and persistent in the face of obstacles. Others are more sensitive to setbacks and inclined to taking things poorly. However, optimism is a learnable skill. Children can learn optimism by observing people around them, such as parents, or by learning how to be optimistic as a skill

that can be taught to them. Clearly as parents there is much that you can do to help your children become resilient. Teaching and modeling for them good social and problem solving skills, encouraging autonomy and demonstrating an optimistic outlook will go a long way in developing resiliency in your children.

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

From page 28

## Sanibel Library

audiobook as well as in downloadable format.

At 10 a.m. on Saturday, June 3, the library will be having the annual Summer Reading Kick-Off Party. Youngsters up to 18 years old may sign up. There will be games, crafts and snacks for everyone. By signing up for the Summer Reading Program, kids will receive a special gift (quantities are limited). Youth Services Librarian Deanna Evans said, "As in years past, kids can earn books for their home library and for children at Golisano Children's Hospital."

This year, there are two ways to sign up to log reading time and activities. You can track your reading on paper or online. Families can register now via Beanstack on the children's page at sanlib.org. Beanstack not only keeps track of what you've read, it also makes book recommendations based on your interests.

The Summer Reading program runs from June 3 to July 29, with special events held on Tuesday afternoons.

The public is invited to attend these library programs. There is no additional cost to participate. For more information about the Sanibel Public Library, call 472-2483 or visit www.sanlib.org.\*

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## High School Graduates

Please email the following information to **press@islandsunnews.com** so we can include you in our graduation pages, coming soon:

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

**Any questions, call 395-1213**





### **Spanish Cay #D-1**

Easy-living easy-access ground-level 2 bedroom 2 bath overlooking Sanibel River & with beach access across street (between Gulfside Place & Chelsea Place). Tiled & glassed lanai with separate utility room (full-sized washer & dryer). Each bedroom has walk-in closet. ~1200 sq. ft. of living space. Community pool. Mostly residents, but 2-week minimum rentals allowed. \$369,000 furnished



### **Loggerhead Cay #264**

Top-floor income-producing 2 bedroom with remodeled kitchen. Fully equipped to maximize rental income. Consistently grossing \$50K to \$60K annually. Tropical view over courtyard to gulf. Loggerhead Cay has one of the largest condo pools on island, plus tennis, shuffleboard, bbq area, & clubhouse. Future rental bookings convey with sale. Easy conversion to new owner. \$598,300 furnished



### **Pointe Santo #C34**

With view many consider best in complex, this delightful 1 bedroom is on the 3rd floor looking over this lagoon straight to beach & gulf. View above from screened balcony. Master suite has view too. The island within Pointe Santo's lagoon holds their clubhouse with roof-top sundeck, beachside pool, & hot tub. Community also has tennis & bbq areas. Weekly rentals with income ~\$45K/yr. \$599,000



### **Cottage Colony West #119**

Condo within Casa Ybel Resort with access to all amenities & managed through their on-site nightly rental program, this beach-front unit is an investor's delight. Guaranteed-income program. Grosses as much as \$100K/year. Beautifully updated with granite counter-tops, stainless steel appliances, white cottage-style cabinetry. This view from the screened balcony which has private stairs to lawn. \$674,000



### **Sand Pointe #122**

Only a handful of West Gulf Dr condominium complexes allow weekly rentals. This is one of them. Renovated 2 bedroom 2 bath on 2nd floor with this view & remodeled baths & open kitchen. Used for many years as a seasonal rental with excellent future bookings too. Complex balconies were restored last year. This one now has new tile & screening. \$724,000 furnished



### **9441 Peaceful Dr**

Backing to acres of preserved land, this extra wide residential parcel in Gumbo Limbo is ~170' x 155'. Along back circle of community, with room to build a year-round or vacation home, with or without a pool. Neighboring properties occupied by full-time residents, working families, retirees, & a handful of rentals (monthly minimum on Sanibel homes). \$274,000



### **625 Lake Murex Cir**

Near beach & with view down length of Lake Murex, easy-care easy-access solidly-built home. Ready to continue as year-round residence or be 2nd home/vacation retreat. Ground-level split-plan concrete-block-stucco home with long-lasting tile roof. Lake-side screened pool, separate laundry room & pool bath. Enjoy "as is" or remodel & expand. Lots of options here. \$699,000



### **239 Daniel Dr**

With large backyard joining conservation land & near by community amenities, (pool, clubhouse, tennis, & private beach access), this oversized 3 bedroom with den/office is vacation-ready. Professionally-decorated & remodeled, not a detail spared. Lower level storeroom, exercise room, outdoor shower, canoe/kayak rack, & parking for several vehicles. \$1,069,000

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Members of the Community Housing & Resources board gathered at the Center 4 Life last week to conduct the organization's annual meeting  
photos by Jeff Lysiak

## Achievements Lauded At CHR Meeting

by Jeff Lysiak

On May 10, staff, residents, volunteers and supporters of Sanibel's Community Housing & Resources (CHR) gathered at the Center 4 Life to conduct the organization's annual meeting.

Founded in 1979, CHR's affordable housing program was the first of its kind in the state of Florida. Qualified tenants pay 30 percent of their gross income. According to newly appointed CHR Executive Director Melissa Rice, the average rent paid by CHR residents last year was \$691 per month (compared to a Sanibel average of more than \$2,000 monthly).

During the brief meeting, Rice and board president Richard Johnson detailed some of CHR's accomplishments over the past year. During fiscal year 2016, 40 households applied for the program and 15 residential units were moved into. CHR's occupancy rate was 94 percent, Rice stated, noting that five units are currently undergoing rehabilitation.

Johnson later added that during 2016, a total of 135 residents lived in CHR's rental properties while 34 people lived in CHR's 14 affordable home ownership properties. Residents include 57 children, 26 senior citizens, 10 people with disabilities and 76 "hard working employees."

"I can't tell you how proud I am of this organization, what we've done over the past 12 months and all the good being done in this community," said Johnson. "I owe a big thank you for all of my board of directors... it's a great group to have."

Rice also shared financial details of CHR's income and expenses, noting that they're "in the black... we're running a found financial organization."

During the meeting, two new board members – Jerry Edelman and Doreen Ruane – were unanimously elected. Four additional board members – Dr. Phil Marks, Dorothy Donaldson, Dr. Steve Brown and Norm Essey – were unanimously re-elected.

Other highlights of the meeting included an update of CHR's properties.



CHR Executive Director Melissa Rice addressing the crowd

Of note:

- 74 rental units are located in 11 different campuses (15 studios, 52 two-bedrooms and seven three-bedrooms)
- 14 affordable home ownership units can be found in three locations (two one-bedrooms, six two-bedrooms and six three-bedrooms)

Regarding buildings and grounds projects, new cabinets, sinks, countertops, etc. were installed in all units at Wooster Lane, new roofs were added on four units at Airport Way, and new decking and stairs were added at Whitehall Road and Beach Road.

"Five units at CHR's Riverview development are currently undergoing complete rehabilitation," said Rice. "Thanks to grant funding, a unique partnership with Lowe's Home Improvement, and money raised through our 2016 Mardi Gras fundraiser, the renovations are well under way."

Johnson also took time during the meeting to honor Ray Pavelka, the longest serving CHR board member (33 years) who passed away in August 2016.

"He was hugely instrumental in shaping Sanibel's Below Market Rate Housing program and helped to develop the program's model that CHR still operates under today," said Johnson. "His persuasion and hard work led to the City of Sanibel hiring CHR as the city's housing foundation and has allowed us to fulfill our mission for nearly 40 years now."

Johnson added that Pavelka "will forever be remembered as a treasured friend."

For more information about the organization, visit [www.SanibeCHR.org](http://www.SanibeCHR.org).



## Superior Interiors

Color Continuity  
A Must

by Barb Cacchione

Many decorators recommend color continuity throughout a house. However, this doesn't mean using the same color scheme in every room – how boring would that be. It does, however, mean a smooth color transition from one room to the next.

One connecting color will serve to accomplish this. It could be a soft sage green shade, or robin's egg blue, or buttercup yellow – any color actually. The key is to use your connecting color in varying degrees of intensity from room to room. Sometimes your main color in one room would then be better used as an accent color in an adjoining room. It might be carpeting in one room, walls in another, an occasional chair in a third and an element in the drapery fabric in a fourth.

It's also extremely important to add

one unexpected fun, splash color into your basic color scheme. Did you know that when we walk into any room, our eyes crave visual movement? And by adding a splash color – something unexpected into your overall color scheme, you instantly add visual interest into your design plan.

Think about a basic color scheme of buttercup yellow, sage greens and warm winter whites. Most would find this a calming color palette and can easily visualize carrying varying degrees of intensity of these colors from room to room. But just think about the awesome impact a splash color could add. How about introducing a warm coral shade into this color scheme. By cleverly using this color in accent or accessory pieces, and then moving these colored accents strategically around your room, you've immediately created a much more pleasing design plan, full of impact and visual interest.

And if you love to rearrange your furniture – just think of the possibilities color continuity from room to room affords. All your furniture pieces, as well as your accessories, can be easily interchangeable color-wise room to room.

Barb Cacchione is an interior designer on Sanibel/Captiva Islands. She can be reached at [barb@coinciden.com](mailto:barb@coinciden.com).

## Zontians Help Renovate Homes



Zonta members on site at one of the Habitat for Humanity homes

photo provided

Zonta members turned out in force on May 2 for Habitat for Humanity's Women Build in Lee County, working on the renovation of a home in Harlem Heights, assigned for a single-mom family. Another group performed the same task two days later

on a home in Cape Coral. The homes, along with another in North Fort Myers, were scheduled to be dedicated and handed over to their new owners on May 13, just in time for Mother's Day.

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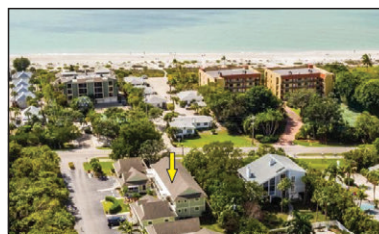
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### Pointe Santo C36



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### Loggerhead Cay # 463



East End Opportunity... 2 BR/ 2 BA in this popular gulf front complex... pet friendly, amenities and on site Mgmt.  
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### 3728 West Gulf Dr.



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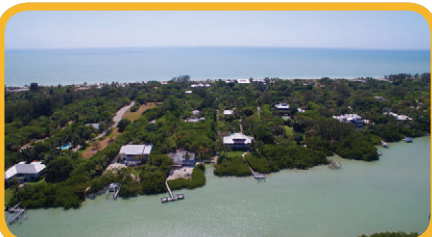
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# Rotary Happenings

submitted by Shirley Jewell

Philanthropy: The desire to promote the welfare of others, expressed especially by the generous donation of money to good causes.

The Rotary of Sanibel-Captiva Trust Foundation certainly can identify itself as a philanthropic funding entity. Each year, our Rotary Club Trust supports financial grants to numerous non-profits and organizations on the Islands and beyond.



Steve Greenstein photo provided

We also recognize the valued presence on the islands of the Charitable Foundation of the Islands (CFI) and its mission to serve Sanibel and Captiva.

Last Friday morning, Steve Greenstein, executive vice president, wealth services advisor at The Sanibel Captiva Trust Company and committee member of the capacity grants with CFI, spoke at Rotary about the foundation's mission, its history and the simplicity of joining fellow philanthropic-minded individuals, families and businesses in strengthening the quality of life for those who live or work on Sanibel and Captiva. They focus on areas including providing basic human needs – food, housing, healthcare and mental health – along with arts, education, the environment and emergency funds.

Back in the year 2000, the late Francis Bailey, an active community member serving as Sanibel's mayor and member of many island nonprofits, along with 11 other community leaders, founded a branch of the Southwest Florida Community Foundation under the name Sanibel-Captiva Community Foundation – Bailey Society, with member driven funds. In 2011, under the leadership of Al Hanser, the Bailey Society was restructured as an independent 501(c)3 non-profit organization becoming CFI.

No longer a membership-supported organization, CFI funds for grants are now generated by the annual Sanctuary Golf Challenge and with careful stewardship of CFI permanently endowed donor advised funds.

Most islanders know about the CFI Sanctuary Golf Challenge. Last year, that event alone raised \$140,000. However, many of us have been unaware of the what and whys of CFI's endowed donor advised funds setup for personal, family or business philanthropy.

Anyone can be part of CFI giving; you really don't have to be in the so-called "wealthy" category. A charitable account in your name can be established for anywhere from \$5,000 to whatever managed by CFI, but where you recommend the beneficiary of your giving. Donors may involve family members in grant-making decisions, promoting the spirit of philanthropy in future generations. Successor advisors may be named to continue the tradition of giving in perpetuity.

Another important aspect of these CFI donor advised funds is that they operate in the manner of a private foundation, but without initial or ongoing administrative expenses and without the tax-reporting requirements. There are no setup charges, and you are not tied to any single charitable organization or future giving pattern.

"Since the year 2000, the Bailey Society and Charitable Foundation of the Islands has distributed over \$3 million in financial grants and scholarships," said Greenstein. "Names of some of the benefactors of these funds are Community Housing and Resources (CHR), FISH of SanCap, City of Sanibel Scholarships, Sanibel Swims, Sanibel Community Association, BIG ARTS, CROW, "Ding" Darling, Bailey-Matthews National Shell Museum, Sanibel Historical Village, etc. Both CHR and FISH help distribute funds according to their knowledge of need in our community and have received the larger grant funding to-date."

Two years ago, CFI established a new capacity grants initiative, which ensures the sustainability of non-profits on the islands assisting them in expanding their fund-raising and strategic planning capabilities. CFI's capacity grant awards are a unique undertaking designed to help Sanibel and Captiva nonprofits increase their organizational capacity and, thus, their sustainability. The grants enable organizations to hire consultants, implement new technology or improve existing technology, and equip their boards and staff with skills that further the organizations' missions.

If you need information regarding CFI, contact them directly through [www.CharitableFoundationoftheIslands.org](http://www.CharitableFoundationoftheIslands.org).

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

Celebrate the 27<sup>th</sup> Annual Independence Day Parade  
Tuesday, July 4, 2017 9:30 a.m.  
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Entry Fee: Commercial \$30.00 Non-Commercial \$15.00  
Each Entry Fee is for a Maximum of 3 Vehicles

Please Make Checks Payable to: 4<sup>th</sup> of July Parade Account  
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Additional Information??? Contact Trish Phillips at 239-246-2981

Mandatory Parade Participant Meeting on Friday, June 30, at Bank of the Islands  
(10:00 am or 5:00 pm)



Make Sure to Pick Up Your 2017 Parade T-Shirts at Bank of the Islands



### 2017 Parade Categories

- |                          |                                  |                     |
|--------------------------|----------------------------------|---------------------|
| Best Float – Commercial  | Best Float - Not-for-profit      | Best Float - Family |
| Best Float - Small Entry | Best Salute to the U.S. Military | Most Patriotic      |
| Best Nature Theme        | Best Original Design             | Best Music          |

Entries must be returned (with payment) BEFORE Monday, June 26, 2017

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

### Parade Entry Form

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

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

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

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

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

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

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

Music Music Music Music Music Music Music Music Music Music

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

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

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

Name Email & Phone # of Person Attending Meeting on 6/30: \_\_\_\_\_

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



# Grant Supports Journey Around The World

submitted by Chase Rieg

Traveling the world is a dream on everyone's agenda and being able to do it is an opportunity of a lifetime. Maryssa Pallis, a political science major and very involved student here at Florida Gulf Coast University, was awarded funding to conduct research around the world. Her opportunity to circumnavigate five different countries this summer is supported by the Circumnavigators Foundation Grant.

Besides being a very active student assistant at the FGCU Center for Environmental Sustainability and Education, Pallis is a certified youth advocate at the Naples Shelter for Abused Women and Children.

Pallis plans to journey by herself around the world and has an agenda to visit the countries of Peru, Italy, Greece, Singapore and Malaysia. She will be doing in depth research into topics that relate to global trade policies on regional economies as well as small family farms. Pallis will use this information to examine the main divisions among the stakeholders negotiating the Trans-Atlantic Trade Investment Partnership and Trans-Pacific Partnership.

Traveling alone is no easy task to accomplish but Pallis is excited about the challenge. She said, "I truly enjoyed the invigorating experience of independent research, gained confidence in my ability to navigate these environments and left with a strong urge to continue growth as a scholar."

We are all anxious to see what Pallis learns on her trip and wish her the best of luck and safe travels.

To help out and support Maryssa Pallis as she gains more expert knowledge to bring back to FGCU and the Southwest Florida community, visit her GoFundMe page at [www.gofundme.com/maryssas-research-trip](http://www.gofundme.com/maryssas-research-trip). For more information, call Peter Blaze Corcoran at 590-7166, email [cse@fgcu.edu](mailto:cse@fgcu.edu) or visit [www.fgcu.edu/cse](http://www.fgcu.edu/cse).



Maryssa Pallis photo provided

# New Board Member Appointed

Community Housing and Resources (CHR) officially welcomed Jerry Edelman as its newest board member last week. Edelman has been a long-time supporter of CHR and is pleased to make the transition to board member where he can lend his knowledge and passion for philanthropy to the organization.

A St. Louis native who began vacationing in Sanibel in the 1990s, Edelman says he dreamed of retiring here since that very first drive over the causeway. That dream became a reality and he has been a permanent Sanibel resident since 2004. Shortly after settling in, he became actively involved in a variety of island organizations such as FISH of SanCap, BIG ARTS and the Kiwanis Club. Edelman credits his parents for his love of philanthropy. Growing up, he was taught that even if you don't have money to give, you can always give of your time.

"Our board of directors is excited to have Jerry Edelman join us as we go about the business of providing



Jerry Edelman photo provided

workforce housing in our community," said Richard Johnson, CHR board president. "Jerry has been working with our organization at the committee level and has distinguished himself in that role. With his experience and devotion to our community, he is a natural on our board. This is an exciting time in our organization's history and we welcome him with open arms."\*

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Will Power

# Stability In A VUCA World



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

**D**oesn't the world seem crazier than ever? The only constant is change. The way we work, communicate and recreate is vastly different than even a few years ago. All of this change can seem overwhelming. Making day-to-day choices often feels more complicated, sometimes to the point of paralyzing indecision.

Some have put a name to our times as being more volatile, uncertain, complex and ambiguous (VUCA).

In a VUCA world, how should one react when making legal, tax and financial decisions? Should you just put all your money in a mattress for fear that the next big stock market or real estate bubble will pop? In so doing you'll likely miss out on the growth and income that you'll need to plan for your future.

Should you go ahead and write that will or trust? Every time that you read the newspaper it seems that the tax laws are changing. If you spend a lot of money creating that perfect estate plan will you have to spend another king's ransom the next time Congress changes the law?

Should you wait out the VUCA and act when things become more stable? I'm here to tell you that, during our lifetimes, I doubt it will ever feel any more stable than now. The key is to not become overwhelmed and instead focus on what's stable in your life.

Hopefully you have a stable family situation. You might have a supportive spouse and children. You've worked hard and accumulated savings. Perhaps you're working and enjoy helping others. Friends can provide yet another steady beacon. I'm sure that you can name a host of other fulfilling examples that stabilizing your life in an otherwise VUCA world.

Looking closely, you'll likely find that the VUCA part of your world is that over which you have no control, and largely affects everyone in our society. Most of what's volatile and uncertain often works in our favor, providing us new tools, technology and comforts that were unimaginable only a few years ago. That doesn't mean that you're not forced to constantly adapt, but what's wrong with that? It keeps life interesting.

Taking this attitude it becomes easier to break down the complex and ambiguous into bite-sized morsels. Things are not likely to fall apart as badly as web news sources and the media report. They have to attract eyeballs so news

today tends to sensationalize. While it's fine to be alert and vigilant, there's no benefit to wringing your hands in constant worry. Worry, after all, is nothing more than using your mind to imagine a bad future. Why not instead imagine a bigger, bolder and better future for yourself and your loved ones?

Quickly you realize that inaction is worse than action. Rather than navigating today's complexities alone, you always have the option of building a team of experts around you that can assist in navigating uncertain waters.

Don't wait for the next tax law to be passed before completing your estate plan. God forbid that you don't have an up-to-date plan and something terrible happens to you. Plans can adapt as the laws change, and if you have an estate that currently isn't above \$5.5 million, federal estate taxes aren't going to be a problem anyway. A good estate plan can, however, provide comfort and security for your family.

Most of my client's plans, even those who have larger estates, focus on providing a solid foundation in the event of the client's disability, and to use the hard earned wealth and assets to protect a surviving spouse and provide for children and grandchildren. Even in a VUCA world, these are basic desires that don't change much over time. Fortunately, there are better trusts and methods today to provide for your loved ones as never before.

So embrace the changes. We live in extraordinary times. Our ancestors would be jealous of what many of us consider everyday conveniences. VUCA be damned – go boldly into the future! Life will likely become more enjoyable with such an attitude.

©2017 Craig R. Hersch. Learn more at [www.sbshlaw.com](http://www.sbshlaw.com).✧

## New Catering Sales Manager At Sundial Resort

**A**shley Goldberg has joined the Sundial Beach Resort & Spa sales team to further service its growing wedding and catering sales markets. A seasoned event management executive, Goldberg's experience includes positions with Ritz Carlton Resorts and Treviso Bay Country Club of Naples.

Goldberg joins Sundial as catering sales manager to continue the resort's success as a premier destination for weddings and special events. Voted the Best Event Facilities on Sanibel & Captiva Islands, Sundial added a second catering sales manager position to meet the growing needs of its expanding business. "I'm excited to join the Sundial team and look forward to creating custom events at our award-winning property," Goldberg said.

Brett Lindsay, director of sales and marketing, said, "Ashley's experience



Ashley Goldberg photo provided

and industry knowledge makes her a key addition to the Sundial family. The increasing demand from the wedding and events markets led us to add an additional position to our catering team and Ashley is a great fit with a strong service background and commitment to exceptional guest service."✧

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From left, John Jones, San-Cap Optimist Club board of directors; Nitza Lopez, FISH case manager; Stan Howard, Optimist president; Kathy Y. Monroe, FISH program director; Randy Carson, Optimist vice president; and Richard McCurry, Optimist vice president

photo provided

## Scholarships Help Fund Youth Summer Camp

The FISH Youth Scholarship Program (Summer) provides partial financial assistance for children's summer camp sessions. These scholarships are made available, in part, through partnerships with BIG ARTS, Captiva Island Yacht Club, Sanibel Recreation Center and the Children's Education Center of the Islands, and through the generous donations and grants from private donors, the Sanibel-Captiva Kiwanis Foundation and the Sanibel-Captiva Optimist Club.

"Our goal is to help build economic security for families by giving children the opportunity to experience quality care while their parent works," said Kathy Y. Monroe, MSG, FISH program director. "Summer programs, now more than ever, play a crucial role in the development of school-age children. The structure that these programs provide is invaluable to the family."

Ongoing summer programs include:

- BIG ARTS Summer Program – Monday through Friday, 9 a.m. to 3 p.m., grades K through 12
- Children's Education Center of the Islands Summer Program – Monday through Friday, 7:30 a.m. to 5:30 p.m., grade Pre-K

- Sanibel Recreation Summer Program – Monday through Friday, 8 a.m. to 5 p.m., grades 1 through 8.

Again this year, Captiva Island Yacht Club and its members donated several scholarships to the youth summer sailing camp. This camp introduces youth to the great sport of sailing, beautiful waters and wildlife. Based on need and eligibility, scholarships will be offered to families as determined by FISH social workers Kathy Y. Monroe

and Nitza Lopez.

"We understand that families sometimes face economic challenges and must make difficult choices. Our hope is that no child would be deprived of a summer camp opportunity because of this," said Lopez. "We don't want any child to miss out on this potentially life-changing opportunity because of cost. All of the generous donations and grants have helped us provide scholarship assistance for families with need. Thank you all for your big-heartedness."

Scholarship assistance is evaluated on a case by case basis. The FISH Youth Scholarship Program is intended to help provide island youth some assistance to continue to learn and grow. The FISH Social Services Department determines eligibility for need-based financial assistance through a review of a family's income documentation. Scholarship amounts vary depending upon the length and cost of the program and the family's income level. Available funding is limited and scholarships will cover only a portion of the tuition cost.

To learn more and to see if you qualify, call FISH of SanCap at 472-4775.\*



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# Successful Early Season Start For The Minnesota Twins Surprises The Experts



by Ed Frank

From last to first. From disaster to euphoria. From misery to sudden hope. How else can we describe the sudden reversal of fortunes for the 2017 Minnesota Twins?

When this team departed here about six weeks ago, nearly every so-called baseball expert predicted another dismal season for the Twins – the team that ended last season with the worst record in all of baseball with a 59-103 (.364) mark.

But if you picked up your newspaper at the start of this week, you might have been startled to read that the Twins were riding atop the tough American League Central Division after winning two of three games last weekend from the defending American League Champion Cleveland Indians.

We hate to jinx the Twins as the season has not yet reached the first quarter mark. However, the team began this week at 19-15 (.559), nearly 200 percentage points higher than they finished last season.

Many still question whether the team is for real. An answer may come this week as they face the Colorado Rockies in a three-game interleague battle. Colorado came into Target Field in first place in the National League West Division at 24-15 (.615)

Sure, the season is still very young. However, the youngsters that the Twins have counted on for several years – Miquel Sano, Max Kepler, and Byron Buxton – are now playing and producing at a strong Major League level. Sano is among the league leaders in home runs and runs scored. All came up through the Minor Leagues and have played here for the Fort Myers Miracle.

Another top prospect, right-hander Jose Berrios, was recalled last week from Triple A Rochester and responded by allowing just two hits over 7 2/3 innings in a 4-1 win over Cleveland. The 22-year-old was a first-round draft pick of the Twins in 2012.

A major key to Minnesota's early-season success is the pitching of Ervin Santana who began the week with a 6-1 record and a sparkling 1.50 ERA, third best in the league. Should the Twins remain in playoff contention near the July 31 trade deadline, the question looms whether new front office management officials would consider trading Santana with just one year remaining on his contract.

Each week, Major League Baseball publishes team power ratings. This week the Twins moved up six places to Number 10.

If you recall when Spring Training ended here, our other local team, the Boston Red Sox, was among the favorites to reach the World Series at 12-1. The Twins were 100-1. The Red Sox were still power ranked at Number 9 in this week's rankings having slipped four notches from the week prior. At barely over .500 at 19-18, Boston began the week in third place in the AL East, four games behind the New York Yankees.

Minnesota in first place, Boston in third. Few would have thought it at season's start.

## Miracle In Midst Of Seven-Game Homestand

The Fort Myers Miracle baseball team began a seven-game home stand Monday with a 7-3 victory over Clearwater.

Following this four-game series with Clearwater, first-place Bradenton is here for three games beginning tonight, Friday at 6:35 p.m. First pitch Saturday is 6:05 p.m. with a Sunday matinee at 4:05 p.m.

The Miracle began the week with a season record of 18-20, 6-1/2 games behind Bradenton in the Florida State League South Division.\*



Dave Horton, designer of the 10K Race 4 FISH logo, third from right, with race committee members, from left, John Pryor, Ed Ridlehoover, Nancy Bender, Diane Cortese and Pete Bender photo provided

## Horton Creator Reveals Logo For 10K Race 4 FISH

Dave Horton, creator of Hortoons, revealed the 9th annual 10K Race 4 FISH logo depicting his loveable animal characters in the theme of *The Tortoise and the Hare*. Horton has created the previous seven race logos.

"The idea was inspired by Maggie Goldsmith, who helps out at FISH," said Horton. "She suggested I try something with the tortoise and hare fable, so I drew three turtles in the lead, passing a rabbit, and an alligator coming up from the rear. The turtles are aware that the alligator is behind them and are sprinting. But, the rabbit hasn't noticed the alligator yet and is shocked the turtles are beating him."

The next scene, if there were one, would be the rabbit gone, the turtles across the finish line panting, and the alligator sitting on the side of the road with a fat stomach, Horton said.

"We enjoy the logos Dave creates," said FISH 10K Race Committee Co-chair Nancy Bender. "His artistic

talent and sense of humor are undeniable. We are grateful for his contribution."

Horton has been cartooning since he was child growing up in Illinois. His father, who worked for the government, would bring home scores of unwanted paper and Horton would draw on all of it. He was awarded Best College Comic Strip from Illinois State University and went on to be an artist and writer for Hallmark Cards.

Hortoons has become a popular comic in which Horton gives wildlife human characteristics in humorous settings. "I'm obsessed with alligators, raccoons, turtles and birds, and other wildlife," said Horton. "Giving them human characteristics sometimes makes funny conflicts with people."

The Hortoon-style race logo will appear on the front of T-shirts worn by runners, race posters, as well as announcements published for qualifying race sponsors.

The 10K Race 4 FISH is set for Saturday, October 21 and the start-finish line will return to The Community House. A variety of race sponsorships are available. Contact Pete or Nancy Bender at [benderlaw@juno.com](mailto:benderlaw@juno.com) or call 472-5220.\*

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## SPORTS QUIZ

1. Against which team did Babe Ruth hit his first home run as a member of the New York Yankees in 1920?
2. Which starting pitcher had the most combined regular-season victories for the Cincinnati Reds in 1975-76, when the team won the World Series each year?
3. In the 2016 season, the seniors on Alabama's football team set a FBS record for most wins in a four-year span (51). Who had held the mark?
4. Who holds the Los Angeles Clippers' franchise record for most career steals?
5. The Philadelphia Flyers of 1979-80 hold the NHL record for longest unbeaten streak. How many of those 35 games were wins, and how many were ties?
6. Name the first Major League Soccer player to score in five consecutive matches during the same postseason.
7. Heavyweight boxing champion Larry Holmes started his pro career 48-0, then lost three consecutive bouts. To whom did he lose?

## ANSWERS

1. Ruth hit a home run against Boston. 2. Gary Nolan won 15 games each year, for a team-leading total of 30. 3. Boise State with its 2011 senior class, and Ohio State with its 2015 season class. 4. Randy Smith, with 1,072. 5. The Flyers had 25 wins and 10 ties during that streak. 6. Toronto's Jozy Altidore, in 2016. 7. Michael Spinks (in 1985 and 1986) and Mike Tyson (in 1988).

## Adult Basketball Summer League

Join your friends and neighbors in the Sanibel Adult 3 On 3 Basketball League, sponsored by Whitney's Bait & Tackle. Games will be played at the Sanibel Recreation Center on Thursday nights. League games will start on June 1, with a season ending tournament held on July 27. All games will be officiated.

The last day for team registration is

Friday, May 26. Each team can have a maximum of five players on their roster with all team jerseys provided by Whitney's Bait & Tackle. Trophies will be awarded to the top tournament teams. The fee is \$175 per member team and \$220 per non-member team. Players must be 18 years or older to participate.

For more information or if you are looking for a team, contact Char Durand at the Sanibel Recreation Center at 472-0345 or visit [www.mysanibel.com](http://www.mysanibel.com).

## ISLAND SUN BUSINESS NEWSMAKERS



David Schuldenfrei



Kit and Lynda Traverso

## Top Producers



Radigan Team



Andre Arensman



Robin Humphrey and Martha Smith



McMurray &amp; Nette Team



Cathy Rosario

## Top Agents

The top agents and sales teams at VIP Realty Group for the month of April were: David Schuldenfrei, top sales agent; Kit and Lynda Traverso, top listing agents; and Robin Humphrey and Martha Smith, top producers.

The top listing producers team for April at the Royal Shell Real Estate Sanibel/Captiva office was The Radigan Team. The top listing producer, individual, was Andre Arensman. The top sales producers team was the McMurray & Nette Team. The top sales producer, individual, was Cathy Rosario.

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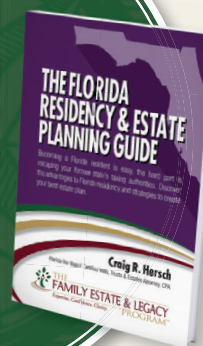
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# Highlights Of The 11th Annual Blue Ribbon Classic Golf Tournament



Members of the Sanibel School Fund's Blue Ribbon Classic Golf Tournament Committee, from left, Rob Lisenbee, Veronica Powers, Carolyn Tongyai, Jason and Barbara Maughan, Kim and Ken Kouril, standing next to the hole-in-one prize at The Sanctuary's fourth hole

photos by Jeff Lysiak



Colleen Seeger watching Brian Cunningham line up his putt on the 18th green



Sanibel School Fund President Christian Fautz



Seventh grader Elaina Suslick singing the National Anthem



From left, Max Vaughan, Jeanne Vaughan, Carolyn Tongyai, Barbara Maughan, Rob Lisenbee and Tia Farhat



Libby Payne and Edna Dykhuizen



From left, Brooks Selby, Kyce Szymanczyk, Mark Padgett and Per Von Wowern





Participants and Sanibel School supporters standing at attention during the singing of the National Anthem



From left, Geoff Doster, Bill Lejeune, Tim Drobnyk and Dave Dolly



Team Doc Ford's, from left, Justin Harris, Colleen Seeger, Brian Cunningham and Dan Howes



Brian Cunningham and Justin Harris watching Dan Howes line up his putt



Dave Dolly hitting the second shot from the 16th green

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# Understanding Languages



by Kay Casperson

There are many different languages spoken around me daily including English, Spanish, Swedish, German and more. It is quite fascinating that we are all living in

the same community, working together and understanding each other even though we don't all speak the same language. You see, there are ways to understand what someone is speaking or communicating to you if you really make an effort, even if you are not familiar with that language.

After many years of marriage counseling, Dr. Gary Chapman concluded that there are five ways that people speak and understand emotional love. This breakdown of five different love languages we speak to our partners helps us understand and communicate what we really want and expect from each other. I recommend his book if you have not already read it and I really believe that this can help people that are constantly hitting roadblocks in communicating with each other and expressing love to one another. Once you read it, you will know whether you are someone who feels love better through words of affirmation, quality time, receiving gifts, acts of service or physical touch. Understanding what your partner's love language is will help you to communicate better so that ultimately you will both be happier and more fulfilled.

The Languages of Appreciation is another book and exercise to help

businesses understand and appreciate their staff and employees better. We had our staff members take a survey and found out how to better demonstrate appreciation for each and every one of them. This not only makes people feel good but also inspires them to stay focused and strive to do better everyday. The languages can be posted in a break room so that all staff can see each other's language in order to know what makes that person happier and motivated.

How about body language? The way you walk and talk, or the way you sit or shake hands with someone. What do these things say about who you are, your personality or your culture? Our body gestures, facial expressions, eye contact, posture or the even the distance we keep from one another speak about who we are in some way. Being able to read and understand someone's body language helps us ultimately become better communicators.

Regardless of where we live or have lived, we all speak different languages in some way and making an effort to understand each other and to appreciate the different ways we communicate will ultimately lead to having a more balanced and beautiful life.

My affirmation for you this week is:

"I will strive to find better ways to understand and communicate with those around me knowing that the language they speak may be different from my own."

Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva Islands and in Disney. Casperson has lived on Sanibel and Captiva Islands for many years with her husband and two daughters and enjoys her beautifulife everyday. For more information, visit [www.kaycasperson.com](http://www.kaycasperson.com) or follow her on social media @kaycasperson.✱

Life Insurance

# Applying For Life Insurance



J. Brendan Ryan, CLU, ChFC, MSFS

From time to time, I like to review the steps that are involved in applying for life insurance from an agent. Here is my method; other agents will have

some variations from these steps.

Using an agent is your best bet. You save no money by obtaining a policy over the phone or through the Internet – for a given policy premiums are all the same regardless of the provider. Phone representatives are like a black box. You have no idea how experienced or knowledgeable he or she is. Of course, they got and keep the job because they sound good and make a good presentation. But you never know. And little help is available online.

Better to find an agent locally who will sit down with you and advise you properly. Find such an agent who comes upon high recommendation from people you trust. Surveys show that most people prefer to deal with an agent.

When a person calls me about life insurance, we discuss what he or she wants and why. After I get a feel for that, I get information about the person, especially major events in the health history and current condition. If they are probably able to qualify for coverage, I turn the information over to my back office, which shops the costs and benefits of various companies, consults with me, and creates a proposal for the client.

Then I sit down with the client, present the proposal, and discuss the various alternatives. Bear in mind

that the proposal is based on our best guess of how the insurer will respond to an application. A firm offer from the insurer will depend on the insurer's assessment of medical records obtained from the client's attending physicians.

If the client wants to pursue it further, we fill out an application, including the signing of an authorization to the physicians to release information to the insurer. No commitment is implied by completing the application. Rather, the client is simply asking the insurer to make a firm offer. The process can be stopped by the client at any time.

Soon a medical examiner visits the client for about a half hour and assesses – at the insurer's expense – the current medical condition of the client. The result of that exam is reviewed by the insurer together with the information obtained from the attending physicians, plus financial information and driving record. The "underwriters," who weigh all this information in the balance, decide whether the client qualifies for life insurance and, if so, at what price. The process can take as long as three months, depending upon how quickly the attending physicians get the medical records to the insurer.

If the client wants the coverage and insurer decides to issue the policy, it is sent to me. I sit down with the client again and review it, at which time the client accepts it or rejects it. If it is accepted, I collect the check, obtain required signatures, and the coverage is in place at that time.

If the policy is more expensive than originally offered, this is usually because of some medical condition that the insurer found during the review process. The extra charge may automatically come off in the future after a given number of years, or the client can request a review in the future, after which the charge may be removed if the condition has improved.

J. Brendan Ryan is a Cincinnati insurance agent. He can be reached at [jbryanclu@aol.com](mailto:jbryanclu@aol.com).✱

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dearRPharmacist

## Not To Freak You Out, But We're Kind Of Dirty



by Suzy Cohen, RPh

**D**ear Readers: Most of us don't allow our home to get filthy and disgusting. We clean it up from time to time, right? We throw out trash, do dishes, dust and vacuum. So how come some people

let toxins build up and get nasty inside the body?

We have so many antioxidants and natural chelating supplements that 'vacuum and dust' our bodies. Sweating is actually the easiest and fastest way to clear toxins, plus, by moving lymph,

you're filtering out the sticky poisons.

If you think you're 'clean' don't be so quick to dismiss me because if you eat and drink (by drink, I mean anything including water, but you can certainly insert soda, alcohol or coffee), you should continue reading. Many of the things we naively ingest sticks to our colon and spawns free radicals, raising risk of stomach and colon cancer (all cancers for that matter) as well as heart disease.

Our planet is a mess. Google Kamilo Beach in Hawaii to see. Chemicals and pesticides routinely flow through our bodies. Babies are born with over 200 chemicals according to umbilical cord studies! Then some idiot panel decided that newborns should get 'stuck' with about 36 immunizations comprised of more chemicals, metals or half-dead viruses within weeks of their first breath. Since their liver isn't even completely operational, multiple shots with different chemicals could stockpile or collide. My point is cellular garbage accumulates.

One tuna fish sandwich contains

so much mercury, nutritional guidelines recommend limiting tuna. It's in the water, and injected into some amalgams. We can't get away from toxins, so I recommend becoming proactive before disabilities set in, before we've had an opportunity to skydive, visit Paris, or ride in a hot air balloon.

The brain is made of fat so that's where toxins accumulate causing neurological symptoms of an unexplained nature, what your doctor calls "idiopathic." Vague symptoms of toxic overload include fatigue, diarrhea, brain fog, anxiety, insomnia, obesity, DNA damage (cancer), menstrual irregularities and blood sugar problems. I've written a longer version of this article, now posted at my website if you're interested in more 'red alert' symptoms as well as more solutions.

Today, let's all unite and do some exercise (do anything!) and eat some organic fruit, cook up veggies tonight and skip the soda. That last one is not only fattening, but expensive. Soda makes me burp, is that TMI?

As for natural 'chelating' detoxification supplements, one of many to consider is chlorella. This tiny microalgae acts like a wet sponge and soaks up dirt stuck inside your gut. Some theorize it can bind to heavy metals, medications, pesticides and plasticizers that might be hiding inside the folds of your intestines. Chlorella is an awesome superfood, getting its green color from the chlorophyll (which tints leaves green). You can buy chlorella supplements or (superfood green powdered drink mixes that contain chlorella) at any health food store or online store. Since it's a breath freshener, you might notice that it improves your kissability. Start with the lowest dose possible because a big dose could trigger a detoxification response, especially if you have been exposed to a moldy house in the past.

*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-Fisher

**Q:** My friend is in the health care industry and I feel that she is suffering from caregiver burnout. She is negative now and seems to have changed. How can I help her?

**A:** Your friend may be suffering from this very real issue that exists with many individuals. Caregiver burnout is defined as "a state of physical, emotional and mental exhaustion that may be accompanied by a change in attitude from positive and caring to negative and unconcerned. Burnout can occur when caregivers don't get the help they need, or if they try to do more than they are able, either physically or financially."

Here are some indicators of too much caring: Physical and emotional exhaustion that rest doesn't alleviate; isolation from family and friends; excessive anger and frustration; memory loss and confusion; stress-related illness; extreme worry about the future; uncharacteristic sadness or symptoms of depression; denying your own needs; feeling like a martyr; emotional numbness or a roller coaster ride of feelings; exacerbation of one's own mental health symptoms; sense of hopelessness that anything will improve; turning to substances or increase in use of them in order to cope; ignoring one's hygiene; lack of interest in formerly enjoyable activities and hobbies; denial that there is a problem with an "I can handle it" mindset; difficulty relinquishing control with an accompanying belief that you need to do it all yourself or that you are the only one capable of taking

on the tasks; thoughts of self-harm or hurting the one for whom you are caring; unhealthy nutritional habits, binge or emotional eating; absenteeism from work; challenges in interpersonal relationships; decrease in intimacy with a partner.

You may want to share this list with your friend and offer the following suggestions: Recognize your human limits, which are not weaknesses; ask for help for yourself and the other person; set boundaries in all relationships, not only with the one calling for care; express your feelings in an honest and diplomatic way, rather than repressing and reacting; take a break from immediate tasks; spend time with nurturing people and engage in replenishing activities; write a list of resentments and then tear them up; speak with a trusted family member or friend; engage in physical activity to blow off steam; nap when needed; eat healthfully; immerse yourself in nature; take a warm, relaxing bath; spend time with animals – they are incredible healers; know that you can be empathetic without "taking on" someone else's physical or emotional pain; ask the person to do for themselves what they are capable of doing; allow for natural consequences of behaviors rather than literally or figuratively bailing them out; break things down into manageable tasks; ask yourself your motivation for helping. Is it choice or obligation?; if you have a spiritual practice, turn to it for comfort and revitalization; work with a competent therapist if needed; attend support group meetings.

If your friend can start with some of the above, she will begin to focus more on herself and start to shift in her work setting.

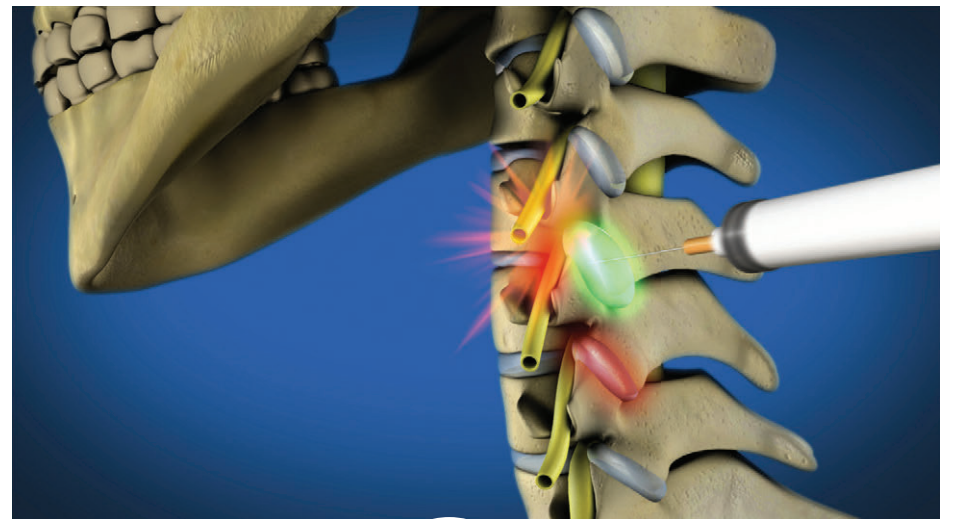
Constance Clancy-Fisher, EdD is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at [constanceclancyfisher@gmail.com](mailto:constanceclancyfisher@gmail.com). ✨

## Alzheimer's Program

The Alvin A. Dubin Alzheimer's Resource Center will be conducting the Savvy Caregiver Program for Family Caregivers. There is no charge for the weekly sessions which will be held at the center from 2 to 4 p.m. on the following dates: Thursday, May 25;

Wednesday, May 31; Wednesday, June 7; Thursday, June 15; Wednesday, May 21; and Wednesday, June 28. Light refreshments will be provided.

Registration is required, and seating is limited. RSVP by Wednesday, May 24 by calling 437-3007. For more information, visit [www.alzheimersswfl.org](http://www.alzheimersswfl.org). The Dubin Alzheimer's Resource Center is located at 12468 Brantley Commons Court in Fort Myers. ✨



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Dr. Salvatore Lacgina photo provided

## Healthy Living Lecture Series

The next in a series of free lessons in the Healthy Living Lecture Series will be held at Lee Memorial Hospital's Auditorium on Tuesday, May 23 from noon to 1 p.m. These interactive and informative lectures are presented by Dr. Sal Lacagnina, system medical director of wellness and employee health. They are designed to cover a variety of health care topics to help improve your physical and mental well-being.

How do you know you are healthy? What is the value of a wellness

examination? Should we all be doing routine health maintenance? Join Dr. Sal for an informative and interactive session to learn the answers to these questions and more.

Seating for this lecture is limited and reservations are requested. Call the Health and Wellness registration line at 424-3234.

The Healthy Living Lecture Series is presented as a program of Healthy Lee, a community resource that was created to empower and inspire the people of Lee County regarding healthy lifestyle choices through education and action.

Visit [www.HealthyLee.com](http://www.HealthyLee.com) for more information.✱✱

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Narconon drug and alcohol rehabilitation centers remind families that Fentanyl overdoses are at an all-time high and affecting all communities nationwide. Fentanyl isn't only in heroin. Learn more about where Fentanyl is being found and get your loved ones help if they are at risk.

Visit [www.narconon-suncoast.org/blog/fentanylits-not-only-in-heroin.html](http://www.narconon-suncoast.org/blog/fentanylits-not-only-in-heroin.html) to learn more about the new sources of Fentanyl, where it's found and what drugs it's being mixed with.

With free addiction screenings, Narconon can help you take steps to overcome addiction in your family. Call 877-841-5509 for free screenings or referrals. ✱

### Doctor and Dietician

## Don't Cover Up Pain



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

If your house was on fire and the smoke detectors were sounding, would it be in your best interest to remove the batteries in the smoke detectors so the alarms stopped blaring? When patients suppress pain with corticosteroid shots, anti-inflammatory and narcotic medications, they are, in essence, not allowing the body to "sound the pain alarms" and have little hope of curing the pain/putting out the fire. For a family to go about their normal business during a fire, just because the alarm is not sounding, would be absolutely deadly. The same is true with suppressing the pain of an injury. Playing tennis or other sports and activities while pain is blocked by anti-inflammatory medications can essentially do the same thing to the

injured joint. Pain protects the body from further harming itself. Anyone who takes anti-inflammatory medications for painful joints runs the risk of increasing the joint damage. In addition, it is harmful to choose to do nothing because these progressive conditions only lead to more destructive joint motion. The majority of chronic joint pain begins with some type of soft tissue injury and joint instability. Bones move out of alignment if the stabilizing structures, like ligaments, have been injured. Treatments that encourage blood flow to the originally injured area are ideal to naturally activate the body's own repair resources. These may include various types of acupuncture, osteopathic or chiropractic techniques, as well as regenerative injection therapies, including prolotherapy with stem cells or platelets (PRP), which stabilizes joints and eliminates pain.

Remember, chronic pain is not due to a corticosteroid or anti-inflammatory drug deficiency. We recommend not removing the batteries when the pain alarm is going off, but rather, take a more active role in finding out how to put the fire out for good.

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



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## 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 was surfing the Internet tonight, looking for help getting my adult daughter and two grandkids out on their own and found your article. I love your advice!

My daughter is divorced and she lost her job and moved back home in August 2003. She started a new job three months ago and doesn't say anything about moving. We are retired and want our house back, but can't

afford to move to a condo in Florida. How much time should we give her and how do we get them out? Help!!! Thanks.

Margaret

**Dear Margaret,**  
Unfortunately, this is a dilemma many retirees face. You have helped your daughter and grandkids at a time of crisis, but that crisis is now over. It is time for an exit plan for all involved as soon as possible.

I feel our retirement years should be as enjoyable as possible. Most of us want to live in our own space in a quiet environment. We want privacy to watch TV, eat, sleep, go where we want, when we want to and to be able to leave our medicines on our own bedside table. These are the payback years free from the normal noise, stresses and confusion of raising children.

You and your husband need your home back to yourselves. Your daughter also needs to get on her own, to make a new life for herself and her children. In a quiet, relaxed time, tell her you are happy she has found a new job and you know she must be thinking of moving out. Tell her you would be happy to assist her with her budgeting, finding a place for herself because you know it is best for her to be on her own as soon as possible. Exercise a little tough love and later she will thank you for it!

Lizzie

**Dear Margaret,**  
I think it was great for you and your

husband to help your daughter out the way you did. Divorced women with young children struggle a great deal to get by. On top of that, poor economic conditions make a difficult situation even more difficult. As old as we adult children are, as independent as we think we are, we will always need our parents.

With embarrassment, I will admit when around my parents, I behave more like a kid than a grown responsible adult – always the kid. I do not think my behavior is much different from others, and therein is your situation.

Continue your discussion with your daughter about her future plans and goals. Generally, when someone starts a new job, the first 60 to 90 days are probationary. In some companies, benefits will not begin until after this period. Your daughter is close to, if not past, her probationary period. It is time she plans for the future. Four to six months is a reasonable time for your daughter to find a place to live, and get her life into an independent setting. Simplify your discussion; explain your needs... to have your home back. You love her, want her to be happy and successful and will be there for her and she needs to be out on her own.

Pryce

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



## Island Seniors At Center 4 Life

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

**The Center 4 Life will be closed on Monday, May 29 in observance of Memorial Day.**

**Trash & Treasures Sale** will return in November. The center is now accepting donations of clean, gently used items. All donations are tax deductible. You may bring them to the Center 4 Life Monday through Friday between 8 a.m. and 3 p.m. No books, clothes, shoes, computers or TVs will be accepted.

**Page Turners with Louise Fitzgerald and Ann Hartman** – If you are not on the Page Turners list and wish to be, email [oceann@comcast.net](mailto:oceann@comcast.net) or contact the center. The featured book for Wednesday, June 14 is *The Stepford Wives* by Ira Levin Forster. Bring your lunch and watch the movie at 12:30 p.m. then discuss the book and the movie at 2:30 p.m.

**Sunset Social on the Causeway** – Tuesday, May 23 beginning at 6 p.m. (weather permitting).

Spend an evening relaxing and watching the sunset with friends. Food will be served at 6:30 p.m. Bring a side dish to share and your beach chair. Contact the center if you are interested in participating, and for directions to the viewing area.

**Butterfly Estates Garden Tour** – Thursday, June 8. Cost is \$5 for members and \$6 for non-members. Trip includes a 30-minute guided tour through the butterfly gardens with a viewing of a release of native butterflies. The estates raises and releases hundreds of butterflies each week. The staff provides information, education and inspiration to get outside and plant butterfly gardens no matter where you reside. Lunch is on your own at the Gathering Place. Carpooling is available on a first come basis. Advance registration required.

**Friday Collage Classes with Bea Pappas** – May 19 and 26 from 12:30 to 3:30 p.m. Cost is \$15 for members and \$25 for non-members. Pappas will be teaching an easy approach to collage, both figurative and abstract. Collage can be worked from torn magazines, found papers like book pages or handmade papers. Bring a pint of fluid matte premium, scissors, papers, magazines and substrates (watercolor paper, canvas, canvas board or mat board).

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

**Bridge** – Monday and Wednesday. Register by noon; the game begins at 12:30 p.m.

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

**Hand & Foot** – Thursday at 12:30 p.m.

**Hearts** – Friday at 12:30 p.m.  
**Kayaking on Tuesdays and Thursdays** – May 23 at 8:30 a.m. (weather permitting). There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors will provide kayaks, paddles and life jackets. Bring water, a 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**  
Members cost is \$4 per class, 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. Athletic footwear required. Connie DeCicco is the instructor.

**Essential Total Fitness** – Monday, Wednesday and Friday at 9:30 and 11 a.m. Cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls. Athletic footwear is required. Mahnaz Bassiri is the instructor.

**Power Hour Fitness** – Tuesday

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

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

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

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

## 38th ANNUAL ROAD RALLY

Sanibel • Captiva



### The Sanibel Captiva Optimist Club 2017 Official Entry Form

For an early start time, preregister and mail this form along with entry fee of \$40.00 to:

Sanibel Captiva Optimist Club  
P.O. Box 1370 Sanibel, Florida 33957

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

on-line @ [www.sancapoptimist.org](http://www.sancapoptimist.org)

Contact - e-mail [Sancapoptimist@comcast.net](mailto:Sancapoptimist@comcast.net)



Card Type \_\_\_\_\_ AE \_\_\_\_\_ Visa \_\_\_\_\_ MC \_\_\_\_\_ DISC

Exp: Date \_\_\_\_\_ Card # \_\_\_\_\_ Card Digit code \_\_\_\_\_ Billing zip \_\_\_\_\_

**Team Name:** \_\_\_\_\_

**Driver's Name & Shirt Size:** \_\_\_\_\_

**Navigator's Name:** \_\_\_\_\_

**Where Can We Contact The Team Leader? Please Print:**

**Team Leader Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Cell Phone:** \_\_\_\_\_ **E-Mail:** \_\_\_\_\_

**Time Out:** \_\_\_\_\_ **Time In:** \_\_\_\_\_ **Total Time:** \_\_\_\_\_

**Mileage Out:** \_\_\_\_\_ **Mileage In:** \_\_\_\_\_ **Total:** \_\_\_\_\_

**Route Score:** \_\_\_\_\_ **+ Bonus:** \_\_\_\_\_ **- Penalties:** \_\_\_\_\_ **Total:** \_\_\_\_\_

Preregistration Fee \$40.00. Walk-in fee day of event \$45.00  
Includes: Car, Driver, Navigator, Unlimited Crew, and 1 Official Road Rally T-Shirt.  
(Additional T-Shirts will be available for \$15.00)

#### Penalties:

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



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

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





Sanibel & Captiva Islands

Emergency .....	911
Sanibel Police .....	472-3111
Lee County Sheriff's Office .....	477-1200
On Call Captiva Deputy .....	477-1000
Fire Department - Sanibel .....	472-5525
Fire Department - Captiva .....	472-9494
Florida Marine Patrol .....	332-6966
Florida Highway Patrol .....	278-7100
Poison Control .....	1-800-282-3171
Chamber of Commerce .....	472-1080
City of Sanibel .....	472-4135
Administrative Office .....	472-3700
Building Department .....	472-4555
Planning Department .....	472-4136
Library - Sanibel .....	472-2483
Library - Captiva .....	239-533-4890
Post Office - Sanibel .....	472-1573
Post Office - Sanibel (toll free) .....	800-275-8777
Post Office - Captiva .....	472-1674
Sanibel Community Association .....	472-2155
Center 4 Life - Senior Center .....	472-5743
ARTS	
Arcade Theater .....	332-4488
Art League Of Fort Myers .....	275-3970
BIG ARTS - Barrier Island Group for the Arts .....	395-0900
Broadway Palm Dinner Theatre .....	278-4422
Fort Myers Symphonic Mastersingers .....	288-2535
Gulf Coast Symphony .....	472-6197
Lee County Alliance for the Arts .....	939-2787
Naples Philharmonic .....	597-1111
The Herb Strauss Schoolhouse Theater .....	472-6862
Sanibel Music Festival .....	336-7999
Sanibel-Captiva Art League .....	sancapart.com
SW Florida Symphony .....	418-0996
CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc. ....	565-7872 or 433-7798
American Legion Post 123 .....	472-9979
Angel Flight SE .....	1-877-4AN-ANGEL
Audubon Society .....	472-3744
CHR Community Housing & Resources .....	472-1189
Community Foundation of Sanibel-Captiva .....	274-5900
COTI Committee of the Islands .....	coti@coti.org
CROW - Clinic For The Rehabilitation of Wildlife .....	472-3644
Democratic Club of the Islands .....	Demclubislands@gmail.com
FISH OF SANCAP Neighbors Helping Neighbors .....	472-4775
FISH. OF SANCAP 24-hr service .....	472-0404
Sanibel Island Fishing Club .....	472-8994
Horticultural Society of the Islands .....	472-6940
Horticulture and Tea Society of Sanibel and Captiva .....	472-8334
Kiwanis Club .....	677-7299
League of Women Voters .....	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald .....	302-521-1158
Master Gardeners of the Islands .....	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie ....	395-9232
Newcomers .....	472-9332
Notre Dame Club of Southwest Florida .....	768-0417
Optimist Club .....	472-0836
PAWS .....	472-4823
Rotary Club .....	472-7257 or 472-0141
Sanibel Bike Club .....	sanibelbicycleclub.org
Sanibel Beautification Inc. ....	470-2866
Sanibel-Captiva Orchid Society .....	472-6940
Sanibel-Captiva Power Squadron .....	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus .....	395-1202
Sanibel-Captiva Shell Club .....	facebook.com/sancapshellclub
Sanibel Youth Soccer .....	www.sanibelsoccer.org
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

PAWS Of Sanibel

## Prince Harry



Prince Harry

This handsome guy needs a forever home. Prince Harry is approximately 1 year old. He is a beautiful light orange Ocicat mix with a beautiful coat. He has a lot of attitude and personality. He loves to jump, run and play. He was picked up by the Sanibel Police on East Lake Road in January. He has been neutered, microchipped, combo tested, and had all his immunizations. He seems to do fine with cats, but he does not like dogs. PAWS of Sanibel would love to find him a forever home, however, a foster would really help for now. As with all of the cats at PAWS, he must be kept inside. Call Pam at PAWS at 472-4823 with questions, or to foster/adopt Prince Harry.✱

Haven on Earth Animal League

## Precious And Davey Jones

Hi, my name is Precious. I'm a beautiful 5-year-old spayed female with long white hair. I'm looking for someone to give me lots of love in a quiet environment. I'm currently residing with a foster mom. My adoption fee is \$75. I'm up to date on all vaccinations. Please make an appointment to meet me.

Hi there. I'm Davey Jones. Look how cute I am. I have a short black and white coat, and just the cutest little face. I am up-to-date on vaccinations and neutered. I have been living at the PetSmart on Six Mile Cypress Parkway and I want to live in a real home so badly. My adoption fee is \$75. Please come see me and take me home. We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email havenonearthanimalleague@yahoo.com.✱



Precious



Davey Jones



Hope ID# 697739



Milo ID# 579308

Lee County Domestic Animal Services

## Hope And Milo

Hello, my name is Hope. I'm a 3-year-old gray female pit bull. Hope is the epitome of a gentle giant. It is apparent that she has had several litters of puppies and it has definitely made her a sweet and kind-natured girl. Our dream for Hope is a home where she can have the love she deserves. She is great with other dogs and children.

Her adoption fee is \$30. Milo is a 3-year-old orange tabby domestic shorthair. Milo is a fun-loving guy looking for the perfect girl to take to prom! At three years of age, he is past the pesky training phase but young enough to appreciate some fun.

His adoption fee is \$30. 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.✱

## Kitten Season Signals Spay And Neuter Program

There will be a pitter-patter of paws throughout the next few months with the arrival of Kitten Season. Spring is breeding time. With each litter born, it gets more and more difficult to sustain a cat population that balloons annually. The best way to curb such growth is to spay or neuter your pets.

That's the message being carried out by the Gulf Coast Humane Society (GCHS), the Lee County Domestic Animal Services (LCDAS) and Fortunate Ferals. "This partnership allows the message of spaying or neutering to reach more people, and it is a very important message, considering the amount of homeless kittens which come through our doors during this time of year," said Gulf Coast Humane Society Executive Director Jennifer Galloway.

Throughout the month of May, messages of the arriving cat population will be spread, with the main

continued on page 55

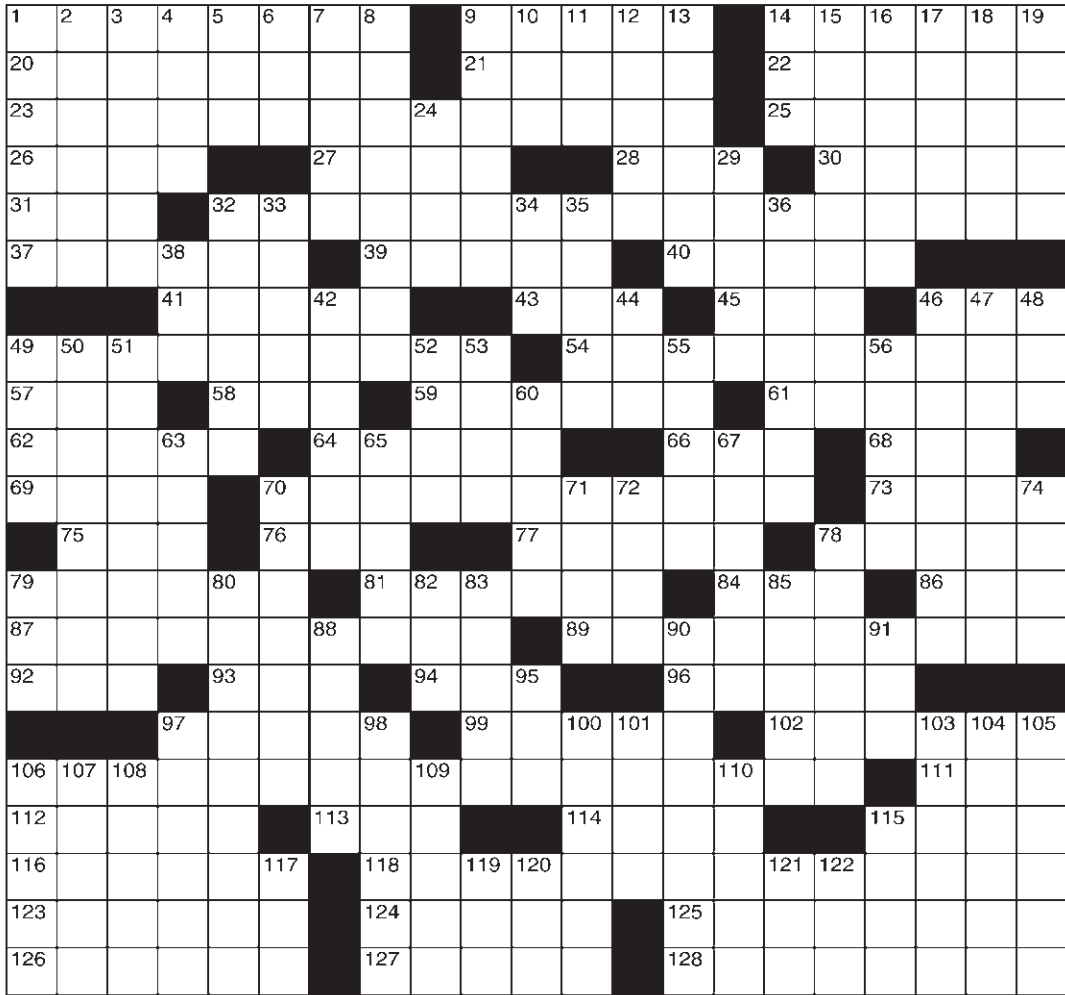


PUZZLES

Answers on page 53

Super Crossword LET EM GO!

- ACROSS
- 1 Wave with a foamy crest
- 9 Bugs' feelers
- 14 Force to be accepted
- 20 Waikiki site
- 21 Ethiopia's — Selassie
- 22 Of the skin
- 23 "The King and I" heroine who's a real angel?
- 25 Plural ending for bed and home
- 26 "Pb" element
- 27 Roulette turn
- 28 Physique, informally
- 30 Start of a counting-out rhyme
- 31 Md. hours
- 32 Flower used in rituals?
- 37 Minimalist artist Frank
- 39 Reese of song and screen
- 40 Litigious sorts
- 41 Courtroom excuse
- 43 A, in Amiens
- 45 — Magnon
- 46 "I've got it!"
- 49 Benefactor contributing supplies for a bowman?
- 54 Different acquired relative?
- 57 — Grande City, Texas
- 58 Contents of la mer
- 59 Like fairly high-quality bonds
- 61 Form images
- 62 At the stern
- 64 Penniless
- 66 Sports org. for the Rock
- 68 See 2-Down
- 69 Be a sign of
- 70 One talking to the very first man?
- 73 Author Janowitz
- 75 Waco-to-Austin dir.
- 76 Q-U string
- 77 Went off course
- 78 "Yeesh!"
- 79 "La —"
- 81 Region in central Italy
- 84 Young miss
- 86 Abet, e.g.
- 87 Atlanta university student's little slip-up?
- 89 Nothing except glowing coals?
- 92 Morning glistener
- 93 Dusk- — dawn
- 94 Hornets' org.
- 96 Glacial ridge
- 97 Sauna output
- 99 Shark's place
- 102 Charge with an offense
- 106 Curved entryway under which Antarctic birds pass?
- 111 Unit of conductance now called a siemens
- 112 Pot fragment
- 113 Unit of work
- 114 Tallies
- 115 "Peek- —!"
- 116 Neighbor of an Iraqi
- 118 Unable to afford any more dental visits?
- 123 Seyfried of "Big Love"
- 124 Eldritch
- 125 Virtual vendors
- 126 Abhor
- 127 Turn a car
- 128 Short-term
- DOWN
- 1 Belugas, e.g.
- 2 With 68-Across, Lincoln's nickname
- 3 Like instincts
- 4 Frog kin
- 5 Pixieish sort
- 6 Inferior mutt
- 7 "It's — cause!"
- 8 Like mechanically delivered well water, say
- 9 Antiseptic compound
- 10 Tow-offering gp.
- 11 Ullmann of Hollywood
- 12 USMA freshman
- 13 Madrid men
- 14 Carders check them
- 15 Potential shooting star
- 16 Prettifies
- 17 Neighbor of a Yemeni
- 18 Al Capp's Hawkins
- 19 "It's nobody — business"
- 24 Engage
- 29 Low card
- 32 Entirely wrong
- 33 "You — mouthful!"
- 34 Winter illness
- 35 Lake craft
- 36 More cheery
- 38 Language akin to Thai
- 42 Leaps
- 44 Approx. takeoff info
- 46 Cotton State native
- 47 Nastygrams
- 48 Stupefaction
- 49 116-Across, for one
- 50 Cytoplasm particle
- 51 Musical on tour, e.g.
- 52 Utah city near Provo
- 53 Absorbed-dose units
- 55 "Boyhood" actor Ethan
- 56 Below, to bards
- 60 Blood classifier
- 63 Not as many
- 65 Really enjoy
- 67 Shims, e.g.
- 70 "What —!" ("Whew!")
- 71 Lake north of Sandusky
- 72 Film director Avakian
- 74 Warhol of art
- 78 TV twins Ashley and Mary-Kate
- 79 Sleeping spot
- 80 1987-90 NBC sitcom
- 82 Popular Web portal
- 83 Jazz genre
- 85 Alan of film
- 88 Off to — start (behind)
- 90 Stupefied
- 91 City reg.
- 95 A 29-Down may beat it
- 97 Holy spot
- 98 Sharp pangs
- 100 Playwright Eve
- 101 " — walks into ..."
- 103 Infused (with)
- 104 Writer Deepak —
- 105 Foot, cutesily
- 106 116-Across president
- 107 Rapper's skill
- 108 Gem unit
- 109 Marsh wader
- 110 "Space — premium"
- 115 Folkie Woody's son
- 117 D.C. player, for short
- 119 Equal
- 120 Be situated
- 121 "No" voter
- 122 First-aid collection



King Crossword

- ACROSS
- 1 Listen to
- 5 Aries symbol
- 8 Clenched hand
- 12 Part of the foot
- 13 Clean air org.
- 14 Division word
- 15 Stead
- 16 One walking proudly
- 18 Mathematician famed for his "last theorem"
- 20 Lacking vigor
- 21 Pesky kid
- 23 " — Town"
- 24 Criminal in tent?
- 28 Jump
- 31 Huge star
- 32 Mideast nation
- 34 Hot tub
- 35 Candle string
- 37 Go everywhere, as spilled liquid
- 39 Mouth part
- 41 Droplet of sorrow
- 42 Sun-dried brick structures
- 45 Beast
- 49 Furry Pacific denizen
- 51 Corpse
- 52 Sorts
- 53 Nightfall, in verse
- 54 Lotion additive
- 55 Carp or cod
- 56 " — Doubtfire"
- 57 Not as much
- 8 Irregular
- 9 Account extra
- 10 Don't delete
- 11 Ripped
- 17 Venusian vessel?
- 19 Bohemian
- 22 Dangle a carrot
- 24 Away from NNE
- 25 On the — vive
- 26 Removes the cover
- 27 Brushes up on
- 29 Gorilla
- 30 Standard
- 33 Indian flat bread
- 36 Put the — on (stop)
- 38 Clan-related
- 40 Household pooch, e.g.
- 42 "Yeah, right!"
- 43 Sandwich shop
- 44 Goblet feature
- 46 Double agent
- 47 Commotions
- 48 Caustic solutions
- 50 Always, to a bard
- DOWN
- 1 50 percent
- 2 Great Lake
- 3 Computer brand
- 4 Ballroom dance (Var.)
- 5 Paraphrases
- 6 Suitable
- 7 Filly's mom

MAGIC MAZE RAILWAY OCCUPATIONS

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

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

- |           |            |               |           |
|-----------|------------|---------------|-----------|
| Agent     | Dispatcher | Inspector     | Platelay  |
| Boilerman | Engineer   | Length runner | Porter    |
| Brakeman  | Fireman    | Lubricator    | Signalman |
| Conductor | Guard      | Navy          |           |



Bob Schweltke

"You ought to hear what Daddy called the \_\_\_\_\_ in the bathroom!"

answer on page 53

### 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!

Issue  
**OPTIC**    \_\_\_\_\_

Sully  
**FIELDE**    \_\_\_\_\_

Grant  
**LOLAW**    \_\_\_\_\_

Slap  
**SHAB**    \_\_\_\_\_

**TODAY'S WORD**

\_\_\_\_\_

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

### SUDOKU

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

answer on page 53

### HOCUS-FOCUS

BY HENRY BOLTIHOFF

Find at least six differences between panels.

Differences: 1. Cap is missing. 2. Shrub is smaller. 3. Shutter are missing. 4. Arm is moved. 5. Shirt is opened. 6. Sign is smaller.

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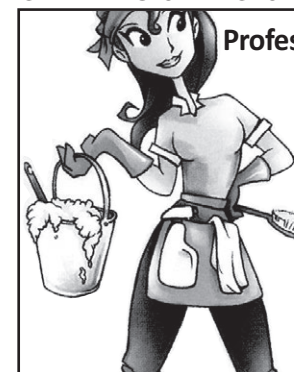
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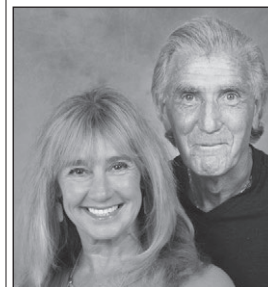
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### ANNUAL RENTAL

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Landings a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish.

- Hold the fish in the water while you unhook it if you're going to release it.

- The less you can touch a fish before release the better for the fish.

- If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.

- Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.

- Florida just recently changed the regulations on fishing from shore. Florida residents as well as out of state visitors need a fishing license to fish from shore.



From page 48

# Kitten Season

slogan “Stop the CATastrophe” being used. The campaign will be topped off by a Kitten Shower on Saturday, May 27 from 10 a.m. to noon at LCDAS, located at 5600 Banner Drive in Fort Myers. The Kitten Shower, free to the public, will feature educational booths on Trap-Neuter-Release (TNR), fostering, spay-neutering, what to do if you find an abandoned kitten and many other topics about felines such as bottle-feeding babies and Fix by Four.

The shower’s gift registry includes baby blankets, water bowls, kitten nursing bottles, flat dishes, digital thermometers, cat beds, Dawn dish soap, cat nail trimmers and Royal Canin baby cat food. The cost alone to spay or neuter your pet is much cheaper than raising a litter of puppies or kittens, while pets which have had the procedure done are healthier and live longer.

Although it’s impossible to determine how many stray dogs and cats there are in the U.S., cats on average produce two litters each year, with four to six per litter. For dogs, a fertile female will have one litter per year with four to six per litter.

Of the animals which are brought to shelters, like GCHS at 2010 Arcadia Street in Fort Myers, only 10 percent have been spayed or neutered.

“It’s in our mission statement to educate about the importance of spaying and neutering,” Galloway said. “Spaying and neutering are the best ways to control animal population, as well as giving your pet a healthier and happier life.”

The GCHS Spay and Neuter Clinic, also located at 2010 Arcadia Street, has performed well over 6,000 spay and neutering surgeries since it opened in August 25, 2015. That is literally tens of thousands of pets’ lives saved, due to controlling the pet population.

“If you think you cannot afford a spay or neuter surgery, call Gulf Coast Humane Society,” Galloway said. “We are here to help.”

Several other top reasons to spay or neuter your pet include:

- Avoiding the “dreaded” heat: Female felines go into heat for up to four to five days every three weeks during breeding season. They will yowl and urinate more frequently, while female dogs will discharge blood. Spaying will end these symptoms.
- Better behavior: Many aggression problems by male cats and dogs can be lessened if they are neutered, as well as roaming problems can be cut down.
- Your pet will not gain weight after being spayed/neutered: The lack of exercise and over-feeding is the cause of overweight pets, not spaying or neutering.
- Fighting pet overpopulation: Millions of unwanted cats and dogs are euthanized annually, or suffer as strays. Gulf Coast Humane Society is dedicated to provide a non-lethal solution to the problem of shelter pet overpopulation.

For more information about the GCHS Spay and Neuter Clinic and to set an appointment for your pet, call 332-1573 or go to the GCHS website at [www.gulfcoasthumanesociety.org](http://www.gulfcoasthumanesociety.org).✱

# My Stars★★★★★

FOR WEEK OF MAY 22, 2017

**ARIES** (March 21 to April 19) You might have to turn your Arian charm up a few degrees if you hope to persuade that persistent pessimist to see the possibilities in your project. Whatever you do, don’t give up.

**TAURUS** (April 20 to May 20) A “tip” about a co-worker’s “betrayal” might well raise the Bovine’s rage levels. But before charging into a confrontation, let an unbiased colleague do some fact checking.

**GEMINI** (May 21 to June 20) Although a relationship still seems to be moving too slowly to suit your expectations, it’s best not to push it. Let it develop at its own pace. You’ll soon get news about a workplace change.

**CANCER** (June 21 to July 22) A continually changing personal situation makes you feel as if you’re riding an emotional roller coaster. But hold on tight; stability starts to set in early next week.

**LEO** (July 23 to August 22) Believe it or not, someone might dare to say “No!” to the Regal One’s suggestion. But instead of being miffed, use this rebuff to recheck the proposition and, perhaps, make some changes.

**VIRGO** (August 23 to September 22) You might find it difficult to make a decision about a family matter. But delay can only lead to more problems. Seek out trusted counsel and then make that important decision.

**LIBRA** (September 23 to October 22) Concentrate your focus on what needs to be done, and avoid frittering away your energies on less-important pursuits. There’ll be time later for fun and games.

**SCORPIO** (October 23 to November 21) Although the conflicts seem to be letting up, you still need to be wary of being drawn into workplace intrigues. Plan a special weekend event for family and/or friends.

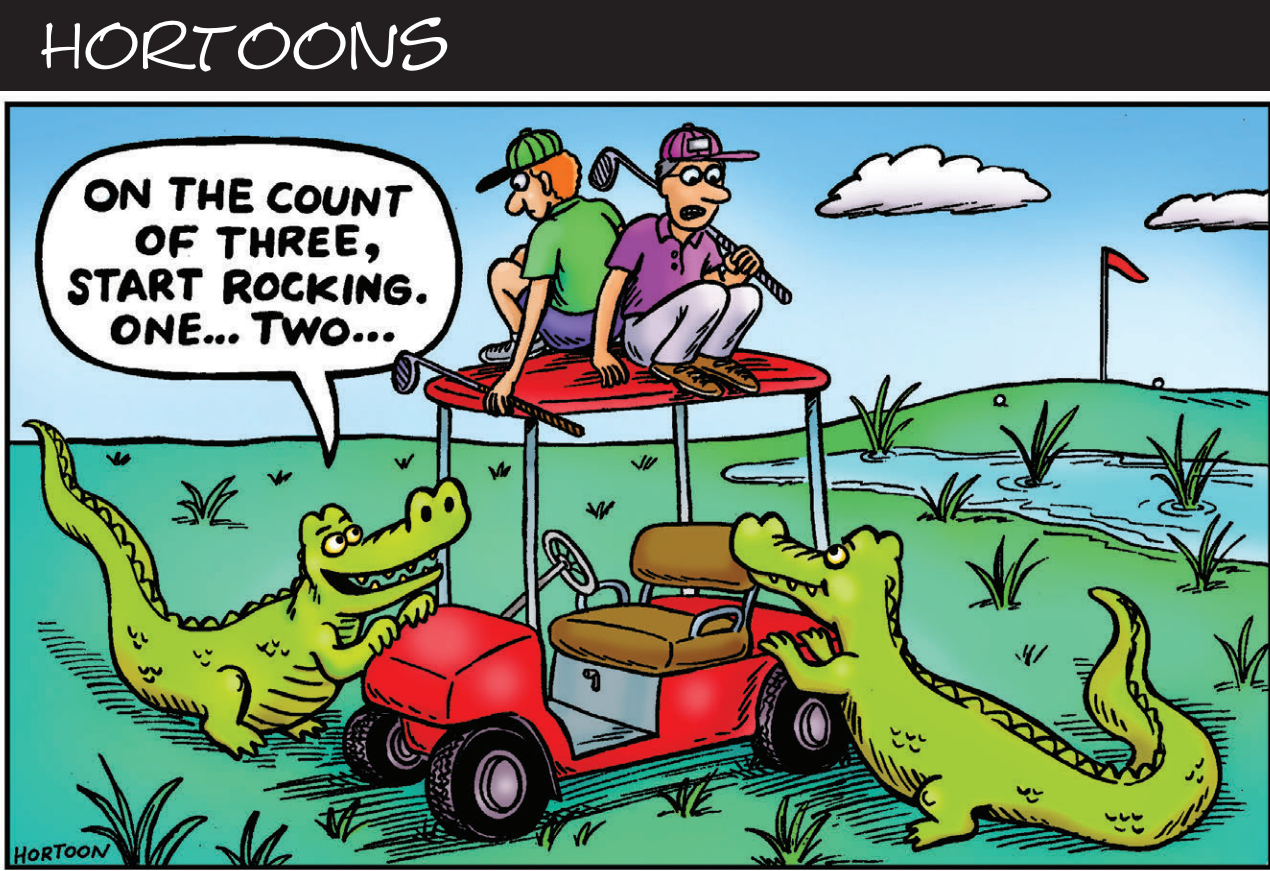
**SAGITTARIUS** (November 22 to December 21) Your quick wit helps you work through an already difficult situation without creating more problems. Creative aspects begin to dominate by the week’s end.

**CAPRICORN** (December 22 to January 19) Be patient. You’ll soon receive news about a project that means so much to you. Meanwhile, you might want to reconsider a suggestion you previously turned down.

**AQUARIUS** (January 20 to February 18) There are still some aspects about that new job offer you need to resolve. In the meantime, another possibility seems promising. Be sure to check that out as well.

**PISCES** (February 19 to March 20) Opening up your emotional floodgates could leave you vulnerable to being hurt later on. Watch what you say, in order to avoid having your words come back to haunt you.

**BORN THIS WEEK:** You’re usually the life of the party, which gets you on everyone’s invitation list. You also have a flair for politics.



# Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	2017	4,647	\$5,975,000	\$5,800,000	45
Little Hickory Shores	Bonita Springs	2017	4,000	\$3,275,000	\$3,035,000	65
Metes and Bounds	Captiva	1985	3,720	\$2,295,000	\$1,850,000	84
Creeside	Bonita Springs	1995	4,790	\$2,195,000	\$2,047,500	321
Fa Lanes Bayview	Captiva	1979	2,113	\$1,775,000	\$1,620,000	343
Cape Harbour	Cape Coral	2014	4,787	\$1,699,000	\$1,575,000	286
Cape Harbour	Cape Coral	2013	3,000	\$1,399,000	\$1,233,000	0
Castaway Estates	Sanibel	1974	2,341	\$1,295,000	\$1,090,000	131
Shell Harbor	Sanibel	1977	1,968	\$1,150,000	\$910,000	46
Town and River	Fort Myers	1975	2,212	\$1,149,000	\$1,000,000	87





**AWARD WINNING**  
FLAVORS FROM THE  
CARIBBEAN RIM!

*“For the sun-kissed & sun-desirous  
alike, a vacation on a plate.”*

*The New York Times  
Magazine*

———— Flat Breads • Outdoor Seating • Island Mojitos ————

**Sanibel Island**



**2500 Island Inn Rd**  
Sanibel Island FL, 33957  
239.472.8311

**Captiva Island**



**South Seas Island Resort**  
Captiva Island FL, 33924  
239.312.4275



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