



# Island Sun

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MAY 26, 2017

MAY/JUNE SUNRISE/SUNSET: 26 6:40 • 8:10 27 6:39 • 8:11 28 6:39 • 8:11 29 6:38 • 8:12 30 6:38 • 8:12 31 6:38 • 8:13 1 6:37 • 8:13



A near-capacity crowd attended the May 17 public workshop at Sanibel City Hall to discuss the future of the Center 4 Life (Island Seniors) facility currently being shared with Community Housing & Resources (CHR) photos by Jeff Lysiak

## Workshop Explores Options For Center 4 Life

by Jeff Lysiak

Last Wednesday morning, a near-capacity crowd – many of which were members of the Island Seniors – gathered at MacKenzie Hall to attend a workshop session hosted by the Sanibel City Council, who discussed the future of the city's Center 4 Life facility.

Mayor Kevin Ruane, who oversaw the 75-minute meeting, told the crowd that the information-sharing session to discuss the future of the building located at Library Way and Palm Ridge Road – which had last been assessed for refurbishment five years ago during the initial planning phases of the Civic & Cultural Core project – would not result in any formal actions being taken. In addition, public comment would not be allowed.

"Our intent is for the new council to learn about the Center 4 Life and its needs," Ruane told the crowd. "We will give direction to the staff for more



Vice Mayor Mick Denham, right, responds to a question as councilman Jason Maughan looks on

information on options appealing to council members."

Both architect Henry Woodroffe and recreation department director Andrea Miller delivered PowerPoint presentations on the Center 4 Life's participation trends, space study needs, expansion alternatives and an analysis of the current site.

"Over the years, the original footprint of the building was increased on at least two different occasions by the library," a staff report stated, in part. "The first addition occurred in 1977 and the last one in 1983. Together, both of the additions increased the total floor area within the

original building to approximately 5,080 square feet."

According to Woodroffe, in order to meet the current and future demands of the Center 4 Life, the building – in need of several "substantial improvements" required to become compliant with city codes – has become inadequate for the facility's growing user base.

"Everyone's leading a more active lifestyle," said Woodroffe, who estimated that the building would need to be expanded to 7,500 square feet in order to accommodate the demand for additional

continued on page 4

## Sunny Skies Welcome Fans To Sam Bailey's Islands Night

by Jeff Lysiak

One of the largest crowds of the season at Hammond Stadium enjoyed a perfect spring evening for baseball during the 24th annual Sam Bailey's Islands Night on May 17, with the hometown Fort Myers Miracle topping the visiting Clearwater Threshers, 3-1.

A majority of the 3,425 fans visiting the CenturyLink Sports Complex traveled from Sanibel and Captiva to take part in the traditional off-island gathering. Before the game, islanders took part in picnics, tailgating activities and a parade around the ball diamond featuring local businesses and organizations.

Al Hanser, founder and chairman of The Sanibel Captiva Trust Company, threw out the ceremonial first pitch in celebration of his 80th birthday. For good luck, Hanser wore his St. Louis Cardinals Hall of Fame pitcher Bob Gibson #45 jersey from 1967 because when Gibson threw a ball at 100 mph, the hitters never knew where it would go. Hanser and his family are long-time Cardinals fans and have a great love for the ball club.

Island resident Charlene Gulbrandsen and her son, Paul, performed the National Anthem.✱

more photos on pages 42 and 43



Al Hanser throwing out the ceremonial first pitch wearing his lucky #45 Bob Gibson St. Louis Cardinals jersey photo by Jeff Lysiak



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Board members Linda Kramer and Dan Moeder review plans with Wendy Lambrix, center photo provided

## Library Begins Work On Interior Renovation

The Sanibel Public Library has embarked on the first phase of the Your Library Reimagined project. During the week of May 29 through June 2, the building will be closed to the public while the interior is being prepared for the project. The library will reopen Saturday, June 3 from 9 a.m. to 1 p.m.

The facility is being reconfigured in order to continue providing library services during remodeling. During the summer, a portion of the building will be closed to the public while the infrastructure is updated. The library will provide service through most of the renovation period, but will occasionally have to close for a day or two when there is utility or plumbing work.

"The goal is to create more space, appeal and usefulness for library users. The top priority is the community's needs and expectations," said Margaret Mohundro, library executive director.

The Sanibel Public Library began with a group of volunteers in the 1960s and is currently in its third home, at 770 Dunlop Road, opened in 1994. In 2004, the building was expanded to its current size. Both the beauty and the quality of the structure are outstanding, but it is time to replace much of the infrastructure. HVAC, fire suppression, plumbing, lighting, technology and flooring are being upgraded for greater efficiency; sustainable design features are included as well.

"As the infrastructure update was planned, we looked at the use of the building and how that use has changed, especially in the past several years," added Mohundro.

The Sanibel Public Library Board of Commissioners is responding to these ever-changing needs – while keeping the good – with a focus on fresh, new, dynamic services.

Reconfiguring of the interior includes a user-centered service design with flexible, multi-purpose spaces for reading and research, collaboration, multiple technology access points and children's

storytime space. The project has been in planning since early 2015, with public input gathered via focus groups and public meetings. The library board has set a budget of \$5.9 million. The cost for this project will be covered by library reserves, grants and gifts. The new design reflects much of the input received from Sanibel residents at community meetings held last year.

The project has been carefully planned to minimize impacts to library services, however, all library services might not be available at all times. Some popular features – like the monthly art exhibits, shell displays and puzzle table area – will be impacted. Most meeting rooms will not be available during the remodel. Updates to the project will be announced in local newspapers, on the library's website and through social media.

At 10 a.m. on Saturday, June 3, the library is hosting its annual Summer Reading Kick-Off Party. There will be games, crafts and snacks for everyone. By signing up for the Summer Reading Program, children will receive a special gift. The Summer Reading program runs from June 3 to July 29, with special events held on Tuesday afternoons.

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

## Blind Pass Project Nears Completion

Ferreira Construction, the contractor doing the Blind Pass maintenance dredging, is nearing completion of the project. Ferreira informed Lee County that a re-sweep of the area will be completed by Friday, May 26. Demobilization of the equipment will take place between May 27 and June 1. The sand dredged from the pass and deposited on Sanibel to renourish a portion of its beach will be tilled on June 1.

Lee County's Blind Pass dredging project has a website where visitors and residents can find information: [www.leegov.com/naturalresources/blind-pass-2017-construction](http://www.leegov.com/naturalresources/blind-pass-2017-construction).

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Mayor Kevin Raune reviewing the five Center 4 Life alternatives presented to the city

From page 1

## Center 4 Life

programming offered at the facility.

During her presentation, Miller shared a number of charts indicating the increased number of island residents participating in activities at the Center 4 Life, including land aerobics, yoga, card games, special presentations, cooking socials and educational classes. Membership has grown annually over the past four years, from 7,455 members in 2013 to 8,027 members last year.

“Studies show that social interaction is just as important as physical activity,” Miller added.

### Five Options To Consider

During his presentation of the Center 4 Life’s Space Needs Assessment, Woodroffe laid out five individual proposals for the council to consider. They included:

**Alternative #1: Retain Status Quo** – Does not disrupt current use; Does not meet space/functional needs; Aging facility with systems reaching end of useful life; Outdoor facilities/building systems; Non-compliant site; Lack of adequate parking; Need for auxiliary parking; Lack of adequate outdoor activity space.

**Alternative #2: Renovate in Place with CHR** – Does not meet space/functional needs; Basic functions/areas will not improve due to lack of space; Limitation in renovation due to existing interior load-bearing walls; Limitation on extent of renovation due to code; Lack of adequate parking; Need for auxiliary parking; Lack of adequate outdoor activity space; Disruption of programming during renovation.

**Alternative #3: Renovate in Place with CHR Relocating** – Need to relocate CHR offices (city’s contractual obligation to fund); Adds approximately 735 net square feet of space (CHR exclusive offices); Expands fitness space and multi-purpose space; Improves functional needs; Limitation in renovation due to existing interior load-bearing walls; Limitation on extent of renovation due to code; Disruption of programming during renovation; Lack of adequate parking; Need for auxiliary parking; Lack of adequate outdoor activity space.

**Alternative #4: Rebuild on Current Site** – Requires code exceptions; Disrupts existing use (Center 4 Life and CHR);

Meets space needs; Lack of adequate parking; Need for auxiliary parking; Lack of adequate outdoor activity space; Sustainable/energy efficient facility.

**Alternative #5: New Facility on Different Site** – Seamless transition to new facility without disruption to programming; Meets space needs; Adequate parking; Adequate outdoor activity area; City of Sanibel code compliance; Opportunity to meet current and future programming; Sustainable/energy efficient facility; Allows existing site for other city use; Requires identifying an appropriate site of 2.5-acre minimum.

Following a formal assessment of each of the first three alternatives by Ruane, councilors unanimously decided that none of those should be considered.

“There are financial challenges to moving CHR,” said Ruane, who estimated that rental fees, electricity and other expenses could average about \$5,000 per month, or \$60,000 annually for the city. “The net result is only four parking spaces (at the Center 4 Life).”

As a result of dismissing the first three alternatives, councilors weighed in on the positives and negatives of alternatives four and five.

“The best part of option number four is that the Center 4 Life is already in the perfect place,” said Vice Mayor Mick Denham. “I don’t think that we should take that option off the board.”

Both councilmen Jason Maughan and Jim Jennings discussed the possibility of constructing an elevated facility, with parking underneath the structure. However, Jennings noted that if a two-story facility were built, additional expenses like

elevators, bathrooms and space from air conditioning equipment would render that option unfeasible.

While cost estimates to either rebuild on the current site or build an entirely new facility on another plot of land have yet to be determined, Ruane suggested that the difference financially between the two alternatives might be minimal.

The existing facility stands on 1.3 acres, while a new 10,000-square-foot facility – as suggested by Woodroffe – would require a minimum of 2.5 acres. The estimated cost to rebuild at the current site ranges between \$2 million and \$4 million, while an entirely new structure might cost in the neighborhood of \$6 million.

“I’m leaning towards option five, mainly because there wouldn’t be a disruption in services,” Ruane said.

Fellow councilor Chauncey Goss agreed, adding, “Option five is probably not going to be the most expensive option in the long run.”

After reviewing the benefits offered by the final two alternatives, council directed Woodroffe to return with cost estimates for the construction of a 5,000-square-foot, 7,500-square-foot and 10,000-square-foot building, as well as on-site and accessory parking options to be considered.

“We need to do a balancing act for these two valuable entities,” said Ruane, who noted that another workshop session will be held after the council reviews information to be provided by Woodroffe and members of the city staff, likely in August. “But ultimately, it will be up to the taxpayers to decide what they want to do.”✽



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Examples of firewise plants, from left, gaillardia, American beautyberry, red maple and sweet acacia. Photos from the *Atlas of Florida Plants*, Institute of Systematic Botany. photos provided

**City Of Sanibel Vegetation Committee**

## Are You Firewise?

Fire is a natural process in Florida. Historically, natural fires ignited by lightning occurred most often in the spring and summer. However, fires are possible in any month of the year. Lee County is currently experiencing moderate to severe drought conditions and on Sanibel, the lush vegetation is quickly becoming tinder-dry, therefore increasing the risk of wildfires.

Fortunately, the City of Sanibel and its partners have an active wildfire reduction

program where dried vegetation or “fuel” is reduced through the practice of prescribed burning. This tool reduces fuel loads by purposely burning dead vegetation through controlled burning techniques to minimize fuel buildup before it becomes a problem. This lessens the intensity of a wildfire if it were to occur.

The rainy season is right around the corner, but so is the height of the Florida fire season. Historically, native Florida habitats are prone to wildfires ignited by lightning produced by the first few weeks of afternoon storms in the late spring to

early summer before naturally wet areas are inundated. It is important to protect and prepare your yard and home from fire as you would for hurricanes.

Some key things to do: Clean dead vegetative debris from around your yard; Keep pine straw away from the foundation of your house, consider mulch as an alternative; Do not allow palms or palmetto to grow close to your house and keep dry fronds trimmed; Use plants that are fire resistant when planting within 30 feet of the house; Remove all debris, such as dead leaves and twigs, from gutters; Prune trees so that the lowest branches

are six to 10 feet from the ground; Consider shade trees that will create a canopy and increase humidity around the house; Remove any “ladder fuels,” such as vines that may carry ground fires upward; Do not allow large groups of highly flammable plants, such as saw palmetto and wax myrtle, to grow near decks or overhangs; Keep at least 30 feet of defensible space (either turf grass or fire resistant plants) between your home and dense vegetation.

Fire resistant plants have a high moisture content. Also, plants that are

continued on page 14

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# Homeowners: Don't Let This Happen To You

submitted by Harold Law,  
Chief Building Official, City of Sanibel

**T**here are two questions homeowners should ask themselves when planning to do improvements to their home:

- Do I need a licensed contractor?
- Do we need a permit?

The following scenario will give you an example of why you need a licensed contractor and a permit.

You want to replace the stairs leading up to your front door and find a company or person on the Internet or a recommendation from a neighbor. You contact the company or person and they come out to explain what they will do and how much it will cost. He wants 30 percent for materials, you agree and he starts the project the following Monday.

The project took about a week, you think it looks good and pay him in full.

Two weeks later, you have a visitor at your home and when going up your stairs, a stair tread cracks and breaks away from the stringer. They fall down the stairs, break their leg and get some lacerations. As you are helping the visitor by calling 911 for an ambulance to the hospital, you may be thinking, "Oh no... these stairs were just replaced, but will my insurance pay for this?"

The following week, you receive a certified letter from a legal firm which states the visitor is suing you for thousands of dollars plus medical bills. Then, you get notice that your insurance is not going to pay any of the bills because the stair work was not completed by a licensed contractor and is in violation of the Florida Building Code. You may begin thinking you should have hired a licensed contractor and permitted this job.

## What Is A Licensed Contractor?

A licensed contractor must demonstrate competence by testing to get a license. By doing this, they know the permit process for compliance with state codes, the inspection processes, have certificate of liability and workers compensation insurance.

The unlicensed person which

was hired did not use the correct dimensional lumber for the stair treads or the correct screws, which fasten the stair treads to the stair stringers. And did you think to ask if he had any insurance or a permit?

If the property owner would have used a licensed contractor and had a permit, inspections would have been done for this project. The inadequacies would have been noted, corrections would have been completed and an inspection necessary to make sure the corrections were completed.

In the state of Florida, if this project was caught in progress with the unlicensed person, the following

could happen: fines to the unlicensed person and the owner up to \$5,000 for violating state codes, double fees for after-the-fact permits, and the unlicensed person could have problems becoming a licensed contractor.

The outcome of this scenario could have been less expensive and problematic had the property owner used a licensed contractor with a valid permit. You can verify if a contractor is licensed with the City of Sanibel at Sanibel City Hall, 800 Dunlop Road, or online at [www.mysanibel.com](http://www.mysanibel.com) under Building Department, or you may call 472-4555 with any questions you may have regarding your project or

contractor information.


The City of Sanibel has a Contractor Review Board which meets the first Thursday of the month at 4 p.m. in the council's chambers. Members of the public are always welcome to attend. The board reviews contractor applications, interviews the contractor, approves, disapproves or approves with exceptions to contractor licenses. The board also hears code complaints from citizens regarding contractors and they can fine the contractor and/or homeowner and deny permitting privileges.

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# Hearing On Restaurant Application Continued

by Jeff Lysiak

A multi-layered application submitted by the owners of a proposed new restaurant – which included a conditional use permit to establish a 150-seat sitdown eatery, a development permit to remodel the existing nonconforming commercial building, a request for a variance to the city’s front yard setback requirements along with a waiver to the location and size of vegetation buffer standards – was the lone topic of discussion during a 3.5-hour hearing at Tuesday’s planning commission meeting.

Commissioners were considering the application submitted by the owners of the proposed Mud Bugs Cajun Kitchen, a 4,550-square-foot restaurant to be located at 1471-1475 Periwinkle Way. The property owner, Larry Thompson, was represented at the meeting by attorney Steven Hartsell.

“This conditional use permit application is for the purpose of redeveloping the property and building formerly housing the Sanibel Steakhouse into a new full service, 150 seats (including the bar/lounge area and future 18 outdoor bonus seats) quality restaurant without carry out,” the permit application reads, in part. “It will not be a formula restaurant, nor will it be a fast food restaurant. The goal is to turn the eyesore into an asset on Periwinkle Way.”

According to senior planner Roy Gibson, who represented the city during the commission hearing, two major issues stood in the way of the application being considered for approval:

- Are the various applications, as submitted by the applicant to date, sufficient enough for consideration and review by the planning commission?
- If not, then what appropriate action(s) should the planning commission take on the applicant’s request as provided for the hearing?

During his presentation, Gibson noted that planning department staff and the property owner and his representatives have met at least 15 times since the

application was initially submitted on March 8, 2016. “While the applicant’s request has been deemed insufficient for consideration at this time, the applicant has requested that this matter be brought before the planning commission,” he explained.

Gibson went on to review the four insufficiencies cited by planning department staff, including:

Insufficiency #1 – The proposed compact parking spaces are not requested by the applicant as a waiver in either application or the advertised notice for this hearing. There are six parking spaces and associated drainage improvements that are proposed within both the General Commercial District and Interior Wetlands Conservation District that encroach within 200 feet of the Sanibel River.

Insufficiency #2 – The proposed off-street parking spaces and onsite drainage improvements located within 200 feet of the Sanibel River were not noticed for this hearing and are prohibited by the Sanibel Code. The applicant needs to revise their proposed site plan to achieve compliance or file for an amendment to change the Land Development Code accordingly.

Insufficiency #3 – Location of drainage retention in the front yard contravenes purpose of visually screening the front yard along Periwinkle Way and creates a major attractive nuisance issue along the shared-use path. The existing commercial building does not conform to the minimum required front yard setback of 100 feet, as measured from the centerline of the road right-of-way for Periwinkle Way.

Insufficiency #4 – The applicant has not provided an easement description/ agreement or provided any alternative options for the proposed driveway encroachment to be permitted on the adjoining commercial property. This arrangement is not included in the application request nor was it advertised and noticed for this public hearing.

“The applicant must also demonstrate, as part of the review and consideration of this request, that the proposed redevelopment of this nonconforming commercial property and building will not further any existing nonconformities or create any new ones,” the staff report also noted.

Jim Jordan, director of planning, told the commission that while it appeared that city staff and the applicant had reached

an impasse, he added, “There are some insufficiencies that can be met, but haven’t been met.”

Hartsell noted that the primary issue with parking requirements was the applicant’s desire to have a 150-seat eatery, which is the minimum required number in order to obtain a full liquor license at “a reasonable fee.” A full license carries an annual fee of \$1,700 for restaurants with at least 150 seats; to obtain a full license with less seating would cost an estimated \$350,000.

“We’ll just have to agree to disagree on a number of important issues,” Hartsell said during his presentation, explaining that he objected to the city’s opinion that the Wetlands Conservation District requirements should supersede the General Commercial District requirements. Hartsell argued that “where there is a conflict between the commercial district map and the interior wetlands district (shown on the eco-zone district maps), the commercial uses permitted by the commercial district map take precedence over the underlying interior wetlands or other ecological zones which are limited to only residential uses as shown on the eco-zone map.”

Throughout the hearing, several commissioners asked questions of both the planning department staff and the attorney for the applicant, questioning a number of key “sticking points” referenced in their individual presentations. Commissioner John Talmage asked whether any shared parking options had been explored with adjacent property owners, to which Billy Kirkland, who owns and operates a business next to the proposed site, said he would be “happy to share parking during off-hours.” Vice chair Holly Smith asked whether the proposed site improvements would comply with the 50 percent limitation rule for substantial improvements; Hartsell confirmed that they would.

Minimum vegetation buffers were also discussed, along with the applicant’s Plan A to install vegetation in the existing front parking area (if parking would be permitted to the rear and/or side of the building) or Plan B, which would keep the parking area in the existing portion of the property.

Following some additional debate, Hartsell made an appeal for some “clear direction” after a straw poll of the commission confirmed their decision would be to deny the application as currently

submitted. After conferring with his client, and commission chair Dr. Phillip Marks made a motion to continue the hearing to a future meeting, Hartsell recommended the application be heard again during the commission’s June 27 session.

“My advice would be to go back to the drawing board, get a little bit creative here, and figure out where to put these six parking spaces,” said commissioner Karen Storjohann.

Both parties agreed to complete some additional adjustments on the application, working in good faith to attempt to reach an agreement on the multiple issues complicating passage of the submitted restaurant’s plans.

“We are motivated, and we will act quickly,” said Hartsell.✱

## City Of Sanibel Memorial Day Operation Hours

The City of Sanibel’s administrative offices will be closed in observance of Memorial Day on Monday, May 29, and will resume regular operating hours on Tuesday, May 30.

Refuse, recycling and vegetation waste collection by Advanced Disposal scheduled for Memorial Day will be one day later. Therefore, if your normal pick-up day is Monday, May 29, your waste will be picked up on Tuesday, May 30. The altered schedule will remain in place for the rest of the week. The normal waste collection schedule will resume on Monday, June 5. If you have any questions, call Advanced Disposal at 334-1224.

The Sanibel Recreation Center will be closed in observance of Memorial Day on Monday, May 29, and will resume regular operating hours on Tuesday, May 30. If you have any questions, call the Rec Center at 472-0345.

Also, Sanibel’s Center 4 Life/Civic Center will be closed on Monday, May 29, and will resume regular operating hours on Tuesday, May 30. If you have any questions, call the Center 4 Life at 472-5743.✱

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## Churches/Temples

### ANNUNCIATION GREEK ORTHODOX CHURCH

Reverend Father Dean Nastos, Orthos Service Sunday 9 a.m., Divine Liturgy Sunday 10 a.m., Fellowship Programs, Sunday School, Bible Study. 8210 Cypress Lake Drive, Fort Myers, annunciation.fl.goarch.org, 481-2099.

### BAT YAM-TEMPLE OF THE ISLANDS

The Reform Congregation of Bat Yam Temple of the Islands meets for Friday night services at 7 p.m. in the Fellowship Hall of the Sanibel Congregational United Church of Christ, 2050 Periwinkle Way. Rabbi Myra Soifer. President Alan Lessack 579-0296.

### HISTORIC CAPTIVA CHAPEL BY THE SEA

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

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### SANIBEL FELLOWSHIP, sbc

Join us for Bible study and Worship Sunday 10 a.m. at Island Cinema. Call Pastor Mark Hutchinson 284-6709.

### SANIBEL COMMUNITY CHURCH

Dr. Daryl Donovan, Senior Pastor Sunday Worship 8 a.m. Traditional in

historic Chapel, 9 a.m. Contemporary and 11 a.m. Traditional in main Sanctuary, 10:15 a.m. Courtyard Fellowship, 9 and 11 a.m. Bible classes. Childcare available at all services. 1740 Periwinkle Way, 472-2684

### SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

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

### ST. ISABEL CATHOLIC CHURCH

Pastor Reverend Christopher Senk, Saturday Vigil Mass 5 p.m., Sunday Mass 8:30 and 10:30 a.m., May through October 9:30 a.m. only. Daily Mass Wednesday, Thursday and Friday 8:30 a.m.

Communion Service Monday and Tuesday 8:30 a.m. Holy Days call. 3559 San-Cap Road, 472-2763.

### ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Dr. Ellen Sloan, Rector. Saturday Eucharist 5 p.m. Sunday Eucharist 9:30 a.m. Sunday School 9:30 a.m. Tuesday Morning Prayer 9 a.m. Wednesday Healing Eucharist 9 a.m. Prayer and Potluck first Wednesdays 6 p.m. 2304 Periwinkle Way, saintmichaels-sanibel.org, 472-2173.

### 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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# Tice Elementary Students Visit Shell Museum And Island Inn



Tice Elementary students also received a free pair of sunglasses, courtesy of Island Inn  
by Jeff Lysiak

photo by Taryn Manning

Thanks to the sponsorship of Sanibel's Island Inn, fourth graders at Tice Elementary School in Fort Myers spent two days exploring the natural wonders of the Gulf of Mexico shoreline and visited the Bailey-Matthews National Shell Museum.

As part of the museum's Adopt-A-Class program, the students learned more about mollusks, took part in arts and craft activities and learned why shells are such an important part of the natural world.

On May 17 and 18, fourth graders enrolled in classes taught by Christina Lampkins, Jennifer Hernandez, Lisa Leonhardt and Bev Ritchie divided into separate groups at the museum, where marine biologist Stefanie Wolf explained the biology of living shells on display in the first floor touch tank.

"Who knows the difference between a gastropod and a bivalve?" Wolf asked a group of nine students, several of which

quickly raised their hands. "Bivalves have two parts to their shells," one youngster answered confidently.

After talking about several live marine species on display inside the tanks – which included banded olives, worm snails and a lightning whelk – Wolf invited the students to touch the mollusks for themselves.

Museum docent Krissy Higgs brought another group into the arts and crafts room, where students made their own shell-inspired artwork. Other groups toured the Great Hall of Shells, where they enjoyed playing with the museum's new interactive exhibits and displays, while a final group viewed the museum's Mollusks In Action movie on the main floor.

The museum's successful Adopt-A-Class program – launched in 2003 – brings students from throughout Lee County to the Sanibel institution for a two-hour field trip.

"We create lifetime memories and a  
continued on page 12



Marine biologist Stefanie Wolf talked about living mollusks in the touch tank area  
photos by Jeff Lysiak



Visitor services specialist Austin Salender talking about the biology of a nautilus shell



Students from Tice Elementary School learned about live mollusks in the first floor touch tank area at the museum

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## Lions Club Collecting Eyeglasses

The Sanibel Captiva Lions Club continues to collect unused prescription and non-prescription eyeglasses and sunglasses as part of its Recycle for Sight program. In April, 243 glasses and 61 cases were collected for distribution to developing countries where eye care is often unaffordable and inaccessible.

"We still need everyone to donate their used eyeglasses," said Debi Almeida, club president. "In most developing countries, an eye exam can cost as much as one month's wages and a single eye doctor may serve a community of hundreds of thousands of people."

The glasses are shipped to a regional Lions Eyeglass Recycling Center where they are cleaned, categorized by prescription and prepared for distribution by Lions and other groups. To donate used glasses, including reading glasses, place them in the specially marked Lions' Recycle for Sight collection boxes located at the following businesses:

Sanibel - Ace Hardware, Bank of the Islands, Bailey's General Store, Island Pharmacy, Jerry's Foods, Joey's Custard, Lazy Flamingo (Periwinkle and Santiva locations), Sanibel Captiva Community Bank (Library Way and Periwinkle Way branches), Sanibel Public Library, Sanibel Eyecare, Santiva General Store and the Center 4 Life.

Captiva - Captiva Memorial Library and Bank of the Islands.

For more information, visit [www.sanibelcaptivalions.org](http://www.sanibelcaptivalions.org).

## Registration Open For Sanibel Christian Preschool

Sanibel Christian Preschool is now accepting registrations for the school year beginning on Thursday, August 10. As an outreach of Sanibel Congregational United Church of Christ, the school welcomes 2-, 3- and 4-year-old students of any national, religious, economic and ethnic background to the

diverse student body.

The preschool is an approved Voluntary Pre-Kindergarten (VPK) provider. Director and VPK teacher Laura Miltner, 3-year-old-class teacher Ana Abella and 2-year-old-class teacher Lora Lea Plummer provide care and nurturing in small class sizes, ensuring that each and every child knows that they are a beloved child of God.

The preschool not only provides a quality education that includes academic skills such as emergent reading, but also introduces the children to classical music and fine arts. Scholarships based on economic need are available. The small student-to-teacher ratio allows students the individual attention they deserve to develop their gifts and meet their individual needs.

Sanibel Christian Preschool is part of the church campus at 2050 Periwinkle Way. For more information and registration forms, contact Laura Miltner at 472-0497 or visit [www.sanibelucc.org/preschool](http://www.sanibelucc.org/preschool).

## American Legion Post 123

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.

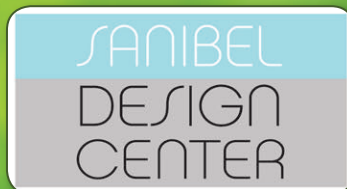
The Ladies Auxiliary has cookbooks available.

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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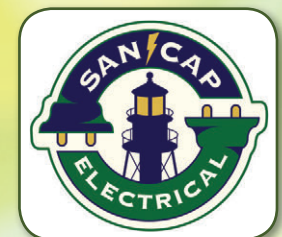
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## Mother-Son Duo To Perform At Church

Last week, island resident Paul Gulbrandsen and his mother, Charlene, performed their rendition of the National Anthem during Islands Night at Hammond Stadium in Fort Myers. The duo will be performing their rendition of *Amazing Grace* on Sunday, June 4 at 10:30 a.m. at Saint Michael and All Angels Episcopal Church, accompanied by Jan Holly. The church is located at 2304 Periwinkle Way on Sanibel.✪



Paul Gulbrandsen and his mother, Charlene, singing the National Anthem

photo by Jeff Lysiak

## Sunday Seminars Continue In June

The Sanibel Congregational United Church of Christ's Summer Sunday Seminar Series will feature four new classes during the month of June. The weekly programs held at 9 a.m. each Sunday cover a variety of topics. The classes are facilitated and taught by the Rev. Dr. John H. Danner or the Rev. Deborah Kunkel.

Although each session stands alone and participants can attend as many as they wish, the June sessions continue the Living the Questions curriculum, which began in May. Through video presentations, theologians and others address a variety of topics from a progressive Christian stance. Presenters include the late Marcus Borg, Hans

Kung, Walter Brueggemann, Brian McLaren, Matthew Fox, Diana Butler Bass and Emilie Townes. Additional materials will be provided, and there will be time for discussion.

The topics for June include:

June 4 – Prayer: Intimacy with God

June 11 – Compassion: The Heart of Jesus' Ministry

June 18 – Creative Transformation

June 25 – Embracing Mystery

All sessions are free and open to the public. They will be held in Heron Hall, located on the lower level of the church at 2050 Periwinkle Way. In June, the church offers services at 7:45 and 10 a.m.

The Summer Sunday Seminar Series will continue through October 29, and additional topics will be announced. For more information, call 472-0497 or visit [www.sanibelucc.org](http://www.sanibelucc.org).✪

From page 10

## Tice Elementary

love of life-long learning," the museum's website reads. "When you adopt a class, we're able to offer the trips (including the cost of the bus transportation) at no charge to the schools. For many schools, this is the only way that they can make this opportunity available."

After last Thursday's group had lunch and completed their tour of the shell museum, the group traveled to the historic Island Inn to roam in the sand and collect shells to bring home during an hour-long guided beach walk.

"It is the hope of the museum and

the Island Inn that the students gained a new appreciation for mollusks and the environment for which they come from," said Chris Davison, president of the board of directors for the Bailey-Matthews National Shell Museum and general manager at the Island Inn. "By educating them with a hands-on experience and providing the opportunity to learn about science outside of the classroom, we feel our efforts will have a lasting impact and encourage this next generation to be stewards of our environment."

For more information about becoming an Adopt-A-Class sponsor, call the Bailey-Matthews National Shell Museum at 395-2233 or visit <http://shellmuseum.org/learn/adopt-a-class>.✪

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## Plant Smart

## Marestail

by Gerri Reaves

**M**arestail (*Conyza canadensis*) is such a common plant that you're sure to have seen it. Native to Florida and a member of the aster family, it is usually considered a weed.

It grows not only throughout the state but throughout the U.S. and much of Canada.

Other common names include Canadian horseweed, horseweed and horseweed fleabane.

The latter name refers to putting the leaves in pets' beds as a flea repellent. In fact, the word *Conyza* derives from a Greek word for flea.

Marestail has a single ridged stem with bristly hairs and many bushy upper branches.

The alternate leaves are lance-like or oblanceolate and stalkless, or sessile. When viewed from above, they appear to spiral around the main stem.

Rather thin and delicate, the leaves are up to four inches long and about one-half inch across. The finely toothed edges are lined with hairs.

The flowers appear in branched clusters, or panicles, in summer to fall and are a nectar source for butterflies.

The compact flowers, which measure only about one-eighth of an inch across, have yellow disk flowers.

The white ray flowers do not spread, giving the blooms an unopened look similar to that of Florida tasselflower (*Emilia fosbergii*), a naturalized member of



Marestail's alternate leaves seem to whorl around the central stem

photos by Gerri Reaves

the aster family.

The seeds resemble fluffy hairs and disperse via the wind.

The boiled leaves and seedlings are edible, and the leaves are also used for seasoning. Native Americans made a medicinal tea from the plant and also ate the leaves, using them similarly to onions.

This ubiquitous plant can cause dermatitis, so take care when handling it.

It can grow just about anywhere and is fast-growing and drought tolerant. It is also resistant to the popular lawn chemical, Glyphosate, so it might be tempting to let it be and enjoy.

Sources: eattheweeds.com, livescience.com, plants.usda.gov, and wildflower.org.

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



Native marestail's numerous flowers are a nectar source for butterflies

From page 6

## Are You Firewise?

low growing, compact, and require less water and maintenance are good choices. Typically, their stems and leaves are not resinous.

Some examples of trees, shrubs and groundcovers that are firewise choices include:

Trees: Jamaica dogwood (*Piscidia piscipula*), sweet bay magnolia (*Magnolia virginiana*), oaks (*Quercus* spp.), red maple (*Acer rubrum*), sea grape (*Coccoloba uvifera*), satin leaf (*Chrysophyllum oliviforme*), sweet acacia (*Acacia farnesiana*), green buttonwood (*Conocarpus erectus*), myrsine (*Rapanea punctata*) and Florida privet (*Forestiera segregate*).

Shrubs: American beautyberry (*Callicarpa americana*), coontie (*Zamia pumila*) and wild coffee (*Psychotria nervosa*).

Groundcovers: native ferns, mimosa (*Mimosa strigillosa*) and gaillardia (*Gaillardia pulchella*).

Avoid: wax myrtle (*Myrica cerifera*),

gallberry (*Ilex glabra*), yaupon holly (*Ilex vomitoria*), red cedar (*Juniperus virginiana*), saw palmetto (*Serenoa repens*), and sabal palm (*Sabal palmetto*).

To learn more about how to be a firewise community, visit the Florida Department of Agriculture and Consumer Services: <http://www.freshfromflorida.com/Divisions-Offices/Florida-Forest-Service/For-Communities/Firewise-Communities>.

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

The Natural Resources Department section of the city's website, [www.mysanibel.com](http://www.mysanibel.com), offers information on native plants, a listing of licensed contractors, Sanibel's vegetation standards and codes, and the *Environmental Reference Handbook* prepared by the city's vegetation committee. The committee also offers free native plant tours. For more information, call 472-3700.\*



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## Challenge Grant Comes To Refuge Education Aid

Because of the federal freeze on hiring, the JN 'Ding' Darling National Wildlife Refuge on Sanibel is unable to fill its current vacancy for an education specialist. "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) has received a grant that will match funds raised to support the salary of an experienced, full-time wildlife educator to work with refuge staff for a period of at least one year.

For every dollar DDWS raises for the effort, the grant will match it with \$1, up to \$20,000, to pay a teacher's \$40,000 annual salary. Without this funding, the refuge would be forced to cut much of its educational programming for the thousands of students who arrive each year by bus and the nearly one million annual visitors to the refuge.

"Education has always been a top mission for the refuge," said Supervisory Refuge Ranger Toni Westland. "Since February, when

ranger Becky Larkins transferred to a different refuge, we have been without a lead educator. We are so grateful to our friends group for working out a solution with us."

Seeking a total of \$20,000 in donations towards the effort, DDWS to date has received \$11,000 and is hoping to raise another \$9,000 by August 15.

"Like the refuge, the society places conservation education at the top of its priorities," said DDWS Executive Director Birgie Miller. "The absence of an education specialist has stressed the workload of the remaining refuge staff and will continue to do so until the freeze is lifted. We welcome and thank community support in this effort to create future conservation stewards who will continue our mission in years and generations to come."

To make a donation toward conservation education staffing or for more information, contact Miller at 292-0566 or director@dingdarlingsociety.org. You can donate online by visiting dingdarlingsociety.org/donation and designating, under "Gift Comments," that your donation is to be used for the education grant match.✧

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# With Great Patience Can Come Great Rewards



by Capt. Matt Mitchell

**T**he trials and tribulations of tarpon fishing continued again this week. We did experience a few calm days and found fish as far as the eye could see, often all moving in one predictable direction as they rolled and gulped air leaving bubble trails. The other side of the coin were the days of strong winds and conditions that made spotting anything but whitecaps next to impossible. When it's good tarpon fishing, it is something you will remember for the rest of your life. But when it's bad, you just want to pull the covers over your head, go back to sleep and forget it ever happened.

The day's weather conditions can make or break a trip even more so than any other type of fishing. During rough periods, it's more of a guessing game of where these fish will be. Strong winds stir up the water to not only make it rough, but also give it a chalky color that tarpon just do not like. We often run miles looking for that pretty, blue-green clear water that holds tarpon. After this last few days of wind, finding anything that even resembled tarpon-friendly water required a run to at least Cayo Costa if not Gasparilla.

As the winds gradually relaxed, this pretty tarpon water that we look for became easier to locate and both the beaches and the sound slowly started to clear up again. Working out the puzzle to locate tarpon can be some of the most rewarding fishing you ever do but, for a little bit of reward, the cost can be days of frustration. After locating tarpon several trips this week, I would simply return to them in the exact same place the next day. Once wind directions changed, it was time to start the puzzle from scratch again.

The most memorable tarpon trips this week involved returning to fish on the beach sides of both Sanibel and Cayo Costa. One of the best mornings we had involved that long run up around Sanibel Lighthouse and towards Blind Pass. Once down the

beach past Knapps Point, the water began to finally get right, pretty and clear. Next, we started to see life with diving birds, threadfin herring and small Spanish mackerel breaking the surface. This water just looked and felt right.

After shutting down and dropping the trolling motor, it did not take long until we spotted our first rolling fish of the morning. Nothing gives you that warm fuzzy feeling than finding tarpon at the first stop of the day. After watching the tarpon show, we dropped anchor and sat for a while working out the movement of these fish. These slow-rollers were traveling south, and the majority of them seemed to be using a track about a hundred yards further out than we had positioned ourselves.

After repositioning the boat into the tarpon highway, it did not take long to get a bite. This first fish made a long, crazy run under the bow of the boat causing a few moments of chaos by staying hooked up for about 10 minutes until the hook simply pulled. Returning to our marker buoy within 20 minutes, we had another tarpon on for just one single body-curving jump before the hook came loose. Watching rolling tarpon come by us this whole time had everyone's hearts racing, and we knew it was just a matter of time before we got another hooked up.

It did not take much longer until we hooked up again. This tarpon made a wild series of jumps and quickly screamed out over a 100 yards of line. After dropping the

continued on page 20



Wade Roberts caught this big beach tarpon while fishing with Capt. Matt Mitchell this week photo provided

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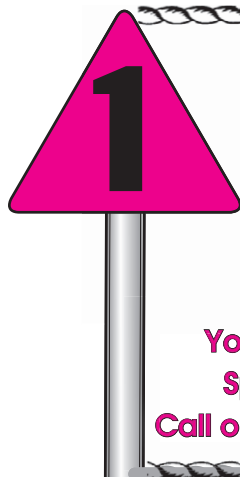
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Shell Of The Week

Three-Tooth Carditid



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

**B**arely reaching quarter-inch, the three-tooth carditid, *Pleuromeris*

*tridentata* (Say, 1826), belongs to the group of relatively abundant but seldom collected small, local bivalves. This species belongs in the same family (the carditidae) as last week's featured shell, the broad-ribbed carditid. The shell is inflated, triangular, and relatively thick, with a characteristic sculpture of 15 to 18 strongly beaded *radial* ribs. (In bivalve shell terminology, *radial* applies to sculptural elements arranged from the shell beak toward its margin.) The specific name, *tridentata*, alludes to the presence of three teeth on the shell hinge. These teeth are usually stained purplish-blue. The shell color is grayish-brown to bright-pink, at times with light-brown specks or mottling.

Shell Museum Events

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



The three-tooth carditid, *Pleuromeris tridentata*, from Sanibel

photo by José H. Leal

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 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).

Shell Found



Joel Plainfield

photo provided

Joel Plainfield, visiting from Jersey City, New Jersey, found a junonia on the beach at Sandalfont Beachfront Condominiums on May 14.✱

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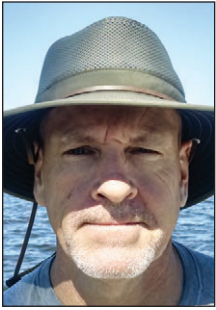
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## CROW Case Of The Week:

Juvenile  
Kemp's Ridley

by Bob Petcher

The Kemp's ridley sea turtle (*Lepidochelys kempii*) is also referred to as the Atlantic ridley sea turtle. The rarest species of sea turtle, also called the world's most endangered sea turtle, is even more sparse on the west coast of Florida.

Kemp's ridleys are smaller than most of the other seven species of sea turtles. Their shells grow to an average of 23 to 28 inches, and their overall weight is only 79 to 99 pounds on average. Compare that to the more common loggerhead sea turtle that can grow up to nine feet and weigh as much as 1,000 pounds.

The Kemp's ridley's sea turtle prefers warmer waters but will migrate up to the coastal northeast states via the Atlantic Ocean. In fact, reports say their travels can take them across the Atlantic to Ireland.

At CROW, a juvenile Kemp's ridley sea turtle was admitted to the clinic on May 12 after it was reportedly trapped in a fisherman's shrimp trawling net some 11 miles offshore. The patient

was said to have nearly drowned and was very weak and emaciated upon arrival. X-rays revealed that the turtle had breathed seawater into its lungs.

Fortunately, for sea turtle populations, the process of shrimp trawling now requires turtle excluder devices (TED), where sea turtles and other larger marine animals can escape shrimp nets via a hatch opening in a metal device that is placed within the trawling net. When heavy sea creatures or objects hit the TED, the hatch opens and allows the captured animal to get away.

Dr. Heather Barron, CROW's hospital director, said TEDs have saved many turtles from suffocating after breathing seawater into their lungs to the point of drowning.

"It is not as common now as it was before the widespread use of the turtle exclusion devices on trawl nets," she said.

While sea turtles may be saved from drowning at first, CROW officials say sea water can stay in the turtle's lungs and excess salt can cause an imbalance that draws fresh water from the turtle's body into the lungs to induce drowning a few days later.

Dr. Barron said saltwater was not clinically removed from the patient's lungs. However, there are measures to help the turtles that are affected by this condition.

"The body must absorb the seawater which can lead to the secondary drowning effect and deranged blood chemistry levels," she said. "Luckily,



Patient #17-1594 nearly drowned but has passed a critical stage and is in rehabilitation

photo by Brian Bohlman

we have a machine called an iStat, purchased through the sea turtle license plate grants program, that allows us to monitor its blood chemistry and make quick adjustments to correct these levels."

Within two weeks of being at the clinic, the young Kemp's ridley has passed the critical stage, said CROW medical staff. While it is eating and swimming well, CROW officials are still closely monitoring the patient for pneumonia and treating it with strong antibiotics.

"Radiographs and white blood

cell counts indicate the possibility of pneumonia, which is being treated with antibiotics," Dr. Barron said. "It is doing well, eating well, and is bright and alert."

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 26, 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 26, 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.

**Monday, May 29** – Visitor Education Center closed for Memorial Day

**Tuesday, May 30, 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 30, 11 a.m.,** adults \$7, teens \$5, 12 and under no charge  
– Patient Profiles: Gopher Tortoises, presented by a CROW volunteer (daily presentation).

The life of a gopher tortoise revolves around its burrow. These tortoises are found digging from southern Georgia to southeast Florida. Because of its contributions to the ecosystem, it is classified as a “keystone species.” CROW’s presenter explains why they are admitted and how the medical staff treats this species. One of CROW’s animal ambassadors will be present.

**Wednesday, May 31, 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 31, 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, June 1, 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, June 1, 11 a.m.,** adults \$7, teens \$5, 12 and under no charge – Birds of Prey, presented by CROW staff (daily presentation).

Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida. One of CROW's animal ambassadors will be present. ❄️

From page 16

Capt. Matt

anchor buoy, the chase was on as we tried to put some line back on the spool. the anchor buoy, the chase was on as we tried to put some line back on the spool. This fish was the stubborn kind and would just not give in or let us get it any closer than 25 feet for over 30 minutes. We maneuvered the boat to keep the fish close and kept lots of pressure on it. I finally got to grab the leader and count it as a catch. What I had guessed was roughly a 100-pound, average-sized fish turned out to be much bigger as it turned over to its side to show its massive girth.

We learn more and more about tarpon every year, but we still only know a very small part of this puzzle. The tarpon trips when everything goes just right are the days that I remember for life. Everyday I take a tarpon charter, I know I'm laying it all out there by rolling the dice and either coming home a rockstar or a loser with basically no middle ground. Tarpon fisherman have to be optimists for as many times as these fish get the better of us, we keep doing it.

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

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Fish Caught



Capt. Bill Lacefield and Jeff Cox photo provided

Jeff Cox, visiting from Maryland, landed this permit with the assistance of Capt. Bill Lacefield while fishing on the *Georgie Girl* with Capt. George Bundschu and Garv Shankster. The fish was caught on May 10 with a spinning rod, 20-pound leader on a free line shrimp; the weight of the permit is unknown. It was caught in 65 feet of water, 20 miles southwest of the Sanibel Lighthouse. The fish was released in good shape to fight again.\*

Shell Found



Michael Gillmore photo provided

Local shell seeker Michael Gillmore recently found a scallop that perfectly matched his hat. Both the scallop and hat have a salmon-pink color front with a white back, a fun, great find while out shelling the Sanibel beaches.\*

Shell Found



Jennifer Brock photo by A. Ziehl

Jennifer Brock, visiting from Evergreen, Colorado, found a junonia at Lighthouse Beach while staying at Sundial Beach Resort & Spa. Brock called her find, "a dream come true!"\*



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# Local Summer Campers To Take Cross-Country Trip

by Jeff Lysiak

With the last day of school just days away, the staff of the Sanibel Recreation Department is readying for a very busy summer for youngsters filled with specialty programs, field trips and unique activities squeezed into a nine-week schedule.

And, for the first time since moving into their current facility, summer camp organizers are preparing to conduct this year's camp with a specific theme: The Great State Tour.

"The idea is that this year, each camper is going to be able to 'virtually' visit one of the selected states," said Dave DeFonzo, youth program supervisor. "We wanted to feature a few states that have either an interesting history or contain an iconic landmark that we could use to both educate and celebrate."

The nine states to be featured this summer are Florida, New York, Ohio, Nebraska, Alaska, California, Washington, Hawaii and Texas.

The Sanibel Recreation Center's popular Summer Day Camp will run from Tuesday, May 30 through Friday, July 28. The camp is offered to children entering first through eighth grades and will operate Monday through Friday from 8 a.m. to 5 p.m.

Campers will participate in activities



Members of the Sanibel Recreation Center staff, counselors and participants are preparing for a busy summer, with fun and special activities planned during the Youth Summer Day Camp starting on May 30 and continuing through July 28

photos by Jeff Lysiak

such as swimming, arts and crafts, along with a number of games and athletic endeavors. Special guests, as well as a number of locally-focused field trips, will also be a part of the action.

This summer will also feature three new offerings, including pickleball instruction with Christie Bradley (Mondays from 2 to 2:30 p.m. for grades 1 and 2, 2:30 to 3:15 p.m. for grades 3 and 4 and 3:15 to 4 p.m. for grades 5 to 8); Cooking Fresh with Chef Susan Bellevue at The Community House (Wednesdays from 1 to 4 p.m. for grades 7 and 8); and an Introduction to Scuba Diving with Calli Johnson (Fridays from 10:30 a.m. to noon for grades 7 and 8).

The all-inclusive specialty programs include:

Grades 1 to 4 – Fishing, gymnastics, swimming and pickleball (Mondays); Rec activities including gym games, swimming, and frozen snowballs (Tuesdays); Off-island field trips and Island Cinema movies (Wednesdays); Snorkeling, swimming and Smart Art (Thursdays); Surf & Sand beach days, swimming and special events (Fridays).

Grades 5 to 8 – Fishing, swimming and pickleball (Mondays); Paddleboarding, swimming and frozen snowballs (Tuesdays); Golfing, swimming and Cooking Fresh (Wednesdays); Off-island field trips and Island Cinema movies (Thursdays); Archery, scuba, swimming and special entertainment (Fridays). Local field trips will include skating at

Bamboozles in Fort Myers (Thursday, June 1 for grades 5 to 8); Skyzone Trampoline Park in Fort Myers (Wednesday, June 7 for grades 1 to 4 and Thursday, June 15 for grades 5 to 8); Sun & Fun Lagoon in Naples (Wednesday, June 21 for grades 1 to 4); SunSplash in Cape Coral (Thursday, June 29 for grades 5 to 8); Zoomers Amusement Park in Fort Myers (Wednesday, July 5 for grades 1 to 4 and Thursday, July 13 for grades 5 to 8); bowling in Fort Myers (Wednesday, July 19 for grades 1 to 4); Shell Factory & Nature Center in North Fort Myers (Wednesday, July 26 for grades 1 to 4); and laser tag at Greenwell's Family Fun Park in Cape Coral (Thursday, July 27 for grades 5 to 8).

Events planned for Fridays at the rec center include a slip-n-slide inflatable (June 2), John Storms' World of Reptiles showcase (June 9), an inflatable obstacle course (June 16), a monster water slide (June 23), camper bits and skits (June 30), a dual-lane water slide (July 7), an inflatable wrecking ball game (July 14), Big Kahuna water slide (July 21) and a ranch-themed barbecue and dance finale (July 28).

Campers will also travel to Island Cinema on Sanibel for weekly movie screenings, which will be themed towards the state being featured each particular week.

"We're gonna try and jazz it up and make each week's camp 'trip' special, as if we were traveling to that state ourselves," said DeFonzo, who added that a special state-themed keepsake

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Campers can take part in the inflatable wrecking ball game on July 14 will be given away to campers each week. "I'm sure some of the campers will want to collect all of the state souvenirs, which is gonna be a lot of fun. We'll be doing some special trivia contests, too."

Rates per week range from \$129 for members and \$167 for non-members (early bird; call for registration dates) to \$153 for members and \$201 for non-members. Financial assistance is also available to qualifying families. As part of the registration fee, breakfast and lunch will be provided daily as well as an all-inclusive weekly field trip itinerary. Campers should bring a swimsuit, towel and sunscreen daily.

For more information, call the Sanibel Recreation Center at 472-0345 or visit [www.mysanibel.com](http://www.mysanibel.com).

# Shell Found



Girl Friend, Bob and Juliet Meehan photo by A. Ziehl Juliet, Bob and Girl Friend Meehan, visiting from Bedminster, Pennsylvania, found a junonia on the Sanibel side of Blind Pass while staying at Island House. "We are on island celebrating our 15th wedding anniversary," the couple said.✱

## Dine on Captiva with Colorful Water Views

**Open Daily**  
Lunch: 11:30am to 3:30pm  
Dinner: 5:30pm to 9:30pm  
15183 Captiva Dr. • Captiva Island  
(239) 472-3337  
[GreenFlashCaptiva.com](http://GreenFlashCaptiva.com)

## Island Restaurant

*Enjoy Indoor & Outdoor Dining in a casual and friendly atmosphere.*

**Lunch & Dinner**  
11 a.m. to 9:30 p.m.  
**Happy Hour Daily**  
4 to 6 p.m.  
Reservations Accepted  
**239-472-0223**  
2055 Periwinkle Way  
Sanibel, FL 33957  
*Located in the Forever Green Shopping Center next to Eileen Fisher*  
[www.CipsPlace.com](http://www.CipsPlace.com)

FOOD  
Jean Le Boeuf

## A Captiva Island Tradition Since 1976

**Come by Land.... or Come by Sea...**

**The Mucky Duck**  
Since 1976

Lunch 11:30 AM 'til 3:00 PM • Dinner 5:00 PM 'til 9:30 PM  
Open 7 Days • Open all day for beer & wine  
472-3434 • [MuckyDuck.com](http://MuckyDuck.com)





### Curried Chicken, Green Bean, And Almond Salad

- 12 ounces green beans, trimmed, halved crosswise
- 2 cups roasted chicken breast meat (from about 3 chicken breast halves), shredded
- 1 cup red onion, thinly sliced
- 5 tablespoons fresh cilantro, chopped
- 2 teaspoons curry powder
- 1/3 cup plain nonfat yogurt
- 3 tablespoons low-fat mayonnaise

1 tablespoon fresh lime juice  
2 tablespoons sliced almonds, toasted  
Cook beans in pot of boiling salted water until crisp-tender, about 5 minutes. Rinse under cold water. Drain well. Transfer beans to large bowl. Add chicken, onion and 4 tablespoons cilantro. Stir curry powder in small skillet over medium heat until aromatic, about 30 seconds. Transfer to small bowl. Whisk in yogurt, mayonnaise and lime juice. Add dressing to chicken mixture; toss to coat. Season to taste with salt and pepper. Sprinkle with almonds and remaining 1 tablespoon cilantro. (Can be made 2 hours ahead. Cover and chill.)  
Yield six servings.  
Look for Fresh from Florida ingredients at your grocery store.✱



Curried Chicken, Green Bean And Almond Salad

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.  
Monday through Saturday  
noon to 7 p.m. on Sunday  
**239-472-4499**

2463 Periwinkle Way  
in the Bailey's Center

Gourmet vegan cuisine  
100% organic and non-GMO  
Catering and special orders welcome  
Sanibel's original fresh juice and smoothie bar  
Open for breakfast, lunch and dinner

[www.sanibelsprout.com](http://www.sanibelsprout.com) Follow Us On facebook: The Sanibel Sprout

Monday - Wednesday  
11am - 9pm  
Thursday - Saturday  
11am - 10pm  
Sunday  
12pm - 9pm

**239-47BEACH**  
**(239-472-3224)**

[www.beachpiez.com](http://www.beachpiez.com)



**2441 Periwinkle Way**

In Bailey's Shopping Center

Pizza  
Subs  
Drinks



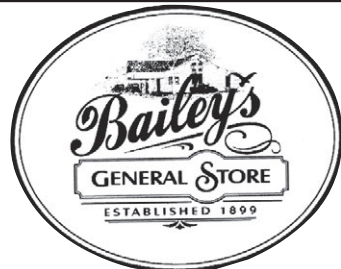
### Restaurant & Deli

Daily Lunch Specials • Salad Bar • Take-Out  
or Eat In • Breakfast • Lunch • Dinner  
Open Daily 6 a.m. - 8:30 p.m.



Store Hours 6 a.m. - 10 p.m.

CALL FOR  
DAILY SPECIALS  
**472-9300**



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

Call us for your cookout, picnic  
and party needs. We'll take care of you!  
Corner of Periwinkle Way & Tarpon Bay Road  
**472-1516**

### Sanibel Deli & Coffee FACTORY

BOARS HEAD MEAT!  
FROZEN YOGURT &  
ICE CREAM

PIZZA & WINGS

CALL AHEAD 472-2555

Across from  
CVS in  
Palm Ridge Place

~ OPEN ~ Mon. 7am-3pm  
Tues. Wed. & Thurs. 7am-8pm  
Fri & Sat. 7am-9pm  
Sun. - Seasonal

### Old-Fashioned Fried Chicken



Take-Out or Delivery

**239.472.2534**

2496 Palm Ridge Rd. Sanibel Island



Open Daily  
11am to 9pm

Custard, Ice Cream, Dairy-Free Sorbet, Paninis, Espresso



### Joey's Custard & Coffee

Family owned and operated  
(Bailey's Center, 2467 Periwinkle Way)

[www.joeyscustard.com](http://www.joeyscustard.com)

**472-7222**

Hours: Mon-Thurs 10:30 to 9; Fri-Sat 10:30 to 10; Sun 12 to 9



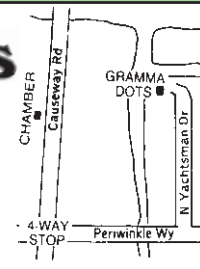
### Gramma Dot's

The Only Dockside Dining on Sanibel  
Located at the Sanibel Marina  
Specializing in Local Seafood

We also feature Petite & 10 oz. Filet Mignons

Dining Awards: 6 years running

**472-8138**



### French Gourmet Stews-To-Go

\$15-\$22 per person, Call or Text 239-565-1608 to Order, Tues-Sat, Pick up 5-6 pm



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.

### FRESHLY PREPARED SUSHI-TO-GO!



Voted Best Sushi on the Islands

Call ahead ordering available

**239-395-6005**

Tuesday-Sunday Noon-10 PM

Sundial Beach Resort & Spa • 1451 Middle Gulf Drive



# Sanibel School Hosts STEM Night



Preston Hall watches Sanibel Police Officer Kevin Adams conduct an analysis of his fingerprints during last week's STEM Night celebration at The Sanibel School

photos by Jeff Lysiak

by Jeff Lysiak

In celebration of their year-long studies of science, technology, engineering and mathematics, students at The Sanibel School showcased their knowledge with fun and educational demonstrations during STEM Night on May 18.

According to middle school science teacher Dana Sanner, students – along with several professionals in the STEM fields – enjoy sharing their new skills and expertise with fellow students, siblings, family members and other attendees. Many of them offered hands-on demonstrations.

"The Sanibel School STEM Night was a huge success," said Sanner.

Thanks were also given in recognition of all the donations of food and time from a number of community partners, including Cip's Place, Sanibel Deli & Coffee Factory, Queenie's Ice Cream, Stefanie Wolf from the Bailey-Matthews National Shell Museum, Kraig Hankins from the City of Cape Coral's Environmental Resources Division Public Works Department, Rachel Rainbolt from the Clinic for the Rehabilitation of Wildlife (CROW), Alyssa Barrett from Ecological Concerns for Hunger Organization (ECHO), Rebecca Flynn from the Estero Bay Aquatic Preserve & Charlotte Harbor Aquatic Preserves, Jennifer Diaz from The

continued on page 34



Seventh grader Mia Kjollee talks with Dot Lee while learning about Trouper the Raccoon



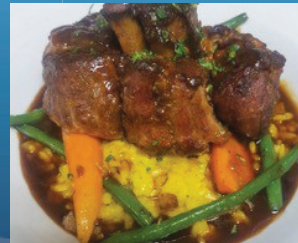
From left, Sanibel Sea School's Brooke Linn speaking with Gabriela Bell and her daughter, Valentina



From left, Joshua Schwartz ponders a trivia question about recycling at the table hosted by Gordon and Molly Schweers of the Lee County Solid Waste Authority

## Il Cielo

1244 Periwinkle Way, Sanibel, FL 33957



### A dynamic culinary experience in an elegant setting.

We pride ourselves in presenting unparalleled service, a splendid environment, and unforgettable cuisine.

Enjoy a romantic dinner of fresh Local Seafood, great Steaks, American Lamb, and Fresh from Florida Produce!

Sample our carefully curated wine list or one of our specialty cocktails.

Don't forget our in-house made desserts like the Caramel Salted Chocolate Mousse Cake or the Key Lime Trio.

Open Tuesday through Sunday  
4:30pm until 9:00pm

Happy Hour every day from 4:30pm to 6:00pm

For reservations call 239-472-5555  
[www.ilcielosanibel.com](http://www.ilcielosanibel.com) or [www.opentable.com](http://www.opentable.com)

Follow us on [www.facebook.com/IlCieloSanibel](https://www.facebook.com/IlCieloSanibel)



Voted Best  
Fine Dining  
2014, 2015 & 2016

Best Seafood &  
Taste of the Taste  
Winner 2016

Happy Hour  
Every Day  
from 4:30-6pm

Enjoy live  
Piano music  
by Scott McDonald  
Tuesday through  
Sunday beginning  
at 7pm.



# 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



Audrey Fischer and Anja Danek of The Sanibel Grill

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

## 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

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 Jago. 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



# 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

## 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 [press@islandsunnews.com](mailto:press@islandsunnews.com) or 395-2299.\*\**

## "Top 5 Breakfast in Florida" - Southern Living

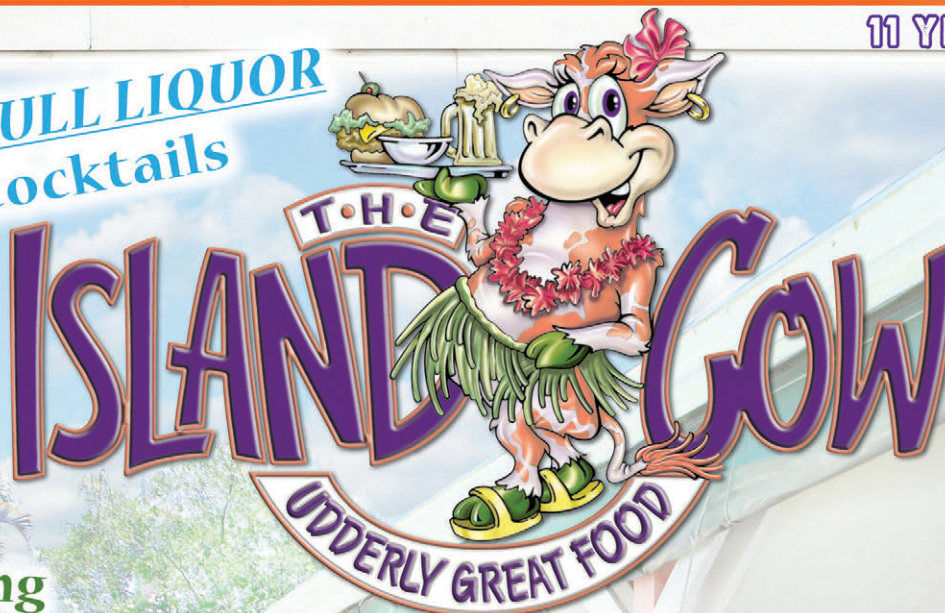
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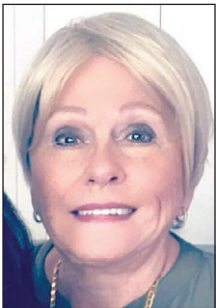
2163 Periwinkle Way • Sanibel Island





## Book Review

# Killers Of The Flower Moon

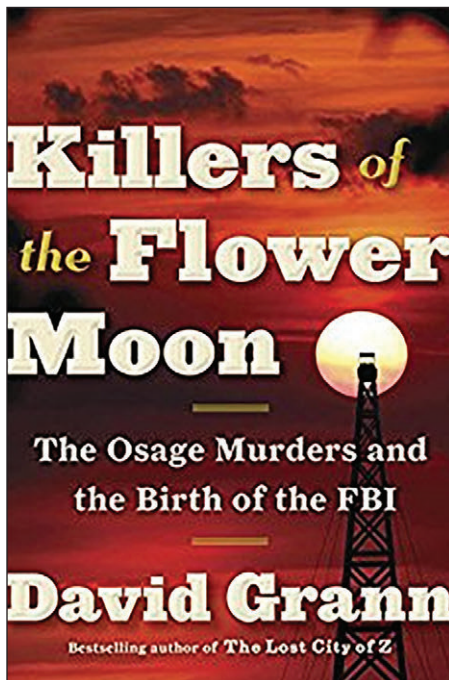


by Di Saggau

I watched a television interview recently with author David Grann talking about his latest book *Killers of the Flower Moon*. It was on my stack of those I planned to read and review, so

I moved it to the top of the stack. What a fascinating and terrifying historical tale about cruelty to Native Americans. In 1870s, the Osage were driven from their land in Kansas onto a presumably worthless reservation in northeastern Oklahoma. Later it was discovered that the land was sitting above some of the largest oil deposits in the United States. In 1923 alone, the tribe took in more than \$30 million, the equivalent today of more than \$400 million. The Osage were considered the wealthiest people per capita in the world. Between 1921 and 1923, the world's richest people per capita were also becoming the world's most murdered.

The federal government figured Osage Indians were unable to handle their own affairs so they instituted court-appointed guardians, who looted Osage bank accounts. One government study estimated that before 1925 guardians



had pilfered at least \$8 million directly from the restricted accounts of their Osage wards. Undertakers were among those who took advantage of the Osage charging \$6,000 for burial, a sum equivalent to nearly \$80,000 today.

Grann's book is mostly about one matriarchal Osage family, and the plot to murder all the women one by one so their wealth would be inherited by white men, often their husbands. Mollie Burkhart was among the Osage who benefited from the oil under her parcel of land. She was married to Ernest, a white man she loved. Soon, she saw her

mother poisoned, her sister shot, another sister blown up, and herself injected with poison administered by two doctors. Prominent in the book is a man named William Hale, her husband's uncle, who presented himself as a father figure to the Osage. In reality he was pure evil.

You read about Mollie sitting in a courtroom watching her husband, the father of her children, testify in Hale's trial, that Hale had been the mastermind behind the deaths of her family to inherit her oil rights. Ernest Burkhart was also involved. Local law enforcement was corrupt. When the Osage killings climbed to 24, the case became the first major murder investigation of the FBI and its new director, J. Edgar Hoover.

Another lead character in the book is Tom White, who Hoover appointed to unravel the mystery by putting together an undercover team, including an American Indian agent in the bureau. Together they expose one of the most chilling conspiracies in American history. *Killers of the Flower Moon* is based on years of research and startling new evidence. Praise from John Grisham reads, "A fascinating account of a tragic and forgotten chapter in the history of the American West. As in all his work, David Grann digs deep, and this powerful story reveals the unimaginable scale of these shocking murders almost a hundred years ago." The book is a masterpiece of narrative nonfiction complete with many photos of the people involved in this emotionally devastating part of history. Movie rights have already been sold to Hollywood.✱

## Poet's Corner



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

selected by Tanya Hochschild

### The Sanibel Causeway

by Bill Wilcop

On the Sanibel causeway, life is peaceful and serene,

The water past the lighthouse is a mosaic of blue and green.

The breeze is gently blowing, whispering peaceful in my ears,

Negative ions help me calm the daily fears.

God provides me this setting, helps me find Peace.

His creation proves again a true masterpiece.

So cares and troubles go away, take your flight,

The peace of the causeway will be felt this good night!

Bill Wilcop moved here from Chicago 20 years ago. He lives near the causeway. He is a semi-retired financial consultant.✱

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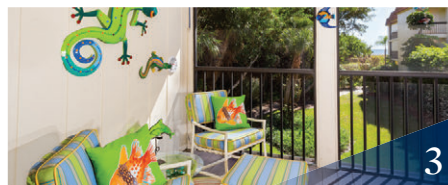


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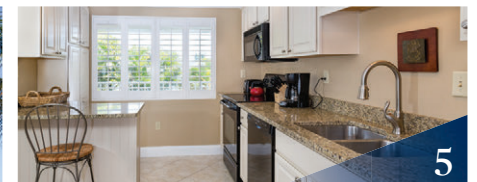
- 4 BR/3 BA completely renovated & decorator furnished
- Nightly rentals, excellent income
- **\$3,495,000** EUR €3,340,805

### 5. Light House Point Condominium - Sanibel

- 2 BR/2 BA plus den with bay views
- Updated throughout, corner unit
- **\$659,000** EUR €622,902

### 6. Dunes Half Duplex - Sanibel

- 3 BR/3 BA with 2 car garage
- Community pool and tennis
- **\$529,000** EUR €472,764



## NEW PRICE



### 10. Ferry Landing - Bayfront on Sanibel

- 3 BR/2 BA with stunning Bay Views
- Community boat dock, swimming pool & tennis
- **\$1,895,000** EUR €1,693,551

### 11. Cottage Colony West - Sanibel

- 1 BR/1 BA direct Gulf front remodeled unit
- Community tennis, swimming pool
- **\$659,000** EUR €606,041

### 12. Direct Gulf Front Pointe Santo Unit - Sanibel

- 2 BR/2 BA with gorgeous views of the Gulf of Mexico
- Community pool, tennis, excellent rental income
- **\$1,250,000** EUR €1,117,118



### 1. Captiva - "Villa Elena"

- 4 BR/3 BA Mediterranean style home
- Updated, swimming pool, beach & dock access
- **\$1,595,000** EUR €1,425,443

### 2. Bay Front Views - Sanibel

- 3 BR/4 BA direct Gulf access canal with dock and lift
- Elevator, fireplace, multiple lanais with Bay views
- **\$2,895,000** EUR €2,767,276

### 3. Snug Harbor Town Home - Sanibel

- 3 BR/2 BA with partial Gulf views
- Updated throughout, under bldg. parking
- **\$699,900** EUR € 655,445

### 7. Stunning Gulf Front Home - Captiva

- 4 BR/3.5 BA with expansive Gulf views
- Featuring 157 ft of beach frontage AND a boat dock on Roosevelt Channel
- **\$3,999,000** EUR €3,573,886

### 8. Shell Harbor - Sanibel

- 2 BR/2 BA Gulf access sea wall canal home
- Boat dock with 10,000lb lift, swimming pool
- **\$1,079,000** EUR €992,288

### 9. 3 BR/3.5 BA on West Gulf Drive - Sanibel

- Steps to the Gulf, swimming pool, beach access
- Newer construction, large open kitchen
- **\$1,297,700** EUR €1,228,004

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# School Smart



by Shelley M. Greggs, NCSP

**D**ear Readers, Suicide is the second leading cause of death among school age youth. Currently, the trending Netflix series *13 Reasons Why*, based on a

young adult novel of the same name, is raising serious concerns. The series revolves around 17-year-old Hannah Baker, who takes her own life and leaves behind audio recordings for 13 people who she says in some way were part of why she killed herself. Each tape recounts painful events in which one or more of the 13 individuals played a role.

Producers for the show say they hope the series can help those who may be struggling with thoughts of suicide. However, the series, which many teenagers are binge watching without adult guidance and support, is raising concerns from suicide prevention experts about the potential risks posed by the sensationalized treatment of youth suicide. The series graphically depicts a suicide death and addresses, in wrenching detail, a number of difficult topics, such as bullying, rape, drunk driving and slut shaming. The series also highlights the

consequences of teenagers witnessing assaults and bullying (i.e., bystanders) and not taking action to address the situation (e.g., not speaking out against the incident, not telling an adult about the incident).

The National Association of School Psychologists (NASP) does not recommend that vulnerable youth, especially those who have any degree of suicidal ideation, watch this series. Its powerful storytelling may lead impressionable viewers to romanticize the choices made by the characters and/or develop revenge fantasies. They may easily identify with the experiences portrayed and recognize both the intentional and unintentional effects on the central character. Unfortunately, adult characters in the show, including the second school counselor who inadequately addresses Hannah's pleas for help, do not inspire a sense of trust or ability to help. Hannah's parents are also unaware of the events that lead to her suicide death.

While many youth are resilient and capable of differentiating between a TV drama and real life, engaging in thoughtful conversations with them about the show is vital. Doing so presents an opportunity to help them process the issues addressed, consider the consequences of certain choices and reinforce the message that suicide is not a solution to problems and that help is available. This is particularly important for adolescents who are isolated, struggling, or vulnerable to suggestive images and storylines. Research shows

that exposure to another person's suicide, or to graphic or sensationalized accounts of death, can be one of the many risk factors that youth struggling with mental health conditions cite as a reason they contemplate or attempt suicide.

What the series does accurately convey is that there is no single cause of suicide. Indeed, there are likely as many different pathways to suicide as there are suicide deaths. However, the series does not emphasize that common among most suicide deaths is the presence of treatable mental illnesses. Suicide is not the simple consequence of stressors or coping challenges, but rather, it is most typically a combined result of treatable mental illnesses and overwhelming or intolerable stressors. Here are some suggestions for families to help in discussing this difficult topic.

Ask your child if they have heard or seen the series *13 Reasons Why*. While NASP doesn't recommend that they be encouraged to view the series, do tell them you want to watch it with them if they want to watch it or to re-watch it if they have already seen it, and discuss their thoughts. Here are some talking points developed specifically for this series that you may want to use from Suicide Awareness Voices of Education (SAVE) and the JED Foundation at [www.go.kognito.com/](http://www.go.kognito.com/).

If your child exhibits any of the warning signs, don't be afraid to ask if they have thought about suicide or if someone is hurting them. Raising the issue of suicide does not increase the

risk or plant the idea. On the contrary, it creates the opportunity to offer help.

Ask your child if they think any of their friends or classmates exhibit warning signs. Talk with them about how to seek help for their friend or classmate. Guide them on how to respond when they see or hear any of the warning signs.

Listen to your children's comments without judgment. Doing so requires that you fully concentrate, understand, respond and then remember what is being said. Put your own agenda aside.

Get help from a school-employed or community-based mental health professional if you are concerned for your child's safety or the safety of one of their peers or call the National Suicide Prevention Hotline, 1-800-273-TALK (8255), or text "START" to 741741.

Excerpted from National Association of School Psychologists. (2017). *13 Reasons Why* Netflix series: Considerations for educators (handout). Bethesda, Maryland: Author.

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

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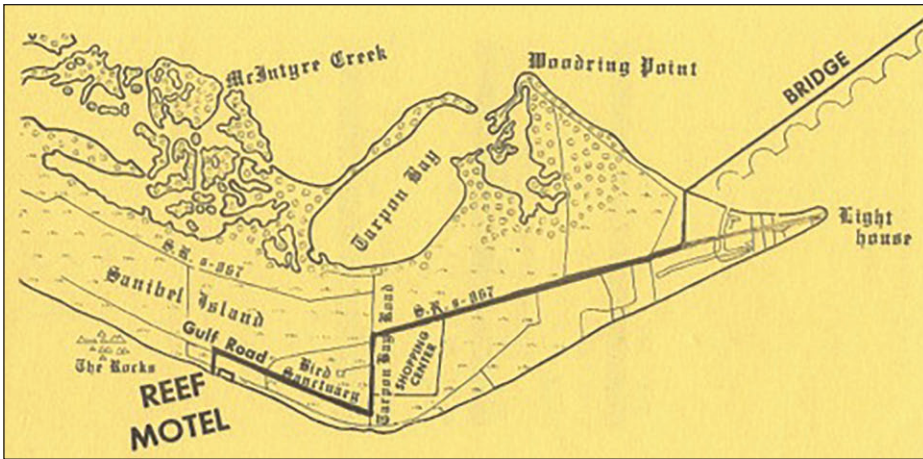
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A circa 1964 map of Sanibel has been scanned as part of the Sanibel Public Library's vintage photo collection photos provided

## Library Seeking Vintage Photos

The Sanibel Public Library recently announced an all-out effort to add photos to its digital vintage photo collection. One of the finds is this mid-1960s rate card from The Reef Resort Motel.

The Reef was a popular beachfront resort on West Gulf Drive. The location is where the Somerset at the Reef and Tamarind at the Reef condominiums were constructed in the late 1980s. Another photo find is cars lined up at Ferry Landing.

The library has teamed with Eric Pfeifer, broker-owner of Pfeifer Realty Group, who is funding the scanning of all the photos. Each photo will be added on the library's

online Pfeifer Vintage Photo Collection.

People who have photo collections can bring them to the library, or mail them to Vintage Photo Collection, Sanibel Public Library, 770 Dunlop Road, Sanibel, FL 33957.

The library will also arrange for personal pick-up and return of large collections. For more details, email [contact@sanibelstories.com](mailto:contact@sanibelstories.com).

Please include the number of items and any identification of persons, places, or dates regarding the image. All photos will be returned once they are scanned.

"Residents and visitors alike are fascinated by Sanibel and how it evolved into its current state, and photos from our earlier times are invaluable in telling that story," said library archivist Betty Anholt.

Pfeifer said, "Our community is paradise because many islanders before



Automobiles coming off of the Sanibel Island ferry in the 1950s

us were dedicated to protecting these islands. Preserving Sanibel and Captiva history with documentaries and expanding

this Sanibel Library's photo collection is a privilege and a project we are proud to support."\*\*

## Top Ten Books

1. *Florida's Living Beaches* by Blair and Dawn Witherington

2. *Sanibel & Captiva Island Postcard History* by Deb Gleason and Charles LeBuff

3. *Historic Sanibel & Captiva* by Jeri Magg

4. *Sanibel Flats* by Randy Wayne White

5. *Sanibel Island Lighthouse* by Charles LeBuff

6. *I'll See You In Paris* by Michelle Gable

7. *Living Sanibel* by Charles Sobczak

8. *Commonwealth* by Ann Patchett

9. *The Lilac Girls* by Martha Hall Kelly

10. *The Nest* by Cynthia D'Aprix Sweeney

Courtesy of MacIntosh Books and Paper.\*\*

## Happy Memorial Day

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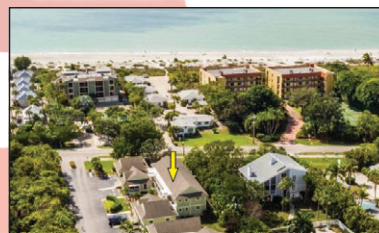
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#### CAPTIVA ISLAND COMPOUND

- <http://www.listandtour.com/16537nb.html>
  - Step Back in Time to “Old Captiva”
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From page 25

## STEM Night

Everglades Foundation, Professor of Chemistry Xiaofei Zhang from Florida Gulf Coast University, Sarah Peltier from the Florida Fish & Wildlife Conservation Commission, Zack Deyo and Jack Boyce from the Fossil Club of Southwest Florida, Bill Epranian and Neil Erickson from Island Water Association (IWA), Karen Ryan from the Lee County Electric Cooperative (LCEC), Molly Schweers and Gordon Schweers from the Lee County Solid Waste Authority, Scarnato Lawn Service, Kevin Barbot from the Sanibel Fire & Rescue District, Officer Kevin Adams from the Sanibel Police Department, Kayla Schuneman from the Sanibel Recreation Center, Brooke Linn from the Sanibel Sea School, Mandy Hunt from Tarpon Bay Explorers, and Dot Lee, Judy Lewis and Trouper the Raccoon.

"Thanks to all for your wonderful contributions to the children at The Sanibel School," added Sanner.✪



Sarah Peltier from the Florida Fish & Wildlife Conservation Commission displayed a number of bear-related specimens

photos by Jeff Lysiak



Teachers Dana Sanner and Terrie Kielborn-Jennings with some of their students at STEM Night



From left, Zack Deyo of the Fossil Club of Southwest Florida shares fun facts about shark's teeth with Tony Clark and his daughter, Teagan





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Creating Your Own Personal Retreat



by Linda Coin  
**O**ne of the greatest luxuries we can have, and the most elusive to find, is time for ourselves. Nearly every minute of our lives is programmed with family, business, or social activities.

To better handle our multiple responsibilities, we need time each day to retreat to our own private place, where we can restore our tired bodies and souls. Get in the habit of taking time to pamper yourself. Here are some ways to create your own divine personal retreat inside your home.

**Eliminate Clutter.** The first step to decorating a peaceful haven is to eliminate annoying disorder, like stacks of stress-provoking paper clutter. Discard dated material. Important papers should be filed in drawers or individually covered wicker file boxes. Magazines and other reading material can be attractively stored in decorative chests. Your decorator can help you find pretty and practical solutions for keeping your paper collection undercover.

**Pamper Yourself in Sleep.** There is hardly anything more restorative than a good night's sleep, enhanced even more so if followed by a leisurely morning in bed. Treat yourself to a glamorous setting that promotes lingering, so every day you can wake slowly to the joys of a new day. Tufted headboards, down comforters, plump pillows and romantic bed ensembles are just a few of the luxuries that can make your mornings more beautiful.

**Create a Cozy Corner.** Losing yourself in the worlds created by novelists is a wonderful way to escape from your daily routine. Prepare a quiet, cozy corner for uninterrupted time to read the latest bestseller or revisit a favorite book. Comfortable seating, proper lighting and a handy table for books and beverages are essential furnishings.

**Reflect in Luxury.** Soaking in a tub is a glorious way of unwinding. Create the perfect bathroom grotto ambiance with plants, candles, scented soaps & oils and soft ethereal music. Warm up the tile floor with a lovely chenille rug to match your luxurious bath sheets. The ultimate finishing touch would be a fabulous chandelier on a rheostat for soft night light.

**Let Creativity Flourish.** If you find peace in recording your life in a journal, pleasure in watercolors, or dream of writing a blockbuster novel, you need a solitary place to pursue these creative endeavors. Have everything at hand when the mood strikes. Whatever your style preference or budget allowance, you can have the perfect creative accessories.

**Find Time for Peace and Quiet.** Finally, to complete your serene setting, shut down the computer, switch the phone to voice mail and turn off all the bells and buzzers. The absence of

extraneous noise will allow you to get the most out of your personal retreat time.  
*Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindecden.com.\**

Rotary Happenings

submitted by Shirley Jewell



**I**t was a road trip for some of us Rotarians last Friday. Early morning rising and a few hours on the road to Sarasota for our Rotary District #6960 annual conference. We've been spoiled the last couple of years because the annual district conferences were held right in our own backyards – Captiva and Fort Myers. But road-tripping with friends is a fun way to get to know each other just a little bit better; only once did I hear the refrain, "Are we there yet?"

A brief note posted on our district website from our #6960 District Governor Ladd Waldo... that's right, we were looking for Waldo. "District #6960 incorporates 50 Rotary clubs from Palmetto/Bradenton south to Naples/Marco, Clewiston/Arcadia to the east and Sanibel-Captiva/Anna Marie Island to the west. We are 2,300 members strong with a charitable spirit, presence and support reaching all over the world with focus on improving the lives of people-building

communities with clean water, improving literacy and improving health. The promotion of peace is paramount in our programs of cultural exchanges for high school students, advanced scholars and vocational training teams."

Since breakfast was scheduled promptly for 7:30 a.m., there was little time to greet our fellow District Rotary friends, but there would be plenty of time for that over the next three days. The opening ceremonies for these conferences always starts with a parade of a representative number of national flags from around the globe where there are Rotary clubs. At this conference, there was a definite trend emphasizing membership involvement and the need to welcome the next generation of young professionals into exploring the idea of becoming involved in Rotary and introducing the generous personal experiences of our motto, "Service Above Self."

In attendance at the conference were our inbound District #6960 student exchange students. Six students from six different countries randomly hosting tables of seasoned Rotarians for breakfast representing themselves and their countries. Later during a seminar breakout session, each got a chance to give a voice to their experiences here

continued on page 44

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Will Power

# I Didn't Say You Were Beautiful



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

It's amazing to me how the written word is often misconstrued. I believe this happens exceedingly frequently in email communications. Too many people fire off emails believing that their thoughts and words will be correctly interpreted when, in fact, it would be better to phone the recipient and actually speak to him. Emails often don't properly convey nuance and inflection. Cameron Herold, an entrepreneur, business developer and consultant, succinctly points this out in his book, *Meetings Suck*. He asks his reader to consider the different meanings of the written sentence "I didn't say you were beautiful."

"You can interpret that [sentence] six different ways depending upon which word you emphasize," Herold rightfully states. To see what he means, read that sentence aloud six times, emphasizing a different word each time.

This brings me to discuss a well-written estate plan. I sometimes encounter wills and trusts obviously drafted by a layman who didn't understand the different legal meanings that certain words and phrases can have. State statutes, court cases and even IRS rulings can result in unintended consequences.

Take, for example, a phrase I recently read in someone's self-drafted trust: "Upon my death I direct my personal representative to sell my home and to divide the proceeds among my children." It seems like a straight-forward direction doesn't it?

Consider that Florida homestead is protected from the deceased's creditors under our laws. If John dies with hundreds of thousands of dollars of unsecured credit card debt and all that he owns at his death is his Florida homestead, which happens to be unencumbered by a mortgage, then that homestead can be distributed to his heirs at law free and clear of his creditors, unless the homestead is directed to be sold, in which case the creditors are first in line to the sales proceeds.

John, not knowing this, caused an adverse consequence to his beneficiaries. Had he simply bequeathed the home to his children, they could have inherited the home free of his creditors, then sold the home and divided the proceeds without incident.

What about a sentence in a trust that says, "I direct my trustee to distribute such income and assets necessary to take care of my wife for the rest of her life. What remains at her death shall be distributed to my children." This seems clear doesn't it? From what source is this income and are the assets derived? Would your opinion of this sentence change if you knew that the wife is not the mother of the deceased's children, and that she has more than \$5 million of her own assets at her disposal? Should the trustee first

consider her assets and income in determining what is "necessary to take care of my wife for the rest of her life?"

How about a trust provision that states, "I give \$10,000 to the Southwest Florida Church of Christ for mission development, unless Joe Smith is no longer a missionary with that church." Assume that at the time of the decedent's death, Joe Smith is a missionary and the trust makes the distribution. You may be surprised to learn that the trust does not receive a charitable tax deduction because preconditions imposed on charitable bequests disqualify the deduction under our tax laws.

Take that same bequest and now assume that achieving the tax deduction is not important but that Joe Smith is no longer a field missionary. Assume further that Smith has taken a year off of field work to direct other missionaries from Fort Myers. Should the trust make the distribution?

Here's another one I recently read – "My trustee shall distribute the income to my son, Doug, so long as he is not on drugs." Assume that Doug is on prescription medication, but not illegal drugs. Should the trustee make the distribution? Would your opinion change if the parent who created the trust doesn't believe in modern medicine but instead used holistic methods her entire life? Forget that scenario, but what if under a physician's care Doug is taking the prescription drug methadone which is frequently used to treat heroin addiction?

I'm sure you now realize the importance not only of clear drafting, but also how a simple phrase could result in serious consequences if the drafter is unaware of legal precedent associated with that phrase or how an ambiguous direction could cause problems. These errors aren't limited to laymen. Some attorneys who draft wills and trusts, but who aren't entirely familiar with all of the state, federal and tax laws could also easily make mistakes.

Once you die, you are no longer around to offer further interpretation of your legal documents. Therefore, choose your legal counsel wisely. As for emails, pick up the phone every now and then, too.

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## Locals Graduate From FGCU

The following Sanibel residents recently graduated from Florida Gulf Coast University:

Brendan Saage earned a bachelor of science from the UA Whitaker College of Engineering.

Kallie Greten earned a bachelor of

science from the Marieb College of Health & Human Sciences. Keelan Mullins-Zugelder earned a bachelor of science from the Marieb College of Health & Human Sciences. Megan Wilson earned a bachelor of science from the Lutgert College of Business. William Dakos earned a bachelor of science from the College of Arts and Sciences.✧



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## Digital Dilemma: Access To Your Assets



by Steven V. Greenstein,  
Executive Vice  
President, Wealth  
Services

In 1964,  
American  
songwriter Bob  
Dylan published  
his iconic ballad,  
*The Times They  
Are a-Changin'*,

foretelling the political, financial and social transformations taking place in a rapidly developing world. Today, 57 years later, no area of estate law and trust administration is changing more rapidly than the federal and state statutes governing the access to and transfer of digital assets upon the death or incapacity of the owner. A digital asset is generally defined as any item or file which is created, sent, received or stored by electronic means.

In 1964, Dylan did not own a personal computer, cell phone or credit card. He took pictures with a film loaded camera, paid bills and sent letters by mail, wrote music on paper, and kept important papers in a file cabinet. He did not have an account on Facebook, Myspace, LinkedIn, Twitter, Amazon, PayPal or eBay. He did not bank online, have a YouTube channel, read books on a Kindle, listen to music on iTunes, or use Dropbox, Snapchat or store anything in the cloud.

Today, about to turn 76 and with a net worth of over \$180 million, Bob Dylan, like most Americans, has at least 25 user names and passwords to various devices and financial accounts and conducts the majority of his business on web sites and domains that

he owns and controls. Digital assets now represent an increasingly larger responsibility for fiduciaries such as personal representatives and trustees, impacting their ability to properly implement and manage estate planning.

The full scope of the problem was evidenced in 2014 when there were over 30 million Facebook accounts belonging to deceased owners that could not be accessed by fiduciaries due to the Terms of Service Agreements originally signed by the owners. The Terms of Service Agreements that you click "Agree" on when establishing a new digital asset contain privacy terms that restrict access to or changes by anyone but the owner or the service company. This was making it impossible to cancel or change an account after the owner had passed away.

In 2015, the Uniform Law Commission approved the Revised Uniform Fiduciary Access to Digital Assets Act (RUFADAA), with a general goal to create some uniformity in terminology and definitions and to facilitate fiduciary access to digital assets during incapacity and upon the death of an owner. Since then, 18 states (Florida being among the first) have enacted it as law, with another 14 having introduced legislation to enact it this year.

But even with the passage of RUFADAA, it is imperative for all of us who own digital assets to update our estate plans to include granting powers to access, archive, and even delete digital assets, with the important consideration that the individual appointed as a fiduciary will have access to some of our most closely guarded and sensitive information.

The laws will continue to develop and change as rapidly as the development of new technologies. For Bob Dylan, and for the rest of us, it is important to recognize that with the rise of digital assets, our estate plans they are a-changin'. ✨

## ABWA Woman Of The Year

Jodi Suskind of Fort Myers was named the 2017 Woman of the Year by the Sanibel Captiva Charter Chapter of the American Business Women's Association (ABWA).

The mother of four children, Suskind is a registered representative and investment advisor trainee at Thrivent Financial. She specializes in assisting women in transition, helping them to achieve financial security and independence. A supporter of women's professional development, Suskind has attended ABWA's national and regional conferences, and helps to educate other women through her volunteer efforts in the organization. She currently serves as vice president of the Sanibel Captiva Charter Chapter. ✨



Jodi Suskind

photo provided

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# Red Sox Fans And Other Sports Fans Will Love Big Papi's New Book



by Ed Frank

While we're not in the business of reviewing books, if you're a Boston Red Sox fan – and there are vast numbers in our area – you'll want to read the new book, *Papi My Story*. In modern Red Sox history, there has never been a more exciting, lovable, charismatic player than David "Big Papi" Ortiz. This sure-fire future Hall of Famer left an indelible mark on baseball and the city of Boston in so many, many different ways.

To this very day, there are scores of Red Sox faithful that argue the big man should still be playing. And Red Sox management admits that the biggest challenge facing Boston this season is filling the void left by his retirement.

At 40 years old in his final season last year, Ortiz hit .315 with 38 home runs and 127 RBIs. It's no wonder that so many wish he was still playing.

But getting back to his book, he devotes a significant portion to the disastrous 2012 season when the team was managed by Bobby Valentine. Red Sox fans remember that awful season when the negative vibes and players' complaints about Valentine began as early as Spring Training.

Valentine lasted only one year after a 69-93 season, finishing 26 games out of first place.

"I'm a person who has been able to get along with a range of personalities, pretty much everybody," he said in the book. However, he goes on to write, "He (Valentine) was aggravating as hell, arrogant and disrespectful, but I felt that we needed to try our best to support him."

He describes one awful day during a practice session when Valentine ordered his players to stop yelling, "I've got it," when chasing a fly ball. He claimed it is hard to hear those words in a noisy stadium.

"So when our shortstop, Mike Aviles, got under a ball he instinctively said, 'I got it'."

He writes that Valentine snapped. "It was unlike anything I had ever seen in the majors. He went off on Aviles, cussing and verbally tearing him down in front of everyone. If it had been me, I would have gone up to him and dropped a punch."

What a difference a year later when John Farrell took over as manager, Ortiz says. "There was trust in the room. There was peace and respect."

Ortiz devotes a major portion of his book to Patriots Day 2013, the day when two bombs exploded near the finish line of the Boston Marathon, causing horrific injuries to more than 200 persons and deaths to six.

Adopting the term, Boston Strong, Ortiz will long be remembered when he addressed a sellout crowd at Fenwick Park. "This is our ----- city. And nobody is going to dictate our freedom. Stay strong."

He writes that he feared he would be in trouble for his words. "It was the opposite. What I said became a rallying cry for some people."

There is much more in this book – his one-time struggles with family issues, his devotion to civic and charitable causes and his never-ending competitive drive, a drive that played major roles in Boston's 2007 and 2013 World Series

championships. We wrote at the outset of this column that Big Papi's book is a must read for Red Sox fans. Actually, it's a good read for any sports fan.

## Red-Hot Miracle Win Seven Straight And Eight Of Nine

The surging Fort Myers Miracle began the week just three games out of first place in the Florida State League South Division after winning seven straight games and eight of nine, including a 13-6 victory Monday night over Dunedin.

The winning streak included four straight over Clearwater and two of three over first-place Bradenton to improve their season record to 24-21 through Monday of this week.

Third baseman Chris Paul was among the league leaders with a .335 batting average.

The Miracle is on the road this weekend at Charlotte, returning home to Hammond Stadium next Tuesday for a single game against Bradenton.✪



David Ortiz photo courtesy Boston Red Sox

## SPORTS QUIZ

1. In 2015, Ryan Braun became the Milwaukee Brewers' all-time leader in home runs. Who had held the top spot?
2. Three major-league players had careers of at least 3,000 hits and 600 home runs. Name them.
3. Who was the first defensive player to be named MVP of the Super Bowl?
4. How many times has Villanova's men's basketball team reached the Final Four, and how many times have the Wildcats won the title?
5. Who was the first Philadelphia Flyers player to tally 50 or more goals in a season?
6. Name the first athlete born in the year 2000 or later to win a gold medal in an Olympic sport.
7. When was the last time before the 2016 Ryder Cup that the U.S. men's golf team won the event by at least six points?

## ANSWERS

1. Robin Yount, with 251. 2. Hank Aaron, Willie Mays and Alex Rodriguez. 3. Linebacker Chuck Howley of the Dallas Cowboys in Super Bowl V. 4. Villanova has reached the Final Four five times and won it all twice (1985, 2016). 5. Rick MacLeish had 50 goals in the 1972-73 season. 6. Swimmer Penny Oleksiak of Canada, in 2016. 7. It was 1981, when the U.S. won 18.5-9.5.

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## ISLAND SUN BUSINESS NEWSMAKERS

## Top Producers



Phaidra McDermott



Kris Cardinale



Elise and Tom Starr



Rob Starr



Dave Russ



Kay Wyatt

The top producers at John R. Wood Island Real Estate for the month of April were: Written business recognition, Phaidra McDermott; Best closed volume, Kris Cardinale; Most properties listed for sale, The Starr Team – Tom, Elise and Rob Starr; Productivity award, Dave Russ and Kay Wyatt.✱

## Triathlon Rates To Rise In June

The end of May will bring the end to lower registration rates for the seventh annual Galloway Captiva Triathlon, with individual and team registrations set to increase for this popular local event.

The nonrefundable cost to register is \$75 for individuals, \$85 for elite amateur athletes and \$180 for relay teams of two or three people. Registration fees increase May 31 to \$85, \$95 and \$200 respectively through July 31. If the race has not sold out already, on August 1 registrations will increase to \$95, \$105 and \$220 respectively.

Race director Kate Gooderham stated that sponsors Trek Bicycle Stores and Billy's Bicycles are planning roadside repair clinics. The triathlon has sold out every year since its 2011 inception and is limited to 750 participants for the Sunday adult sprint-length race. Proceeds will again benefit the Community Cooperative's Healthy School Pantry program, as it has since the race's inception.

The sprint event will be held Sunday, September 10 at South Seas Island Resort

on Captiva. It includes a quarter-mile open-water swim, 10-mile bike (on closed island roads) and 3.1-mile run along the gulf and Redfish Pass. The Captiva Tri also holds a shorter Children's Fun Tri on Saturday, September 9 at South Seas. The race is not timed and all finishers earn a medal. Children will compete in three age groups – 6 to 8, 9 to 10 and 11 to 13 – with the distances of each race varying. Registration increases from \$25 to \$30 beginning June 1. All three age groups are limited in size, and have sold out even before the adult event in years past.

Information and event registration for both races are available at [www.CaptivaTri.org](http://www.CaptivaTri.org).✱



Participants in this year's Memorial Day Golf Tournament at Shell Point are encouraged to show off their patriotic pride photo provided

## Shell Point Memorial Day Golf Tournament

Golfers are invited to participate in the inaugural Shell Point Memorial Day Golf Tournament on Monday, May 29 at The Club at Shell Point. Shotgun begins at 8:15 a.m. Lunch is 11 a.m. in the newly opened clubhouse.

"The event is a great way to kick off the patriotic holiday with an exciting morning of golf followed by a mouthwatering buffet prepared by our exceptional staff," said Charlie Howlin, general manager of The Club at Shell Point.

The tournament is open to the public and welcomes all golfers, from

the newest beginners to the biggest hitters. The 18-hole championship golf course offers difficult fairways, winding water hazards, and eight tees on every hole – providing challenges and rewards to every player.

Entry fee, which includes lunch, is \$45 for club members or \$60 for non-members. Prizes will be awarded in multiple categories. Sign up by calling the golf shop at 433-9790.

The Memorial Day buffet in the Banyan Grille at The Club is also open to the public. To make a reservation, call 225-2900. Tickets for each non-golfing individual are \$16.95 plus gratuity.

The Club at Shell Point is located at 17500 On Par Boulevard in Fort Myers. To register for the tournament or for more information, call 433-9790 or go to [www.shellpointgolf.com](http://www.shellpointgolf.com).✱

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From page 1

Sam Bailey's Islands Night



photos by Jeff Lysick



Joe Chinnici getting an autograph from Clearwater third baseman Darnek Tomscha



Paul Gulbrandsen and his mother, Charlene, singing the National Anthem



Sally and Al Hanser photo provided



Refuge Ranger Toni Westland



From left, Jim Jennings, Jason Maughan, Mick Denham, Kevin Ruane and Chauncey Goss







Al Hanser popped out of his birthday cake during the parade with a little help from Steve Greenstein and Lori Mobley



# The Sanibel School's PTA and Sanibel School Fund extends a big thank you again to all of our sponsors, players and school community for a successful Blue Ribbon Classic Tournament

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Beautifulife:

Be Brave



by Kay Casperson

As we remember those who died in active military service this next week, the one thing that comes to mind for all of us is the fact that all of these individuals had one thing

in common, they were brave. They were brave enough to put our country first and to sacrifice their own lives to defend it. They were brave as they left their homes to fight for what they believed in.

This next week is a week for us to appreciate and honor those who were brave but also to reflect upon our own bravery. Are you brave enough to step out of your comfort zone to do things that are a challenge in order to make things better? Are you brave enough to stand up for what you believe in no matter who is listening or watching? Are you brave enough to give something up in order to make room for something new or different? How brave are you?

Being brave does not come easily for some people, and others may need encouragement and support from friends to get over the line of thinking

about doing or saying something to actually making it happen, regardless of the consequences. Once you begin the journey of having courage and being brave in the little things, you will start to feel better and stronger with all the important aspects of your life and the decisions you make.

I can't express enough how powerful it is to be brave and to defy what others think you should be, say or do. When you look into your heart, you will know what is right and if you trust in the God given courage you have to do the right thing, you will and it will not only feel good, but it will continue to make you stronger as a person.

Words of affirmation are a powerful way to overcome your hesitation in doing or saying something that you think is right. I encourage you to take the time to apply these or any others that might push you down the road to a more brave and beautiful life.

Here are few of my favorites for you: "I am brave and can overcome all obstacles by stepping out of my comfort zone."

"I am brave and will do the right thing regardless of what others think or say."

"I am brave and know that my decisions and actions will keep me moving forward in a positive direction."

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.\*

From page 36

Rotary Happenings

in the states and how those experiences have motivated their interest in higher education or future career choices. Rotary International (RI) believes that programs like this and other RI programs similar available for educational studies improve relationships between countries, religions and genders and with an understanding of each other comes the hope for development of a platform to world peace.

The two main speakers for the morning:

- Jim Probsdorfer, immediate past chair for District #7600 Rotary Foundation, focused on the history of Rotary International Foundation giving and the need to continue the process of foundation giving and grants.

- Rotarian Kelsey Scoggins, who spoke on the future of Rotary through expanding the development of new Rotary clubs and the use of technology to engage new members.

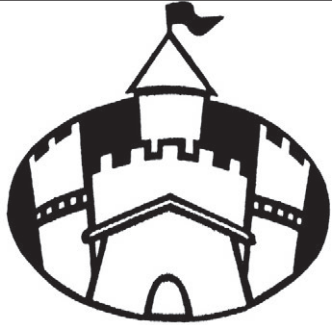
Probsdorfer announced that District #6960 achieved two record breaking giving milestones in 2015-16. The generosity of our district clubs brought us in at #5 in foundation giving; that is fifth in the world! As I looked around the room, I didn't notice any one person standing up to take credit for this giving milestone, but an enthusiastic group of Rotarians awed by our district ranking.

2015-16 total contributions to the Rotary Foundation – \$265.6 million; \$121 million to the annual fund, \$97 million to PolioPlus, \$17 million to the endowment fund and \$37 million to other funds. Grant money is distributed

globally through specified grants. PolioPlus and PolioPlus Partner grants including The Gates Foundation totaled \$114.7 million. Rotarians immunized more than 2.5 billion children against polio in 122 countries. For as little as 60 cents, a child can be protected against this crippling disease for life. This program will continue until no cases of polio are reported throughout the world. Rotary believes that we are providing a future for these immunized children and these children could provide a future for all of us using their abilities to do good in the world.

Scoggins spoke about Rotary satellite clubs and attracting young Rotarians to our clubs. Young professionals are interested in networking and socially connecting. They regularly link with social media connections but still want personal interaction and are looking for ways to help their community. RI e-clubs have provided a current way to attend Rotary meetings using technology, but Rotary is also encouraging the formation of Rotary Satellite Clubs, which provide an introductory method for potential club members to learn about Rotary and encouraging them to establish their own chartered club catering to their own needs for professional connections and socialization. She was a founding member of a Satellite Club in Fort Myers Beach, now the Fort Myers Beach Sunset Club. This club filled the gap for Rotary Clubs on the beach, establishing a more social after-work environment for Rotary meetings, networking and socialization.

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



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dearRPharmacist

## Five Foods For A Hot Summer Bod



by Suzy Cohen, RPh

### Dear Readers:

The fastest way to lose weight is to exercise more, and shrink your portions at each meal. But there are some shortcuts you can take. One of them is thyroid hormone, because it turns on your fat-burning pathways. Another shortcut is to eat and drink more of the foods (and beverages) that increase calorie-burning, termed thermogenesis. Here are the specific items I think can help, so try integrating what you like here, and do it on a daily basis:

**Green tea:** Drinking green tea, even once or twice daily (iced or hot) can be integrated very easily. Make sure it's organic, the flavor doesn't matter but if you put sugar in it, you're defeating the purpose.

**Even if you keep your regular diet steady, you could lose as much as 2.9 pounds over 12 weeks, according to a 2013 article I read in the *American Journal of Clinical Nutrition*. The researchers theorize that it's a combination of the caffeine content and the polyphenols present in green tea that produce a thermogenic effect.**

**Hot peppers:** Mmm, I love spicy food. It helps you burn calories due to the heat-forming compound called capsaicin. Taken internally in the form of spice, it can turn on thermogenesis. So next time you eat hot chili or salsa, or green curry... and feel yourself starting to get hot under the collar, remind yourself that you're not being socially awkward, you're being metabolically upregulated.

**Cinnamon:** Cinnamon is thought to help balance blood sugar, which by the way is a short-cut to losing weight, discussed fully in my book, *Diabetes*

*Without Drugs.* Cinnamon is also thermogenic. Sprinkle it over a bowl of fresh berries with a splash of your favorite milk or cream, put some on top of your morning oatmeal, or into a protein shake or smoothie. Cinnamon is great on top of coffee too.

**Apple cider vinegar:** In 2009, researchers found that acetic acid, the main ingredient in apple cider vinegar, promotes the production of fat-burning enzymes in the livers of mice. Don't drink it straight because it is very acidic and can damage your tooth enamel and esophagus. It always has to be diluted in something so use it to make salad dressing, or dilute a teaspoon in a cup of water and boom... down the hatch. My "bookface" mom drinks it that exact way, to this day.

**Coconut oil:** Coconut oil's molecular structure makes it uniquely able to bypass the digestive process (where its calories could be stored as fat) and sent straight to the liver where it can be used for fuel. So coconut oil isn't thermogenic because it increases calorie-burning, per se, but rather because it doesn't contribute to fat, and it could replace bad fats in your diet. In addition to being thermogenic, these five foods are extremely healthy for you in so many ways, so integrating them in to your healthy diet is a wonderful idea just for the health of it.

*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).*✱



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## Got A Problem? Dr. Connie Is In



by Constance Clancy-Fisher

**Q:** What is a good definition of successful aging?

**A:** Successful aging is more than physical health. We look at cognitive function, social support, satisfying life

experiences including friends, family and activity levels. I like to think of it as an integrated wellness representing a balance between mind, body, spirit and emotions, including social and cultural aspects of an individual's life. You mentioned 'successful' aging, and this is a subjective stance and will vary from one individual to another. Successful aging and wellness may mean different things to different individuals at any given time. While your physical well-being is one aspect, this aspect is the one that significantly affects most other aspects of health and wellness. When I do an initial consultation with a client, I inquire when their last physical examination was as we all want to have a baseline physical to assess your current condition, including evaluating hormone levels. It may be necessary to make some important lifestyle changes to better meet your body's basic needs for healthy food and nutrients, plenty of hydration and

a good environment surrounded with caring, supportive people. Engage in more physical and social activities including play.

Have discussions with your health care practitioners attuned to healthy aging and discuss your needs and get plenty of information to help you with healthy decision making.

*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).*✱

## ISLAND SUN BUSINESS NEWSMAKERS

### Top Producers



Chuck Andrews



Kimberley Andrews

Chuck and Kimberley Andrews were the top marketing and the top selling associates at the RE/MAX of the Islands office in April.✱

## County Named Florida Healthy School District

The Lee County School District has been recognized as a Florida Healthy School District at the Gold level. The award is based on the submission of the Florida Healthy School District Self-Assessment, a tool based on sustainable infrastructure, policy, programs and practices identified from national and state guidelines, best practices and Florida statutes.

The local district will hold the distinguished award from May 2017 through April 2019. The award was developed by the Florida Coordinated School Health Partnership out of a desire to recognize and celebrate

continued on page 47

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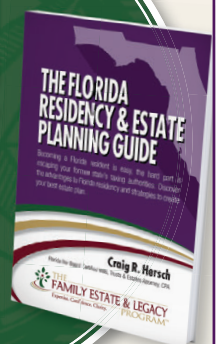
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## Doctor and Dietician

## Fruit And Diabetes



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

**F**ruit is almost always encouraged as part of a healthy diet, and most dietary guidelines recommend the consumption of fresh fruit and vegetables, often lumping them both into the same category. But is fruit as healthy as vegetables for everyone? Researchers tracked over half a million Chinese adults for seven years and found, through blood testing and other measurements, that higher fresh fruit consumption was associated with a 12 percent lower risk of developing diabetes. In diabetic participants, they noted lower risks of death and less major vascular complications. Non-diabetics ate fresh fruit daily, compared to the control group of rarely or never. They studied diabetics who consumed fresh fruit more than three days a week compared to the control group

of one day per a week. The results for diabetics: 17 percent reduced risk of dying from any cause and a 13 to 28 percent lower risk of developing diabetes-related complications, such as heart attacks, strokes, kidney diseases, eye diseases and neuropathy.

These are very interesting results considering diabetes affects almost half a billion people worldwide and increases the risk of developing many chronic health conditions. A huge concern is that the data did not assess how much fruit is too much. Over the years, we have tested many glucose levels on patients who eat high quantities of fruit daily (3 or more servings), and often these patients consider fruit the same as vegetables. Multiple servings of fresh vegetables should be eaten by everyone daily. But fruit contains more sugar and should be limited in certain people or the results can include unhealthy blood sugar levels. Additionally, studies like the Nurses' Health Study, also found an increased incidence of diabetes with higher fruit consumption. Eating one serving fresh fruit a few days per week is a much different story than eating it all day long.

*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).✱*

## Mom And Me



by Lizzie and Pryce

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

**Dear Mom & Me,**

Our adult children have done nothing to make us proud. We tried very hard, did our very best, but they have accomplished absolutely nothing.

My husband was a non-English speaking immigrant when he came to the U.S. I am native born, and together we have done well.

Our children are lazy bums. We did not spoil them – they just seemed to be takers and expect the government to care for them.

We find it very hard to be out socially and hear others talk about their family's accomplishments.

What do you think we should do when we are out socially?

Ann Marie

**Dear Ann Marie,**

We may all be born politically equal

– but equal we are not. Some are born with greater health, more intelligence, social advantage and they choose the right parents.

You "tried hard and did your very best." There is nothing else you can do. Most people are average, but some people seem to have a great deal of luck and always seem to be at the right place at the right time.

If you feel uncomfortable with people, try and avoid being in their company. But, if you really enjoy their company, try to change the subject. If that doesn't work, just move on to other groups of people.

Lizzie

**Dear Ann Marie,**

Sorry to hear your thoughts about your adult children. Some of us adult children are not aware or do not care that our choices affect our parents' mood and happiness.

Since your children are now adults as you describe, they can make their own choices. Good or bad, outside what it means for you as their parent. You have no control over them or their choices, only your own and how much you allow their choices to concern and/or control your mood and emotions.

You can choose to focus on the fact you did the very best you could have done as a parent. Your children choose differently.

In social settings, come up with a polite but non-revealing comment about your children ("they are still looking for employment that challenges them") or something similar, then change the topic or remember you promised to talk to someone else, or you needed to refill your drink.

Pryce

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



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## 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.

**Miami's Spanish Roots and Little Havana Guided South Beach Tour** – Tuesday, June 6. Cost is \$79 for members and \$89 for non-members. Trip includes round trip transportation, lunch at the famous Versailles Restaurant in Little Havana, riding and walking tour with a private guide to learn about Spanish culture in Miami including the Freedom Tower, the Miami Circle and "Domino" Park. Bus departs from Fort Myers at 7 a.m. (transportation to Fort Myers location is on your own). Advance registration required.

**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.

**The Mound House** – Wednesday, June 21. Cost is \$15 for members and \$20 for non-members. Experience Old Florida at the Mound House where Estero Island's oldest standing structure sits on an ancient Calusa Indian mound. Through archaeology and history, 2,000 years of island life are revealed in a variety of tours and educational programs. Tours are usually an hour in length, but vary depending on visitor interests. Following the tour is lunch at Nervous Nellie's Crazy Waterfront Eatery. Carpool arrangements available on a first come basis. Advance registration required.

**Friday Collage Classes with Bea Pappas** – May 26, June 2, 9 and 30 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.

**Rummikub (New)** – Tuesday 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** – June 6 and 20 and 30 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.\*

From page 45

## Healthy School

the hard work and success of school districts related to physical, mental and social health of students and staff.

Lee County School District received outstanding scores related to policies and processes in areas including health services; healthy school environment, which reflects both the physical plant as well as the social climate of the district; employee wellness; and family and community involvement, which is key to garnering support and resources from community members.

A total of 45 Florida school districts were recognized for establishing a culture and climate that embraces the coordinated school health approach to reduce barriers to learning and support academic achievement.\*

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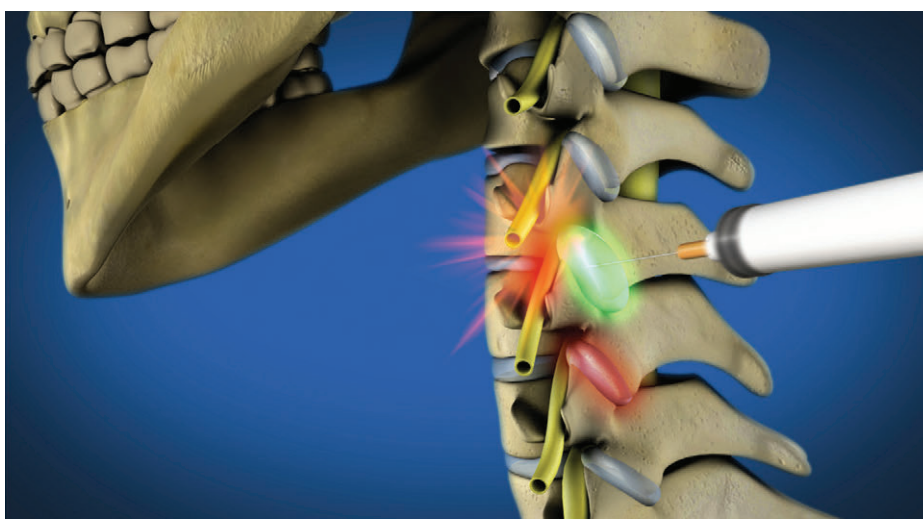
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Sanibel Police .....	472-3111
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On Call Captiva Deputy .....	477-1000
Fire Department - Sanibel .....	472-5525
Fire Department - Captiva .....	472-9494
Florida Marine Patrol .....	332-6966
Florida 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
<b>ARTS</b>	
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
<b>CLUBS &amp; ORGANIZATIONS</b>	
ABWA - American Business Women's Assoc. <a href="http://abwasanibelcaptiva.org">http://abwasanibelcaptiva.org</a> .....	472-9979
American Legion Post 123 .....	1-877-4AN-ANGEL
Angel Flight SE .....	472-3744
Audubon Society .....	472-1189
CHR Community Housing & Resources .....	274-5900
Community Foundation of Sanibel-Captiva .....	coti@coti.org
COTI Committee of the Islands .....	472-3644
CROW - Clinic For The Rehabilitation of Wildlife .....	Demclubislands@gmail.com
Democratic Club of the Islands .....	472-4775
FISH OF SANCAP Neighbors Helping Neighbors .....	472-0404
FISH. OF SANCAP 24-hr service .....	472-8994
Sanibel Island Fishing Club .....	472-6940
Horticultural Society of the Islands .....	472-8334
Horticulture and Tea Society of Sanibel and Captiva .....	677-7299
Kiwanis Club .....	sanibelLWV@gmail.com
League of Women Voters .....	302-521-1158
Lions Club, Jeff MacDonald .....	472-6940
Master Gardeners of the Islands .....	395-9232
MOAA - Military Officers Assc. of America, Alex MacKenzie .....	472-9332
Newcomers .....	768-0417
Notre Dame Club of Southwest Florida .....	472-0836
Optimist Club .....	472-4823
PAWS .....	472-7257 or 472-0141
Rotary Club .....	sanibelbicycleclub.org
Sanibel Bike Club .....	470-2866
Sanibel Beautification Inc. .....	472-6940
Sanibel-Captiva Orchid Society .....	www.usps.org/localusps/sancap
Sanibel-Captiva Power Squadron .....	395-1202
Sanibel-Captiva Republican Caucus .....	facebook.com/sancapshellclub
Sanibel-Captiva Shell Club .....	267-7291
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
<b>ISLAND ATTRACTIONS</b>	
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](mailto:press@islandsunnews.com)

# PETS OF THE WEEK

## PAWS Of Sanibel

### Prince Harry

This handsome guy needs a forever home. Prince Harry is approximately 1 year old. He is a beautiful light orange Oicat mix



Prince Harry

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

### Bowie And Big Boy

Hi, my name is Bowie. I'm only a baby, and I need someone to take me home and love me forever. I have a really cute face and adorable ear tufts. I'm already neutered and up-to-date on vaccinations. I'm staying at the Petco at Gulf Coast Town Center. My adoption fee is \$125.



Bowie

Hi there. I'm Big Boy. Look how cute I am. I am only 10 weeks old and just now ready for adoption. I have a short black and white coat and a very pretty face! I'm up-to-date on vaccinations and neutered. I am residing at the Petland on College Parkway. Come adopt me so that I can have a real home. My adoption fee is \$125.



Big Boy

We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email [haveneearthanimalleague@yahoo.com](mailto:haveneearthanimalleague@yahoo.com).✧

## Lee County Domestic Animal Services

### Cisco And Sasha

Cisco is a two-year-old male catahoula mix who is an all-purpose pup who is ready to make a lifelong commitment. If you drop a crumb, he will be there to clean it up. If you need a buddy to run with, he will be ready with his leash in tow.

Adoption Fee: \$30

Sasha is a five-year-old female domestic shorthair who is a self-educated gal that knows what she wants and when. She has the whole package

brains, good looks and raw talent and she is ready to use them.

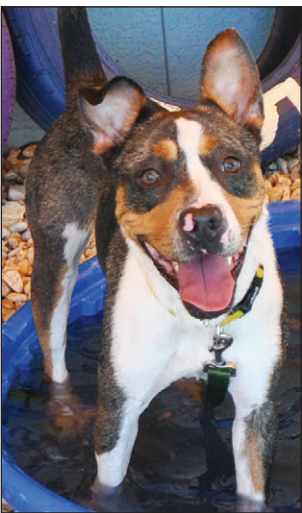
Adoption Fee: \$30

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.✧



Cisco ID# 682297



Sasha ID# 699469

## Kitten Shower

Lee County Domestic Animal Services plans to be ready for the large number of cats and kittens soon to enter the shelter as most cats begin their breeding cycle. The 2nd annual Kitten Shower will be held from 10 a.m. to noon on Saturday, May 27 at Lee County Domestic Animal Services, located at 5600 Banner Drive in Fort Myers. The Gulf Coast Humane Society and Fortunate Ferals will join Animal Services for the educational event.

Animal Services is in need of volunteers to provide foster homes for underage kittens and puppies; those foster volunteers would house the nursing mother plus her litter. There will be a seminar for people interested in the pet foster care program and additional information on spaying and neutering programs.

The public is asked to donate the following items: baby blankets, water bowls, kitten nursing bottles, flat dishes, digital thermometers, cat beds, Dawn dish soap, cat nail trimmers, Royal Canin Babycat Food. The items may be brought to the shelter the day of the kitten shower or during regular business hours.

Adoptable pets can be viewed online at [www.LeeLostPets.com](http://www.LeeLostPets.com) and applications can also be filled out in advance of the kitten shower.✧



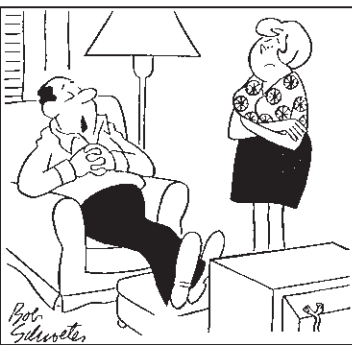
## PLANETS OUT OF ALIGNMENT

74 Not obtuse  
78 Badgers' kin  
79 River or lake  
outing  
80 Various  
81 Ear-piercing  
82 Odessa loc.  
83 Emperor  
exiled  
to Elba  
84 "No deal!"  
85 Gap  
86 Cozy eatery  
87 Additional  
88 LP stat  
89 "Arabian  
Nights" hero  
90 Skin pigment  
92 Beatified Fr.  
woman  
93 Pres. initials  
97 Singer  
DiFranco  
98 Keanu of  
film  
103 Subtle  
glows  
105 Seth's eldest  
106 Deco artist  
107 Sand hill  
108 Raven's cry  
110 Smartphone  
download  
111 No. in the  
white pages  
112 A, in French  
113 Enthusiast  
114 R&B singer  
Dae'—  
115 Mac workers

52	Rabbit	9	What we	34	Oregon city
53	Logical		share	35	Singer Sheryl
54	Accom-	10	Dillon or	36	Charged bit
	pished		Damon	37	Painting on
55	Deep black	11	Not idle		plaster
	gem	17	Verve	39	Profession
		19	"Help!"	40	Unrepaired
<b>DOWN</b>		22	That guy	41	Isinglass
1	Pronto, on a	23	Resistance	42	Privy to
	memo		measure	43	Roman 57
2	Spelling of TV	24	Garland for	44	"Once — a
3	Valhalla VIP		14-Across		time ..."
4	Got by some-	25	Hostel	45	Shetland, for
	how	26	Series of		one
5	Couches		battles	46	Underworld
6	Stumble	27	Crib		river
7	Longing	28	Big bother	48	Moreover
8	Contract	29	Deteriorate		
	section	31	Scooted		

Bolger	Gamwich	Mugwort	Twofoot
Brandybuck	Goold	Oldbuck	Underhill
Chubb	Grubb	Pott	Zaragamba
Galpsi	Hogg	Puddifoot	





"What they should have is a \_\_\_\_\_ for taxpayers!"

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!

Hurry  
**SLEUTH**

Invent  
**TEECAR**

Delight  
**ASLEEP**

Advice  
**MORNES**

TODAY'S WORD

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

SUDOKU

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

answer on page 53

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Tail is shorter. 2. Number is different. 3. Leash is missing. 4. Cone has less ice cream. 5. Neckline is different. 6. Trash can is missing.

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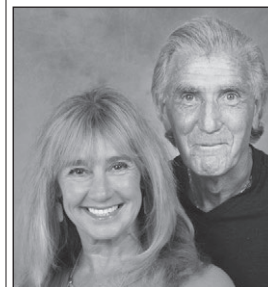
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M	I	L	T	O	N	E	T	D	O	E	N	O	A	G	R	E	E			
	B	A	R	R	I	E			E	L	E	E	D	U	E	T				
C	A	N	I	T		N	A	T	U	R	E	V	S	N	U	R	T	U	R	E
A	B	I	D	E		O	P	E	N	T	O	E		U	N	A	I	R	E	D
W	A	N	E	D		S	P	L	E	E	N	S		T	E	S	T	E	E	S

KING CROSSWORD

A	T	O	M		S	T	Y		C	O	M	B							
S	O	D	A		O	R	E		L	U	A	U							
A	R	I	D		F	I	N	E	A	R	T	S							
P	I	N	E	S	A	P		L	U	S	T	Y							
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MAGIC MAZE

HOBBIT FAMILIES

SUDOKU

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

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5/19 \* 6/2

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\*RS 4/29 CC TFN

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\*RS 4/7 CC TFN

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## ANNUAL RENTAL

### ANNUAL RENTAL

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By Marina, Updated, 2BD/1½BA, duplex UF. Tile & Carpet, wood staircase. Most utilities included \$2,200/mo

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5/26 \* 6/16

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### ANNUAL RENTAL WANTED

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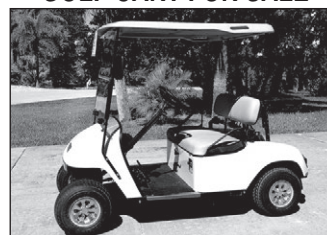
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5/26 \* 6/2

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## LEGAL NOTICE

### THE FLORIDA DEPARTMENT OF ENVIRONMENTAL PROTECTION ANNOUNCES A PUBLIC WORKSHOP

To present and give the public opportunity to provide comments on draft nutrient Total Maximum Daily Loads (TMDLs) for estuaries in the Charlotte Harbor Basin and having these nutrient TMDLs, if adopted, constitute site specific numeric interpretations of the narrative nutrient criterion  
Tuesday, June 6, 2017  
3:00 pm  
Sanibel Recreation Center,  
3880 Sanibel Captiva Road,  
Sanibel, Florida  
For more information on the meeting, contact Ms. Shamyah Gibson, Watershed Quality Evaluation and TMDL Program, Florida Department of Environmental Protection, 2600 Blair Stone Road, MS 3555, Tallahassee, Florida 32399-2400, or by e-mail at [Shamyah.Gibson@dep.state.fl.us](mailto:Shamyah.Gibson@dep.state.fl.us)  
5/26 \* 5/26

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Starts Fri. 5/26 - 5/28 10:00-5:00  
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### Shore Fishing:



### Don't Harm The Fish

by Capt. Matt Mitchell

Landing 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.



# My Stars★★★★★

## FOR WEEK OF MAY 29, 2017

**ARIES** (March 21 to April 19) A heads-up alert to all free-spirited Ewes and Rams: Be wary of a deal that could result in compromising your independence. Check every detail before making a commitment.

**TAURUS** (April 20 to May 20) New facts emerge that help put an irksome workplace situation in perspective. Meanwhile, pay more attention to a family member who needs your wisdom and strength.

**GEMINI** (May 21 to June 20) A slight setback in plans is nothing to worry about. Use this delay to deal with a number of matters you might have ignored for too long. Expect news from someone in your past.

**CANCER** (June 21 to July 22) You're entering a period of stability. Use it to straighten out any outstanding problems related to a very personal situation. Also, pay closer attention to financial matters.

**LEO** (July 23 to August 22) As much as you love being a social Lion, you might well benefit from staying out of the spotlight for a while. You need time to reflect on some upcoming decisions.

**VIRGO** (August 23 to September 22) A difficult family situation improves, thanks to your timely intervention. You can now start to focus more of your attention on preparing for a possible career change.

**LIBRA** (September 23 to October 22) An on-the-job change works to your benefit by offering new opportunities. It's up to you to check them out. Meanwhile, a stalled romantic situation starts up again.

**SCORPIO** (October 23 to November 21) That flare-up of Scorpion temperament cools down, leaving you more receptive to suggestions about changes that might need to be made in your personal life.

**SAGITTARIUS** (November 22 to December 21) An unusual period of indecisiveness is a mite frustrating. But things soon clear up, allowing the sage Sagittarian to make those wise pronouncements again.

**CAPRICORN** (December 22 to January 19) You might feel that you know best, but it's not a good idea at this time to try to force your opinions on others. Best advice: Inspire change by example, not by intimidation.

**AQUARIUS** (January 20 to February 18) Some setbacks could affect your plans to fortify your financial situation. But things start moving again by early next week. Meanwhile, enjoy your resurgent social life.

**PISCES** (February 19 to March 20) Show that often-hidden steely spine of yours as you once again stand up to an emotional bully. You've got the strength to do it, especially as friends rally to your side.

**BORN THIS WEEK:** Your ruling planet, Mercury, endows you with a gift for writing. Have you considered penning the world's greatest novel?

## THIS WEEK IN HISTORY

• On June 7, 1913, Hudson Stuck, an Alaskan missionary, leads the first successful ascent of Mt. McKinley's south peak, the highest point on the North

American continent, at 20,320 feet, overcoming difficult weather and a fire that destroyed food and supplies.

• On June 10, 1928, Maurice Sendak, author and illustrator of "Where the Wild Things Are," is born in New York. The book was pioneering in its realistic depiction of childhood anxieties and rebellious behavior.

• On June 6, 1933, in New Jersey, Richard Hollingshead opens the first drive-in movie theater. Hollingshead had experimented in the driveway of his home in Camden, mounting a 1928 Kodak projector on the hood of his car, pinning a screen to some trees, and placing a radio behind the screen for sound.

• On June 11, 1955, a Mercedes-Benz race car in Le Mans, France, goes out of control at 150 mph and crashes into stands filled with spectators, killing 82 people. Several nations banned racing after the tragedy.

• On June 5, 1968, Senator Robert Kennedy is shot at the Ambassador Hotel in Los Angeles after winning the California presidential primary. Kennedy was shot several times by the 22-year-old Palestinian Sirhan Sirhan. He died a day later.

## STRANGE BUT TRUE

• It was beloved American author of Western stories Louis L'Amour who made the following sage

observation: "A wise man fights to win, but he is twice a fool who has no plan for possible defeat."

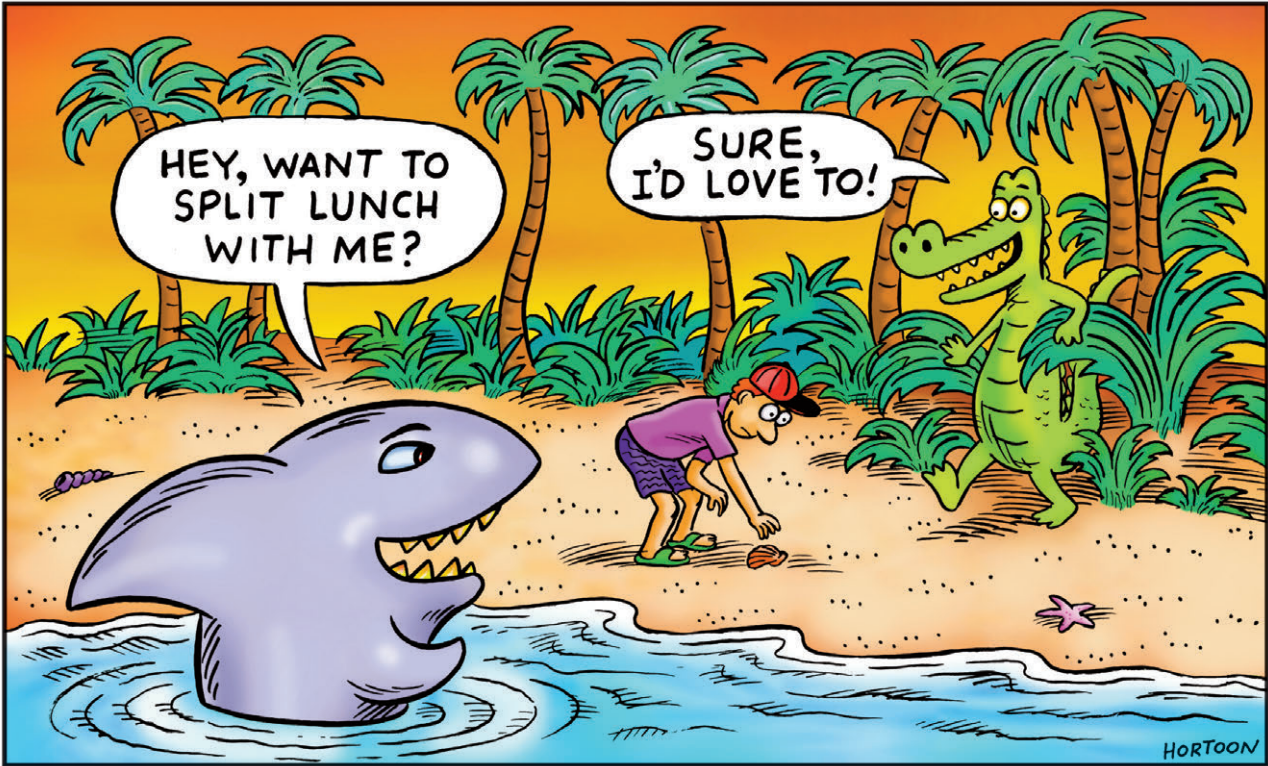
• Swedish chemist, inventor and businessman Alfred Nobel is best known for inventing dynamite -- and for using his fortune to institute the Nobel Prizes after he was condemned as a "merchant of death" for profiting from the sale of arms. You might be surprised to learn, though, that he also had a literary bent, writing poetry, novels and plays.

• Those who study such things say that the light produced by a single bolt of lightning is equivalent to that produced by 100 million flashbulbs. And the fact that flashbulbs are being used as a comparison may indicate some unrelated data about the age of the researchers.

## THOUGHT FOR THE DAY

"The tragedy in the lives of most of us is that we go through life walking down a high-walled lane with people of our own kind, the same economic situation, the same national background and education and religious outlook. And beyond those walls, all humanity lies, unknown and unseen, and untouched by our restricted and impoverished lives." -- Florence Luscomb

# HORTOONS



# Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes and Bounds	Sanibel	1994	5,025	\$5,799,000	\$5,350,000	45
Fa Lanes Bayview	Captiva	2003	3,555	\$2,995,000	\$2,725,000	0
Spring Ridge	Bonita Springs	1999	5,134	\$1,787,000	\$1,750,000	138
Anchorage at Bonita Bay	Bonita Springs	1992	2,850	\$1,295,000	\$1,180,000	105
Riverwalk	Bonita Springs	1988	3,566	\$1,150,000	\$1,050,000	121
Cedar Glen	Estero	2000	3,013	\$959,000	\$957,000	6
Cape Coral	Cape Coral	2006	3,826	\$879,900	\$825,000	43
Gulf Ridge Sub	Sanibel	1983	1,680	\$735,000	\$710,000	28
Crown Colony	Fort Myers	2004	3,021	\$719,000	\$698,000	35
Wildcat Run	Estero	1994	3,753	\$699,000	\$680,000	71



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