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SANIBEL & CAPTIVA ISLANDS, FLORIDA

JUNE 9, 2017

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Coyote Encounter At The Refuge

by Jeff Lysiak

You never know what kind of wildlife you're going to encounter when visiting the JN "Ding" Darling National Wildlife Refuge. It could be a rare bird, an alligator or even a couple of river otters.

During a recent trip to Sanibel, amateur nature photographer Robert Steagall hoped he would see something worthwhile as he drove along Wildlife Drive. After arriving at the refuge shortly after it opened at 7 a.m. on May 27, the Fort Myers resident slowly meandered through the four-mile loop, his camera at the ready.

"I spent a good amount of time driving through the refuge, but it was kinda quiet that morning," said Steagall, who recalled exiting from Wulfert Road and turning left onto Sanibel-Captiva Road. "But about a mile before I got back to the main entrance, I noticed something unusual near the side of the road, so I pulled my car over."

Steagall couldn't believe his eyes when he realized what kind of animal he was now



Fort Myers amateur photographer Robert Steagall captured several images of a young coyote walking along the shared use path on Sanibel-Captiva Road on May 27

photo by Robert Steagall

looking at. Standing along the shared use path was a coyote.

"He was just standing there on the bike path... panting... not running away. He stood there for about six minutes while I was in my car, taking pictures," said

A friend of Steagall's, who happens to be a biologist, looked at the images he took and suggested that the coyote he spotted was a young female, probably between 1 and 2 years old, based upon the whiteness of its teeth.

Coyote Concerns On Sanibel

Prior to 2011, there had never been a confirmed coyote sighting on Sanibel. But a recent study conducted by an expert research team from the University of Georgia estimates that there are between 27 and 67 coyotes currently roaming the island.

According to a report prepared by the University of Georgia's Wardell School of Forestry and Natural Resources, which was presented at last month's Sanibel City Council meeting by Holly Milbrandt of the city's Department of Natural Resources, the origin of coyotes on Sanibel is unknown.

"Coyotes are strong swimmers and may have made their way to the island during times of low tide (likely from nearby islands to the north). Alternatively, or perhaps additionally, it is possible that some individuals crossed the causeway which connects the island with Southwest Florida," the UGA report stated. "It is also unknown whether the population in question is resident to the

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Free Admission Day At Sanibel Historical Village



Visitors at the Sanibel Historical Museum & Village

photo provided

The Sanibel Historical Village will offer free admission for all visitors on Saturday, June 17 from 10 a.m. to 1 p.m.

"We decided to hold Free Admission Days because sometimes Sanibel residents tell us they have never been to the

village," said Executive Director Emilie Alfino. "I suppose it's the same syndrome that causes New Yorkers to ignore the Empire State Building. With our mission to share and celebrate Sanibel's history, we wanted to do something to entice

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SCCF Marine Lab staff members, from left, Dr. Rick Bartleson, Dr. Eric Milbrandt and AJ Martignette, holding components of the RECON system which provides real-time water quality data

photo by Jeff Lysiak

10 Years Of Data From Lab Device

by Jeff Lysiak

One of the world's leading technologies for monitoring water quality data has reached its 10-year anniversary of operating off the

coast of Southwest Florida.

Launched on June 6, 2007, the RECON (River, Estuary and Coastal Observing Network) system – an effort started by the Sanibel-Captiva Conservation Foundation (SCCF) Marine Laboratory – was initially deployed in the waters of Tarpon Bay. And, in the 10 years since the system has been

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One of last year's entrants preparing for the start of the 4th of July Road Rally photo provided

New Prize For 4th Of July Road Rally

The San-Cap Optimist Club is adding a new prize for this year's 4th of July Road Rally. Each year, the rally committee selects and discloses its choice of the Best Decorated Vehicle entered in the scavenger hunt. This year, in addition to the recognition, a photo of the Best Decorated Vehicle will qualify for the illustration on next year's commemorative T-shirt.

As usual, all vehicles will be ranked at the finish by points awarded for most correct answers to the Road Rally questions based on sights seen along the designated route, for finishing time closest to the committee's calculated times, for distance driven closest to pre-determined route distance, and extra points for other answers. Clues to extra credit answers will be published in local newspapers in the weeks prior to the rally.

It is not too soon to get your crew together and to fill out and send in your Road Rally registration form, available at Bailey's General Store, Sanibel Captiva Community Bank, Sanibel Café, in local newspapers, at the starting line or from the club's website at www.sancapoptimist.org. Starting times, following the end of the parade, are every two minutes beginning at noon from the parking lot at The Timbers Restaurant, located at 703 Tarpon Bay Road. Early registrants can select their starting time by calling Randy Carson at 699-8739.

The proceeds from the rally are used to support the club's six college scholarships, and many other benefits for local youth. Sponsors names will be displayed on participants' vehicles and in local newspapers.

For more information about becoming a sponsor or a participant, visit www.sancapoptimist.org or call Randy Carson at 699-8739, Richard McCurry at 292-4631 or Dani Howard at 472-0836.✱

Independence Day Shirts Now On Sale



photo provided

In the weeks leading up to Sanibel and Captiva Islands' 27th Annual Independence Day Celebration, Bank of the Islands has T-shirts and tank tops available for sale. They can be purchased at the bank's Sanibel office, located at 1699 Periwinkle Way. This year's parade theme is Preserving the Red, White & Blue.

"Bank of the Islands is so proud to be joining the City of Sanibel and the *Island Sun* as co-presenting sponsors of the 2017 4th of July parade. Sponsoring this popular island tradition is such a great way to show how much we appreciate being your island bank," said Willy Ocasio, Bank of the Islands' assistant vice president and Sanibel-Captiva office manager. "We hope our customers and island neighbors will help defray parade expenses by buying these great T-shirts and tank tops."

All islanders are invited to stop by the bank's Sanibel office during banking hours to choose their shirts. There are T-shirts and tank tops in a variety of sizes for \$10 each.

The Independence Day parade will be held on Tuesday, July 4 beginning at 9:30 a.m. The parade route begins at Island Inn Road and continues down Periwinkle Way, ending at Casa Ybel Road. Periwinkle Way will be closed from Donax Street to Tarpon Bay Road from 9 a.m. until approximately noon.

Parade entry forms are available at Bank of the Islands. The entry form is also published in this week's *Island Sun*.

Volunteers are needed to assist with T-shirt sales, parade staging and other tasks before, during and after the parade. Call Trish Phillips at 246-2981 for more information.✱

American Legion Post 123

American Legion Post 123 will serve barbecued ribs and chicken on Sunday, June 11 from 1 to 8 p.m. Cost is \$12 to \$14. The following Sunday, June 18, there will be a fish fry from 1 to 8 p.m.

There will be a flag retiring ceremony at 6 p.m. on Flag Day, Wednesday, June 14. If you have a flag that needs to be retired, drop it off at Post 123.

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.

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

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CELEBRATION OF LIFE



The family of Susie Marks, a full-time resident of Sanibel for the past 15 years, will host a gathering of family and friends to celebrate her life on Saturday, June 24 from 1 to 4 p.m. at The Community House, 2173 Periwinkle Way.*

Captiva Community Panel Report

The next meeting of the Captiva Community Panel is set for Tuesday, June 13 beginning at 9 a.m. at South Seas Island Resort. This meeting is open to all interested islanders and the public.

Among the agenda items:

- 'Tween Waters Inn remodeling update by Tony Lapi
- Sunshine Seafood location update by Sandy Stilwill
- Invasive species update by Daniel Quinn, Florida Fish & Wildlife Commission
- Sanibel Community Housing and Resources by Melissa Rice
- Discussion of next steps for proposed Captiva Plan update
- Update on priority committees including wastewater, overbooking/overcrowding and Captiva Drive bike/ped improvements

- Captiva Erosion Prevention District update
- Captiva Fire District update
- Other business as necessary

Public participation is invited and encouraged. The next Captiva Community Panel meeting will tentatively be held on July 11. Information and background documents are available online at www.captivacommunitypanel.com.

The Captiva Erosion Prevention

District board will hold its next monthly board meeting on Wednesday, June 14 beginning at 1 p.m. in the "Ding" Darling Room at 'Tween Waters Inn. Call the district at 472-2472 or go to mycepd.com for further information.

Property owners and residents, remember that turtle nesting season is here and, with it, comes the need to watch out for nesting turtles, shield your beach lights and keep the beaches clear of holes and equipment.

Between April 15 and October 31, Captiva beaches are regularly monitored for sea turtle nesting and hatching success and for individual property owner compliance with lighting restrictions. No light source should be directly visible from the beach. Unshielded interior lighting, even from a single beachfront condominium, is enough to disrupt the normal sea-finding behavior of sea turtle hatchlings. Monitors also look for beach furniture and other impediments left on the beach overnight. Homeowners must correct the violations, and citations may be issued.

Regulations and guidelines:

Sea turtle nesting habitat must not be directly or indirectly illuminated by artificial lighting originating from existing development between May and October. Most beachfront lighting issues can be addressed by turning off all unnecessary lights, repositioning or modifying light fixtures, or closing blinds and drapes.

- Driving on the beach in a motorized vehicle is prohibited all year.
- Fires on the beach are prohibited.
- Stay clear of sea turtles and any

marked nesting areas. It is a federal offense to disturb or interfere with a nest. It is illegal to disturb a nesting turtle with lights or noise.

- It is against the law to have in your possession eggs or any part of a turtle or to retain any threatened or endangered sea turtle hatchlings.

- If you encounter a sea turtle, keep a respectful distance, at least 150 feet, and watch quietly.

- You must remove furniture and other items from the beach at night and not put them back on the beach until daylight.

- Keep the beach and water free of litter. Sea turtle deaths have been caused by the ingestion of trash that they mistake for food.

- Level all sand castles and fill any holes. They pose a hazard at night both for females coming ashore and hatchlings trying to reach the water.

- Honor the leash law. In areas where dogs are allowed, they must be on a leash and not allowed to disturb nesting turtles or hatchlings.

- If you find lost hatchlings, call 978-728-3663. A licensed volunteer will pick up the turtles. While waiting, place them in a dry container with a little moist sand in the bottom and hold them in a shaded area.

- If you see a stranded turtle, check to see if there are orange marks painted on its shell. If so, this stranding has already been reported to the SCCF sea turtle program. If this is a new stranding, call Sea Turtle Coordinator Kelly Sloan at 472-2329.*

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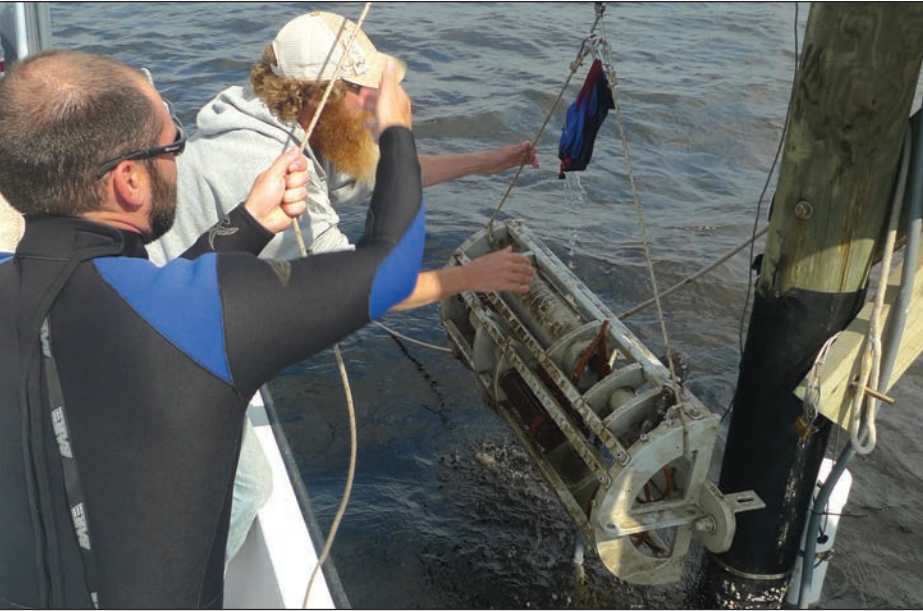
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SCCF Marine Lab research assistants AJ Martignette and Jeff Siwicke deploying one of the RECON sensors photo courtesy SCCF

From page 1

10 Years Of Data

operational, scientists, policy makers, educators and the general public have been provided information that is considered invaluable.

“Traditionally, when you wanted to collect water data, you used to have to go out on a boat with at least two people, during business hours and in good weather conditions,” said AJ Martignette, one of the SCCF Marine Lab research assistants. “Then, you would gather a water sample from that one location.”

However, that method changed a decade ago.

“The data that we’re collecting with RECON is indisputable,” said Dr. Eric Milbrandt, the marine lab director. “The level of understanding about water quality issues and the way we’re doing it is hundreds of times better than when we started.”

Deployed throughout the Caloosahatchee River and Estuary, the data generated from RECON allows scientists to monitor conditions related to water quality and resource management such as:

- Alteration of underwater light that sustains seagrass
 - Changes in salinity due to freshwater releases or lack of, resulting in reduced biodiversity
 - Elevated chlorophyll and colored dissolved organic matter (CDOM) indicative of enhanced nutrient levels
 - Low oxygen conditions (hypoxia)
- Currently, RECON sensors are located in the Gulf of Mexico, Redfish Pass, McIntyre Creek, Tarpon Bay, Shell Point, Fort Myers and Beautiful Island.
- According to information provided on SCCF’s website, large volumes of freshwater runoff can cause lower salinities and have led to degradation of essential fish habitat – such as eastern and juvenile oysters – and potential impacts on sea turtles and seagrasses. “RECON is used in all ongoing research projects at the marine lab to better understand the effects of disturbances on marine plants and animals,” the website notes.

RECON measures key water quality parameters such as temperature, salinity, dissolved oxygen, depth, CDOM, chlorophyll and turbidity. Additionally, several RECON sites are equipped with meteorological sensors which measure wind speed and direction, air temperature, humidity, barometric pressure and photosynthetically active radiation (PAR).

Dr. Rick Bartleson, a marine lab research scientist, explained that he monitors the RECON sensors on a weekly basis, reviewing data collected with partners – including the cities of Sanibel, Fort Myers Beach and Cape Coral, along with Lee County and officials from the JN “Ding” Darling National Wildlife Refuge

– via conference call.

“We talk about the current conditions, oxygen and salinity levels, and the impacts of freshwater releases from Lake Okeechobee,” said Bartleson. “And if we suspect the presence of any algae blooms or hypoxia, we can monitor the data more often.”

A real-time network like RECON has many advantages over other water quality data collection systems. The ability to observe an event in near real-time allows us to view events as they are happening, allowing marine lab staff to determine if any actions (such as water sampling around a hotspot or area of concern) are necessary. Real-time data access also allows technicians to monitor the sensors for malfunctions or calibration problems, so they can be quickly addressed so that long periods of data collection are not compromised. This allows a reduction in the amount of time the sensor is offline and maximizes the amount of usable data collected.

“The water quality sensors are cleaned every four to six weeks,” Martignette said, explaining that the growth of barnacles and algae requires routine maintenance. “They are also repainted every year, and the monitors have to be recalibrated by the manufacturer every year.”

Milbrandt also noted that the system – which initially cost \$750,000, funded through donations made by SCCF supporters – operates with an annual budget of \$125,000, which includes both the equipment, staff and operational expenses.

“RECON is funded through three continued on page 7



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Preschool Graduation

Sanibel Christian Preschool sent off their class of eight 4-year-old students with a graduation ceremony on May 26. The students celebrated their step up to kindergarten with their families and members of the Sanibel Congregational United Church of Christ, which runs this community outreach effort.

Under the guidance of director Laura Miltner, students shared what they hope to be when they grow up, and showed off their phonograms skills surrounded by displays of their renditions of masterpieces by such artists as Picasso and Van Gogh. Ana Abella, who teaches the 3-year-old class, and Lora Lea Plummer, teacher of the 2-year-old class, were also on hand to guide the students as they received their diplomas.

The ceremony opened with a welcome from Associate Pastor Deb



Director Laura Miltner hands a diploma to one of the graduating preschoolers

Kunkel with Shep, the sheep dog puppet that spends time in chapel with the students each Friday. Senior Pastor John Danner closed the ceremony by thanking the teachers for their



Students waiting for their diplomas

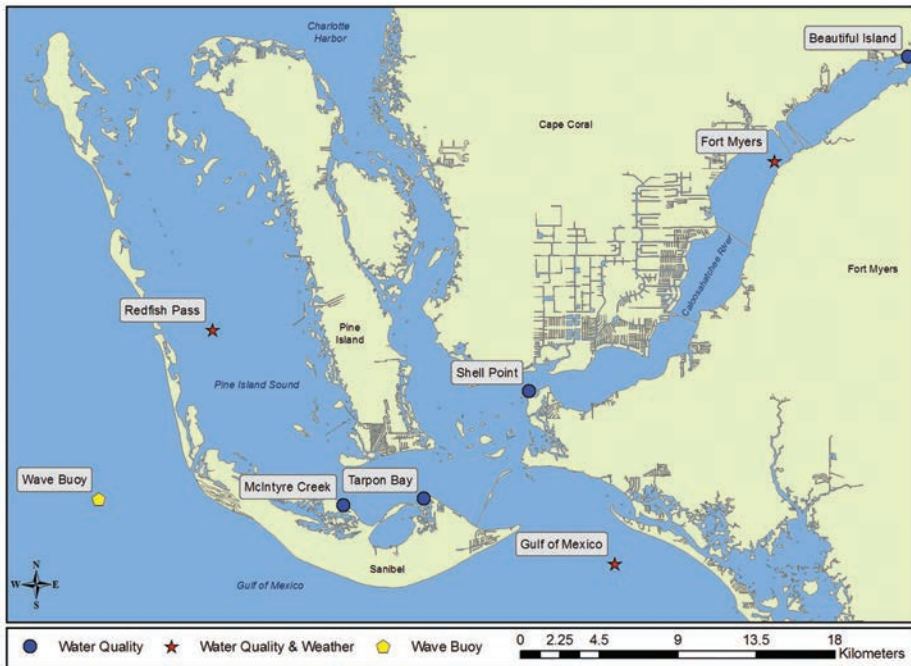
continued work and dedication, and the families for allowing the church the gift of nurturing their children.

Sanibel Christian Preschool is open to families of all backgrounds, and has financial assistance available. The preschool is now accepting applications

photos provided

for the school year starting in August for 2-, 3- and 4-year-olds. Sanibel Christian Preschool is an approved VPK provider.

For more information or to schedule a tour, contact Laura Miltner at 472-0497 or visit www.sanibelucc.org/preschool.✪



Map showing the distribution of the RECON system throughout the region

Image courtesy SCCF

From page 6

10 Years Of Data

grants – from the Gulf of Mexico Coastal Observing System (paid for by the National Oceanic and Atmospheric Association), the LAT Foundation and the City of Sanibel. Additionally, the network is supported by the West Coast Inland Navigation District and Lee County through navigation improvement grants,” he said.

Another advantage of the RECON system is its ability to remotely modify the sampling schedule as required. When the sensors are deployed, several factors are used to determine how frequently samples are taken. Staff can modify the schedule remotely, allowing them to tailor the sampling schedule for specific situations that might arise after the sensors have been deployed, such as increasing frequency in response to observed events (i.e. heavy rainfalls

and associated freshwater discharges). Another example is before and after a tropical storm or hurricane, where staff may increase the sampling frequency from normal hourly sampling.

“We were the first people in the world to use a system like this... other water data monitoring systems are used elsewhere, but nothing like this. The technology is always changing, but we’re trying to stay up with it,” said Martignette. “We’re lucky that our supporters realize how important this system is.”

To monitor water quality data being collected by RECON, visit www.sccf.org/sites.

“Ten years ago, we said we’re gonna try this and see how it goes,” added Milbrandt. “Since then, RECON has helped us increase the awareness of what’s going on here in our waters and how different Southwest Florida is from the rest of the world.”✪

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Sanibel Mayor Kevin Ruane, center, presents a City Employee Dependent Scholarship to Alyssa Vetter, right, during Tuesday's council meeting. At left is Holly Vetter, who works in the city's building department.

photo by Jeff Lysiak

Council Makes Committee Appointments

by Jeff Lysiak

During a fast moving city council session on Tuesday, councilors made several appointments to fill vacancies on three city committees, made a number of scholarship presentations and scheduled the next workshop meeting to discuss the future of the Center 4 Life facility.

After officially accepting the resignations of Gloria Hannon and Anita Poling from the city's Vegetation Committee, councilman Jim Jennings recommended the appointment of Barbara Horvath and John Reid to fill both vacancies.

Council also unanimously approved the appointment of David E. Carter to the city's Historical Preservation Committee and Gabriela Bell to the city's Recreation Financial Assistance Committee.

Earlier in the meeting, Sanibel Mayor Kevin Ruane presented a pair of City Employee Dependent Scholarships to Alyssa Vetter, daughter of Holly Vetter of the Sanibel Building Department, and

Alec Worth, son of Sgt. Dustin Worth of the Sanibel Police Department.

Ruane also presented sponsorship awards given by the Captiva Island Yacht Club, represented by Liz Lombardo, to three city employee dependents to attend the 2017 Junior Sailing Summer Camp. They included Kaylee Kwek, daughter of Christopher Kwek of the city's Public Works Department, Kelsey Sutton, daughter of Sgt. Kenneth Sutton of the Sanibel Police Department, and Landon Williams, son of Keith Williams, director of the Sanibel Public Works Department.

The next workshop meeting to discuss the plans for the future of the city's Center 4 Life will be held on Tuesday, September 19 at 9 a.m. at MacKenzie Hall.

Last month, the first workshop – which drew a near capacity crowd comprised mainly of members of the Island Seniors group – reviewed the Center 4 Life's participation trends, space study needs, expansion alternatives and an analysis of the current site. Five alternatives for the refurbishment and/or reconstruction of the building were considered during that session, which concluded with only two remaining options: rebuilding on the current

site or building a brand new facility at a different location.

After reviewing the benefits offered for the two alternatives, council directed architect/project consultant Henry 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.

Ruane, who noted that the project is "still in its infancy," reiterated that the next workshop will be held to attempt to build consensus among council members to determine the best alternative for the Center 4 Life.

In other business, Ruane told his fellow council members that his initial discussions with the Lee County Board of County Commissioners regarding the possibility of increasing the toll to cross the Sanibel Causeway – from the current \$6 up to \$10 during peak traffic periods in-season – has not been met favorably.

"I've had better discussions," quipped Ruane, who added that he is planning to hold one-on-one talks with members of the commission as well as the county manager regarding raising tolls in an effort to calm traffic congestion on the island.

Also, Ruane had requested that the Metropolitan Planning Organization (MPO) offer a preliminary timeline for their roundabout study which is currently ongoing throughout the county. Of the 18 locations identified by the MPO for roundabouts, Sanibel's Lindgren Boulevard/Periwinkle Way intersection has been targeted as the number one location for roadway improvement.

"Every time I bring it up, generally, they roll their eyes," added Ruane, who stated that 2021 has previously been announced as the target completion date.

Council also unanimously approved an Interlocal Agreement between The School Board of Lee County and the City of Sanibel for the year 2017-18 School Resource Officer Program in the amount of \$41,200. In addition, they approved the purchase of a 15-passenger Mid-Roof Line Ford Transit 350 Van for the Sanibel Recreation Center in the amount of \$34,416.46.✱

Summer Interns



Connor Tomlinson and Dana Congress

photo provided

The City of Sanibel welcomes two interns, Dana Congress and Connor Tomlinson. Congress and Tomlinson will be interning with City Manager Judie Zimomra and other city administration this summer, working on an array of projects.

During Congress' internship within the city manager's office, one of her projects is working with the planning and natural resources departments to create an educational campaign, including a brochure and video on the city's Dark Sky Lighting ordinance and why it is important to Sanibel. When asked why she wanted to intern at the City of Sanibel, Congress said, "I have always been interested in law and thought interning at the City of Sanibel would be a great way to explore many different areas." Congress is a graduate of The Sanibel School and Fort Myers High School and is entering her junior year at the University of Florida. She is majoring in psychology and plans to attend law school after graduation.

One of Tomlinson's projects during his internship is researching and studying policies pertaining to the protection and management of Southwest Florida's public boat ramps and beaches. When asked why he wanted to work with the city, Tomlinson said, "Local government is one of the most effective forms of government, and the City of Sanibel is an exemplary model of a properly run city. I want to learn from the best." Tomlinson is a graduate of The Sanibel School and Fort Myers High School and is currently pursuing a bachelor's degree in political science at the University of South Florida. He will be entering his senior year this fall.✱

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BAT YAM-TEMPLE OF THE ISLANDS

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

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UNITARIAN UNIVERSALISTS OF THE ISLANDS

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



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Thurs. June 22. 10 am - 1 pm

Hands-On Class - full meal \$95

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Longtime Sanibel resident Gracie Horn, who turned 99 on June 8, with one of the oil paintings she created while taking an adult art class at The Sanibel School

photos by Jeff Lysiak

Longtime Resident Shares Fond Memories

by Jeff Lysiak

In all of her 99 years of life, longtime Sanibel Island resident Gracie Horn laments, "I never found a junonia."

The still-perky artist, award-winning shell crafter and storyteller – who celebrated her birthday on June 8 – laughed when she recalled the day her husband brought home not one, but two junonias.

"He said, Look, I found two of these," said Horn when talking about her late husband Clarence's rare shell find. "I think I accused him of buying them at a shell shop, because I never found one."

But perhaps Horn's greatest discovery came in 1949, when she "found" Sanibel.

According to the cheerful nonagenarian, she was flipping through a *National Geographic* issue when she came across a photograph of a grandmother and her granddaughter walking along an island beach.

"Once I saw that picture, I knew I wanted to go there," she explained.

Ten years later, Gracie and Clarence



Gracie Horn showing off some of her award-winning shell miniatures and collections

first visited Sanibel. At first, the couple rented a duplex as "snowbirds" for four years, later purchasing their home on Anhinga Lane – where Gracie still lives today – thanks to the advice given to her by a friend, Dorothy Stearns, better known as "Gramma Dot."

"We were looking at three different places to live, and she told us that this house would be perfect for us," said Horn, who had been looking for a mother-daughter residence because she was still caring for her parents at the time. "And I've lived here ever since."

Tales Of A Famous Classmate

As a youngster growing up in Alton, Illinois, Horn noted that one of her childhood friends was one of the world's most famous people.

Robert Wadlow, who went on to become the tallest man, according to the *Guinness Book of World Records* – an incredible eight feet, 11.1 inches – stood head and shoulders above all of the youngsters in Horn's grade school.

"They called him 'The Gentle Giant,' which he truly was," said Horn. "He just wanted to do everything all of the other kids wanted to do."

Even as a young boy, people would travel from around the world for the chance to see Wadlow in person. According to Horn, it was the first time she had ever seen an American Indian, an Eskimo or a little person. "They would come to see him at our school," she added.

One of the activities they played at the school fair, which all of the students took part in, was a fishing game, in which a large sheet was draped across a clothesline high enough so that the kids couldn't see what they were going to "catch." On the other side of the sheet, teachers would hook a prize on the fishing line, then pull on it a couple of times to let the students know they had caught something.

"Robert used to look over the top of the sheet and say, 'I don't want that prize... it's too small,'" Horn said, smiling. "And the teachers would say to him, 'No peeking!'"

Wadlow, whose record growth was caused by an overactive pituitary gland, passed away when he was only 22.

"He was such a kind young man," noted Horn, holding a postcard with Wadlow's picture on it. "I thought he was a very nice friend to have."

First Time She Visited Sanibel

In 1959, after considering moving from Carolton, Illinois to Eureka Springs, Arkansas – where Gracie and her best friend used to frequently vacation – the Horns finally saw Sanibel for the first time.

"I just loved it from the first time I saw it... and I still do," said Horn. "People still ask me all the time why I wouldn't want to go back where I came from, and I tell them, 'What for?' After we saw Sanibel, Clarence and I knew that we wouldn't be

continued on page 12

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The Community House



Chef Jarred preparing Beef Wellington
photos provided

tastings from the menu: Thai Chicken Salad with Green Mango Papaya; Kale and Portobello Mushroom Lasagna and Vegetable Ragout; and Baked Cranberry and Walnut Stuffed Apples. Cost is \$45 per person and includes a signature beverage.

Youth Summer Cooking Series

The Youth Summer Cooking Series is designed for students ages 10 to 15 and will be offered July 10 to 14 from 10 a.m. to 1 p.m. Cost is \$175 per person and includes lunch each day.

Learn knife skills, weights and measures and other tricks of the trade. Learn how to make: Shrimp Summer Rolls with Peanut Dipping Sauce, Thai Chicken Salad with Soy Ginger Dressing, Pear and Apple Spring Rolls, Three Cheese Ravioli with Alfredo Sauce, Risotto of Smoked Salmon, and Caramel Eclairs filled with Lemon Cream.

Community Potluck

There will be a Community Potluck on Wednesday, June 28 beginning at 6 p.m. Kelly Sloan, SCCF Sea Turtle Program coordinator, will be the guest speaker. There is no charge to attend but guests are asked to bring a dish that

serves six or more (appetizer, entree, side dish or dessert).

*The Community House is located at 2173 Periwinkle Way. For more information, visit www.sanibelcommunityhouse.net or call 472-2155.**

Samet Named To Dean's List

Tamryn Samet, a resident of Sanibel, was named to the Dean's List at Lehigh University, located in Bethlehem, Pennsylvania, for the spring 2017 semester.*



The Youth Summer Cooking Series begins July 10

Healthy Cooking At Home

Resident Chef Jarred Harris will offer Healthy Cooking at Home classes on June 15, 22 and 25. Prepaid registrations is recommended.

The first course on Wednesday, June 15 from 10 a.m. to 1 p.m. will be a hands-on class to strengthen your kitchen skills while you learn to make: Grilled Corn and Tofu Salad with Sweet Chili and Lime Dressing; Chicken Tikka Masala with Cauliflower Fhaaji; and Flourless Chocolate Cake with Fresh Berries. Cost is \$95 per person and includes a signature beverage.

The second class on Wednesday, June 22 from 10 a.m. to 1 p.m. will feature: Chinese Long Bean Salad with Coco Rubbed Pork Tenderloin and Grilled Plums with Hassleback; Sweet Potatoes; and Bok Choy and Summer Fruits in White Wine Syrup with Mint and Yogurt. Cost is \$95 per person and includes a signature beverage.

The third course will be held on Sunday, June 25 from 4 to 6 p.m. This will be a demonstration with

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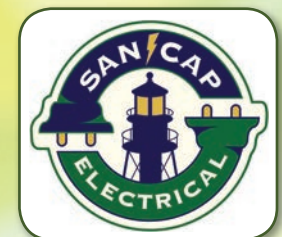
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Gracie Horn describing what shells she used to create an angel

From page 10

Memories

moving to Arkansas or anywhere else.”

Back in those days, living on the island was rather primitive. There were very few telephones. Running water was a luxury. And if you wanted to get a message to the mainland, you had to walk to Bailey's General Store – then located on San Carlos Bay – where you could send a telegraph.

“There weren't that many people living on Sanibel, so everybody knew everyone else,” Horn explained. “Our friends used to get together on Sundays



Painting of the “Ding” Darling Fish House on Captiva by Gracie Horn

and have dinner together. Willie Glass, who used to live on West Gulf Drive, liked to cook lamb, so we'd go to her house and play bridge and canasta and have lamb dinners. We were a close-knit group.”

Over her 58 years on Sanibel, Horn has witnessed a lot of changes to the island.

“There are so many new roads that have been built... I haven't even been on most of them,” she said. “They say that Sanibel is already built-out, which is something that Francis Bailey and I used to laugh about. They've built buildings in places I never thought they ever would.”

She also spoke about one of the biggest changes to the island: the construction of the Sanibel Causeway.

“We used to like taking the ferry across the bay,” said Horn, who recalled one experience for which a road connecting Fort Myers to Sanibel would have helped.

In 1962, Clarence had been away on a business trip, and Gracie had to drive all the way up to Tampa to pick him up at the airport (since his airline didn't fly into Page Field).

“We knew we had to drive fast to make the last ferry of the day in order to get back,” said Horn. “But as soon as we arrived at the dock, we could see the ferry pulling away. We just missed it by a minute.”

The Horns, along with another late arriving couple, made a ship-to-shore phone call to the ferry master, whom they talked into coming back and bringing them and their cars across the bay that evening.

“We split the cost (with the other couple)... it cost us \$40 to get back to the island that night,” said Horn.

Reflecting On Her Life

Over the years, Horn found several passions for which she was exceptionally skilled, including shell crafting and painting.

“The Sanibel School decided to offer an art class for adults, where we used to paint and do other things,” she said, pointing out several of her original oil paintings which adorn the walls of her home. “Some of them are of my favorite places I've travelled to, like Banff and

Lake Louise in Canada. The other ones I just used my mind to picture something beautiful, then recreate it in a painting.”

Horn also recalled her earlier days of shelling on the island.

“Oh, the shelling here was fantastic,” she explained with a wide grin. “I've done a lot of shell crafts and won some first place awards at the Sanibel Shell Show; my specialty was miniatures.”

However, pointing out again, she never found a junonia.

Reflecting on her longevity, Horn said that there's no secret to living 99 years.

“I never smoked, so I think that helped. You have to watch what you eat. And I always enjoyed walking and running,” she added. “It's important to have a lot of friends. People used to be a lot friendlier, but I can't complain because there are so many people who do nice things for me now.”

Pausing a moment, she smiled before adding, “Just live and be happy.”✱

Volunteers Needed For July 4 Parade

The Sanibel-Captiva Independence Day Parade Committee is looking for volunteers to help out with a variety of tasks before, during and after the parade, which will be held on Tuesday, July 4.

For more information, contact Trish Phillips at 246-2981.✱



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Non-native golden shower tree is valued for its flower display in late spring to early summer

Plant Smart

Golden Shower Tree

by Gerri Reaves

Golden shower tree's (*Cassia fistula*) cascades of yellow blooms make it one of the most outstanding flowering trees in late spring and early summer in South Florida.

This native of India is a member of the bean, or pea, family and is also called Indian laburnum.

Fast-growing and deciduous, it is usually single-trunked and reaches up to 40 feet. The droopiness of the branches festooned

with flowers create the "golden shower" effect.

For some homeowners, the stunning flower display outweighs the yardwork required by shedding leaves and large pods.

The pinnately compound leaves are two feet or longer and have pairs of alternate ovate or elliptic leaflets. Each leaflet is four to eight inches long and about two and one-half inches wide.

Five-petaled flowers of about two inches across have long-curving stamens and a pistil that develops into a large pod. Each pea-like flower bud attaches individually to the main stalk of the inflorescence, which makes it resemble a cluster of grapes.

The flowers start blooming at the base

of the inflorescence and progress to the tip.

The Latin word fistula, meaning tube, refers to the elongated brown pods. Cylindrical and a foot or two long, they contain poisonous seeds.

In India, a cathartic made from the pod's sticky brown pulp is added to pipe tobacco, inspiring two other common names, pudding pipe tree and purging

photos by Gerri Reaves



The five petals are widely spaced and have prominent curving stamens

cassia.

This tree prefers full sun and well-drained soil, is moderately drought tolerant and is a larval host for the orange-barred sulphur butterfly.

This showpiece works best as a specimen plant.

Sources: *500 Plants of South Florida* by Julia F. Morton, *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan, *Flowering Trees for Central and South Florida Gardens* by Maxine Fortune Schuetz, *Tropical Blossoms of the Caribbean* by Dorothy and Bob Hargreaves, *Waterwise* by SFWMD, edis.ifas.ufl.edu, and www.floridagardener.com.

Plant Smart explores the diverse flora of South Florida.*

SCCF Sea Turtle Nesting Statistics

May was a fantastic month for the loggerheads on the beaches. There are now 192 loggerhead nests on Sanibel and Captiva. Captiva's nest counts are still off the charts.

The tagging team has encountered 59 loggerheads this season (some of which are recaptures). One female has already been seen three times on Sanibel this year.

As of June 2, 2017

Sanibel East: 36 loggerhead nests, 66 loggerhead false crawls*

Sanibel West: 93 loggerhead nests, 177 loggerhead false crawls

Captiva: 63 loggerhead nests, 50 loggerhead false crawls

*false crawl – a failed nesting attempt

If you have questions, or would like to know more about nesting stats on Sanibel, contact seaturtle@sccf.org or call SCCF at 472-2329.*

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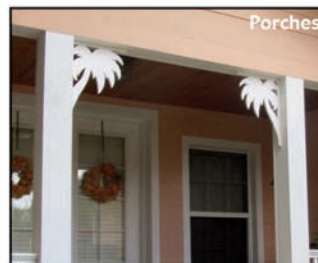
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A Boost To The Tarpon Morale



by Capt. Matt Mitchell

Summertime hit hard this week with sticky, humid, oppressive heat. As usual, these conditions made for awesome fishing with all the summer species kicking into high gear. The catch-and-release snook

bite in the passes and out on the beaches was on fire and, during the calm light wind days, the tarpon were easy to spot and even decided to eat bait on a few days.

I fished in the Useppa Island Tarpon Tournament last weekend, and there were many more tarpon caught this year than in the past few years. Slick, calm, overcast, mid-morning conditions made the fish easy to locate. At times, we were even able to creep up on them and present a bait instead of being anchored up waiting on them to get close to us. It's been a few weeks since I've located so many tarpon either in the sound or out on the beaches. Basically, every place I looked, we found

fish, and often one or more boats were hooked up. For the first time in weeks, we had huge schools of threadfin herring in the sound, which is a great sign these tarpon should stick around.

After striking out on two tarpon trips in a row early this week, I had just started to get that real numb feeling like I had my head bashed against a wall. With such a windy May, tarpon fishing was much more of a struggle than it usually is. Then, early this week, it happened again. I went a few days without a hook up while sitting in non-stop rolling tarpon. This just wears you down as a guide. It's not that your doing anything wrong; your in the fish but sometimes they just won't eat, and it can be just so frustrating.

Then the action over the weekend made for a much-needed boost to my tarpon morale. After fishing a few places and spotting lots of rolling fish in the northern sound, we still couldn't get a bite. So I checked out an area I hadn't caught tarpon for at least five years. There were fish all over. Once we found them, it happened so fast. After seeing them on a slick spot, I set up the boat and made just one cast. Before I could even bait the second rod, we were on, and the dry spell was long forgotten. After hours of casting and soaking baits over a period of a few days, it's amazing that a tarpon bite can happen so fast.



A tarpon goes airborne while trying to throw the hook

During the afternoon trips this week, the bite on catch-and-release snook was wide open. Often I could not keep both my anglers fishing as the snook would bite on almost every cast, between re-rigging and putting bait on. At times, it was as fast as one person could work. Either pinfish, grunts or shiners would work. It just did not matter. Basically any bait fished in or around the passes got bit. Once you worked out where the fish were stacked up, it was non-stop. For anglers looking for that trophy 40-inch plus snook, big

baits and big tackle to get the fish out of the structure are both a must have. Be gentle with these spawning fish as they are the future of this incredible fishery we have.

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. ✨

Send Us Your Fish Tales

We would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification. Email to press@islandsunnews.com or call 395-1213.

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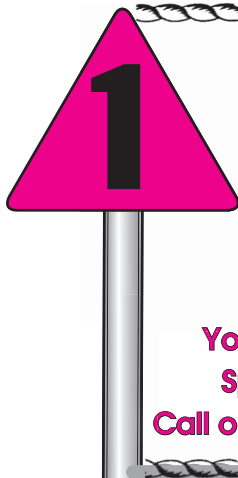


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Dave Doane

Shell Found



Angela Long photo provided

Angela Long found a junonia while shelling at Blind Pass on May 30. She found it shortly after sunrise. Long was visiting Captiva from Sunbury, Pennsylvania. Her family came for vacation and were celebrating her daughter's college graduation.✱

Shell Found



Harold and Shaun West photo by A. Ziehl

Shaun West from Nevada, Missouri found a junonia on the beach near Mitchell's Sand Castles, where she and her husband were staying. Shaun said, "Finally, met my goal!"✱



Aerial image of the Sanibel Historical Museum & Village property photo provided

From page 1

Free Admission

more people to explore the village. Once they do, we know they'll love it and return many times and bring family and friends."

The free day is not aimed at just locals, but is open to all visitors.

The Sanibel Historical Museum & Village tells the story of Sanibel from the Calusa and Spanish eras to the early pioneer families who settled on the island in the 1800s. It tells of warriors, adventurers, fishermen, farmers and proprietors. The island's way of life is recreated in a village of nine structures that have been relocated from their original sites, restored and preserved. Visitors trace the footsteps of the island's past as they meander along a handicapped-accessible path lined with buildings that represent

"old Sanibel," as Sam Bailey used to say. Visitors can tour a pioneer home, fishing cottage, post office, schoolhouse, tea room, general store and other historic properties.

Learn more at the Sanibel Historical Museum & Village, open Tuesdays through Saturdays from 10 a.m. to 1 p.m. A full guided tour takes place at 10:30 a.m. at no additional charge, depending on the availability of a docent. The museum closes for the summer on August 1 and re-opens on October 17. The Sanibel Historical Village is located at 950 Dunlop Road (next to BIG ARTS) and there is handicap access to eight of the nine buildings. Aside from Free Admission Day, admission is \$10 for adults (18 and over). Members and children are free.

For more information, call 472-4648 during museum hours or visit www.sanibelmuseum.org.✱



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Shell Of The Week

Brown Gem Clam



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

The brown gem clam, *Parastarte triquetra* (Conrad, 1846), is the smallest local

member of the Veneridae, a large bivalve family that includes locally familiar species such as the sunray venus, the calico clam and the southern quahog. At only about 0.12 inch in size, brown gem clams are usually hard to detect. Most of the specimens in the museum collection were obtained through sifting of previously collected samples of fine sand or bay mud. Its shells have an elongate-triangular shape and are smooth, polished and usually darker inside than outside. Learn more about local mollusks at www.shellmuseum.org/shells/southwest-florida-shells.

Shell Museum Events

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

Florida Family Discount: Buy one adult admission, receive one free



The brown gem clam, *Parastarte triquetra*, from Sanibel

photo by Noe Barrera

child/youth admission (from May 1 to September 4 only).

Beach Walks: Information and registration at www.shellmuseum.org.

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

'Ding' Tarpon Tournament Breaks Records

The 6th annual "Ding" Darling & Doc Ford's Tarpon Tournament on May 19 topped previous years' fundraising efforts by netting \$80,000 from tournament sponsorships, donations and silent auction proceeds to benefit the JN "Ding" Darling National Wildlife Refuge.

The tournament also paid out a record \$37,650 in prizes this year to five winning teams. Because last year's tournament only awarded two teams, the balance of that prize money rolled into a 100 percent payout of anglers' registration fees from this year.

"One hundred percent of the anglers' registration fees goes to the awards purse," said tournament organizer Birgie Miller, executive director of the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). "That's why our sponsorship partners are so important to us. They pay the costs for putting on the tourney and contribute to the charity proceeds."

DDWS organizes the annual tournament with Doc Ford's Rum Bar & Grille of Sanibel Island, Fort Myers Beach and Captiva Island as the title sponsor. Tournament social events took place at the Fort Myers Beach location.

"To date, the tarpon tournament has

continued on page 23

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CROW Case Of The Week:

American Alligator



by Bob Petcher

The American alligator (*Alligator mississippiensis*) is the official state reptile of Florida. But, did you know it is also the state-recognized reptile of Louisiana and Mississippi as well?

This particular crocodilian reptile is found in freshwater marshes such as rivers and creeks. An average gator ranges from 11 to 16 feet in length and can weigh up to 1,300 pounds.

There are many differences between an alligator and a crocodile. For example, a gator's snout is rounder (U-shaped compared to the croc's V-shape) while it's "skin" color is darker. If both animals had their jaws shut, the alligator's teeth would be hidden, while the croc's teeth in its lower jaw could be seen protruding over its upper lip. The gator is also referred to as less aggressive when compared to its saltwater cousin, who incidentally has nearly double the lifespan as the freshwater animal. A gator averages more than 50 years of living.

During this time of year, alligators are in the middle of breeding season,

which takes place from April through July. Male gators make a booming bellow when attracting a female, but also use the same sound to protect their territory. Females will build a nest just before they are ready to lay eggs. The incubation period lasts approximately 63 to 68 days. So, if eggs are laid in late June or early July, hatching will occur from mid-August through early September.

Alligators take years to fully mature and grow to full size. Some references say it takes a male alligator eight years to grow to 10 feet in length.

At CROW, a juvenile American alligator arrived from Fort Myers on May 30. The young gator, roughly two feet in length, came into the clinic with a "large, full-thickness wound on its right side exposing its coelomic or body cavity." CROW medical officials feared the likelihood that the patient could develop serious contamination of the coelomic cavity due to the location and depth of the wound as well as the fact that the alligator lives in water. The coelom is situated in the mesoderm area that features the digestive tract and other visceral organs.

"Elevated white blood cell counts indicate the animal is battling an infection which we are treating with antibiotics," said Dr. Heather Barron, CROW's medical director.

While there was no knowledge as to how the alligator received such an injury, the wound was cleaned and a wound vac was applied.

"The wound vac encourages growth



Patient #17-1858 will be placed in an educational or breeding facility once fully healed

photo by Brian Bohlman

of new healthy tissue while helping keep infection under control," said Dr. Barron. "Some studies show it can cut healing time in half compared to traditional methods."


On June 5, an update on the gator patient was deemed positive as the wound was said to be healing. But, even with a good prognosis, this particular patient was not going to make it back to the wild anytime soon.

"The wound is closing and granulating in. Unfortunately, state regulations do not allow us to release alligators after treatment," said Dr. Barron. "When

the wound has healed we will work with our FWC (Florida Fish & Wildlife Conservation Commission) representative to place it in an educational home or breeding facility."

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

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Shell Found



Brett Leemaster photo by Justin Wilder

Brett Leemaster from Norman, Oklahoma found a junonia on Captiva while vacationing with his wife Alesha and son Luke.✱

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. Hours are 10 a.m. to 4 p.m. Monday through Friday. CROW is located at 3883 Sanibel-Captiva Road.

Friday, June 9, 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, June 12, 11 a.m., adults \$7, teens \$5, 12 and under no charge – CROW Case of the Week, presented by a CROW student (daily presentation).

CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. While on site, students learn the ins and outs of conservation medicine and wildlife rehabilitation, and share their favorite patient stories. One of CROW's animal ambassadors will be present.

Tuesday, June 13, 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, June 13, 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, June 14, 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, June 14, 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 15, 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

continued on page 28

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Shell Found



Karen Wilson

photo provided

Karen Wilson, visiting from Clearwater, Florida, found a junonia while shelling at the beach near Sand Pointe Condominiums along West Gulf Drive on May 26. "After 30-plus years of searching, I finally found one after the storms last week," Wilson said.✱✱

Shell Found



Kevin Alexander and Madeline Brown

photo by A. Ziehl

Madeline Brown, visiting from Athens, Georgia with Kevin Alexander, found a large shark's eye on Cayo Costa while staying at Punta Rassa. "In a split-second decision, I saw the seashell of my dreams," said Brown. "With a literal leap of faith, I dove for it."✱✱

Shells Found



Vince DeMarco

photos provided



Tish DeMarco

Vince and Tish DeMarco, visiting from Granger Township, Ohio, both discovered some interesting finds while shelling on Sanibel. Vince found a junonia at Blind Pass on May 23 and Tish found an alphabet cone on the same beach on May 25. "We have been coming to Sanibel for 12 years," the couple said. "We are considering relocating to Southwest Florida."✱✱



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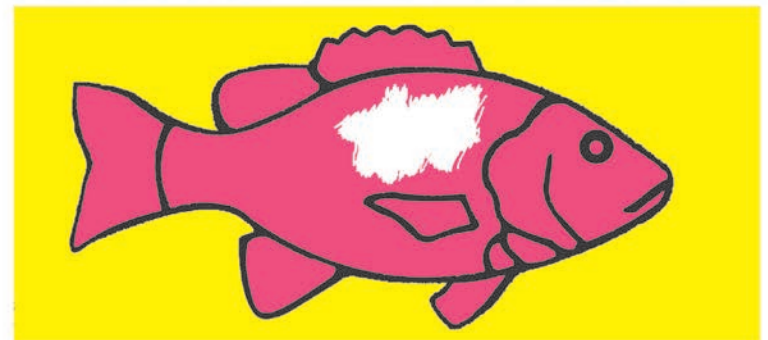
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The coyote didn't appear to be afraid of humans

photos by Robert Steagall

From page 1

Coyote Encounter

island, or merely uses the island as a core area of their home range, moving between the island and other offshore habitats. It may be that coyotes are traveling regularly to the island in order to exploit key resource(s)."

In 1983, coyotes could be found in 18 Florida counties, expanding into 48 counties by 1990. The first confirmed sighting on the island occurred in February 2011 when a single coyote was photographed strolling through the JN "Ding" Darling National Wildlife Refuge.

By 2014, the Sanibel-Captiva Conservation Foundation (SCCF) had reported that coyotes contributed to a significant portion of sea turtle nest depredation. That same year, 33 percent of nests were depredated by mammalian predators.

"In addition to nest depredation, they may also be causing sea turtles to abandon their nesting attempts and creating other negative impacts in the quality of nesting habitat," an SCCF report states, in part. "In fact, one of the tagging project goals was to characterize potential shifts of nest sites away from coyote-dense stretches of beach in response to these pressures, but based on 2016 data, we do not see any indication this is happening."

Milbradt also told the council that once SCCF began to add protective screens on top of sea turtle nesting sights, the rate of

depredation has decreased significantly.

During her presentation on May 2, Milbrandt said there had not been any local reports of coyote-human interactions on the island. The greatest threat, she added, might be an interaction with an off-leash domestic pet.

Milbrandt offered a number of helpful suggestions to island residents, including not feeding coyotes or leaving pet food outdoors, keeping pets on leashes at all times, and – if encountering a coyote – making noise and waving arms to reinforce the animal's natural fear of humans.

All coyote sightings should be reported to the Sanibel Police Department at 472-3111.

Face-To-Face With A Panther

Steagall also shared a previous photographic encounter with a rarely seen species.

"On January 31st of this year, I was taking pictures at Okaloacoochee Slough State Forest (in Hendry County)," he recalled. "I was walking along Four Corners Road near the back of the park when all of a sudden a panther came around the corner."

From information provided by his Nikon D-500 camera, the big cat was only 42 feet away from him.

"He took a few steps towards me and crouched down," said Steagall, who immediately sensed the danger he was in. "So I started waving my hands, trying to make myself look as big as I could. Then, I walked backwards about a quarter of a



The white teeth helped identify the coyote as a 1- to 2-year-old female



Steagall's image of a Florida panther can be viewed on FWC's Facebook page

mile back to my car."

The Florida panther he photographed, a large mature male, eventually turned and walked away.

One of the images Steagall captured of the ferocious feline is currently being used as the cover photo on the Florida Fish & Wildlife Conservation Commission's Facebook page.

Steagall stated that he took up photography as a hobby only a couple of years ago, after the passing of a family pet. "I was looking to do something just

to keep busy," he said. "Pretty soon, I discovered that I had a pretty good knack for it."

In his short photography career, Steagall has been lucky enough to snap pictures of a few rarely seen creatures – in addition to a coyote and panther – such as a blue-faced crested caracara.

"That bird doesn't really like shore areas; they prefer drier areas like the prairies in Texas," he noted. "I've only been doing photography for the past few years, so I think I've been pretty lucky."✪

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Optimists Support Fishing Program For Campers

submitted by John Jones

One of the summer programs for youth at the Sanibel Recreation Center, started and supported by the San-Cap Optimist Club, includes the popular fishing program Junior Anglers. Club members and recreation center counselors take 20 fourth and fifth grade children fishing once a week for about nine to 11 weeks to show them the fun of fishing. Fishing trips include several shore areas and usually two boat trips. At the end of the summer, a picnic is provided for all of the participants and their counselors.

Fourth and fifth grade students who would like to become Junior Anglers must first be enrolled in the recreation center summer program. Apply at the Sanibel Recreation Center, located at 3880 Sanibel-Captiva Road, or call 472-0345. Major providers for the fishing program include Bailey's General Store and Tarpon Bay Explorers.

In addition, the Optimist Club is maintaining six four-year college scholarships for local high school graduates, currently \$2,000 per year for each student. Funds for scholarships, summer recreation programs, FISH of SanCap and other charitable functions are provided by club fundraisers such as: Wine and Food Fest – Sanibel Uncorked; the longest running 4th of July tradition



A Junior Angler from a previous program shows off her catch photo provided

on Sanibel – the 4th of July Road Rally; the Island Traditions drawing for numerous meal coupons from fine island restaurants; 50-50 raffles; and the hugely successful Blues and Jazz Fest, held in November.

The San-Cap Optimist Club is a 501(c)3 nonprofit charitable organization. Many island businesses and individuals are significant donors. Donations are greatly appreciated and can be mailed to: San-Cap Optimist Club, P.O. Box 1370, Sanibel, FL 33957 or call Stan Howard at 472-0836. Visit the club website at www.sancapoptimist.org.

From page 18

Tournament

raised nearly \$330,000 for refuge water research, wildlife research and education," said Miller. "We can't thank Doc Ford's enough for their incredible show of support these past six years. They've already committed for the 2018 tourney, which will take place May 11."

For more information on the tournament and this year's winners, visit www.dingdarlingtarpontourney.org.

Tournament sponsors for 2017 include: Title Sponsor: Doc Ford's Rum Bar & Grille; Premier Sponsors: Diversified Yacht Services, Nimrod, Raiser's Edge; Presenting Sponsors: Mark and Gretchen Banks; Platinum Sponsors: Bella Signs & Designs, Congress Jewelers, *Florida Weekly*, Mabry Brothers, Inc., Suncoast Beverage Sales; Gold Sponsors: Senator Lizbeth Benacquisto, Captiva Diva, Discovery Senior Living, Fort Myers Marine, The Historic Bait Box, Island Inn, *Island Sand Paper*, *Island Sun*, Jensen's Marina, John Grey Painting, Law Office of Janet M. Strickland PA, Lee County Sports Development, Media Source, *Nautical Mile Magazine*, On Island, Organized Chaos, Trophy Case of Fort Myers, VIP Realtors, Whitney's Bait & Tackle, Don and Ann-Marie Wildman; Silver Sponsors: Anisa Jewelry Designs,



Mighty catch by Team YAM, first-place winners of the 6th annual "Ding" Darling & Doc Ford's Tarpon Tournament

photo provided

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Shrimp Spring Rolls

1 pound medium shrimp, peeled and deveined
 1 teaspoon cornstarch
 8 tablespoons soy sauce, divided
 8 tablespoons canola oil, divided
 1 cup green onions, chopped
 2/3 cup carrots, grated
 3 cups cabbage, chopped
 1 bag bean sprouts, chopped
 2 teaspoons fresh ginger root, grated
 12 egg roll wrappers
 Prepared sweet and sour sauce (optional)
 Cut raw shrimp into small pieces. In a medium bowl, combine cornstarch and 4

tablespoons soy sauce; then add shrimp. Mix well and set aside.

In a wok or large sauté pan, heat 4 tablespoons oil over high heat; stir-fry the shrimp, bean sprouts, cabbage, onion and carrot in oil until crisp-tender; cool slightly. Transfer mixture to colander or pan to drain and cool. When cooled, spoon 1/4 cup of shrimp mixture on the bottom third of each wrapper. Fold bottom edge over filling; fold sides over filling toward center overlapping slightly. Moisten top edge with water; roll up tightly to seal. Repeat with the remaining wrappers and filling.

Deep fry in 3 inches of very hot oil (375 degrees F) until golden brown; drain on paper towels. Serve with sweet and sour sauce.

Yield 12 egg rolls

Nutritional value per serving: calories 196, calories from fat 88, total fat 10g, saturated fat 1g, trans fatty acid 0g,



Shrimp Spring Rolls

cholesterol 61mg, total carbohydrates 16g, protein 12g, omega 3 fatty acid 0g.

photo courtesy Fresh From Florida

Look for Fresh from Florida ingredients at your grocery store.*

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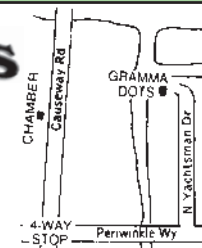
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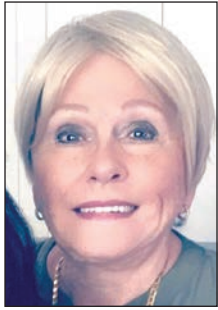
Tuesday-Sunday Noon-10 PM

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Book Review

The Black Book

by Di Saggau

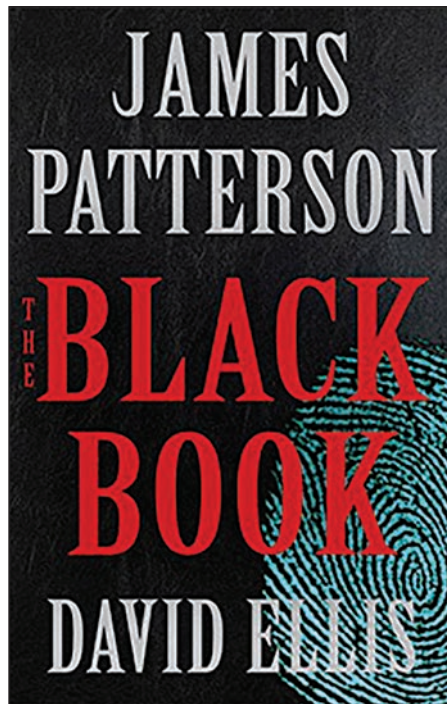


James Patterson is definitely a prolific writer. It seems there is a new book almost every month. I just finished reading *The Black Book*, which he cowrote with David Ellis. It's being touted as his best book in 20

years. Good marketing ploy. Patterson was an advertising executive before becoming a best-selling author, so he knows how to promote. That being said, *The Black Book* does tell a very good tale.

There is a horrendous crime scene at a luxury condo. Detective Patti Harney of the Chicago Police Department discovers three people apparently dead. The naked bodies of Assistant State Attorney Amy Lentini and Patti's twin brother, detective Billy Harney, are on the bed. Amy is dead, but Billy survives. He has no memory of what happened but evidence shows his gun was involved. Kate Fenton, the third victim, had been his partner for years, but he had recently become involved with Amy Lentini. Flashbacks reveal that a raid led by Billy on a high-class brothel are what prompted the killings.

The murder leads investigators to the exclusive brothel that caters to Chicago's most powerful citizens, including the mayor and the archbishop. There is plenty



of incriminating evidence on the scene, but missing is the brothel's black book, and everyone wants it. Some are willing to kill for it. The book also IDs the dirty cops who are taking thousands of dollars in protection money.

The novel is 418 pages, full of punchy chapters, with lots of cliffhanger endings and shocking revelations. There are plenty of twists and surprises as everyone searches for the black book. Patterson includes several humorous lines and one that was absolutely gross. I won't mention

it, but it deals with how hungry one person is, and the line should never have been used. Aside from that, *The Black Book* is an ingenious, inventive thriller about

influence, corruption and the power of secrets to scandalize a city. It just may be the best book he's written in 20 some years.*

Poet's Corner



We invite submissions from local poets. Anyone interested June submit their work via email to tutsie@centurylink.net. Each week, individual work will be showcased.

selected by Tanya Hochschild

A Shy Shiite And The Painting At The Frick

by Tanya Hochschild

At the museum on Saturday
I saw an astonishing sight
In front of a painting of Shropshire sheep
Stood an unshaven, shy, Shiite.

"I settled in Shropshire once,"
he whispered
"cos my passion is shepherding sheep."
I chose not to answer, felt the man
was a chancer,
Then I swear I saw one sheep leap.

"You saw that too? Did you? Did you?"
He told me meekly, he visits here weekly,
Just to stand and speak to the sheep.

"They dance for me, specialize
in shim-sham,
They're really good – Allah Kazam!
"Are you saying the sheep tap?"
"Exactly, old chap!"

Then as if on cue, except for a few,
The sheep did a fancy routine.
With a 5-6-7-8

The flock did not hesitate –
They brush pulled to the right
Jumped high in flight
In response to musical notations
Of four beat combinations,
Hops and jumps from heel to toe,
This was no do-si-do.
With a shuffle and a slide,
Chug, riff and glide,
Dancin' the stomp, the rush, the brush –

"HUSH!"

The guard stood there.
Silence! There is to be no noise in here!
The Shiite, like a Dervish, whirled away
but I, no, no, I chose to stay.
In the painting sheep stood stock still,
across the river and up the hill.
Not a shiver, not a quiver.
I saw the Shiite through the window
He turned to look at me and smile
Then he disappeared down museum mile.

Tanya Hochschild is member of a Sanibel Writers Group, has participated in Artpoems and Writer's Reads on the island, and had two books published.*

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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



From left, owner Matt Asen, Johnny Bell, Johnna Cadena and Teh Peng of The Timbers Restaurant & Fish Market

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 Jegó. 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

Read us online at
IslandSunNews.com

SANIBEL SPROUT

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

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

SUNDIAL BEACH RESORT & SPA

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

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

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

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

1451 Middle Gulf Drive, 472-4151.

TIMBERS RESTAURANT & FISH MARKET

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

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

703 Tarpon Bay Road, 472-3128

TRADERS GULF COAST GRILL & GIFTS

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

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

1551 Periwinkle Way, 472-7242

TRADITIONS ON THE BEACH

Traditions on the Beach, Sanibel's first dining room, has been delighting its guests since 1895. Offering "Contemporary Cuisine, Sanibel Style," Traditions provides the highest level of service in a relaxed beachfront setting. Both the tapas menu, served in the Sunset Lounge, and the full dining room menu capture the flavors of the gulf, complemented by the unique atmosphere of the historic Island Inn. Award winning Chef Aziz uses only the finest fresh, local ingredients to create vibrant dishes. Drink, dine and dance at Traditions on the Beach, featuring live entertainment. Tapas and cocktails are available in the bar and lounge beginning at 4 p.m. Monday through Friday. Regular dinner menu beginning at 5 p.m. daily. Reservations are suggested. 3111 West Gulf Drive, 472-4559

LIVE ON THE ISLANDS

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

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

The Mucky Duck on Andy Rosse Lane, Captiva features live music by Peter Redpath on Thursday and Sunday. Gary Earle plays Friday.

Gene Federico performs on Saturday and Wednesday. Mark Dupuy plays on Monday. On Tuesday, it's John McLane.

Sea Breeze Café at Sundial Beach Resort & Spa has live island style entertainment on Mondays.

Traditions on the Beach at Island Inn has live entertainment on Friday with Woody Brubaker and Kathy Buda. On Saturday, it's Dusk Duo. Dean Winklemann performs on Sunday. Woody Brubaker plays on Wednesday. On Thursday, it's Barbara Dexter.

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 or 395-2299.✪

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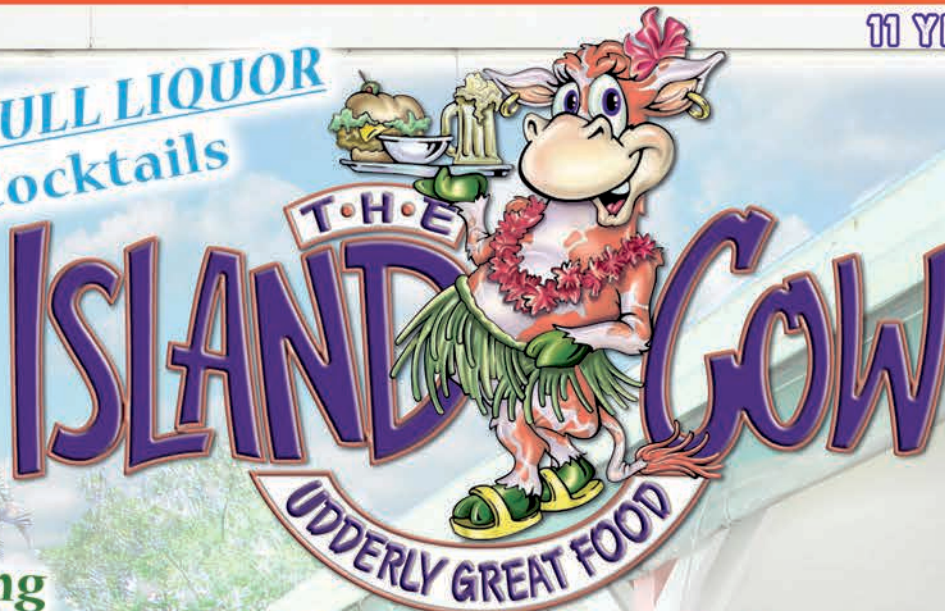
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School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, I need some ideas to keep working on writing skills with my children this summer. I know that writing is a big issue at school, and I want them to do well. They are pre-teens and in middle school.

Mary Ann P., Estero

Mary Ann,

I applaud you for wanting to work on writing skills with your children. Most kids don't use their writing skills during the summer vacation without being given specific assignments to complete. The way to improve writing skills is through practice. Your kids might enjoy writing even more during the summer without the pressure of testing and grading. Writing provides children (and adults) an opportunity to express their unique thoughts, opinions and emotions.

Anindita Basu Sempere, executive director of TheWritingFaculty.com, recently suggested some great ideas to keep kids writing during the summer months. Journaling and blogging might work well for your children. With journaling, you might suggest that

they pretend they are living in another country, or another galaxy to give this writing experience some creativity. Writing even one page a day will keep their skills intact. Blogging is so popular now and writing about a personal interest or an imagined adventure could be fun for them.

You might suggest that your kids collaborate and write a play or adapt a favorite story. They could round up their friends and ultimately perform their work. Adding costumes, props, music and other dramatic elements to their production would be a great learning experience.

A family writing experience could also be a lot of fun for everyone in the family. You as the mom would write an opening paragraph and a conclusion to a story and then let your kids fill in the rest. The kids could take turns writing paragraphs or they each could write their own. You might want to set some parameters about this story and just let their imaginations take over. Over the course of about a week, I think you would see a creative and interesting story emerge and enjoy a great family time as well.

Summer is also a great time to make sure that your children's word processing/typing skills are satisfactory. There are lots of online word processing programs to use for instruction and practice. This is a great site for lots of free games to improve these skills www.learninggamesforkids.com.

com/keyboarding_games.html. Happy writing!

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

FSW Scholarship Music Auditions

The Florida SouthWestern State College (FSW) will hold scholarship auditions for new and current music students on Wednesday, June 14 at the FSW Thomas Edison Campus, located at 8099 College Parkway in Fort Myers.

To receive the scholarship, students must be full-time and degree-seeking. Scholarship auditions are open to music majors as well as students who would like to participate in ensembles and/or take one-on-one applied lessons, including woodwind, brass, percussion, all strings, piano or voice.

FSW provides a variety of musical experiences – both for those who will be consumers of music and those who will be music professionals. Students

may take courses leading to an associate of arts degree with a music emphasis or one-on-one applied lessons with master teachers. Performance opportunities in outstanding ensembles include FSW Concert Band, Symphony Orchestra, Jazz Ensembles, College Choir and many chamber groups. Courses include music theory, sight singing and ear training, music history and appreciation, class piano, jazz improvisation, class voice audio technology and more.

For information on audition requirements and to schedule an audition time, email Kelly O'Neil, instructional assistant, FSW music program, at koneil1@fsw.edu, or call 432-5203.✧

From page 20

CROW Calendar

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

Thursday, June 15, 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.✧



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1



2



3

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5. Ground Level Canal Home on Cul de Sac - Sanibel

- 3 BR/2 BA with private pool and boat dock
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- **\$999,000** EUR €944,279

6. East End Canal Home - Sanibel

- 4 BR/3.5 BA with boat dock & lift
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- **\$870,000** EUR €831,616



4



5



6

NEW LISTING



7



8



9

7. Near Beach Lakefront Home – Sanibel

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8. Captiva Village Haven

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9. Canal Home on Quiet Cul de Sac – Sanibel

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- Spacious home with large caged pool
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10. Gulf Access Canal Home – Sanibel

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- Boat dock and lift, Gulf access
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11. Sanibel Bayous - Sanibel

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12. Loggerhead Cay 2BR/2 BA Furnished Unit - Sanibel

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10



11



12

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Chaos At The Sanibel Library Checkout Desk

Staff, volunteers and construction crews working at the Sanibel Public Library last Thursday afternoon displayed some signs of subtle pandemonium and controlled chaos while the building underwent a weeklong reorganization. The first phase of the Your Library Reimagined project required the building to be closed from May 29 through June 2. The library reopened on June 3.✱

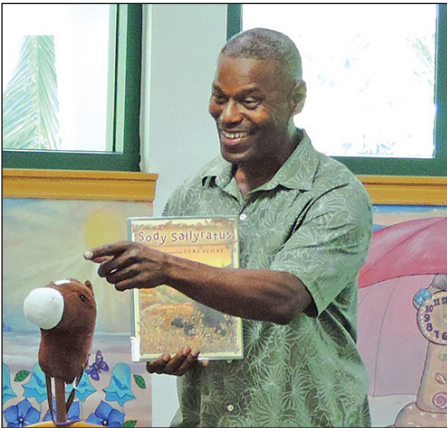


Sanibel Public Library staff, volunteers and construction workers in the midst of the reorganization project photo by Jeff Lysiak

Summer Fun At The Library

submitted by Maureen Tesoro

Between now and June 30, youngsters up to age 18 can sign up for the Summer Reading Program. By signing up, kids will receive a special gift (quantities are limited). “As in years past, kids can earn books for their home library and for children at Golisano Children’s Hospital,” said Deanna Evans, youth librarian. Young readers have earned more than 5,000 books for the children’s hospital in the last five years. Major funding for the program is provided by the Joan Hunt Cory Children’s Fund of the Sanibel Public Library Foundation. During the past 10 years, the foundation has provided more than \$75,000 for library programs, services and technology specifically for youth. Sanibel Public Foundation President Ken Nirenberg said, “It is so important for children to read and to love books, as it sets them up for a lifetime of success. We very pleased to be able to support summer learning.” This year, there are two ways to sign up to log summer reading and activities. Kids can track their reading on paper or



Storyteller Windell Campbell will visit the library this summer photos provided online. Families can register via Beanstack on the children’s page at www.sanlib.org. Beanstack not only keeps track of what you’ve read, it also makes book recommendations based on your interests. The Summer Reading program runs through July 29, with special events held on Tuesday afternoons. Family Storytime is offered on Wednesdays at 10 a.m. This all-ages program helps develop pre-reading skills through songs, rhymes, finger-plays and stories. Dog-loving children might enjoy reading to Bessie, a bearded collie



Henry Kauffold and Nicole McHale who is a Reading Education Assistance Dog (READ). The program encourages children’s love of books by providing a non-judgmental listener and furry friend. Bessie will be at the library on rain-free Tuesday afternoons at 2 p.m. For teens sixth grade and older, the library will host VIP After-Hours on Tuesdays from 6 to 7 p.m. through July 18. The teen program includes book swaps, games and crafts. Upcoming Tuesday afternoon children’s



Marit Foster helping out at the library programs include professional storyteller Windell Campbell from 3 to 4 p.m. on Tuesday, June 13. Campbell weaves both modern and classic tales together with puppets, masks and other props. At 3 p.m. on Tuesday, June 20, Showtime for Kids will feature comedy and magic from 3 to 4 p.m. The full schedule of programs is listed online at www.sanlib.org. The public is invited. There is no cost to participate. For more information, call 472-2483.✱

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New Member At Island Vacations

Fran Peters, owner of Island Vacations of Sanibel & Captiva, announced that Lucas Murphy has joined her team. Murphy is a hospitality management major at Keiser University and will graduate in six months. He started as an intern with Island Vacations in January at the suggestion of one of his professors and quickly became an invaluable team member. His responsibilities include front office guest interactions as well as inspections and guest assistance when needed.

"Lucas is knowledgeable, helpful and enthusiastic. His signature phone greeting puts people in a vacation mood each time they call. He is positively received by both guests and staff. We are happy to have him join our team of vacation specialists," Peters said.

Murphy moved to Florida from New York when he was 10 years old and chose the Fort Myers area for his higher



Lucas Murphy

photo provided

education pursuits. Ironically, Murphy's girlfriend grew up on Sanibel and Peters knew her when she was a small child.✽

Superior Interiors

Picture This



by Jeanie Tinch

Do you have a piece of artwork you love, but just aren't sure how to go about choosing the right frame and matting to best showcase it in your home? Here are a few tips to help

you set your artwork in a dramatic and exciting fashion.

- Your matting should have the color you would like to carry into your entire room – in moderation. Most matting complements the colors in the artwork itself.

- Hang a dramatic piece of art so the eye will be drawn to the wall,

helping it take center stage

- Choose an accent color to paint one wall – something different from the other three walls

- Create drama and add size to smaller pieces of artwork by using quarter round to create "frames"

- Contemporary artwork featuring sleek lines – and do well with matting in bolder richer colors

- When grouping artwork, try tracing and cutting out the diagram of each piece on butcher block paper or newspaper. Then arrange those paper pieces on your wall until you find the perfect solution.

Nothing adds more uniqueness to your room's design then a specially chosen piece of art. Artwork often times helps pull color schemes together and adds an exciting design element into each room.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coindeciden.com.✽

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2. *Sanibel Island Lighthouse* by Charles Lebuff
2. *Brief History of Sanibel Island* by Marva Repko
3. *Lilac Girls* by Martha Hall Kelly
4. *Historic Sanibel & Captiva Islands*

by Jeri Magg

5. *Sanibel Flats* by Randy Wayne White
6. *I'll See You in Paris* by Michelle Gable
7. *Garden of Small Beginnings* by Abby Waxman

8. *In a Dark, Dark Wood* by Ruth Ware
9. *Man Called Ove* by Fredrick Backman

10. *Mothers* by Brit Bennett
- Courtesy of MacIntosh Books and Paper.✽*



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Lee Health Chief Foundation Officer Skip Leonard, third from left, with 10K Race 4 FISH committee members, from left, John Pryor, Ed Ridlehoover, Nancy Bender, Pete Bender and Dr. Steve Brown photo provided

Foundation Joins FISH As Premier Sponsor

Lee Health Foundation is the sole Premier Sponsor of the 9th annual 10K Race 4 FISH. “We are delighted to welcome Lee Health Foundation as the Premier Sponsor of our popular race,” said Ed Ridlehoover, race committee co-chair. “It’s been devoted to meeting the health care needs of our area – a lifesaving mission. FISH appreciates that commitment.”

Lee Health Foundation announced last fall that its capital campaign goal to raise \$100 million for the new Golisano Children’s Hospital had been achieved. The foundation credits the Southwest Florida community including charitable organizations and individuals representing Sanibel and Captiva.

The seven-story hospital consolidates the medical and specialty services required to treat critically ill or injured children. However, the most important attribute is its comforting atmosphere – hallways painted in pastel blues, pinks and greens, adorned by cheery artwork and 128 private patient rooms.

“This hospital would not be a reality without the incredible generosity of our community,” said Skip Leonard, Lee Health chief foundation officer. “It is testament to a community getting around our children and their healthcare needs.”

“FISH is a wonderful organization for its dedication to enriching the lives of everyone on Sanibel and Captiva Islands,” said Leonard. “Neighbors helping neighbors is a beautiful thing.”

The 10K Race is set for Saturday, October 28. Anyone interested in becoming a sponsor should contact Nancy or Pete Bender at benderlaw@juno.com or call 472-5220.*

Sanibel Captiva Trust Company A Healthy, Wealthy And Wise Retirement



Michael R. Dreyer, CPA, President, The Tampa Bay Trust Company

Everywhere we look, we’re surrounded by commercials about how to retire well. Before you retire, keep in mind a few important observations, and even afterward, there is always an opportunity to fine tune your plan.

• Envision retirement and how you will spend it – You may decide not to retire quite as soon as you thought. People are living significantly longer, so don’t be tied to a certain retirement age, simply because you think it is expected of you. Many people actually miss the work they did during their careers. Work provides structure, social connections and a sense of purpose. The sudden shift in life can leave both men and women lacking a sense of self-worth.

The good news is that retirement from a long-term career can be a transition to another career, a new level of volunteerism, mentorship or a new business venture. Also, a retiree has years of experience in a particular industry, corporate or small business management, philanthropic leadership, as well as business and community connections. Retirees are a bank of knowledge, advice and opportunity. Share the wealth!

Lean Into Your Financial Future

• Eliminate debt – Eliminating any unnecessary debt before leaving the workforce is one of the most vital keys to financial success during retirement.

A 2013 study by the University of Michigan showed that nearly one-quarter of Baby Boomers ready to retire still had more debts than assets. Retirees who create a debt-elimination plan early on and stick to it, can avoid a long-term financial squeeze.

• Self-discipline – A recent poll noted that a healthy amount of financial self-discipline before retiring had a bigger impact afterward than most people expected. If you want a comfortable retirement, make adjustments during the working years by establishing a lifestyle that is acceptable to you, so that once you’ve taken the leap, you are comfortable in this new phase of life.

• Fiscal reality – The rule of thumb is that individuals plan to spend 20 percent less in retirement than when they worked. In reality, most find they spend as much or more, at least in the early years. This is due to having more free time to spend money on an extra vacation, new hobbies, socializing and entertainment. If this describes you, build it into your financial transition plan.


Remember to plan for inflation, too. What cost you \$50,000 annually at the time of retirement, may cost you \$70,000 10 years later. Note that sizable and/or sudden changes in income can result in Medicare surcharges, such as premiums; individuals pay for Medicare Part B and prescription drug coverage. And budget for eventual out-of-pocket medical costs, which for many families can well exceed \$100,000 over time.

• A Healthy Bucket List – Don’t wait to retire to enjoy those special things you want to do in life. Health is one of the most unpredictable factors that affects a quality retirement. Work wish-list items into your lifestyle now and embark on those more strenuous and expensive travel adventures while you are working and can physically tackle them.

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New Zonta Year Begins



2017-18 Zonta Club and Foundation officers and boards, standing from left, Robyn Moran, Sue Denham, Barbara Beran, Judy Baran, Janine Boardman and Sally DeVenere; seated from left, Susan Tucker, Nancy Dreher, Kathleen Skubikowski and Judy Langley. Not pictured are board members Diane Chesley, Karen Pati, Marianne Ravenna and Linda Robison.

photo provided submitted by Kathleen Skubikowski

The Zonta year of service and advocacy begins in June. The Zonta Club of Sanibel-Captiva's 2017-18 year was ushered in recently with an installation dinner, at which the presidency of both the club and the grant-awarding Zonta Foundation of Southwest Florida passed from Barbara Beran to Nancy Dreher. The club's and foundation's new

boards and officers were sworn in as well.

The Zonta Club of Sanibel-Captiva is a service organization of professional women working together to provide hands-on service, advocacy, and (through its foundation) funds to empower women and girls locally on the islands, in Lee County and (through Zonta International) around the world.

For more information, visit www.zontasancap.org.



From left, CEOs Bill Robinson and Peggy Hummel with committee members Angela Larson Roehl with Rosier Insurance, realtors Judie Anderson, Susan Andrews and Connie Walters

photo provided

Realtors Making A Difference

At the Sanibel & Captiva Islands Association of Realtors June 1 meeting, the communications and public relations committee made summer project plans and reported on their May drive when pillows, linens and other items were collected for donation to ACT (Abuse, Counseling & Treatment Inc.) in Fort Myers. This was part of the association's Working Together to

Make a Difference campaign. Committee member Connie Walters is coordinating delivery of the items.

During the month of June, the association is collecting non-perishable food items that will be donated to FISH of SanCap and the Harry Chapin Food Bank. Though the need is year-round, food pantries can be especially low in the summer, so members and the public are urged to clean out their own pantries, remembering those in need. Association members and the public are asked to

continued on page 42

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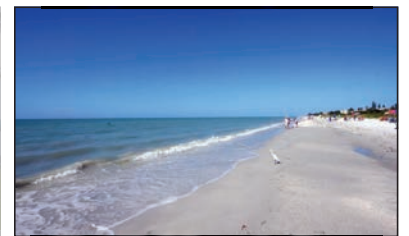
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Deeds, Warranties And Title Policies



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

Many don't completely understand the different types of deeds used when transferring real property. This includes the effect of a deed on the grantor as well as the grantee. I've seen several instances where do-it-yourselfers use quitclaim deeds improperly, not realizing the consequences of the decision. This is common, for example, with transfers to revocable living trusts. Sometimes, a quitclaim deed is appropriate, but other times, it's not. Allow me to examine this issue more thoroughly. Title companies, for example, use quitclaim deeds quite frequently for intra-family transfers. Before signing a document that was not prepared by or reviewed by an attorney, consider doing so. An attorney may or may not charge any more than a title company, but an attorney will better understand the legal ramifications of the proposed type of deed. Generally speaking, there are three different types: general warranty deed, special warranty deed and quitclaim deed.

In a general warranty deed, the grantor covenants that she has the ability to transfer the property, which is free from all claims and liens existing both during her ownership and before such time. The "warranty" refers to a guarantee on the condition of the property's title. When used in conjunction with a title insurance policy, the grantee's ownership interest is secured. The grantee has legal recourse against the title policy insurer against future claims on the property made by those having an interest prior to the transfer.

A special warranty deed is one in which the grantor only warrants or guarantees the title against defects in clear title that may have arisen during the period of her ownership of the property.

Unlike warranty deeds and special warranty deeds, quitclaim deeds do not contain any covenants or warranties, including whether the grantor owns any interest in the property at all. A quitclaim deed simply states that the grantor conveys whatever interest she has in the property to the grantee.

Consider an example where Dorothy purchases a property from Sophia. Dorothy obtains an owner's title insurance policy that insures that the property is free of prior liens. The typical title insurance policy is not assignable, does not continue coverage for the transferor after these transfers (except for deed warranties) and does not include a transferee in its definition of "insured."

Assume that Dorothy then conveys the property for consideration to an LLC, which she and several partners use to improve homes and resell them. Unbeknownst to Dorothy, Sophia previously granted a mortgage to Blanche. After Sophia sells to Dorothy, but does not pay off Blanche's lien, Blanche commences foreclosure proceedings.

This example is unusual in the sense that a normal title search should reveal the mortgage. The mortgage would be listed as an exception to the title policy and would have to be satisfied at closing. But for purposes of this example, assume that the mortgage existed but was not previously discovered.

Upon notice of Blanche's foreclosure proceedings, Dorothy and her LLC make a claim on the title insurance policy. Title policies usually contain a "Continuation of Coverage" provision stating, "the coverage shall continue in force in favor of an insured, but only so long as the insured shall have liability by reason of covenants of warranties in

any transfer of the title." Thus, the only way the policy issued to Dorothy provides any coverage for the LLC – protecting it against loss resulting from Blanche's foreclosure – is if Dorothy retained liability when she transferred her property to her LLC.

If Dorothy transferred the property via quitclaim deed, she could have no liability to her LLC because a quitclaim deed does not contain any covenants or warranties. A quitclaim deed is the surest way to ensure that Dorothy's title insurance coverage does not extend to a subsequent grantee. Quitclaim deeds, therefore, sometimes serve to sever the chain of responsibility that the title insurer has to the subsequent owners.

Do we achieve a different result with a special warranty deed? A special warranty deed provides warranties against defects that arose during Dorothy's ownership of the property. Since Dorothy had nothing to do with Sophia's mortgage to Blanche, she made no warranties to the LLC about the mortgage. Thus, insurance coverage would not likely extend to the claim.

What if Dorothy conveyed under a general warranty deed? Here, Dorothy covenants and warrants to the LLC that there are no prior liens against the property, before or after Dorothy held title. When Blanche commences foreclosure, the LLC has a claim against Dorothy for breach of warranty, and Dorothy can file a claim on her insurance policy for indemnification.

If one therefore intends to transfer property without obtaining a new policy of title insurance, one should carefully consider the type of deed to use, the risks attendant to the covenants and warranties in the actual deed used, and the language in any available title insurance policy. Definitely consider consulting an attorney before taking any course of action when transferring real property.

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Association Of Realtors Appoints CEO

The Sanibel & Captiva Islands Association of Realtors (SCIAR) has appointed Bill Robinson as its new CEO. Robinson assumed responsibilities June 1. He succeeds Peggy Hummel, who retires August 31.

Robinson joined the SCIAR team in 2012. During his tenure, he has been promoted to MLS director and chief operating officer. He has been involved in all areas of the association, always looking for new programs and opportunities for members.

Robinson is a native Floridian. He graduated from ECS and earned his bachelor of arts degree from Covenant College at Lookout Mountain, Georgia.

Robinson enjoys fishing, playing golf and is an assistant football coach at Evangelical Christian School in Fort Myers.



Bill Robinson photo provided



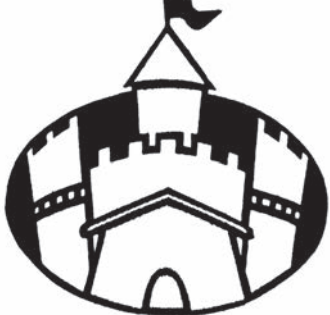
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Ribbon Cutting Held For New Retail Store

by Jeff Lysiak

On May 31, members of the Sanibel & Captiva Islands Chamber of Commerce gathered at the Sanibel Sea School during a ribbon-cutting ceremony for Ocean Tribe Outfitters, a retail business offering water-based recreation equipment, clothing and other merchandise. Ocean Tribe Outfitters, which specializes in paddling gear – including kayaks, stand up paddleboards and related accessories – is located at 455 Periwinkle Way. Hours are Monday through Friday from 9 a.m. to 5 p.m. For more information, visit www.sanibelseaschool.org or call 472-8585.✱



Chamber members and Sanibel Sea School staff gathered as Dr. Bruce Neill, executive director of Sanibel Sea School, cut the ribbon

photo by Jeff Lysiak

Rotary Happenings

submitted by
Shirley Jewell



Do we walk the walk or just talk the talk? We can all agree that mental health is an important issue of our day. We voice our concern on the topic, but really only pay full attention to this issue when someone close to us is personally suffering with a mental health problem and then realize how difficult it is to find help for them. Or we read something catastrophic in the newspaper.

Sanibel-Captiva Rotary's guest speaker on June 2 was Joanne Halt from NAMI's Bridges of Hope faith-based program. For those who don't know about NAMI, it is the National Alliance on Mental Health for Lee, Charlotte & Hendry counties in Southwest Florida. NAMI provides education, training and support programs for individuals, family members, providers and the general public regarding a number of topics dealing with individuals who suffer from mental illness. This organization trains those who are on the front lines in crisis situations – police, first responders, correction officers, emergency dispatchers, college campus



Joanne Halt

photo provided

police, etc. – dealing with the mentally ill. NAMI is a referral helpline and, with the help of organizations like Bridges of

Hope, it brings understanding of mental illness to anyone faced with this reality in their lives. Bridges of Hope basically grew out of necessity.

Halt first gave us some amazing facts about mental illness: one in five adults in the U.S. has a diagnosable mental illness each year; 50 percent of all lifetime cases of mental illness begin by age 14; 50 percent of all students over age 14 with a mental illness drop out of school; and the average delay between onset of symptoms and treatment intervention is eight to 10 years. Now that brings us to some catastrophic statistics regarding mental health treatment here in Florida. Florida's ranks 49th out of 50 states on mental health expenditure, while Lee County is 67th out of the state's 67 counties. Halt said, "This is a shipwreck."

Halt told her own story. Her brother had a pretty good life on the surface. He was a good businessman and

family man. But, at age 40, he was struggling with his marriage, which led to a divorce. On the cusp of this event, his life fell apart. He was in financial trouble, and his marriage was over. He took a nose-dive and had a psychotic break. A mental health condition probably led to the divorce but, after that, he could not hold on. At the time of her brother's psychotic break, treatment consisted of heavy drugs or a psychiatric ward.

Halt's brother was given drugs and basically slept away the next 16 years. Her aging parents bore the responsibility of caring for him and tried to provide a loving and caring environment in their home. But when they died, he couldn't see his way alone. As with her other siblings, there was shame, resentment and guilt about their brother's mental health condition. They offered to help, but he didn't take

continued on page 45

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Has The Sun Set On The Golfing Career Of Tiger Woods?



by Ed Frank

Like a fading sunset, it appears the iconic golfing career of Tiger Woods has most likely come to a close. His recent arrest in Palm Beach County on a DUI charge is the latest incident in a scandal-scarred career that had marred his repeated attempts to resurrect his former dominance on the golf course. One of the richest athletes in the world, his last tangle with the law has far-reaching implications certainly from a monetary standpoint. Will his sponsors drop him? Will his young golf course design business suffer?

It has been reported he earned more than \$40 million last year, not on the golf course, but from endorsements, his biggest being Nike. In connection with the planned Obama Presidential Library on the south side of Chicago, a proposed golf course complex has been proposed. Woods was selected to design the facility. Already concerns have been raised whether he will be dropped from the project. He blamed his early-morning May 29 arrest when he was found asleep in his car on the side of a road on the adverse reaction to prescription drugs, one of which was Vicodin. Alcohol was not a factor, the arrest record showed. Tiger has undergone four back surgeries, the latest in April. Just prior to his arrest, he said he was feeling "the best in years" as he began another long recuperative program. No question that his once dominant record of 14 Major championships, 79 PGA titles and 21 amateur wins has earned him the reputation as one of the greatest to ever play the game. Few will ever forget his first Masters win in 1997 at the age of 21 with a 12-stroke victory. But those records were set relatively early in his career as his last Major championship occurred eight years ago, although he was named "Player of the Year" in 2013. Many feel his downfall began with a 2009 car accident that unleashed a string of reports of extra-marital affairs that led to his divorce from Elin Nordegren. Consider, however, the damage he incurred to his body for 30 years of golf with unrestrained power.

Tiger Woods has always been an extremely private person and probably always will be. However, should the scandals, injuries and rumors deflect from his amazing athletic accomplishments of the past? History will probably provide that answer. For now, however, few will disagree that he was one of the greatest to ever tee it up. **Losing Slump Drop Miracle To Fifth Place** A recent losing slump dropped the Fort Myers Miracle baseball team into fifth place in the Florida State League South Division. The team started the week with a 26-30 season record, eight games behind first-place Palm Beach. The Miracle began an eight-game home stand on Wednesday of this week with four games against Tampa and four against Charlotte starting Monday.*

Motorcycle Run Fundraiser

Abuse Counseling and Treatment, Inc. (ACT) will hold a benefit motorcycle run and brunch on Sunday, August 13. The run will start at Six Bends Harley-Davidson and conclude at Keylime Bistro on Captiva. All proceeds will go towards ACT's safe, free and confidential programs for victims of domestic violence and their children, survivors of sexual assault, and human trafficking in Lee, Hendry and Glades counties. The annual David Barbur Biker Brunch kicks off at 8:30 a.m. with registration.

Kickstands go up at 9:30 a.m., with the brunch scheduled from 11 a.m. to 1 p.m. The event will be held rain or shine. Cost is \$20 per person and includes a buffet-style brunch catered by Keylime Bistro and an opportunity to win raffle prizes. To join the brunch at Keylime Bistro, arrive around 10:30 a.m. Keylime Bistro is located at 11509 Andy Rosse Lane on Captiva. Six Bends Harley-Davidson is located at 9501 Thunder Road in Fort Myers. For more information or to register, contact Jennifer L. Benton at 939-2553 or visit www.actabuse.com/event/motorcycle-run-the-annual-david-barbur-bikers-brunch.*

SPORTS QUIZ

1. In 2015, Miami's Dee Gordon led the National League in batting average and steals. Who was the last player before Gordon to do it?
2. Who was the last Detroit Tigers pitcher before Jordan Zimmerman in 2016 to win five games in the month of April?
3. How many more seasons did Don Shula coach the Miami Dolphins after his last Super Bowl appearance?
4. Who was the all-time leading scorer for Duke men's basketball before J.J. Redick (2,769 points) broke the record in 2006?
5. Name the last NHL team to lose at least their first eight games of the season before Columbus did it in the 2015-16 season.
6. When was the last time before 2016 that the MLS Cup was decided by penalty kicks?
7. British cyclist Bradley Wiggins holds the country's record for most Olympic medals. How many?

ANSWERS

1. Jackie Robinson of the Brooklyn Dodgers, in 1949. 2. Frank Tanana, in 1988. 3. Eleven seasons after the Dolphins' loss in Super Bowl XIX following the 1984 season. 4. Johnny Dawkins, with 2,556 points. 5. The New York Rangers lost 11 in a row to begin the 1943-44 season. 6. It was 2013, when Sporting Kansas City defeated Real Salt Lake. 7. Eight medals, including five golds.

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SWAT member Cameron practices his fly technique

photos provided

Swim Team Welcomes New Members

Swimmers ages 5 through 18 can sign up to become members of the Sanibel Water Attack Team (SWAT), which practices at the Sanibel Recreation Center. Under the coaching expertise of Curtis McIntyre and Jodi Lucker, more than 45 swimmers practice daily to build stamina, endurance and speed. All of them hope to improve their technique in every stroke: back, breast, freestyle and fly.

SWAT members are in the pool for one to two hours each afternoon. Though participation decreases slightly during the summer months, practices continue as the group gears up for the upcoming Gulf Coast Swim Team meet at Florida Gulf Coast University on Saturday, June 10.

For more information on SWAT and becoming a member, contact



Coach Curtis McIntyre timing laps the Sanibel Recreation Center at 472-0345 or visit www.mysanibel.com. Follow SWAT on Facebook at [SWATSanibelIsland](https://www.facebook.com/SWATSanibelIsland).*



A high school SWAT member works on his backstroke



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Sanibel-Captiva Lions Club News

Lions' Motto Came From A Contest In 1954

submitted by a Lion, Bob

Lions have both a slogan and a motto. The slogan reflects the association's formative years in America during and after World War I. The motto declares its common purpose in two short words. In the



early 1920s, cleverly spelling out our name, the slogan "Liberty, Intelligence, Our Nation's Safety" appeared widely on club stationery, billboards and other promotional materials. Who said it first? Chances are it was a young attorney named Halsted Ritter, who rose to speak at the 1919 International Convention in Chicago.

"The name Lions stands not only for fraternity, good fellowship, strength of character and purpose," Ritter declared, "but, above all, the combination of L-I-O-N-S heralds to the country the true meaning of citizenship."

The words suited the patriotism that swept the United States following World War I, and the Lions embraced the slogan. As the Lions movement grew across national borders, cultures and languages, Lions began looking for other words to describe their mission and work. In 1954, the board announced an International Motto Contest and invited suggestions from all 522,000 worldwide members.

According to the entry form, the motto had to be "enduring," "international in character" and "easily translatable." There was also a strict contest rule to discourage wordiness. Lions could submit as many mottos as they liked, but each entry could be no more than five words in length. To get Lions thinking, the organizers gave out a few five-word examples: "Men of Action," "Working with Others for Others" and "Worldwide Service to

Humanity."

Thankfully, 11 of the 6,000 Lion contestants had a better idea. They each submitted identical entries. But Lion DA Stevenson from Fronthill, Ontario, Canada, was declared the winner as his submission had the earliest postmark.

His motto contained two simple words: "We Serve."

For more information about the Sanibel-Captiva Lions Club, email alionbob@comcast.net.

ABWA Meeting This Tuesday

The Sanibel Captiva Chapter of the American Business Women's Association (ABWA) will hold its next meeting and dinner on Tuesday, June 13 beginning at 5:30 p.m. at Sundial Beach Resort & Spa, located at 1451 Middle Gulf Drive.

The guest speaker will be Robin Cook, executive vice president, wealth services advisor of The Sanibel Captiva Trust Company. Her topic will be Investing In Your Future. Cook is the recipient of the Sanibel Captiva Chapter of the American Business Women's Association Woman of the Year award.

The cost for dinner and the meeting is \$25. Reserve online at www.abwasanibelcaptiva.org. Meetings are held on the second Tuesday of each month. For more information, go to www.abwasanibelcaptiva.org.

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Realtors

deliver donations to the association office located at 2353 Periwinkle Way, Suite 201 (upstairs, above Finnimore's Cycle Shop, in the building behind Winds).

The office is open from 8:30 a.m. to 5 p.m. Monday through Friday. For pick up, contact your realtor or one of the following committee members: realtors Judie Anderson, Sarah Ashton, Deb Gleason, Kelly Huguenin, Cathie Lewis, Connie Walters; affiliate members Nanci Berlin with Barrier Island Title Services, Angela Larson Roehl with Rosier Insurance; or realtor chair Susan Andrews.

Two new committee members, realtors Jerry Sider and Anna Turner, were welcomed at the June meeting.

Watch next month for a report on community contributions in June. In addition to coordinating collections, other events in the planning stages include hands-on projects at CROW and the upcoming Sanibel Historic Preservation Heritage Trail Project, a meal-packaging project with Meals of Hope, and a Christmas in October event to get a head start on holiday donations.

Read us online at IslandSunNews.com

Celebrate the 27th Annual Independence Day Parade
Tuesday, July 4, 2017 9:30 a.m.
Preserving the Red, White and Blue
Presented by:



Entry Fee: Commercial \$30.00 Non-Commercial \$15.00
Each Entry Fee is for a Maximum of 3 Vehicles

Please Make Checks Payable to: 4th of July Parade Account
Mail/Drop Off: Bank of the Islands, 1699 Periwinkle Way, Sanibel Island, FL 33957

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

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



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



2017 Parade Categories

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

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

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

Parade Entry Form

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

Name of Business or Organization: _____

Contact Person: _____

Mailing Address (required): _____

E-mail Address (required): _____

Daytime Telephone Number (required): _____

Number of Participants: _____

Music Music Music Music Music Music Music Music Music Music

Live? (Yes) ____ or (No) ____ Boombox or Amplifier? (Yes) ____ or (No) ____

Other? _____

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

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

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



The Sanibel-Captiva Kiwanis Club supports the 9th annual 10K Race 4 FISH as a gold sponsor

photo provided

Kiwanians Support Youth Through 10K Race 4 FISH

The Sanibel-Captiva Kiwanis Club returns as a Gold Sponsor of the popular 10K Race 4 FISH, the only foot race on Sanibel. The 9th annual 10K is set for Saturday, October 28 at The Community House.

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

Kiwanis uses its sizable charity

budget to give local children educational opportunities through more than \$120,000 in grants annually. The club administers scholarships from the tiniest of youth at the Children's Education Center of the Islands to post-secondary students. Scholarship funds are also provided for youth at Sanibel Sea School and The Sanibel School.

The club administers funding for an array of youth programs at island organizations, from the Bailey-Matthews National Shell Museum and Sanibel Children's Library. Fourth and fifth grade students are able to experience a performance by the Southwest Florida Symphony thanks to the Kiwanis and its foundation.

"We, as a club, empower children of all ages to make an impact through service and leadership," added Heidrick. "Kiwanis supports our youngest of

neighbors, so that we may build a better community."

Neighbors helping neighbors is the foundation upon which FISH has been built for the past three decades. In 2016, FISH assisted island youth with after-school program and 502 families visited the food pantry. The year-round backpack program provides youth with nutritious weekend meals. Last year, 1,063 backpacks were distributed to children.

"We are grateful for the generous support of Kiwanis Club members and its foundation," said race committee co-chair Nancy Bender. "They are

good neighbors who care about our young people and the future of our community. We are pleased to have Kiwanis return as a gold sponsor of the 10K race."

The Kiwanis Club, a group of 95 members, meets over breakfast on Tuesday mornings at The Dunes Golf & Tennis Club, located at 949 Sand Castle Road.

There are sponsorship slots open for the 9th annual 10K Race 4 FISH – Gold, Silver, Bronze or Friend. Anyone interested in becoming a race sponsor should contact Nancy or Pete Bender at benderlaw@juno.com or 472-5220.✱

Thomas R. Louwers, M.S.T.

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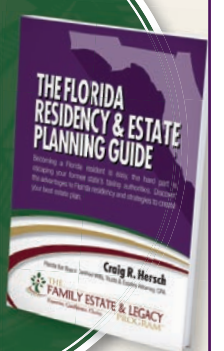
"Will Power" Columnist, *The Island Sun*



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Women’s Retirement Crisis



J. Brendan Ryan, CLU, ChFC, MSFS

In addition to all the crises our country faces (terror within our borders, long-term-care needs, political discord, the threat of weapons of mass destruction in the wrong hands, and so forth), a major

one that is unfolding – not just threatening but unfolding – is inadequate retirement income for our aging population.

It is often stated that aging is a women’s issue. Why? Look at the facts. Women live longer and more often live alone. For a variety of reasons they usually have less money in retirement than men.

Surveys tell us that there are more women alive over age 65 than men (35 million versus 20 million). More older men are married compared to older women (72 percent versus 46 percent). 35 percent of older women are widowed, three times the rate of older men.

Retirement planning should be an important, ongoing task for every adult. But, since women are more at risk to have inadequate retirement income, this also should be considered a women’s issue.

Consider these facts:

Women’s earnings have long been inferior to men’s, which leads to lower savings, lower retirement plan deposits by the employer and lower Social Security benefits.

Women are more likely than men to suspend their work in favor of raising kids and caring for infirm relatives.

A large portion of working women work only part-time and so do not have access to the employer’s retirement plans.

When they do participate in retirement plans, they are less likely to put their money in equities, choosing instead safer, low-growth instruments.

Women live longer on average and need what benefits they have to last a longer time.

Women are 85 percent more likely

than men to be impoverished by age 65.

How do working women feel about retirement? The latest annual Transamerica Retirement Survey of women found, in part, the following:

Women estimate that they will need a million dollars at retirement (median value) to achieve retirement security.

Only 12 percent of women believe that they will be able to retire comfortably.

Half plan to work past age 65 and half feel that they will never retire (presumably because they cannot afford to).

What can women do to get a grip on the problem and reduce the likelihood of a bleak retirement?

They can start saving consistently and realistically under the guidance of a trusted financial advisor. It is never too soon and no amount is too small to make a difference in the long run.

They should get involved in their employer’s retirement plan and contribute at least the maximum that the employer will match. Those over age 50 should take advantage of allowable catch-up contributions to the plan.

They should educate themselves on how to invest, when to invest, how to minimize penalties and taxes on withdrawals, and how to get the most from Social Security.

It is important to resist the urge to invade for current consumption accumulated qualified-plan funds before retirement even after the funds have been placed in a rollover account. That money should be kept sacrosanct for the long haul.

It is important for women, if married, to get involved with the family’s financial decision-making process, budgeting and spending so that it will not be novel if the decision-making burden ever falls on them.

J. Brendan Ryan is a Cincinnati insurance agent. He can be reached at jbryanclu@aol.com.✴

Applicants Sought For Community Business Award

Applications for the 23rd annual Southwest Florida Blue Chip Community Business Award are now open to successful for-profit companies with their principal office located in Charlotte, Collier or Lee county. The ceremony is coordinated and sponsored by BB&T-Oswald Trippe and Company and BB&T Bank.

Award regulations require the company to have been in continuous operation for at least three years under the same ownership and have five to 400 payroll employees. Applications are due by September 6 and an independent panel of judges will choose the winning entry. Businesses can nominate themselves or be nominated by a third party. The award ceremony will take place on Thursday, November 2 at Hyatt Regency Coconut Point Resort and Spa.

To submit an application, contact Stacey Mercado at 433-7189 or email SMercado@BBandT.com.

Last year, Billy’s Rentals of Sanibel captured the award.✴

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38th ANNUAL

ROAD RALLY

The Sanibel Captiva Optimist Club

2017 Official Entry Form

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

Sanibel Captiva Optimist Club

P.O. Box 1370 Sanibel, Florida 33957

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

on-line @ www.sancapoptimist.org

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 - Entry disqualified for exceeding posted speed limit or for receiving a moving violation on the course.
 - Entry may be disqualified if not at finish point within 2 1/2 hours.
 - The Rally Master reserves the right to adjust the time equally for all contestants if conditions warrant.
 - Afterglow party in The Sanibel Grill @ The Timbers Restaurant!



Registration from end of Parade to 12:00 Noon July 4th,
in the parking lot at Timbers Restaurant
703 Tarpon Bay Road, Sanibel Island, Florida
Conducted by: The Sanibel Captiva Optimist Club
Best Decorated Car may qualify for Next year’s t-shirt!

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

Beautifulife:

Prayer Power



by Kay Casperson

I believe that today, more than ever, there is a need for people to understand how important it is to pray. Not only does prayer change things, but it also makes a big difference in

how you live your daily life. I find that keeping prayer a priority in my day to day routine not only helps me stay on track with my attitude, but also the quality of my decisions. I am constantly praying for wisdom, understanding and peace as I try to make my way through all of the things that need to be addressed daily.

Many studies show that above and beyond the spiritual benefits of prayer, there are many physical, mental and emotional benefits that lead to an overall sense of wellbeing.

Prayer will do the following;

- Help reduce stress – as you pray, you relax and by doing so, there is a reduction in how you react to both mental and physical stress

- Keep you positive and uplifted so as to avoid depression from entering your life

- Make you a better person by keeping you humble
- Help you heal faster physically, emotionally and spiritually
- Give you peace of mind by letting things go
- Help you forgive others and therefore allow you to keep moving forward in a positive direction

The list of benefits does not end there. You will be able to add to it as you continue to explore the ways that prayer can impact your life and the lives of others.

I encourage you to find more time in your daily lives to pray. Whether it is in a quiet place, on the way to a meeting, before a meal or at bedtime, the power of prayer will make a big difference on your path to a more balanced and beautiful life.

My affirmation for you this week is; "I will make prayer a priority and I will continue to see the positive effect on my life and the life of others."

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 or follow her on social media @kaycasperson.✧



Joi Dupler, program and services executive, receives the award on behalf of FISH

photo provided

FISH Receives Award Of Excellence

FISH of SanCap recently received the Joyce Jacobs Agency Excellence Award, in conjunction with the Harry Chapin Food Bank.

FISH was selected after submitting a narrative of its program's information, 2016 accomplishments, description of resources (i.e. food, staff, volunteer

base and funding) along with examples of how the program has impacted the community. Included with the narrative were illustrations and stories of how FISH goes above and beyond to provide excellent customer service to program participants.

"We believe everyone who participates in our food pantry program experiences a positive impact on their lives," said Maggi Feiner, FISH president and CEO. "Some (clients) have moved beyond their crisis and

continued on page 47

From page 39

Rotary Happenings

the help. He died during a fire at the family home. Halt couldn't say that he caused the fire but couldn't rule that out.

Halt knew she had to share her experiences with others and joined Bridges of Hope. The mission of this organization is to help families and friends of those suffering from mental illness share their experiences and provide information on dealing with loved ones gripped by mental illness and the impact it makes on families and caretakers.

The reasoning for Bridges of Hope being a faith-based program is that, in time of crisis, many turn to the church for help. Lee County certainly has more faith-based facilities than mental health facilities, and the ability to use faith as a foundation for love and understanding of someone suffering with a mental health condition is the core of this program.

For information regarding where Bridges of Hope meetings are held in your area, contact NAMI at 337-9024.

All of us should contact our public officials and demand that more of our taxpayer dollars be spent on mental health. We need to take action. We need to demand action. This affects everyone in our community. Many who are suffering with mental illness can be helped but the help needs to be there. Lee County isn't doing enough. In fact, statistics say, basically, they are barely doing anything. Mental illness is not a choice.

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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Doctor and Dietician

Pinched Nerves Are Painful



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

If you have ever experienced a pinched nerve, you know the pain is excruciating. The burning pain zooms down your arm or leg and can cause blinding pain that will stop you in your tracks. What causes this pain? The answer is ligament laxity. Ligaments become lax after an injury or through wear and tear, which allows excessive and destructive motion in the joint. The extra joint motion causes the vertebrae to slip out of place and can pinch the nerve. Treatment usually begins with stopping the acute pain. This may involve a nerve block to provide some initial pain relief, which enables the person to rest and repair. The structural cause of the problem must also be addressed for long-term relief, not just continuing to block the pain.

Offentimes, people experience "positional" pain, even in cases of extreme pain from a pinched nerve. This means that the pain gets more intense in certain positions. For example, if someone has unbearable pain while sitting or kneeling, but the pain is somewhat relieved while standing or laying, this means certain positions are causing the vertebrae to slip

and pinch on the nerve. The ligaments are weak and overstretched, allowing the vertebrae to move too far. When nerves are being pinched along the spine or in other joints, and especially worse in certain positions, it is indicative of joint instability.

Except in a life-threatening situation or impending neurologic injury, surgery is a last resort and performed only after all conservative treatments have been exhausted. Conservative options including chiropractic and osteopathic care, along with prolotherapy, are excellent for resolving pinched nerves and positional pain. Once the ligaments are strengthened, the bones stay in proper alignment, and the destructive joint motion and nerve irritation cease.

*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@carimgmedical.com.**

FSW One Of Best High Schools

Florida SouthWestern State College Collegiate High School Lee (FSWC-Lee) and Charlotte (FSWC-Charlotte) were recently named Bronze Schools in U.S. News and World Report's 2017 Best High Schools rankings.

Each year, U.S. News and World Report ranks high schools based on common core data collected by the U.S. Department of Education, advanced placement test data and each high school's statewide accountability proficiency test results and graduation rate. This year, 20,487 schools were eligible to be ranked from data stemming from the 2014-15 school year.*

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 – June 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.

Mom And Me



by Lizzie and Pryce

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

Dear Mom & Me,

My adult children are asking me to do something that I think is unreasonable.

Thirty years ago, my daughter-in-law was threatening to have a miscarriage. After being in and out of her bed for five weeks, I finally told her, "I had exactly the same thing happen to me years ago, and my doctor said 'get up, that is nature's way of terminating an abnormal pregnancy.'"

My son and daughter-in-law were furious with me and they barely spoke to us for the next six months.

She delivered a severely retarded child, but what I had said was never mentioned. My husband and I did our best to give support to this child.

My son's business has transferred him to Asia for the next five years. They have asked me to care for their daughter in my home while they are out of the country. They want to be free of responsibility to enjoy his assignment.

I am a widow now and enjoying my retirement. This is a responsibility I do not want and I feel they are expecting too much from a woman of my years. Am I being unreasonable? I would like your opinion.

Eva

Dear Eva,

What is up with your family, Eva? What is your son's story? I cannot understand how or why a mother and father would want to give their daughter to other family members for five years so they can enjoy their trip "free from responsibility." WOW!

I am a true believer in family helping family. I am also a believer of family not taking advantage of family. So, if your son and daughter-in-law want to fly you to Asia on different occasions for you to assist with the care of their child, that sounds more responsible in my book.

Pryce

Dear Eva,

Many adult children never seem to realize that their mother is at a different stage of her life and she wants something more than giving child care. You have done your best to help and now it is time for you to have enjoyment. I think your family is asking too much.

Your son and daughter-in-law have a number of options. They can arrange for their daughter to live in a group home with adults similar to herself, and you can visit frequently. They can take her with them and arrange for in-home help when they travel, or she can be placed in a sheltered environment in the country where they will be living.

I would suggest that your son inquires at the Human Resources Department at the company where he works. Many of these companies have tremendous resources available and information for their employees who will be living abroad.

Lizzie

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

Island Seniors At Center 4 Life

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

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 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.

The Mound House – Wednesday, June 21. Cost is \$15 for members and \$20 for non-members. Experience Old

Register by noon; the game begins at 12:30 p.m.

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

Rummikub (New) – Tuesday at 1:30 p.m.

Hand & Foot – Thursday at 12:30 p.m.

Hearts – Friday at 12:30 p.m.

Kayaking on Tuesdays and

Thursdays – June 20 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.*

dearRPharmacist

Red, Salty, Chewy And Tastes Like Bacon



by Suzy Cohen, RPh

Dear Readers: I'm actually talking about dulse (rhymes with pulse), which is a kind of seaweed, or techni-cally, a form of algae that grows attached to rocks near the shore of the Northern Atlantic

and Pacific oceans. Its leaves are roughly the same shape as bacon, which is ironic because when you pan fry dulse, it actually tastes kind of like bacon... especially if you're drunk. Nah, I'm just kidding about being drunk... it really does taste a little bit like bacon.

Don't roll your eyes at me, I'm totally serious.

Unlike bacon, dulse is a superfood. The high content of minerals makes it particularly useful for the production of "thyroxine" thyroid hormone.

Dulse comes in many forms, even

powder. Think of that like you would salt and just sprinkle it on soups, chicken, salads, popcorn and stir fries. It might also replace some of the salt in your food. But my favorite way to eat it is pan-fried, which is when it comes close to tasting like bacon. I have a simple recipe posted for a DLT (Dulse, Lettuce and Tomato) sandwich, and a comprehensive version of this article with precautions. Sign up for my newsletter at www.suzycohen.com, and I'll email it. If you're already a subscriber, you will automatically receive your copy. Dulse has powerful antioxidant properties and can inhibit runaway cell proliferation, plus it provides the following nutrients plus several others not listed here:

Carotenoids: These are potent antioxidants, like alpha-carotene, beta-carotene, lutein and zeaxanthin, all of which are known to be good for healthy eyesight, reducing free radical damage, and decreasing the risk or duration of chronic illness.

Iodine: Iodine is essential for your thyroid to be able to produce enough thyroid hormone, and iodine deficiency is very common. But it's not just for your thyroid, it's needed in all your cells, especially your reproductive organs and immune function.

Iron: This mineral is necessary to make a protein called hemoglobin, which acts like a tow truck and lugs oxygen all

over your body. It supports the health of your blood, helping to prevent anemia. Iron is also vital to carry out dozens of life-sustaining chemical reactions through-out your body.

Potassium: Potassium is a vasodilator and functions as an electrolyte to help balance sodium; this regulates fluid balance in your cells so it supports healthy blood pressure. Potassium provides for an alkaline environment, which counters common acidosis caused by a fast-food Western diet.

Vitamin A: This skin and vision-loving nutrient can also boost immunity

by keeping your mucous membranes "wet" and strong, meaning that they are empowered to filter particles and pathogens before they enter your body.

Free Glutamate: Dulse has a lot of glutamic acid, as does most shellfish and seaweed. It is not the same as the food additive MSG but it can sometimes behave that way in a small percentage of people.

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. ✨

Got A Problem? Dr. Connie Is In



by Constance Clancy-Fisher

Q: What do telomeres have to do with aging?

A: At the ends of each DNA strand is a region of receptive sequences that serves to protect the end of the chromosome

from deterioration. These telomeres are associated with DNA replication and become shorter each time the process is repeated. The enzyme telomerase is used to protect the telomeres by ensuring its stability. If the telomeres shorten

without restoration, then cell replication is compromised. When cell replication is compromised, the health of the tissue is compromised, as seen in the aging process. Research now substantiates the fact that oxidative stress (free radicals) shortens telomeres; hence, this type of stress compromises health in a number of ways, including cell division and the integrity of our DNA. Speculation is that chronic stress may also have the same effect. Physical exercise is suggested as a means to enhance the integrity of telomeres. While more research is needed, we do know that stress can definitely speed up the aging process.

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. ✨

From page 45

FISH Award

no longer need food pantry services. Others may not need as much and visit less frequently. Some only visit during off-season, when hours are cut or jobs lost. We can say, with quite certainty, that we are diminishing food insecurity in Lee County one mouth at a time."

Among the feedback received by food pantry clients:

- "Thanks to the food pantry, I was able to feed myself after my mom's passing. Thank you, FISH."
- "They have everything I need. The staff is always so helpful. Let's all thank FISH."

Feiner said, "Food insecurity is a very frightening ordeal, particularly when there are children and elders involved. We know it's not easy to ask for help. Many avoid asking at all costs, including their health and wellness. When our neighbors come to FISH, we are here to provide

the assistance they need, when they need it. And we always treat everyone with compassion, respect and dignity."

As noted by a food pantry volunteer:

"In working more closely with FISH clients this winter as a food pantry volunteer, one thing has been underscored time after time, and that is how important the pantry is to the clients. It is small things – during Christmas week, seeing a kid get excited to find a fabulously sugary cereal her mom would never buy. And it is large things – watching clients' relief at finding milk, fresh bread or fruit to bring to their families. As volunteers, we are on the receiving end of heartfelt thanks from the clients. Weekly, we hear how important the pantry is in sustaining the families, providing both food and relief from stress. Never doubt that the need is great, the impact is real and the mission is succeeding."

The FISH Food Pantry is open Monday through Friday from 10 a.m. until 3:45 p.m. For more information, call 472-4775 or visit www.fishofsancap.org. ✨

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Sanibel & Captiva Islands

Emergency	911
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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
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	472-6197
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc . .	http://abwasanibelcaptiva.org
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
Democratic Club of the Islands	Demclubislands@gmail.com
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH. OF SANCAP 24-hr service	472-0404
Sanibel Island Fishing Club	472-8994
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus	395-1202
Sanibel-Captiva Shell Club	facebook.com/sancapshellclub
Sanibel Youth Soccer	www.sanibelsoccer.org
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

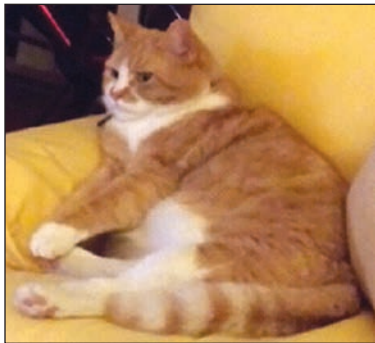
To be listed in calling card email your information to: press@islandsunnews.com

PETS OF THE WEEK

PAWS Of Sanibel

Gizmo

This is Gizmo. He's a 9-year-old big, handsome guy who weighs approximately 20 pounds. He has been neutered and micro-chipped, and wears a collar. He managed



Gizmo

to get out of his condo at Spanish Cay, located at 1610 Middle Gulf Drive sometime between 3:30 and 4:30 p.m. on Friday, June 2 when his owner was moving furniture into the unit. It is very important that our pets are recaptured ASAP here on the islands. There are so many predators out there to do them harm.

If you see Gizmo, call PAWS of Sanibel volunteer Claudia at either 302-670-6241 or 579-0641.*

Lee County Domestic Animal Services

Cookie And Sara

Cookie is a 6-year-old female siberian husky who is intelligent, independent, confident and clever. She prefers making her own decisions but will listen to you if you present a good argument. She is looking for a partner in this adventure called life. Are you her happily ever after?



Cookie ID# 504961

Adoption Fee: \$50
Sara is a 3-year-old female domestic shorthair who is a shy yet charming feline searching for patient owner with a laid-back lifestyle. She easily comes out of her shell with a little patience. Another feline friend would be the perfect happy ending.



Sara ID# 699311

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. 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.*

Haven on Earth Animal League

Bowie And Pookie

Hi, my name is Bowie. I'm only a baby, and I need someone to take me home and love me forever. I like to purr really loud, and I just love all of my kitty friends. 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

Hello there! I'm Pookie. I am the sweetest Calico girl anyone will ever find. I have beautiful and distinctive markings and really long whiskers. I'm six years young, spayed and up-to-date on all vaccinations. Come see me at the Petco at Gulf Coast Town Center. My adoption fee is \$75.



Pookie

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.*

Adoption Service Seeks Storybook Endings

Adopters are invited to write happily-ever-after endings for pets at Lee County Animal Services by adopting them and providing a loving home. As a special feature, dogs 40 pounds and over may be adopted for just \$50 and cats six months and older can be adopted for \$30 during the month of June. Cat adoption fees are also two-for-one.

All adoptions include over \$500 worth of veterinary and other services such as:

- Spay/neuter surgery
- Age-appropriate vaccinations
- Rabies vaccination and county license for pets over three months
- 10-day pet health guarantee
- Microchip ID
- Feline leukemia and AIDS test for cats
- Heartworm test for dogs over six months
- Flea treatment
- De-worming

Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday, at the shelter, located at 5600 Banner Drive in Fort Myers. Volunteers are available to help adopters select the pet that is best suited for their lifestyle and family.

Photos and information about lost pets or pets for adoption are available at www.leelostpets.com. Pet information on the website updates hourly. Adoption applications may be completed online.*

PUZZLES

Answers on page 53

Super Crossword

BASEBALL
BATTY

ACROSS

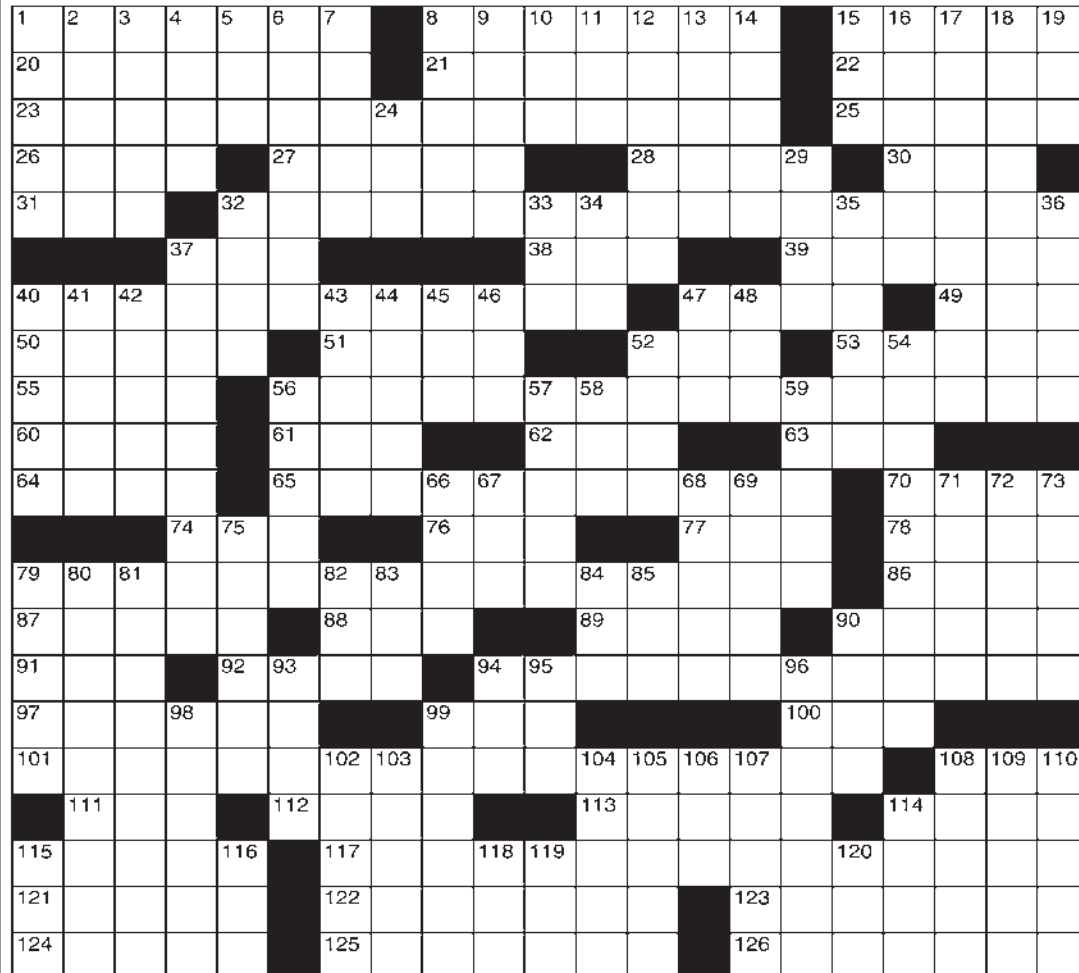
- 1 Pennsylvania resort mountains
8 Puts glittery metal strips on
15 Hollywood's Hawke
20 Small cousin of the flute
21 Patronizes, as a store
22 Bit of poetry
23 Baseballer's paranormal power?
25 Brown ink
26 Yalies
27 Island group near Fiji
28 Gillette brand
30 Phone no.
31 Posed
32 Baseballer doing roadwork?
37 Drops seen at dawn
38 Be litigious
39 Citadel of a North African city
40 Baseballer with film and TV roles?
47 Bygone ruler
49 Be obligated
50 Dog sounds
51 Catch on film
52 "Amazing!"
53 Narnia lion
- 55 "Green-eyed monster"
56 Yearly period when a baseballer is gleeful?
60 Strip off
61 Barn bag bit
62 Bow's shape
63 Soup legume
64 Neophyte
65 Baseballer working as a highway patrol cop?
70 No-hitter king
74 Serengeti grazer
76 Prefix for "the same"
77 Always, to Keats
78 Paltry
79 What a baseballer plays in a band?
86 Nastase near a net
87 See 57-Down
88 Trailways transport
89 No-frills river vessel
90 Sought morays
91 — laude
92 Pet food brand
- 94 Two things at a baseballers' snack bar?
97 Kind of earring or tie
99 College coach
100 FBI title: Abbr.
101 Baseballer's hamper contents?
108 Bit of lifting lingerie
111 Up to, in ads
112 "Why am — surprised?"
113 Huxtable family mom
114 Foot 115-Acrosses
115 Thumb, e.g.
117 Baseballer's time to shine?
121 In the bag
122 Was uncaged
123 "— Pie" (Oscar-winning short)
124 Nash of verse
125 Ursula of "Dr. No"
126 Absorption processes

DOWN

- 1 Pear and quince
2 City in Florida
3 "Hush!"
4 Table scraps
5 Naught
6 Not anybody else's
7 Fallen angel
8 Groove for a letter-shaped bolt
9 Start of a rumor report
10 Pre-Q queue
11 Health club
12 Grand home
13 Actress Christine
14 Lead-in to foam
15 Hectic hosp. locales
16 Letters after etas
17 Certain curve in math
18 From pretty far off
19 Pro-school org.
24 Typesetting widths
29 Crooner Paul
32 Middle marks
33 Not waste
34 Snarling dog
35 Wine server
36 "— a good time for you?"
37 Make no sense
40 Cleaned with a broom

- 41 Brooklyn's — Island
42 Nomad
43 Be fuming
44 Give — (heed)
45 Follower of Mar.
46 "Oy —!"
47 Wee kid
48 "Hush!"
49 Previously
54 Most unctuous
56 Iraqi city on the Tigris
57 With 87-Across, soon-to-be-inducted city official
58 Round body
59 Dizzying designs
66 Smooch
67 Winter hrs. in D.C.
68 Hull hazards
69 — -car (Hertz service)
71 Mello — (soda brand)
72 Neighbor of Pisces
73 "I — drink!"
75 Republic
79 Pilgrimage destination
80 Wailing in grief
81 Stiff, but not inflexible

- 82 Aptiva maker
83 Letters after mus
84 Mystifying Geller
85 Google Earth image
90 Skittish
93 Me, myself —
94 Utter loudly
95 Linden of TV
96 Loses width
98 Cops
99 Wait upon
102 Prefix with mural or net
103 Realm in "The Lord of the Rings"
104 Summits
105 "— Gold" (1997 film)
106 Delhi bread
107 "The same"
108 Boxing matches
109 Knot anew
110 Fire residue
114 Palm smartphone replaced by the Pre
115 Scooby- —
116 KO count
118 Producer: Abbr.
119 Metal deposit
120 Opposite of masc.



King Crossword

ACROSS

- 1 Slender
5 Cribbage scorer
8 Pinnacle
12 Defense acronym
13 Yon maiden
14 Capricorn
15 Portent
16 Yoko of music
17 Juli Inkster's org.
18 Lament
20 Sea greeting
22 Complete win
26 Coral structure
29 Allow
30 24 horas
31 Bear lair
32 Rowing need
33 Obsolescent letter opener?
34 PC file extension
35 Jewel
36 Silences
37 1967 Lee Marvin movie, with "The"
40 Ms. Moore
41 Not alfresco
45 Teeny bit
47 Spot on a domino
49 — -European
50 Padlocked fastener



- 51 Ref
52 Many
53 Help in a heist
54 Agent
55 Bard's instrument
8 Radiant
9 Work on manuscripts
10 Periodical, for short
11 Greek vowel
19 Every iota
21 White House monogram
23 Texas mission
24 Green land
25 Just say no
26 Scored 100 on
27 Urban transport
28 Take too much medicine
32 Solver of the Riddle of the Sphinx
33 Old timer?
35 Workout locale
36 Chaps
38 Entice
39 Very quick
42 Sans siblings
43 Stench
44 Memorization method
45 "Eureka!"
46 Bill
48 Devil's minion

DOWN

- 1 Uppity one
2 Weak, as an excuse
3 Thing
4 Eyeglass
5 Cell, e.g.
6 Poetic time of day
7 Bad pun

MAGIC MAZE • MUSICALS

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

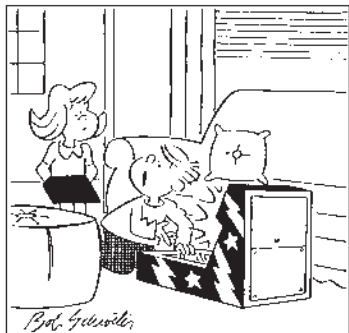
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Amadeus
Buddy
Cabaret
Cats

Chicago
Evita
Funny Girl
Grease

Hairspray
Harvey
Mame
Oklahoma!

Oliver!
Rent
The Lion King



"This isn't much of an educational toy — so far all I've learned is how expensive _____ are!"

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!

Steal

PARTIE

Level

BLASTE

Odd

ZIEBRRA

Spare

TAXER

TODAY'S WORD

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

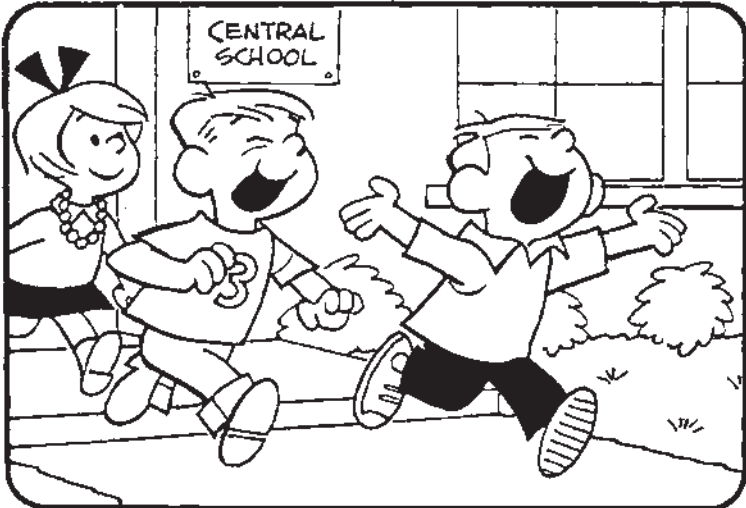
SUDOKU

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

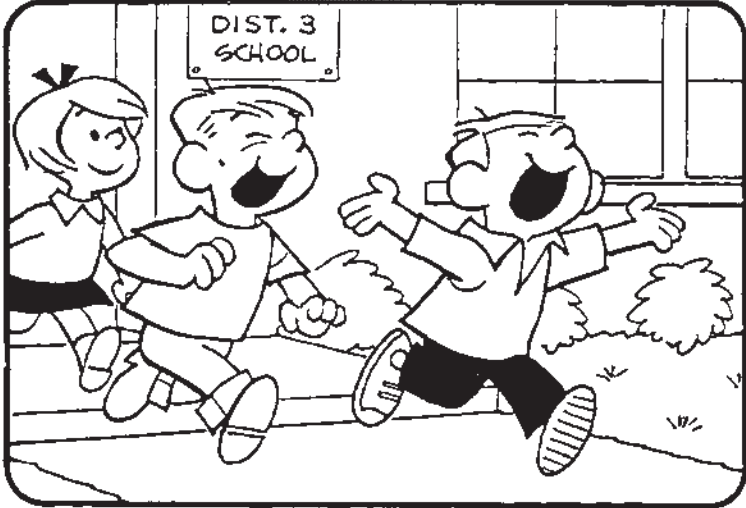
answer on page 53

HOCUS-FOCUS

BY HENRY BOLTIHOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Bow is smaller. 2. Beads are missing. 3. School sign is different. 4. Number is missing. 5. Arm is moved. 6. Shift is opened.

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**FRIDAY**
Scattered T-storms
High: 84 Low: 78


**SATURDAY**
T-storms Likely
High: 82 Low: 78

**SUNDAY**
T-storms Likely
High: 83 Low: 80

**MONDAY**
Scattered T-storms
High: 85 Low: 78

**TUESDAY**
Cloudy
High: 89 Low: 78

**WEDNESDAY**
Mostly Cloudy
High: 83 Low: 77

**THURSDAY**
Sunny
High: 88 Low: 79

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	3:15 am	6:17 am	12:55 pm	8:30 pm	Fri	2:20 am	6:19 am	12:00 pm	8:32 pm	Fri	1:59 am	7:28 am	1:06 pm	8:40 pm	Fri	5:25 am	9:33 am	3:05 pm	11:46 pm
Sat	3:53 am	6:42 am	1:25 pm	9:05 pm	Sat	2:58 am	6:44 am	12:30 pm	9:07 pm	Sat	2:45 am	8:02 am	1:27 pm	9:23 pm	Sat	6:03 am	9:58 am	3:35 pm	None
Sun	4:28 am	7:12 am	1:59 pm	9:40 pm	Sun	3:33 am	7:14 am	1:04 pm	9:42 pm	Sun	3:38 am	8:38 am	1:51 pm	10:03 pm	Sun	6:38 am	12:21 am	4:09 pm	10:28 am
Mon	5:03 am	7:49 am	2:37 pm	10:18 pm	Mon	4:08 am	7:51 am	1:42 pm	10:20 pm	Mon	4:31 am	9:17 am	2:27 pm	10:40 pm	Mon	7:13 am	12:56 am	4:47 pm	11:05 am
Tue	5:40 am	8:37 am	3:19 pm	10:59 pm	Tue	4:45 am	8:39 am	2:24 pm	11:01 pm	Tue	5:17 am	9:59 am	3:19 pm	11:16 pm	Tue	7:50 am	1:34 am	5:29 pm	11:53 am
Wed	6:20 am	9:37 am	4:07 pm	11:42 pm	Wed	5:25 am	9:39 am	3:12 pm	11:44 pm	Wed	5:59 am	10:40 am	4:23 pm	11:53 pm	Wed	8:30 am	2:15 am	6:17 pm	12:53 pm
Thu	7:01 am	10:52 am	5:03 pm	None	Thu	6:06 am	10:54 am	4:08 pm	None	Thu	6:40 am	11:26 am	5:23 pm	None	Thu	9:11 am	2:58 am	7:13 pm	2:08 pm

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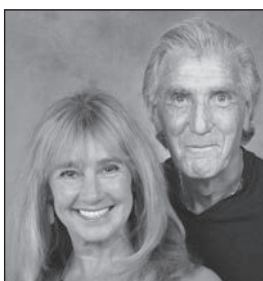
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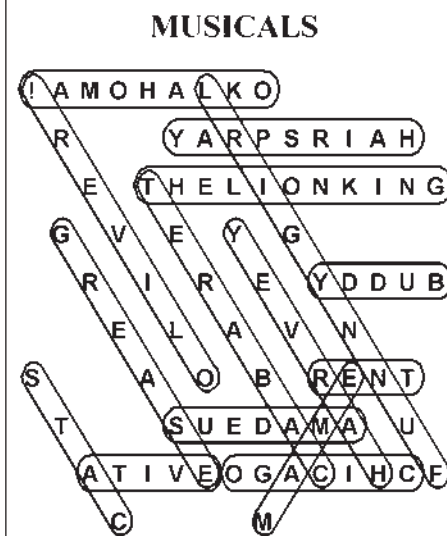
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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5/26 ★ 6/16

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Shore Fishing:

Don't Harm The Fish

by Capt. Matt Mitchell

Land 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.



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My Stars★★★★★

FOR WEEK OF JUNE 12, 2017

ARIES (March 21 to April 19) Recently obtained information could open a new opportunity for a career change. But temper that Arian impatience and act on it only when all the facts are made available.

TAURUS (April 20 to May 20) You're moving into a more active cycle. So put your ideas back on the table, where they'll be given the attention they deserve. Expect a favorable change in your love life.

GEMINI (May 21 to June 20) A friend might ask for a favor that you feel would compromise your values. Best advice: Confront him or her and explain why you must say no. A true friend will understand.

CANCER (June 21 to July 22) A relationship continues to develop along positive lines. Meanwhile, a brewing job situation could create complications for one of your pet projects. Look into it right away.

LEO (July 23 to August 22) Your interest in a co-worker's project could lead to a profitable experience for you both. But before you agree to anything, be sure to get all your legal I's dotted and T's crossed.

VIRGO (August 23 to September 22) Be careful whose counsel you take about a possible long-distance move. Some advice might not necessarily be in your best interest. Stay focused on your goals.

LIBRA (September 23 to October 22) Someone might try to complicate efforts in an attempt to work out that confusing job situation. But don't let that keep you from sticking with your decision to push for a resolution.

SCORPIO (October 23 to November 21) A disagreement on how to handle a family problem could create more trouble for all concerned. Look for ways to cool things down before they boil over.

SAGITTARIUS (November 22 to December 21) An unexpected change in long-standing workplace procedure and policy could provide a new career target for the Archer to aim at. Start making inquires.

CAPRICORN (December 22 to January 19) You're finally able to get back into the swing of things, as those temporary doldrums begin to lift. Expect some surprising disclosures from a new colleague.

AQUARIUS (January 20 to February 18) Rely on your innate sense of justice to see you through a dilemma involving a family member. Other relatives who've stood back soon will come forward as well.

PISCES (February 19 to March 20) A new friend seems to be pushing you to take risks -- financial or otherwise. Best advice: Don't do it. They might have a hidden agenda that hasn't surfaced yet.

BORN THIS WEEK: You love to see new places and meet new people. Have you considered working for an airline or cruise-ship company?

THIS WEEK IN HISTORY

• On June 24, 1901, the first major exhibition of 75 of Pablo Picasso's works of art opens in Paris. Picasso's life

work comprises more than 50,000 paintings, drawings, engravings, sculptures and ceramics produced over 80 years.

- On June 25, 1956, the last Packard -- the classic luxury car with the famous slogan "Ask the Man Who Owns One" -- rolls off the production line in Detroit. Packard first earned fame for a four-cylinder aluminum speedster called the "Gray Wolf," released in 1904.
- On June 19, 1970, Carole King earned her first No. 1 single as a performer with the double-sided hit "It's Too Late/I Feel the Earth Move." King began her music career when she co-wrote the Shirelles' hit "Will You Love Me Tomorrow" in 1960.
- On June 20, 1980, Roberto Duran out-points Sugar Ray Leonard in "The Brawl in Montreal" to win the WBC welterweight boxing title and the unofficial title of best "pound for pound" fighter in the world.
- On June 23, 1992, Mafia boss John Gotti, nicknamed the "Teflon Don" after escaping unscathed from several trials during the 1980s, is sentenced to life in prison. Hundreds of Gotti's supporters reacted by storming the building and overturning cars.

STRANGE BUT TRUE

• It was contemporary American poet and essayist Rita Dove who made the following sage observation: "If only the

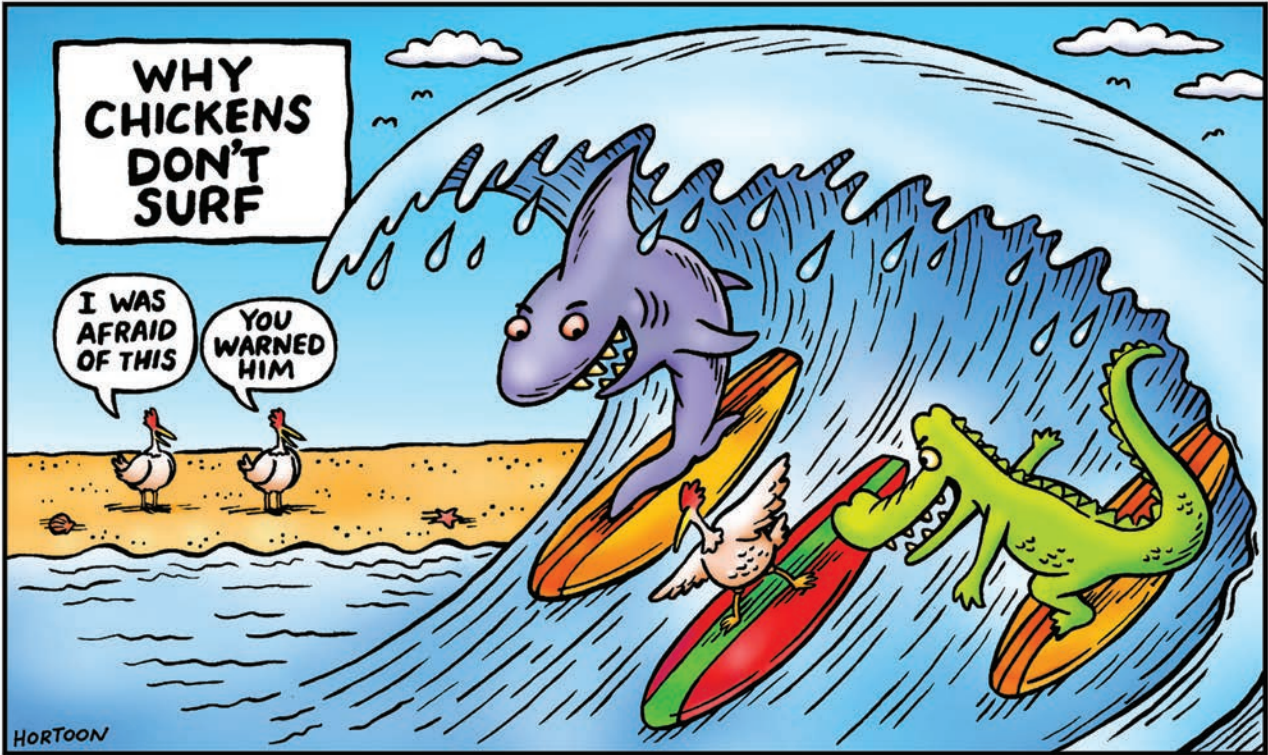
sun-drenched celebrities are being noticed and worshiped, then our children are going to have a tough time seeing the value in the shadows, where the thinkers, probers and scientists are keeping society together."

- Those who study such things say that, pound for pound, the human body produces more heat than the sun.
- There was a time when the only people in the world who knew how to make mirrors were Venetian glassblowers. Their skill was so valuable that those with the knowledge lived as virtual prisoners (albeit privileged ones). And anyone caught spying on their methods was put to death.
- Just three months after his wedding, a New Zealand man named Aleki Taumoepeau lost his wedding ring when it slipped off his finger into the ocean. Unprepared for diving at that time, he marked the rough spot on a chart and vowed he would come back and find it -- despite unpredictable currents and the fact that there are no landmarks on the ocean. It was a year before he could arrange to go back to the spot with the proper gear, but after just an hour of diving, he saw something bright shining from the bottom and found the ring.

THOUGHT FOR THE DAY

"The great thing about getting older is that you don't lose all the other ages you've been." -- Madeleine L'Engle

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bay Creek	Bonita Springs	1997	6,754	\$2,995,000	\$2,825,000	91
Bay Woods	Bonita Springs	2000	4,671	\$2,495,000	\$2,350,000	85
The Reserve	Estero	2005	4,651	\$1,975,000	\$1,860,000	165
Catalpa Cove	Fort Myers	2001	4,186	\$1,349,000	\$1,300,000	34
Waterside	Estero	2000	3,847	\$1,199,000	\$1,100,000	70
Gulf Woods	Bonita Springs	2016	2,218	\$879,000	\$820,000	101
Cape Harbour	Cape Coral	2013	2,587	\$849,900	\$792,000	106
Longlake	Bonita Springs	1993	4,094	\$795,000	\$740,000	24
Ginger Pointe	Estero	2002	2,675	\$699,000	\$685,000	51
Beachview Country Club Estates	Sanibel	1978	1,982	\$695,000	\$680,000	18



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*The New York Times
Magazine*

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