

# Munul Sun

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#### **SANIBEL & CAPTIVA ISLANDS, FLORIDA**

JUNE 16, 2017

JUNE SUNRISE/SUNSET:

16 6:35 • 8:23 17 6:35 • 8:23 18 6:36 • 8:23 19 6:36 • 8:24 20 6:36 • 8:24 21 6:36 • 8:24 22 6:36 • 8:24

## National Seashell Day Celebration At The Museum

by Jeff Lysiak

s the country readies to celebrate the 2nd annual National Seashell Day on Wednesday, June 21, the staff and volunteers working at the Bailey-Matthews National Shell Museum are busy preparing a full day of fun and educational activities, one-day-only events and special discounts for the entire family to take part in.
All National Seashell Day activities,

unless specified, are offered free with paid museum admission.

In addition to the always popular daily tank talks, which will be held throughout the day in the museum's first floor demonstration area, an arts and crafts session with Ann Reardon will feature jewelry making for all ages. Starting at 11:30 a.m., Reardon will provide instruction and materials for participants to create their own bracelet or necklace using shells, beads and other adornments.

From 12:30 to 1:30 p.m., renowned local shelling expert and iloveshelling



Local shell expert and blogger Pam Rambo will appear at the Bailey-Matthews National Shell Museum on National Seashell Day photos courtesy BMNSM

blogger Pam Rambo will appear at the museum signing copies of her new book, Pam Rambo's Guide To Speaking Shellanguage. The 58-page softcover



Shell museum outreach coordinator Leigh Gay, standing center, with a group of youngsters who went out shelling on Sanibel's beaches with a camera crew from ABC's Good Morning America last week

release is considered "the official guide book to unlocking the secret vocab-shellary of shell seekers."
At 2 p.m., Dr. Jose H. Leal, the

museum's science director and curator, will deliver an hour-long Mollusk Matinee lecture entitled Amazing Sanibel Shells,

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# Loggerhead Turtle Released At South Seas



CROW staff members and veterinary interns helping load the 190-pound loggerhead into the back of a van prior to transport photo by Jeff Lysiak

by Jeff Lysiak

**T**ith an estimated 60 beach-goers looking on from the beachfront adjacent to the South Seas Island Resort golf course, six team members from the Clinic for the Rehabilitation of Wildlife

(CROW) successfully released an adult female loggerhead sea turtle back into the wild on Monday afternoon.

Around 1 p.m. on June 12, CROW staff, veterinary interns and wildlife rehabilitators carried the massive 190-pound loggerhead – estimated to be between 15



The moment the adult female loggerhead sea turtle was released into the waters of the Gulf of Mexico on Monday afternoon photo courtesy CROW

and 20 years old - onto the sand at Sunset Beach. In less than two minutes, the loggerhead steadily used her flippers to crawl across the sand and into the waters of the Gulf of Mexico.

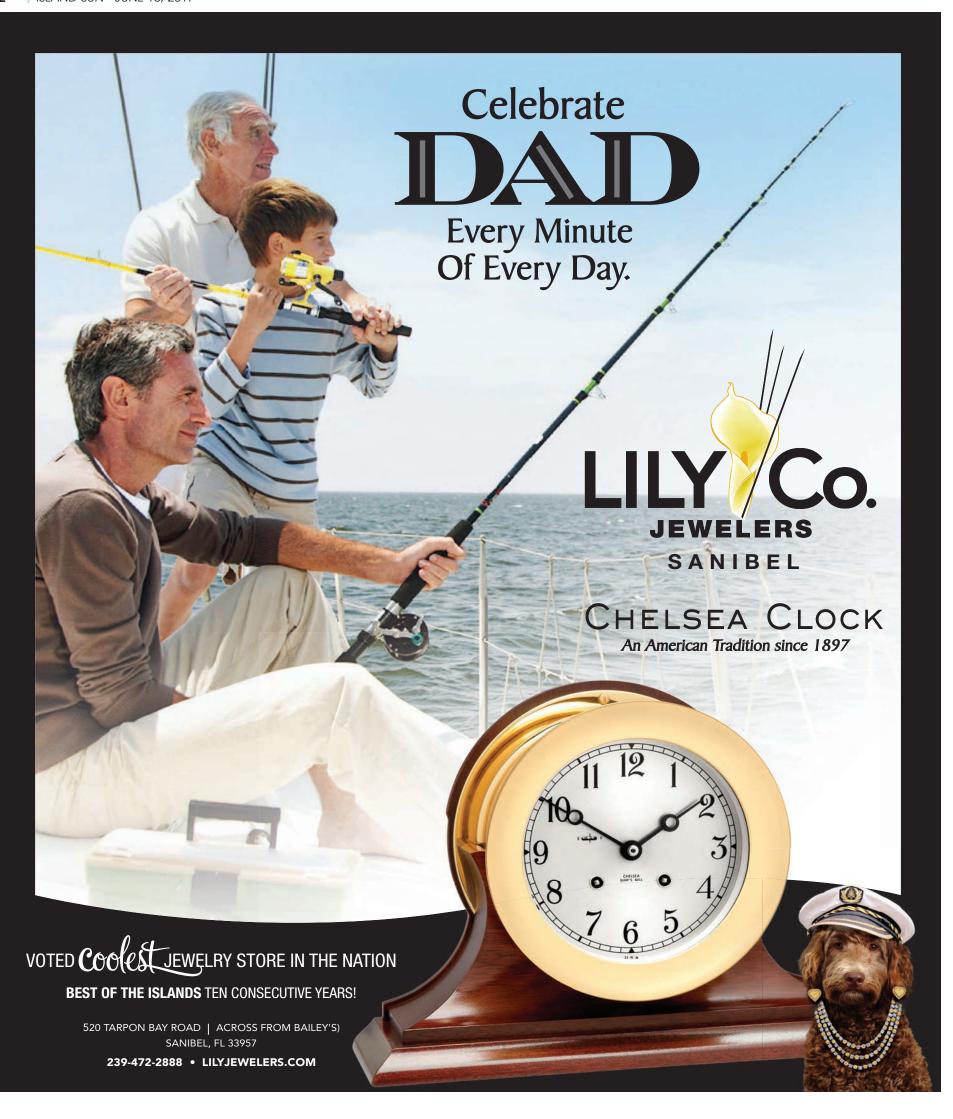
According to wildlife rehabilitator Rachel Walsh, the loggerhead arrived at CROW on May 12. Anglers fishing off the coast of North Captiva had called the Florida Fish & Wildlife Conservation Commission (FWC) to report a sea turtle that was swimming but not submerging. FWC officials located the sea turtle in distress and transported her to

South Seas Island Resort, where they were

met by the team from CROW. "She was extremely skinny, and we suspected that she might have also been suffering from the effects of red tide," Walsh said of the marine patient. "It was evident that she hadn't eaten in a while, which we attributed to her suffering from a condition we call 'bubble butt.'

The fairly common condition occurs when turtles get an air pocket trapped underneath their shell, which causes too

continued on page 4



## The Community House



Chef Jarred serving his chocolate tart photos provided

#### Cooking Classes With Chef Jarred

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 Thursday, 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 Thursday, 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 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.



Students prepping strawberries

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 With Guest Speaker

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. Sloan will talk about how turtles are used in dishes around the world

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).

#### Tickets On Sale For July 1 Hog Roast

Tickets are now on sale for the Saturday, July 1 Hog Roast. They are \$10 in advance for adults and \$5 for children under 12 who want a hot dog meal.

Kick off your holiday weekend with Chef Jarred's slow roasted hog with locally sourced mango sauce. Side dishes include tomato and fresh mozzarella salad, and black beans and rice. The recipes for this farm to table meal will be shared with attendees.

Proceeds will benefit the newly renovated Community House. Tickets are available at The Community House and Bailey's General Store.

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



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The loggerhead took less than two minutes to crawl across the sand and into the water photo courtesy CROW

From page 1

## Loggerhead Turtle

much buoyancy and an inability for the creature to dive underwater. "Bubble butt" can be caused by boat strikes or by turtles swallowing debris like plastics or other marine pollutants.

"The trapped gas from the decomposition of the debris in the turtle's stomach leads to the air pocket, which causes them to float at the top of the surface," a report from Reefs. com states, in part. "A sea turtle unable to dive would eventually starve to death and become an easy target for predators."

Once the loggerhead arrived at CROW, staff began administering fresh water and fluids.

"She started eating right away, which was a really good sign," said Walsh, who noted the sea turtle's diet at the clinic consisted of crabs and squid. "Luckily, her condition resolved on its own, and (CROW hospital director) Dr. Heather Barron cleared her for release last week."

FWC was then notified of the loggerhead's condition and approved a date and location for her release.

Among the people on hand to watch the loggerhead being released back into the wild was Catriona Presland, visiting from Pittsburgh, Pennsylvania.

"It was very emotional, watching her being released," said Presland. "I can't say enough about all of the hard work and help CROW provides for these animals. This was the best part of our weekend-plus on the island!"



A team of six helped carry the loggerhead to the shoreline adjacent to the South Seas golf course photo by Jeff Lysiak



A crowd of nearly 60 beach-goers were witness to the loggerhead's successful release on June 12

photo by Jeff Lysiak

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## A Week Of Discovery At Bible School

ne hundred children were all "geared up" during the week of June 5 to 9 as they experienced Maker Fun Factory at Sanibel Community Church. Each day brought new ways to explore and discover as they learned that God made them with a purpose. They experienced the Imagination Station where they could create, participated in interactive Bible Discovery, and played a part in Movie and Missions where they collected money for hungry kids in Haiti and supported Florida Baptist Children's Homes. They also involved themselves at home doing a nightly gear service project.

There was singing, and skits and games where players had fun in teams. Each night was a new adventure. On Friday evening, the families gathered for the closing program, where the children sang. A spotlight video gave a summary of the week's high energy events, and a mission update from robots Wendell and



Imagination Station leader Kristen Froelich sprinkles Imagination Confetti on the children as they begin to explore endless possibilities photos provided

Wendy was given. Wrap-up took place at the candy table, where the children had one more opportunity to bag up and share candy with underprivileged children of Fort Myers before having a generous helping themselves.



Miriam Marshall, Isla Mendez, and Savannah Jarrett having a dinner of Sammy Robot sandwiches, made of turkey and veggies, and a brownie Lego for dessert

## Community Church Honors 2017 Graduates

The H20 Student Ministries program is honored to congratulate Sanibel Community Church's 2017 high school graduates. They are: Deanna Craig, Jacob Goodman, Oliver Goss, Mariah Haas, MacKenzie Hummer, Chance Kirchner, Matthew Lucker, McKenzi Massey, Cole Markle, Max Pennington and Kristin VanOlst.

On May 21, these graduates were honored and prayed for during the 8, 9 and 11 a.m. church services. They were also invited to attend a graduation

banquet in their honor after the services in the Fellowship Hall where their parents read heartfelt letters to them, and they were prayed over by youth leaders. These students will be missed in the H2O Student Ministries program, and their church family looks forward to seeing how the Lord continues to guide them in the years to come. Congratulations graduates.

Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market). H2O Student Ministries is for sixth grade through 12th grade young men and women. H2O meets on Wednesday evenings during the school year from 5 to 7 p.m. for middle school students and 6 to 8 p.m. for high school students, and on Sunday mornings at 11 a.m. All students are welcome to attend.





The Witches of Eastlake, a previous winner of the Road Rally

photo provided

# Optimists Gearing Up For 4th Of July Road Rally

It's almost Road Rally time. Get ready to grab your sunglasses, put on your driving gloves, get your team in place and have some fun.

Sanibel-Captiva Optimist Club's longest-running 4th of July event celebrates 37 years of fun for teams and families as they puzzle out the clues while following a prescribed driving course around the islands. Prizes will be awarded for correct time and mileage, for the most correct answers to the quiz about things seen along the route, as well as for the best decorated vehicle

and the team coming from the farthest location. A 50/50 raffle will also be available.

The club has added a new prize this year. Each year, the rally committee selects and discloses its choice of the Best Decorated Vehicle entered in the rally. This year, in addition to the recognition, a photo of the Best Decorated Vehicle will qualify for the illustration on next year's T-shirt.

It is not too soon to get your crew together and to fill out and send in your 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 www. sancapoptimist.org. Starting times, following the end of the parade, are every two minutes starting 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.

For more information or to become a sponsor, call Carson, Richard McCurry at 292-4631 or Dani Howard at 472-0836.☆

## Free Admission At Historical Village This Saturday

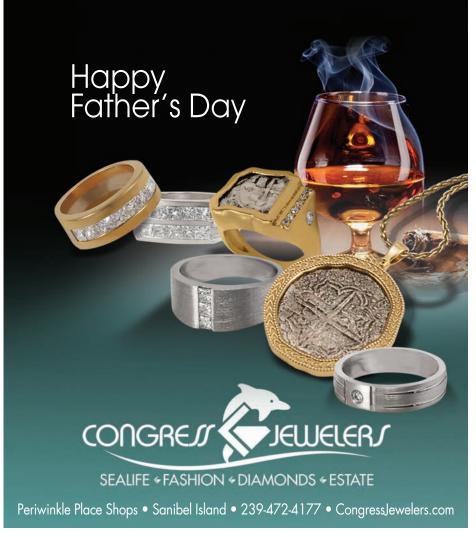
The Sanibel Historical Village will offer free admission for all visitors on Saturday, June 17 from 10 a.m. to 1 p.m. The free day is not aimed at just locals but is open to all visitors.

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. Visitors can tour a pioneer home, fishing cottage, post office, schoolhouse, tea room, general store, and other attractions.

The Sanibel Historical Museum and Village is open Tuesday through Saturday 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 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. Regular 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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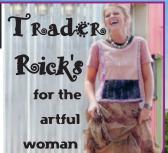
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## Progress Made On Formula Retail Discussions

by Jeff Lysiak

fter postponing their continued discussions regarding Sanibel's Lidentified issues with formula retail businesses operating on the island during last month's meeting, the city's planning commission went back to work on Tuesday morning, making significant progress on revisions to the definitions and review triggers.

Following the direction of city council, commissioners considered a number of recommended changes to the city's Land Development Code requirements applicable to formula retail businesses. They included adjusting the current formula retail stores "review trigger" upward from 50,000 square feet to 70,000 square feet and applying the definition of formula retail stores to any existing retail stores with more than four off-island locations.

Currently, any business with one or more off-island locations that is considering opening a business on Sanibel is defined as a formula retail operation.

During the June 13 session, commissioners noted that since their previous meeting, planning department director Jim Jordan had provided them with detailed information on all seven retail formula applications the city has reviewed over the past 10 years. The list included Everything But Water, FantaSea, J McLaughlin, Naples Soap Company, Norris Home Furnishings, Sanibel Olive Oil Company and Synergy. Jordan had told commissioners that "a majority' of those applications were approved "without any issues."

'I've never seen so much information," said commission chairman Dr. Phillip Marks, noting the more than 600 pages of information provided by the planning department for their review.

Opening the floor to input from members of the audience, Ric Base, president of the Sanibel & Captiva Islands Chamber of Commerce, noted that the chamber's government affairs

committee had reviewed information regarding formula retailers on the island. And while the committee hadn't taken a "firm position" on the matter, it had been suggested that the trigger to define a business as formula retail be "three or less retail outlets.

"We're not talking about a huge chain (of retail businesses)," Base told the commission. "If a business had four, five or six other stores, it's going to cost them a lot more (to open an island location).

After commissioner Chuck Ketteman confirmed that Base was recommending the definition be changed to "less than three off-island businesses," which he did, fellow commissioner John Talmage asked if the chamber would be opposed to the previously suggested 70,000-square-foot threshold trigger. Base said he would not.

The rest of the criteria (for defining formula retailers) that exists today, we are very happy with," added Base. "We understand it's an expensive process.. Eventually, we're going to price ourselves out of the small business market.

Island resident Claudia Burns also offered her opinion on formula retail businesses on Sanibel. "For a small business owner to do business here, it's tough," she said, noting that the current 50,000-square-foot trigger for council review remains appropriate. "Do we need formula retail here? I don't think so.

Marks also reminded his fellow commissioners that seven applications in the past decade since the code was enacted represents a relatively small figure.

'City council instructed us to take all the time we need with this," said Jordan. "At this point, the conversation on this lies with the planning commission."

Commissioner Karen Storjohann suggested that the City of Sanibel's website include a link detailing how a business would get started on the island, which would be a great help and benefit for businesses considering opening an island location. She hoped the city would provide information including "clear and easy access" to the forms required for potential businesses, along with a glossary of terms and "what our standards are." Marks agreed with Storjohann's suggestion.

Having a heading like 'How to Start a Business (on Sanibel)' should give very

clear instructions," said Marks. Ketteman further suggested that in addition to the city providing this information on its website, the chamber could provide similar information and/or a link on their website directing potential businesses to the city website.

Commissioner Chris Heidrick, who offered that the council also consider opening discussions on "what we want our business community to look like, suggested that the threshold trigger be adjusted to 60,000 square feet, rather than the 70,000-square-foot threshold the council initially suggested.

Obviously, this is a living code, noted commissioner Dirk deWerff. "I'd like to see if we can get some consensus, if possible.

Following some additional discussions, Ketteman made a motion to approve revising the current code to define formula retailers as having less than three off-island locations; establishing 60,000 square feet as the threshold trigger for review; requesting that the city consider an information tab on its website for businesses considering opening an island location; and the council be open to holding discussions about the future of Sanibel's business community. Storjohann seconded the motion, which was unanimously approved, 6 to 0, with vice chair Holly Smith absent and excused.

Jordan noted that he will bring back a revised draft summary for the commission to review at their next meeting, scheduled for Tuesday, June 27 at 9 a.m.

In other business, commissioners approved a pair of variance applications related to installing a boat lift – at a property located at 626 Kinzie Island Court - and a boat dock - located at a property located at 5407 Osprey Court. While the latter variance was approved without any objections, the Kinzie Island Court application will be reviewed again in two weeks since a pair of neighboring property owners had objected to the installation.

One neighbor, Judy Cook, told commissioners that the boat lift proposed by Raymond and Nancy Cooper could be placed on the existing dock, adding that 'appropriate mangrove trimming" would negate the need to extend the dock 11 feet further than the maximum permitted waterward extension.

In his presentation, senior planner Roy Gibson explained that although the new dock would be conforming, the proposed boat lift would extend waterward 34.6 feet (approximately 29.3 percent of the width of the waterway) in lieu of the maxium waterward extension of 30 feet or 20 percent of the width of the waterway, whichever is less.

The city's natural resources department concluded that it supported the variance because it will reduce the impact to the shoreline mangroves caused by the existing boat lift.

'I'm all for protecting our mangroves," said Roger Bunnell, another objector to the variance. "My concern is what about the rest of us who have a similar

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SANIBEL CAPTIVA







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Campers built a to-scale beach sculpture of a 12-foot Japanese spider crab

photo provided

## Sea School Summer Camp Off To Great Start

submitted by Leah Biery

nummer break has officially started for Lee County Schools, which means it is time for summer camp at Sanibel Sea School. During the week of May 29, the nonprofit organization offered two non-residential, weekly camp programs - Camo Crabo Week

at its flagship campus on Sanibel's east end, and Mangrove Mud Week at Sundial Beach Resort & Spa.

Camo Crabo Week participants spent the week learning about slow-moving, algae-wearing spider crabs. They set crab traps to learn how commercial fishermen catch crabs in our area, and had a chance to examine the crabs they caught up close. Campers also snorkeled in San Carlos Bay in search of spider crabs, since they often cling to rocks and other underwater structures, and played games to understand these crabs'

perspectives and feeding habits. Spider crabs have very poor vision and must rely on other senses to find food and navigate their world. A favorite activity was building a to-scale beach sculpture of the largest spider crab, the Japanese spider crab. Its leg span can be up to

During Mangrove Mud Week, campers visited Bunche Beach and Blind Pass to learn how to identify Sanibel's four species of mangroves, which include black, white and red mangroves, along with the beloved buttonwood. They also snorkeled to better understand mangroves' role in our barrier island ecosystem, looking for creatures that rely on these unique trees for habitat along the way. An osmosis experiment using potatoes and salt demonstrated how mangroves regulate the amount of salt in their system – an important adaptation in this coastal area. "We also collected mangrove propagules to create our own mangrove aquarium," said counselor Nicole Funk. "We hope these kids will stop by to see the tank later in the summer, so they can observe how much our mangroves have grown.'

In addition to learning about our marine ecosystem and its creatures, camp participants surfed, created ocean art using natural materials, and made lots of new friends. A great time was had by all, and the summer camp season is off to a fantastic start.

To learn more and view photos from camp, visit sanibelseaschool.org.

#### **CELEBRATION OF LIFE**



he 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.☆

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#### **BAT YAM-TEMPLE OF THE ISLANDS**

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

**HISTORIC CAPTIVA CHAPEL BY THE SEA**  The Rev. Dr. John N. Cedarleaf Services every Sunday 11 a.m. November 13, 2016 thru April 30, 2017 11580 Chapin Lane, Captiva 472-4646 FIRST CHURCH OF CHRIST, **SCIENTIST** 

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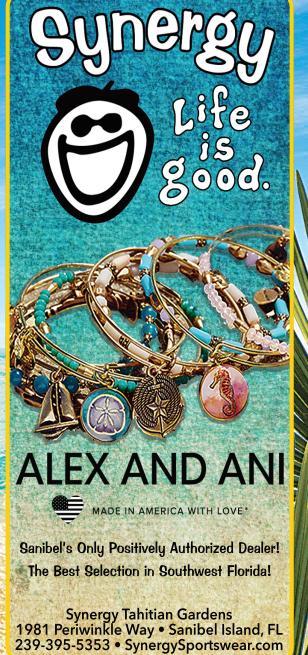
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Lori Adams holding three of the rocks painted by Sanibel cartoonist Dave Horton - a fish, a crab and an alligator - are a part of the Sanibel Rocks scavenger hunt photos by Jeff Lysiak

## Sanibel Rocks Movement Begins On Island

by Jeff Lysiak

ollowing the adage that a random ■ act of kindness is its own reward, one community-minded activity that is sweeping the country has made its way to the shores of Sanibel.

Sanibel Rocks is a free activity that anyone can take part in. According to Lori Adams, the idea to begin the

scavenger hunt-style game on the island started after she viewed a Facebook page – Naples Rocks – which was launched in early April.

'When I saw that, I thought it would be perfect for Sanibel," said Adams. "Hiding painted stones for people to find, just for the fun of it, might really brighten someone's day.'

At the end of April, Adams and her sister, Julie DeBord, began decorating stones with paint and simple messages or images, then hid them in places where people frequently congregate.

We hid them in public spots – at Lighthouse Beach, the park next to the



Some of the painted rocks contain funny or inspirational messages

Bailey's Homestead, the city boat ramp, playgrounds and near bike racks all over the island," Adams noted. "We've hidden around 100 stones so far.'

On the Sanibel Rocks Facebook page, the game is explained: "All you have to do is find some rocks and some painting supplies and get creative," the post states. "We recommended sealing your rock before hiding it to protect your art from the elements. On the back of your artwork, we would love if you would reference our Facebook group, Sanibel Rocks. We would love for you to post pictures of your painted rocks before you hide them, or when you find them, but you can participate

anonymously if you prefer. If you find a painted rock from our group, you can either keep it or re-hide it for someone else to find. If you decide to keep a rock, you are encouraged to hide a new rock somewhere in its place (but this is

The first person to find one of the Sanibel Rocks stones was Deborah Erdman, who was vacationing on Sanibel to celebrate her 50th birthday. The Coatesville, Pennsulvania resident found the stone – painted with a pink ribbon to honor a friend of DeBord's who passed away from breast cancer – on the Pond Apple Trail next to Matzaluna restaurant on May 1.

We will be keeping this rock and will make sure to paint and hide a new one before we leave the island," Erdman wrote on the Sanibel Rocks Facebook page. "Thank you so much for a very special 50th birthday present!

Another visitor to the island, Kim Hagen of Pennsylvania, found one of the painted stones near The Island Cow on May 11. "We are doing the same thing where I live," she posted. "Thanks, you did make my day. Keep rocking!

Recently, Adams asked one of her friends, cartoonist Dave Horton, to paint some stones as part of the Sanibel Rocks game. Horton graciously obliged, painting about 20 stones in bright pastel colors, adorned with some

continued on page 15



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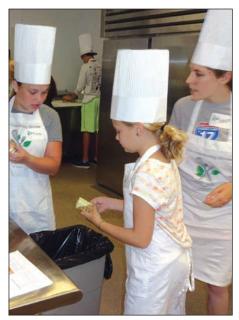
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From left, Milena, Ella and counselor Danielle get the eggs ready for cooking

## Summer Campers Learn Culinary Skills

ast week, the Culinary Education Center of The Community House began a nine-week series of cooking classes for junior high school students who are attending summer camp at the Sanibel Recreation Center. The classes focus on complete meal preparation with an emphasis on healthy cooking and good kitchen practices. At the end of each session, students sit together to enjoy the meal they've prepared.

Another cooking camp will be offered from July 10 to 14 for students who are 10 to 15 years old. They will explore farm-to-table cooking, global flavors and regional specialties. Register by calling The Community House at **472-2155.**☆



eggs with vegetables



Counselor Danielle and Milena get the Zucchini-ville muffins ready



Melanie whisks the batter



Counselor Danielle is ready to eat the fruit, yogurt, apple flap jacks, muffins and scrambled eggs



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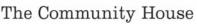
**Monday** 

10 am Shell Crafter Lessons

Monday-Friday 9 am - 1 pm Shell Art for Sale

> **Tuesday & Thursday** 10 am Sanibel Yoga

Visit www.SanibelCommunityHouse.net for more information



SANIBEL COMMUNITY ASSOCIATION

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The fruit ripens to a deep shiny blue-black photos by Gerri Reaves

**Plant Smart** 

## Lantana Strigocamara

by Gerri Reaves

oth native and non-native lantanas are among the most popular, colorful and easy-care shrubs in Florida. They bloom throughout the year and attract butterflies.

But lantanas are not created equal when it comes to compatibility with the



The multicolored flower clusters distinguish this lantana from others

South Florida landscape.

The multicolored one pictured above, a native of the West Indies, is one worth recognizing, since you'll want to boot it out of your yards if it pops up.

It has an ordinary common name, shrubverbena. However, referring to it by the scientific name, Lantana strigocamera, is a reminder to not confuse this lantana with other ones.

This hardy plant is a category-1 invasive species in Florida. The Florida Exotic Pest Plant Council defines such species as ones that are "altering native plant communities by displacing native



Lantana strigocamara, of shrubverbena, is a category-I invasive plant and will volunteer just about anywhere. On the plus side, it does have a variety of medicinal uses.

species, changing community structures or ecological functions, or hybridizing with natives.

Furthermore, the definition relies on "the documented ecological damage caused.'

Invasive lantana strigocamara grows taller than many other lantanas – up to six feet or more. Some older specimens resemble small trees.

Hardy and adaptable, it will grow in sun or shade and in just about any soil or location. For example, take a look at the photo of a large specimen growing between canal-bridge railings and a chain-link fence.

The oval aromatic leaves are rough, hairy, and serrated. They measure up to six inches long and two and a half to three inches wide. The square stems are hairy or prickly.

Dense flat-topped clusters of flowers range in color from pink, lavender, or white to orange, yellow, or red, sometimes changing color as they age.

The shiny round berries ripen from green to blue-black. The plant produces seeds in prolific numbers (up to 12 thousand per plant). The dispersal of those seeds by birds, in addition to



An excellent alternative to Lantana strigocamara is native pineland lantana, which produces clusters of fragrant tubular flowers all year. The plant is listed as endangered in Florida.

abilities to self- and cross-pollinate, further enhance the invasive potential.

The species is highly toxic to grazing livestock and a problem for the agricultural industry. The unripe seeds are toxic to pets and people too.

This lantana is noted for hybridizing with the native, endemic and endangered pineland lantana (Lantana depressa), also called rockland shrubverbena.

Fortunately, pineland lantana's soft yellow fragrant flowers are easily distinguishable from other lantanas, particularly the multicolored invasive

This low-growing native is not only beautiful but highly salt tolerant.

So, if lantana strigocamara is lurking in your yard or attempts to take up residence, oust it and consider giving its spot to pineland lantana or another native lantana, such as buttonsage (Lantana involucrata).

Sources: www.fleppc.org, www. floridata.com, www. fnps.org, and www. plants.ifas.ufl.edu.

Plant Smart explores the diverse flora of South Florida.蓉





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## Fish Caught





Cindy Ziegler and Sharon Tucker

**Terry Ziegler** 

anibel resident Sharon Tucker, along with her sister and brother in law, Cindy and Terry Ziegler, reeled in a nice catch of snook with Capt. Jimmy Burnsed. The Zieglers are visiting from Chattanooga, Tennessee.🌣

## Shell Found



lise Biecker from Wadsworth, Ohio • found an alphabet cone at low tide in the water while staying at Caribe Beach Resort.☆

## Shells Found



Shelby Slaven

photo by Justin Wilder

helby Slaven, 10, from Ponchatoula, Lousiana found a junonia and a Scotch bonnet at Lighthouse Beach.☆

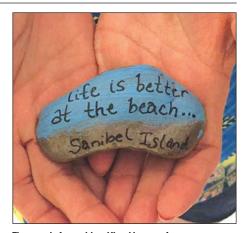
From page 12

## Sanibel Rocks

of his best known comic critters such as an alligator, crab, shark and blowfish.

Adams is hoping that the game continues to grow as more and more people find one of these special stones, and then replace them with their own personally painted ones.

"I can't take credit for starting the game, but I'm glad that I helped bring it to Sanibel," she added. "I'm hoping it becomes a movement here, because finding one of these stones with an inspirational message can help lift somebody's spirits. It's something that 



The rock found by Kim Hagen from Pennsylvania



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## Mother Nature Can Be A Tough Boss



by Capt. Matt Mitchell

ropical moisture was the major factor in this week's fishing, or not fishing, as it brought days of rain often just sitting right on top of us. While I was

dodging showers and trying to stay dry on the few days that were not a total washout, most of the fishing this week was generally close to home targeting catch-and-release snook. This snook bite, in and around the passes, was outstanding with lots of snook of all sizes being caught.

During these extremely unpredictable weather days, it was just a better idea and much safer to fish close to home as strong, fast-moving rain bands with gusty winds could make things get nasty fast. Keeping an eye to the sky

and watching the weather radar app on the IPhone had us running scared back to the dock on a few days. One day after dropping my clients off safely, I got slammed by one of these strong squalls after cutting it too close. Running through heavy rain that causes almost zero visibility along with 40 mph wind gusts across an open bay is just no fun. Mother Nature can be a tough boss, and she does not seem to care who is on the week's fishing schedule.

All this rain did help to cool off the water, which did wonders to keep the shiners around. Our shiners are usually just about gone or at least really tough to catch by mid-June as water temperatures get into the mid 80s. Once the bay water gets too hot, they move offshore. So all the baitfish becomes a little tougher to catch, and our go-to bait becomes pinfish and grunts. Shiners made pass fishing a no brainer. Even in the coffee-looking, stirred-up water, the fish just cannot resist them. If you're willing to be a little more patient and use a larger pinfish or grunt in the passes, you can expect to get a shot at some of the bigger snook we catch all year.

Usually by this time of year, bigger mangrove snapper have begun to make that annual push into the sound.



Hanna and Ryan Sheer from Kansas City with a snook double header caught while fishing with Capt. Matt Mitchell this week photo provided

But I tried several of the places that I traditionally catch them year after year without any success. So, I gave up on it and will continue to do so until our water conditions improve. This bite will kick off over the next few weeks as these great eating fish flood in through the passes and throughout the bay to become one of our summertime mainstays for clients wanting fillets to take home.

Shiner fishing in the passes was also good action on a mixed bag of other species including trout, gag grouper, redfish and even a few small goliath grouper. Although most of this pass

action is catch-and-release snook, you just never quite know what the next bite will be. As conditions gradually get back to normal, anglers will get back to having many more options. This week's fishing was more about being able to get out and bend the rods while dodging weather than anything else.

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

'e would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of **V** V catch, species and weight, and include a photograph with identification. Email to press@islandsunnews.com or call 395-0113.

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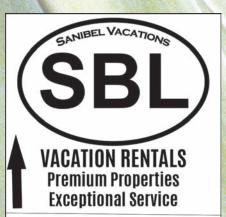
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## Candystick Tellin



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

The candystick tellin, Scissula similis (J. Sowerby, 1806), is a member of the locally (and globally)

diverse tellin family, the Tellinidae. The species may reach a little more than an inch in length and displays the elliptical, compressed shape typical of the family. The candystick tellin lives buried in sandy bottoms. Its shell has a fine sculpture of concentric lines, but what really sets the species apart from its close relatives is its delicate coloration: a whitish or yellowish-white background is superimposed by well-delimited rays of strong pink color. This causes the shell to look like a piece of candy stick. 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 candystick tellin, *Scissula similis*, from Sanibel

child/youth admission (from May 1 to September 4 only). Beach Walks: Information and

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

photo by José H. Leal

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

## Shell Found

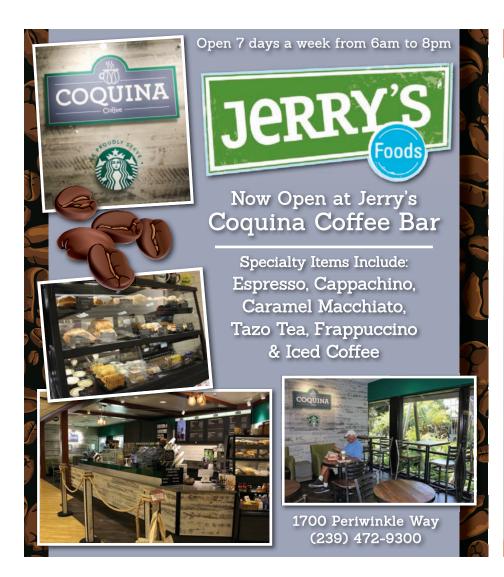


Tricia Chubb

photo by A. Ziehl

Tricia Chubb from Keller, Texas found a junonia at Blind Pass. She was staying at Pointe Santo.☆

Our email address is press@islandsunnews.com





CROW Case Of The Week:

## Juvenile Gopher Tortoise



by Bob Petcher

he gopher tortoise (Gopherus polyphemus) is a helpful friend to other animals. The ancient reptile digs so many burrows that it is known to provide shelter for at least 360 other

animal species – like the burrowing owl reported on two weeks ago. In doing so, the gopher tortoise has a positive effect on its environment and is thus referred to as a keystone species.

The "home builder" has a strong capability due to its shovel-like front legs and anchoring back legs that resemble an elephant's limbs. When it comes to finding their own home, gopher tortoises prefer dry, sandy uplands in this region of the country. In fact, the majority of the remaining gopher tortoises are in the state of Florida, yet they suffer a steep decline in population.

Another crucial role in helping other animals for the land-loving turtle is in the way it eats. The gopher tortoise "prunes" plants that it eats, which leaves a healthy plant ready to send out new nutritious growth while enabling seeds to be fertilized and distributed throughout its home area

The tortoises live to be roughly 80 years old in the wild. Their lives begin with caution, however, as their mothers' eggs must escape from being eaten by scavenger animals like raccoons and skunks. If they do survive and hatch, gopher tortoise hatchlings tend to spend the first few months in their mother's burrow before creating their own burrows

At CROW, a juvenile gopher tortoise was admitted to the clinic from Fort Myers on June 3. The tortoise had been bit by a dog and had sustained a large fracture in its upper shell (carapace) as well as a collapsed lung and multiple puncture wounds.

The patient, estimated to be 3 to 5 years old, underwent surgery to remove the piece of carapace that had punctured the lung. The patient recovered from the "challenging" surgery, yet more surgeries are expected during its long road to recovery.

"It was a very delicate procedure, because we were dealing with lung tissue," said CROW DVM intern Dr. Spencer Kehoe. "Some of the lung tissue had to be removed because it was unhealthy or dying, however, enough functional tissue remains for living."

After surgery, the patient began wearing a wet-to-dry honey bandage that will be changed daily as its wounds heal.

Tortoises heal quite slowly, so it can take some time," said Dr. Kehoe. "Right now, we are just taking it day by day. We



Patient #17-1930 wrapped in a wet-to-dry honey bandage

photo by Brian Bohlman

may have to perform further surgeries to remove unhealthy tissue down the road."

After another few days of recovery, there was no change in the gopher tortoise's status.

"Over the weekend, a Wound-Vac was placed over the wound. The tortoise's condition remains heavily guarded at this stage. We are very concerned about its short and long term outcome, but are giving it the best chance for survival," said Dr. Kehoe.

CROW officials would like to remind pet owners to keep their dogs leashed when outside, especially in more natural

CROW officials remind pet owners that although it is not always intentional, dogs can harm wildlife if unsupervised. Dogs should only be let off leash at dog parks and other appropriate places.

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.☆





## Shell Found



**Sharon O'Connell** 

photo by A. Ziehl

haron O'Connell, visiting from Groveland, Florida, found a junonia while shelling at Lighthouse Beach on June 9. O'Connell was staying at West Wind Inn.☆

## Shell Found



**Caroline Williams** 

photo provided

aroline Williams, 11, from Nashville, Tennessee found a junonia in the water at Sunset Beach while staying at South Seas Island

## **CROW Calendar** Of Events

he 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 16, 11 a.m., adults \$7, teens \$5, 12 and under no charge Why Animals Come to CROW (daily presentation).

Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital.

Monday, June 19, 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 20, 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 20, 11 a.m., adults \$7, teens \$5, 12 and under no charge - Wild About Rehabilitation, presented by CROW staff (daily presentation).

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

ambassadors will be present.

Wednesday, June 21, 11 a.m. to
12:30 p.m., \$20 per person, advance
registration required – Wildlife Walk with Rehabilitators and Staff (hospital

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 21, 11 a.m.,

continued on page 28

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## Teacher To Help With Summer Programming

hanks to a grant from a private family foundation awarded to "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), JN "Ding" Darling National Wildlife Refuge has hired a Summer Teachers Assisting Refuges (STAR) teacher for two months to help with summer family programs and other environmental education activities.

This year's STAR, Sara Hallas, is an environmental science teacher for the Lee County School District, a position she took in the fall of 2016. Prior to that, she taught second grade at River Hall

Elementary in Alva.

'My office is in the Lee County Public Education Center in Fort Myers," said Hallas. "My other office is in the Southwest Florida estuaries. This is where the fun, hands-on, engaging learning takes place. I teach students from different schools around the district about estuaries and why their preservation is so vital."

Her teaching experience makes her an ideal candidate for assisting with the refuge's hands-on summer family

"I love being outdoors and educating students about wildlife and their habitats, sharing the passion and love for all of the organisms that make that wonderful habitat so amazing and unique,' said Hallas. "I feel honored to have



Sara Hallas

photo provided

this opportunity to be a part of this community, learning and sharing that knowledge with all that visit."

We are really grateful for this grant that will allow Sara to fill in one of the employment gaps left by recent government budget cuts and hiring freezes for the summer," said Supervisory Refuge Ranger Toni Westland. "We welcome her experience and enthusiasm to the 'Ding' team.'

To support DDWS and the refuge with a tax-deductible gift, visit dingdarlingsociety.org or contact Birgie Miller at 292-0566, 472-1100 ext. 4, or 

## Fresh Sushi Now Available At Bailey's

ailey's General Store now offers fresh sushi for sale daily at their seafood market counter. Shima Japanese Steakhouse, of Sundial Beach Resort & Spa, has partnered with Bailey's to provide sushi options for shoppers. Each day, the sushi is rolled by the chefs at Shima Grab N Go and transported to Bailey's where it is available for purchase.

The seafood market at Bailey's features the Philadelphia Roll, Spicy Tuna Roll, California Roll, as well as Salmon and Tuna Nigiri (fish laid over rice). Prices start at \$7.99 with expanded options available as popularity rises. On Saturday, June 24, one of Shima's sushi chefs will be at Bailey's for the afternoon. Guests can watch



Variety of sushi rolls

photo provided

how the rolls are made and interact with the chef while he makes the sushi. Shoppers will find the full menu of sushi made-to-order at Shima Grab N Go at Sundial.

Travis Rudder, the butcher shop and seafood market manager at Bailey's, said, "We love being able to provide fresh sushi products to our shoppers. The new rolls from Shima are made with the highest quality ingredients and taste fantastic. We've gotten great responses from community members that want to be able to pick up lunch or dinner while they shop for the rest of the week.

The full sushi and hibachi menu from Shima is available at https://sundialresort.com/ eat/shima/.

Bailey's General Store is located at the corner of Periwinkle Way and Tarpon Bay Road. For more information, call 472-1516. 公





Lindsey Hussey, with her son Finn, registers for the Summer Reading Program

photos provided

## Summer Reading Program Features Special Events

etting families invested in learning while school is not in session is the building block of the Sanibel Public Library's Summer Reading Program. Between now and Friday, June 30, children up to age 18 can sign up for the program. By signing up, they will receive a special gift (quantities are limited). This year, there are two ways to sign up to log summer reading and activities. You can track your reading on paper or online. Families can register via Beanstack on the Children's page at www.sanlib.org. As in years' past, children read to earn books for their home library and for children at Golisano Children's Hospital. Young readers have earned more than 5,000 books for the children's hospital in the last five years.

The Summer Reading Program runs through July 29, with special events on Tuesday afternoons. Family Storytime is offered on Wednesdays at 10 a.m. This all-ages program helps develop prereading skills through songs and stories. Dog-loving children can read to Bessie, a bearded collie who is a Reading Education Assistance Dog (READ).

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 programs include Showtime for Kids featuring comedy and magic from 3 to 4 p.m. on June 20. On June 27 at 3 p.m., local cartoonist and author Doug MacGregor will teach drawing. He has won several state and national awards for his cartoons including Best of Gannett eight times. MacGregor is a member of the American Association of Editorial Cartoonists. He is currently the Arts in Healthcare coordinator for the Lee Health, bringing art and music to patients in the local area of Southwest Florida.

The full schedule of programs is listed at www.sanlib.org.

Major funding for the Summer Reading 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.

The public is invited. There is no cost to participate. For more information, call 472-2483.



Showtime for Kids was a hit with the kids last year at the library

## Shells Found



Isabelle Billen and Sabine Selvais photo by A. Ziehl

sabelle Billen and Sabine Selvais from Wauconda, Illinois found a junonia and a sundial inside a rummage sale

Selvais' first visit to Sanibel was

about 30 years ago and she has since vacationed on the island more than 20 times. She loves shelling and has passed on the love of Sanibel to her . 11-year-old daughter, Isabelle.

During her visit in May of 2016, Selvais was shell hunting again, but never had any luck finding Sanibel's renowned junonia.

She said, "About a month after our trip, I was emptying and organizing boxes in my home from our move when I noticed an old glass lamp base purchased at a rummage sale for \$2, filled with shells, and, lo and behold, a junonia! I had had that lamp on my kitchen counter for a long time and to not have noticed it... I thought I was dreaming.

'My daughter was thrilled. As we researched the other shells from the base, there was also a lion's paw, a very rare shell. The junonia is now featured in our home where we can see and appreciate it every day, and this just goes to show how sometimes what we have been looking for is right in front of us."₩

> Read us online at IslandSunNews.com

## PIZZA. BEACH. SLEEP. REPEAT...!

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## Shell Found



Ansley and Eden Ottati

photo by A. Ziehl

nsley Ottati from Apopka, Florida, pictured with twin sister Eden, found a fulger olive at Turner Beach on Captiva while staying at Sunset Beach Inn. Ottati said, "Beginner's luck, our first time shelling on Sanibel!"☆

## Shells Found



Ethan and Ella Lian

photo by A. Ziehl

than and Ella Lian, visiting from ■ Tampa, found a horse conch and a dightning whelk on the beach near Sanibel Arms on June 9.5

## Shell Found



**Reese Ennis** 

photo provided

eese Ennis found a horse conch on the beach at Sandalfoot Condominiums. She carried it around with her for the rest of her visit. The Bixby, Oklahoma girl, visiting with her family, got the thrill of a lifetime. 以

## Shell Found



Maisie Rathburn

photo provided

aisie Rathburn, 9, visiting from Alpharetta, Georgia, found a lion's paw while shelling last week at Blind Pass. Maisie, on her first trip to Sanibel with her aunt, Dr. Heather Gramling, woke up early to shell and stayed out with her aunt for hours. "Maisie is now officially addicted to shelling and can't wait to visit Sanibel with her family next year," said Kim Rathburn, Maisie's mother.

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#### **Rock Shrimp Cheese Dreams**

1 pound cooked rock shrimp, peeled, deveined and chopped

4 three-ounce packages herb seasoned cream cheese, softened

½ cup chopped pecans

1 cup black olives, chopped

1 tablespoon lime juice

Coarsely chop rock shrimp. In a medium bowl, combine remaining ingredients except crackers. Gently stir in shrimp and mix well. Serve on assorted crackers or party rye.

Nutritional Value Per Serving: Calories 155; Calories From Fat 111; Total fat 12g; Saturated fat 4g; Cholesterol 77mg; Total carbohydrate 3g; Protein 9g; Omega 3 Fatty Acid 0g.



**Rock Shrimp Cheese Dreams** 

photo courtesy Fresh From Florida

#### BEST TAKE-OUT ON THE ISLANDS

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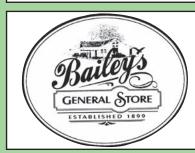
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#### **Book Review** The Fix



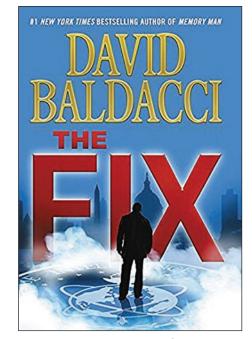
by Di Saggau

avid Baldacci's remarkable detective Amos Decker, the man who can forget nothing, is back again in a stunning new novel by one of my favorite authors. The

Fix grabs you immediately. A tall, distinguished-looking man, Walter Dabney, leaves a coffee shop and walks to the J. Edgar Hoover Building. Decker happens to be walking behind him and watches as Dabney pulls a gun and shoots a woman coming from the opposite direction. Her name is Ann Berkshire. Then Dabney turns the gun on himself. Decker is drawn into the case and even with his extraordinary powers of observation and deduction, the killing is baffling.

There appears to be no reason for the crime and the initial investigation reveals that Dabney and Berkshire didn't know each other. Adding to the confusion, Dabney was a man with a successful business and no history of violence. Berkshire was a substitute teacher who volunteered at a hospice.

Decker, along with his former FBI colleagues, Alex Jamison, Ross Bogart and Todd Milligan, are once again brought together to solve this horrible crime. Through his own unique methods, Decker begins searching for answers. At the top of his list is how can a woman who makes a living as a



substitute teacher, live in a \$3 million condo and drive a new Mercedes? More questions come up as the team digs into Berkshire's background.

As the investigation gains steam, Harper Brown, a no-nonsense Defense Intelligence Agency agent, schedules a meeting with Decker and his boss to tell them she's taking over the case because the murder is now a matter of national security, involving a scenario that could be bigger than 9/11.

Decker isn't one to forget a case, so he ignores Brown's orders. He and his team continue to work the case and eventually uncover a massive conspiracy that soon becomes bigger than anything they have ever tackled before. The Fix starts out as a mystery novel and then turns into a highly-fueled political thriller. It's a great read. A

## 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

#### **Epiphanless**

by Jim Gustafson

I've never had an epiphany, though I

the first time I felt small. At fifteen on a northern lake,

drifting along at night in an aluminum

I looked to the scattered salt of stars, the sky

so close it reached out to rock the boat. The air wanted to chill. The last of

threw useless punches at autumn. I'd spent

my days soaking sun, listening to loons, while The Catcher in the Rye taught

the night sky would not tell, or did not know, about

what it means to float between seasons, how

the world we ride together has different

how the birdsong lasts forever, and how

bullfrogs take the dark we share for granted.

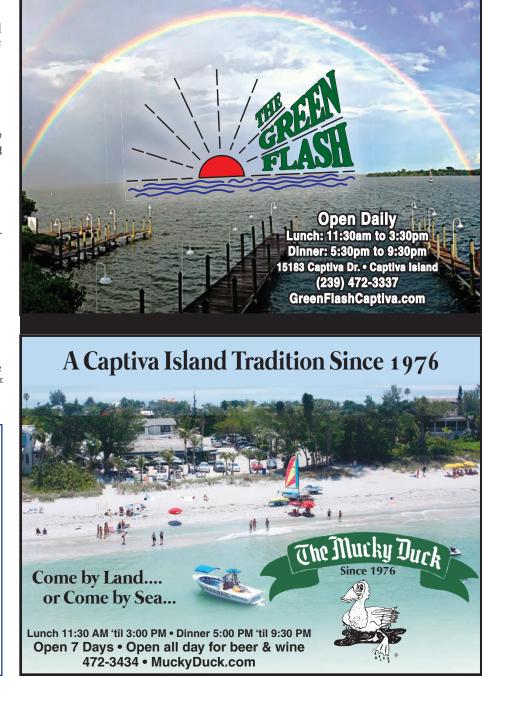
Jim Gustafson is the author of two books and a collection of essays. He teaches at FGCU and Florida Southwestern State College. He lives in Fort Myers where he reads, writes and pulls weeds.\\\$

## Top Ten Books On The Island

- 1. Guide to Speaking Shellanguage by Pam Rambo
- 2. In the Company of Women by Grace Bonney
- 3. Woman in Cabin 10 by Ruth Ware
  - Historic Sanibel & Captiva

Islands by Jeri Magg

- 5. Sanibel Flats by Randy Wayne White
- 6. I'll See You in Paris by Michelle Gable
  - Eligible by Curtis Sittenfeld
  - Shark Club by Ann Kidd Taylor
  - Bear Town by Fredrick Backman
- 10. Deep Blue by Randy Wayne White Courtesy of MacIntosh Books and Paper.☆



**Dine on Captiva with Colorful Water Views** 



## 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 cookouts, 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. Řeservations 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 "kev." Food choices range from "comfort" to culinary with some Caribbean and island favorites as well. Try the homemade 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



Lena Mulinaro and Mimi Lubinski of Traders Gulf Coast Grill & Gifts

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, Kara-oke 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-oneget-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 wellstocked 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 guirky 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

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 Jego. 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-yearold, 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

## 맛

## **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. Woody Brubaker performs on Sunday and Wednesday. On Thursday, it's Mike Arnone

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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## School Smart



by Shelley M. Greggs, NCSP

Shelley, I babysit my grandson during the week. He is almost two and a half and is a very sweet, affectionate child but I am worried about his

speaking. He understands what I say but he isn't saying much himself, and I have a hard time understanding him. My other young grandchildren are surpassing him. His mom doesn't seem too worried but this is her first child so she might not really know what to expect. Is there something I should be doing for him?

Alice S., Fort. Myers,

#### Alice,

Spoken language (talking) emerges in infancy with cooing and babbling and develops through adulthood with the ongoing acquisition of vocabulary and higher-level language constructions.

Each child is unique and develops at their own pace, however it is important to know the developmental milestones he should be achieving in order to gauge his progress. According to the ASHA (American Speech-Language-Hearing Association) a two-year-old should use some one- or two-word questions such as "Where kitty?" and

"What's that?" and put two words together such as "more cookie" and "no juice" and use many different consonant sounds at the beginning of words. His vocabulary should be increasing monthly.

The milestones you should see between his second and third year are having a word for almost everything, using two and three words to talk and ask for things, using K, G, F, T, D, and N sounds, and being understood by those who are familiar with him.

Some of the things that you can do to help him speak include using clear and simple speech that he can imitate, naming objects and describing them to him, giving him synonyms for familiar words, (e.g., daddy, man, grown-up adult) and then use these synonyms in sentences and daily conversation.

If your grandson is well below the typical developmental milestones stated above or does not make the progress you expect after some intervention, you may want to have him evaluated. His pediatrician can recommend a specialist. Another option is to have him evaluated by the public school system. Federal and state law requires that all public school systems provide evaluations at no cost, to children who may have a disability such as a significant speech-language delay. If the child is found to have such a significant delay in one or more developmental areas, the school must then provide appropriate intervention, free of charge to the child, starting at age three. For more information on this, you can

contact your neighborhood school for the appropriate contact person or the board of education.

Early intervention is the best way to address developmental and learning problems. Such issues are frequently resolved when the correct interventions are put into place early in a child's development.

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

From page 20

### **CROW Calendar**

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 22, 11 a.m. to

**12:30 p.m.**, \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Thursday, June 22, 11 a.m., adults \$7, teens \$5, 12 and under no charge - Patient Profiles: Sea Turtles (daily presentation).

There are seven different species of sea (or marine) turtles, and human activities have tipped the scales against the survival of these reptiles. Most species of sea turtle are classified as endangered, and CROW is the only licensed sea turtle facility in between Sarasota and Marathon. From boat strikes to washback hatchlings, one of CROW's team members explains who they are admitted and how the medical staff treats this species. One of CROW's animal 

## Volunteers Needed For July 4 Parade

he 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 Tuesdav, July 4.

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





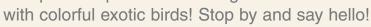
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## Scholarships Go To City Employee Dependents

ollowing Hurricane Charley in 2004, an endowment fund was established with the Southwest Florida Community Foundation to



provide scholarships for dependents of City of Sanibel employees. This year, the Southwest Florida Community Foundation endowment will grant \$3,500 in scholarship awards, an additional \$500 grant from the Sanibel-Captiva Kiwanis and proceeds from city vending machines to total \$4,000 in scholarship awards for academic year 2017-2018.

The following dependents of City of

Sanibel employees will each be awarded a \$2,000 scholarship:

Alyssa Vetter – the 2017 Cypress Lake High School graduate finished her senior year as a dual enrollment student at Florida SouthWestern State College and graduated with a 3.72 grade point average. Vetter will attend FGCU this fall where she will pursue a nursing degree. Her long term goal is to become an anesthesiologist.

Vetter is a first-year recipient of the city's Employee Dependent Scholarship Program. She is the daughter of Holly Vetter, permit technician, Sanibel Building Department, who has been

employed by the city for 23 years.

Alec Worth - the 2015 graduate of Florida SouthWestern State Collegiate High School, where he earned an associate in arts degree, is currently pursuing a degree in legal studies with an emphasis in constitutional law. He is a graduate of University of West Florida where he earned a bachelor's degree in legal studies.

This is Worth's third year in the Employee Dependent Scholarship Program. He is the son of Sgt. Dustin Worth, Sanibel Police Department, who has been employed by the city for 27 years.₩

## FGCU Senior Interning At Marketing Firm

Tayla Branham is joing the Hillgate Marketing Services team as an Lintern this summer. Branham is from Orlando and will graduate from Florida Gulf Coast University in December with a bachelor's degree in communications. Her area of concentration is public relations.

'I am so grateful for this opportunity to work alongside the experts and mentors at Hillgate this summer. Sanibel Island is such a beautiful place and I'm looking forward to getting to know the area better," said Branham.

"We are thrilled to have Kayla join us this summer. She will be assisting with social media, public relations and blogging," said Shelby Peters, Hillgate president.☆



Kayla Branham

photo provided

## Class Of 2017 Earns Scholarships

he Lee County School District graduating class of 2017 has earned millions of dollars in scholarships and will be attending colleges, universities and technical centers across the United

Early data show that the Class of 2017 earned over \$53 million in scholarships. Along with scholarship dollars earned, members of the Class of 2017 reported their post high school plans. Of the students who provided information, the breakdown is:

- Attend a four-year college or university: 1,828
- Attend a two-year community/state college: 1,621
- Attend a technical college/school: 398
  - Enter the workforce directly: 254
  - Enter the U.S. Armed Forces: 192
- Uncertain of future plans at this time: 329
  - Other: 221

For more scholarship information, visit www.leeschools.net/scholarshipinformation.



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Throughout National Seashell Day, a 20 percent discount for all goods sold at the museum's gift shop (except for final price sale items) will be offered to shoppers

From page 1

## Seashell Day

offering a fact-filled presentation on shells typically found in the waters of Southwest Florida. Dr. Leal's talk will include tips about how to identify local shells as well as when and where are the best times to collect them.

Another special lecture, entitled Shell Critters, will be presented at the museum starting at 3:30 p.m.
Throughout the day, a 20 percent

discount for all goods sold at the museum's gift shop (except for final price sale items) will be offered to shoppers. In addition, Florida residents may receive a buy one adult admission, get one child or youth admission (ages 5 to 17) free discount through September 4 with a valid ID: active military members are also admitted

National Seashell Day, which also happens to coincide with the first official day of the summer season, will be featured on the June 21 broadcast of ABC's Good Morning America (GMA). Last year, GMA crews visited the beaches of Sanibel in a number of live television segments featuring meteorologist Ginger Zee.

The following day, Thursday, June 22, staff marine biologist Stefanie Wolf will lead the next summer beach walk at Bunche Beach, located at 18201 John Morris Road in Fort Myers. The walk, part of a series hosted by the museum, will begin at 7 a.m.

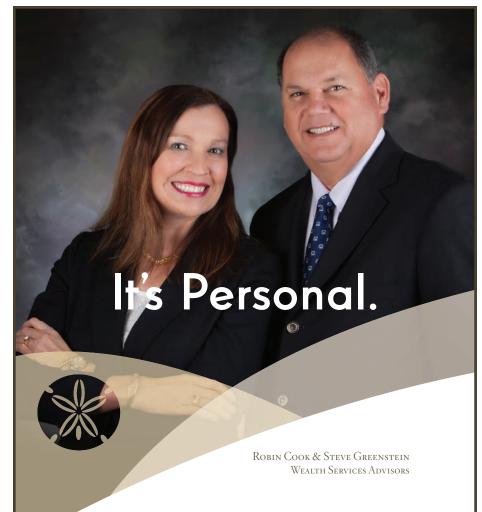
The cost is \$10 for museum member adults and \$5 for museum member children (ages 5 to 17); the cost is \$12



Ann Reardon will conduct a shell jewelrymaking session for all ages at the museum

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

The Bailey-Matthews National Shell Museum, located at 3075 Sanibel-Captiva Road, will be open from 10 a.m. to 5 p.m. on National Seashell Day.₩



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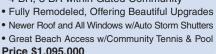
#### **CAPTIVA ISLAND COMPOUND**

- http://www.listandtour.com/16537nb.html
- Step Back in Time to "Old Captiva"
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Carolyn Johns

photos by Anita Force Marshall

## Art League Member Exhibit At Sanibel Library

The theme of the June art exhibit sponsored by Sanibel Captiva Art League (SCAL) is All Things Sanibel - My Home, on view throughout the month at the Sanibel Public Library. The exhibit features paintings by award winning Sanibel artist Carolyn Johns. Under the



View From the Bay by Carolyn Johns

guidance of art league volunteer library exhibits coordinator Rita Tarr McLain, the exhibit was hung by art league members Jim Storer, Judy Clark and Anita Force Marshall.

My style is impressionistic realism, if you can agree that is a style," said Johns. Color is a big thing for me, I love to use color and paint to convey an emotion." Johns is a retired elementary art teacher whose grandfather was a political cartoonist and mother was also an elementary art teacher. "I have been painting since I was 6 years old,"



said Johns. "I have always expressed myself with paint and color. I love paint, the use of paint, the texture of paint. I couldn't live happily without painting. Johns is the coordinator of SCAL Plein Aire and a member of the Sanibel Captiva Art League and BIG ARTS.

'I hope when you see my paintings, you get a feeling how much I love the island and nature and my life," said Johns. "I think every artist conveys feelings and personal expression through their art and that's what I do, I do my thing.'

The award-winning Sanibel Public Library is community minded and has always welcomed the art league to exhibit paintings, which are changed each month. All exhibits are free to attend and the artwork can be purchased. For more information about the Sanibel Captiva Art League, visit www.sancapart.com.

The Sanibel Public Library is located at 770 Dunlop Road. For more information or viewing hours, call 472-2483





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Gulf Beach #102 - \$799,000 Remodeled east-end beach-front 2 bedroom in small complex. Call Dave for details on rental income.



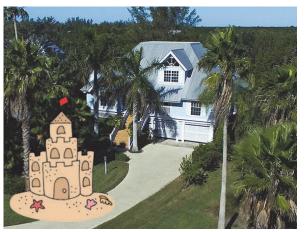
**Cottage Colony West #119 - \$674,000** Beach-front investor condo at Casa Ybel Resort with easy on-site guaranteed income program (nightly rentals) & full use of resort amenities.



9441 Peaceful Drive - \$274,000 Spot to build his own island home. Lot in back of Gumbo Limbo subdivision backing to conservation land.



625 Lake Murex Circle - \$699,000 With one of the best long lake views in near beach community. Easy-living ground-level 3 bedroom 2-1/2 bath.



239 Daniel Drive - \$1,069,000 Decorator-remodeled 3 bedroom with den in Seagull Estates with clubhouse, pool, tennis, & private beach access.

#### **ISLAND SUN BUSINESS NEWSMAKERS**

## Top Producers

he Sanibel-Captiva top producers for Royal Shell Real Estate during the month of May were: McMurray and Nette, top listings producers team and top sales producers team; and Tracy Walters, top listings Tracy Walters producer individual



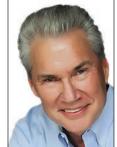
and top sales producer individual.



McMurry and Nette

## Top Listing And Sales Agents





**Marianne Stewart** 

he top producers at John Naumann & Associates for the month of May were: Marianne Stewart, top listing agent; Larry Hahn and Debbie Hoofer, top team; LeAne Taylor Suarez, top sales agent; and Harrell, Tolp and Albright, top



Debby Hoofer



LeAne Tayler Suarez



Harrell, Tolp and Albright Team

#### **Superior Interiors**

## Designing Windows With Flair



by Barb Cacchione

Then you're flipping through the pages of your favorite design magazine or even looking at model homes, what catches your eye first? Would it surprise you

to know that most homeowners find their eyes drawn to creatively designed window treatments?

Why? Well, maybe it's because most homeowners have a wide variety of window shapes, styles, and sizes to address when decorating their own homes. We're always looking for fresh ideas...or maybe... we're simply daunted by all the windows we're dealing with and the myriad of choices available!

One of your first decisions is recognizing what you want to accomplish when you cover your windows. Some homeowners are adamant about not obstructing wonderful vistas, while others have an unsightly view they want to mask. In addition to whether you want to cover or enhance your view, basic light and privacy needs, sizes, shapes, and styles must be taken into consideration. If everything is carefully considered in creating a custom window treatment design, the finished product will be a window treatment that enhances not only a window but your entire room, while offering the necessary privacy and light control.

In some instances, you may even choose to create a window where one doesn't currently exist, such as an underground basement room. By installing shutters or a closed fabric window treatment, you can immediately create the feeling of being connected to the outdoors!

So here is a quick checklist to help you determine the best possible window

treatments for your home.

1. Function. How is the window being used? Do you need to block outdoor light? Is privacy your priority? Or, do you have a beautiful view that needs capturing?

2. Focal points. Are your windows a natural dramatic architectural feature of your room? If so, you have a built-in focal point, and should plan your treatments accordingly. If not, then consider working with a professional decorator to make your window treatments true show stoppers!

3. Style. What's yours? Casual? Formal? Traditional? Contemporary? Window treatment designs vary greatly by design style, so think about the ultimate style and feeling you'd like to incorporate into their design.

4. Problems? Are your windows too small? Too large? A carefully designed window treatment can actually be a clever cover-up to any window problem.

Because there are so many fabulous window treatment design options available today, it's wise to start doing your homework early. Visit model homes, read magazines...start developing your own Window Design Idea File!

And remember, by working with a professional decorator, you're window treatments are guaranteed to be the perfect design and function solution!

Barb Cacchione is an interior designer on Sanibel/Captiva Islands. She can be reached at barb@ 

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## Sanibel Island Cottage With Simple Charm 1667 ATLANTA PLAZA DRIVE

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From left, Brandon Mansell, Sara Halas, Lisa Hutchins and Lauren Hearn

photo provided

## More Summer Help Arrives At The Refuge

Thanks to a federal program and a grant from a generous donor, four new summer staffers have arrived at JN "Ding" Darling National Wildlife Refuge to fill in employment gaps left by government budget cuts and hiring freezes. The federal Youth Conservation Corps (YCC) program provides funds for full-time summer high school student employment, while the grant-funded

Summer Teachers Assisting Refuges (STAR) initiative hires a local teacher for two months to help with summer education programming both onsite and for outreach.

This year's STAR, Sara Hallas , is an environmental science teacher for the Lee County School District.

This year's three YCC students include Dunbar High School students Lisa Hutchins, who will assist with education and visitor services, and Brandon Mansell in maintenance. Fort Myers High student Lauren Hearn will also assist with education and visitor services.

"Our YCC students are so valuable

to us - not only in providing needed manpower, but also because they bring such youthful energy, enthusiasm, and creativity to the refuge team," said Supervisory Refuge Ranger Toni Westland. "At the same time, it gives them opportunity to learn about the environment and refuge operations."

## SCCF Sea Turtle Nesting Statistics

It was a wild week of weather. The staff at Sanibel-Captiva Conservation Foundation and sea turtle permittees were able to relocate several nests that were washing away. Unfortunately, several nests on Captiva were lost. Many nests on Sanibel were inundated/washed over, and a couple of Sanibel nests were lost.

The good news is that nests are coming in at a great pace, and another great season is still on track. There are now 293 nests on Sanibel – including two green nests – and 85 nests on Captiva.

The night team saw 31 individuals this week, including eight recaptures. On Thursday night, a total of 11 turtles were encountered, which is a record for SCCF.

### As of June 11, 2017

Sanibel East: 56 loggerhead nests, 0 green nests, 129 loggerhead false crawls\*

Sanibel West: 150 loggerhead nests, 2 green nests, 251 loggerhead false crawls, 3 green false crawls

Captiva: 85 loggerhead nests, 0 green nest, 61 loggerhead false crawls, 1 green false crawl

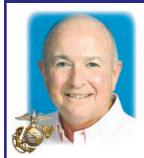
\*false crawl – a failed nesting attempt

SCCF Intern Jeff Book using calipers to measure a loggerhead's shell during night

measure a loggerhead's shell during night surveys photo by Alexis Horn

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.\(\xi\)

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



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Great rent income! Lots of amenities... steps to beach!

\$619,000 3099 Cussell Dr. (Pine Island)



Two parcels, A & B zoned Commercial General. Parcel A is approx. 4.5 acres and Parcel B is approx. 2.0 acres. (A) \$999,500 (B) \$400,000

Seashells of Sanibel # 6

4155 Dingman Drive



SHORT SALE OPPORTUNITY!
3 BR/3 BA on approx. 1 acre on private cul-de-sac. In need of imagination/renovation.
Walk to beach!

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

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Build on this large corner, canal front lot with sea wall. Direct gulf access in minutes. Room to build 40 ft. dock.

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Steps to the beach access... Nicely updated 2 BR/2 BA unit, enclosed lanai, impact sliders. Weekly rentals, amenities, on site Mgmt...

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GULF VIEWS! Steps to beach. Furnished 2 BR, 2 BA top floor unit. Pool, tennis, on site Mgmt. \$669.000



Only steps to the beach. This Exceptional 5 BR/5 BA home offers many custom features... including a large pool surrounded by professionally landscaped grounds. \$2,395,000

**Outstanding Agent! Outstanding Results!** 

## Should You Rescue A Child By Bringing Him Into The Family Business?



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

ou may be surprised to learn that more than 90 percent of American businesses are family businesses, according to Entrepreneur magazine. The term "family business" is defined as a non-publicly traded business that contains two or more family members.

It's not unusual for a patriarch or matriarch to dream of one day including one or more adult children in the family business, especially if it's successful. Many consider the business their legacy and are quite proud of it. Bringing in the next generation might be considered a logical step to solidify that legacy. Many of

us know of family businesses that thrive for generations.

But there are many psychological, economical and relationship issues to consider when bringing loved ones into the fold. Is your adult child well-suited for the role that you expect her to play? What exactly is that role? Will she start from the bottom and work her way up, or will she immediately work from the executive suite? What is her educational and work experience to date? How will other key employees receive her? How has your relationship with that adult child been over the years? Can it survive working together?

Anecdotally, I've seen several instances of a child being forced into a role that he isn't suited for. Dad, for example, might be great at sales, but Son might be better working in operations. When counseling family businesses, I usually suggest that all parties take certain aptitude and profile tests such as Strengthsfinder and Kolbe. Both provide valuable insight into a person's proclivities.

Yet another issue to think through is who will train and mentor the young family member. Not only is it tough to mentor anyone, nonetheless your own flesh and blood, you need to honestly assess your patience and tolerance as well as your adult child's disposition and capabilities. Perhaps another person in the organization is better suited for this role? Are they willing to do it? Do they see your family member as a

Sometimes the family business is used as a life preserver for a drowning family

Are you looking for a

repair shop you can trust?

member. Drama often ensues when the family business is used in this manner.

Perhaps the child was fired from several jobs or has been unemployed for a while. The parents might believe that by creating a position inside of the family business the child will find a niche and thrive. This rarely happens. There's usually a reason why Son or Daughter was fired from prior positions, and those reasons are likely to not only persist but also intensify in the steaming caldron of a family business.

I recently met with a client who owned a successful multi-million dollar operation that he took over from his father. "I thought one of my three children would one day run the shop," he confided, "but none were really equipped to do so. I brought them all in at one time or the other, but when I did they started at the bottom and had to work their way on up to the top. None of them worked out. So eventually I sold the

This client's story is quite common. Success magazine recently published a report indicating that fewer than 15 percent of family businesses survive to the third generation. That statistic is important to note if you are the patriarch relying on future income of the business for your retirement.

Those family businesses that employ non-family members must be cautious as well. Long-term employees who are critical to the business' successes may look askance at the youngster who hasn't paid her dues but receives many privileges. This can create disharmony which can lead to the loss of those key employees. Consequently, it's usually a good idea to communicate with those that matter, soliciting their input.

Non-family owners complicate matters as well. Here the ownership interests might be governed by shareholder or partnership agreements. Assuming that nepotism is not prohibited, bringing on a competent family member on one side might encourage other shareholders to ask the business to employ their own family members who may not be right for the role. Business owners would be wise to keep that Pandora's Box

As you can see, there are many issues to address prior to asking a loved one to join you in your business. Being intentional and thinking through the myriad of issues will assist in arriving at the best outcome, whether that result is bringing your son or daughter into the business or deciding against it.

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### Sanibel-Captiva Lions Club News

## A Little Lions' History

submitted by a Lion, Bob

n 1917, Melvin Jones, a 38-year-Lold Chicago business leader, told members of his local business club they should reach



beyond business issues and address the betterment of their communities and the world. Jones' group, the Business Circle of Chicago, agreed.

After contacting similar groups around the United States, an organizational meeting was held on June 7, 1917 in Chicago, Illinois. The new group took the name of one of the invited groups, the Association of Lions Clubs, and a national convention was held in Dallas, Texas in October of that year. A constitution, by-laws, objects and a code of ethics were approved and within three years, Lions became an international organization.

Since then, we've earned high marks for both integrity and transparency. We're a well-run organization with a steady vision, a clear mission and a long - and

proud - history. Our 46,000 clubs and 1.35 million members make us the world's largest service club organization. We're also one of the most effective. Our members do whatever is needed to help their local communities. Everywhere we work, we make friends. With children who need eyeglasses, with seniors who don't have enough to eat and with people we may never meet. We are the Knights of the Blind.

A little more: the Lions, in a special report released at the U.N. in Geneva. Switzerland on July 5, 2007 was ranked the best among non-governmental organizations (NGOs) worldwide. Lions beat out UNESCO, UNICEF, Habitat for Humanity, etc., to name just a few.

The Sanibel Captiva Lions Club was chartered on December 26, 1967 and ever since have been raising money to aid and support several worthy causes here on Sanibel-Captiva, in the state of Florida and around the world through Lions' charities. Hearing and vision screenings are held throughout the year to help residents understand if they are at risk for sight loss, hearing loss and possible diabetes.

We Serve.

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

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## Rotary Happenings



Richard Johnson and Melissa Rice photo provided

submitted by Shirley Jewell

n old quote came to mind **1** this week: "If you want something done, ask a busy person to do it. The more things you do,



the more you can
do." – Lucille Ball.

This quote came to mind because one of the busiest people on Sanibel, Richard Johnson of Bailey's General Store, was one of our guest speakers last week. He definitely lives out this sentiment each and every day. Since taking over the reins of the Bailey family business along with his wife, Mead, Richard has followed the family philosophy of giving back to the Sanibel community. He has served on many nonprofit boards on Sanibel and gives time and talent to so many. It makes you wonder, when does he have time to

There he was last Friday morning at 7 a.m. speaking to Rotary about Sanibel's Community Housing and Resources (CHR). Johnson, president of the CHR Board of Directors, was joined by Melissa Rice, the new executive director of CHR. Rice served as board treasurer since 2012 and has co-chaired CHR's annual Mardi Gras fundraiser for the past two years. She was a natural to take on her new position

Back in 1979, a group of business leaders, including Francis Bailey and Ray Pavelka, helped form the Community Housing and Resources organization, Sanibel's own affordable housing program. Over the last 38 years, the organization has developed through good and bad times, but today stands strong.

Today, the average home on Sanibel sells for around \$750,000 and rent goes well over \$1,500 a month. Without some type assistance, the average service employee on island can't even come close to owning or renting a home on Sanibel. CHR has a program in place that helps people qualify for CHR housing. The organization now manages 74 rental units, a 12-unit housing complex for seniors, and 14 limited equity ownership (LEO) homes that provide home ownership opportunities to those who work on Sanibel but would not normally be able to afford to purchase

a home on island. Johnson said, "CHR residences are spread throughout the island and provide a low-key presence, fitting right into Sanibel neighborhoods.

So, who qualifies for an opportunity to be part of the CHR family? First, island employees who work full time on Sanibel qualify as do longtime Sanibel residents who are retired or disabled and meet eligibility requirements. Secondly, under basic requirements, at least one adult within the household must be currently working full time on Sanibel, or seniors and disabled persons not working must be year-round residents for at least five continuous years on Sanibel. Thirdly, under financial requirements, there are annual entry income levels that applicants cannot exceed. Points are assigned based

on income level, length of time working on Sanibel and length of residency on Sanibel. Vacancies are filled following the points assigned. Rent is calculated on 30 percent of gross household income. In 2016, the average rent was \$691. Funding for CHR comes from rent,

administrative support from the City of Sanibel, grants, donations, generous supporters and proceeds from fundraisers.

Why does Sanibel need affordable housing? Affordable housing makes living on Sanibel possible for people that otherwise may not be able to. It creates diversity on island, and it gives a "hand up" to many deserving people. Sanibel's economy depends on hundreds of people who provide services to island residents and visiting tourists. Living on island removes

the stress and high cost of a long daily commute to work. Workers who live on Sanibel can be available at short notice and are able to be more reliable employees.

Social and economic diversity is a priority for Sanibel and part of The Sanibel Plan. Everyone benefits when the island workforce lives in the community and is involved with schools, organizations, churches and community events. No one should have to leave a familiar community because of age, disability or finances.

For information regarding CHR, stop by the office at the Center 4 Life building at 2401 Library Way on Sanibel.

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

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 Music Best Original Design** 

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 Retu	rn with Check "No water to be sprayed by parade participants"
Name of Business or Organizati	on:
Contact Person:	
Mailing Address (required):	
E-mail Address (required):	A
Daytime Telephone Number (re	equired):
Number of Participants:  P Music P Music P Music	ic 77 Music 77 Music 77 Music 77 Music
Live? (Yes) or (No) Other?	Boombox or Amplifier? (Yes) or (No)
Physical Description of Float (Ex:	P/U Truck w/8' trailer, Bicycles, golf cart, walking):
Name Email & Phone # of Pers	on 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)

## With No. 1 Overall Draft Pick, Twins Select 18-Year-Old Shortstop

by Ed Frank



Then the Minnesota Twins selected 18-year-old Royce Lewis with the Number One overall pick in Monday's Major League Draft, it brought back memories of the last time the Twins had the first pick in 2001 when they chose another teenager, Joe Mauer.

The selection of hometown hero Mauer was brilliant, and hopefully the choice of Lewis, a versatile infielder, from San Juan Capistrano, California, will be the same.

And while their positions are different, the situations in which Mauer and now Lewis were drafted are so very similar.

In 2001, when the Twins took Mauer, the team was coming off a 69-93 season, their eighth straight losing season. Minnesota got the first pick this year after a 59-103 record in 2016, the worst in baseball despite the fact the team was riding in first-place in the American League Central Division at the time of Monday's draft.

The selection of Lewis was the first major decision of the Twins new front office executives, Derek Falvey, chief baseball officer, and Thad Levine, general manager.

Lewis has played third base, shortstop and center field before playing solely shortstop this year for JSerra Catholic High School. The 2017 Gatorade Player of the Year in California and Trinity League Player of the Year for the third consecutive season was rated one of the five top prospects in the draft by MLB.com

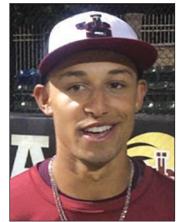
Since that 2001 draft when Mauer was chosen, 14 of the Twins first-round picks have reached the Major

Leagues, but Mauer stands alone in the record books. He reached the Majors in 2004 and became one of the best-hitting catchers in baseball history with three American League batting championships and the AL MVP in 2009. Injuries slowed him in recent years, but he has had a strong resurgence in 2017.

Will Lewis be able to match Mauer's sterling record? Time will tell. Some had thought that Minnesota would select another California teenager, shortstop-pitcher Hunter Green, who was recently featured on the cover of Sports Illustrated. Green had auditioned for the Twins at Target Field as recently as last Friday. The Cincinnati Reds took Green with the Number Two pick.

In franchise history, Minnesota has had three Number One draft picks, Mauer, Lewis and pitcher Tim Belcher in 1983. Belcher wasn't signed.

Miracle Struggle



**Royce Lewis** photo courtesy Major League Baseball

The Fort Myers Miracle baseball team began the week in last place in the Florida State League South Division with a 28-33 season record.

In the month of June, the Miracle was 2-5 with five games postpone due to rain. The team takes a break this weekend for the League All-Star game in Lakeland. Fort Myers will be represented on the South team with left-hander Sam Clay and thirdbaseman Chris Paul.

## American Legion Post 123

merican Legion Post 123 wishes all the dads out there a Happy Father's Day. Stop by this Sunday, June 18 for a fish and shrimp fry from 1 to 8 p.m. Cost is \$12 to \$14. The following Sunday, June 25, barbecued ribs and chicken will be served.

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 halfpound burgers. Food is served from 11 a.m. to 8 p.m.

The Ladies Auxiliary has cookbooks available.

If you have a flag that needs to be retired, drop it off at Post 123, located at Mile Marker 3 on Sanibel-Captiva Road. It is open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. The public is welcome.

For more information, call 472-9979.⇔

### **SPORTS QUIZ**

- 1. In 2016, the New York Mets' Bartolo Colon became the oldest major-league pitcher (42) to hit his first career home run. Who had been the oldest?
- Who played more seasons for his only major-league team: Al Kaline (Detroit) or Willie Stargell (Pittsburgh)?
- What is the highest point total that Notre Dame's football team has recorded in a bowl
- In 2016, Zach LaVine became the fourth person to win back-to-back NBA dunk contests. Name two of the first three to do it.
- 5. Who were the first two NHL players before Wayne Gretzky (1981-82 season) to tally 50 goals by the 50th game of the season?
- When was the last time before 2016 that Denmark won a gold medal in Olympic swimming?
- 7. Name the last time that the European golf team lost consecutive Ryder Cup matches.

### **ANSWERS**

York Islanders (1980-81 season), 6. Karen Harup won a gold medal in the 100 meter backstroke in 1948. 7. It was 1991-93. Nate Robinson (2009-10). 5. Montreal's Maurice Richard (1944-45 season) and Mike Bossy of the New tallied 49 points in the 2008 Hawaii Bowl. 4. Michael Jordan (1987-88), Jason Richardson (2002-03) and 1. Artsons 's Randy Johnson hit his first homer in 2003 at age 40. 2. Kaline played 22 major-league seasons for Detroit (1953-1974); Stargell had 21 seasons with Pittsburgh (1962-1988). 3. Notre Dame

## Generator Safety Tips From LCEC

torm season is officially here. As you prepare for a hopefully uneventful storm season, it is important to refresh your generator safety knowledge. Even if you don't own a generator, knowing how to properly use a generator can help you educate a loved one, neighbor, or even the person behind you in the store. Following are some lifesaving tips about safe generator use:

• Don't connect your generator directly to your home's wiring at the breaker panel or meter. Connecting a portable electric generator directly to your household wiring can be deadly to you and others. A generator that is directly connected to your home's wiring can "backfeed" on to the power lines connected to your home. Utility transformers can then "step-up" or increase this backfeed to thousands of volts - enough to kill a utility lineman making outage repairs a long way from your house. You could also cause expensive damage to utility equipment and your generator.

- The only safe way to connect a portable electric generator to your existing wiring is to have a licensed electrical contractor install a transfer switch. The transfer switch transfers power from the utility power lines to the power coming from your generator.
- Never plug a portable electric generator into a regular household outlet. Plugging a generator into a regular household outlet can energize "dead" power lines and injure neighbors or utility workers. Connect individual appliances that have their outdoor-rated power cords directly to the receptacle outlet of the generator, or connect these cord-connected appliances to the generator with the appropriate outdoorrated power cord having a sufficient wire gauge to handle the electrical load.
- Don't overload the generator. Do not operate more appliances and equipment than the output rating of the generator. Overloading your generator can seriously damage your valuable appliances and electronics. Prioritize your needs. A portable electric generator should be used only when necessary, and only to power essential equipment.
  - Never use a generator indoors or

in an attached garage. Just like your automobile, a portable generator uses an internal combustion engine that emits deadly carbon monoxide. Be sure to place the generator where exhaust fumes will not enter the house. Only operate it outdoors in a well-ventilated. dry area, away from air intakes to the home, and protected from direct exposure to rain, preferably under a canopy, open shed or carport.

• Use the proper power cords. Plug individual appliances into the generator using heavy-duty, outdoor-rated cords with a wire gauge adequate for the appliance load. Overloaded cords can cause fires or equipment damage. Don't use extension cords with exposed wires or worn shielding. Make sure the cords from the generator don't present a tripping hazard. Don't run cords under rugs where heat might build up or cord damage may go unnoticed.

• Read and adhere to the

manufacturer's instructions for safe operation. Don't cut corners when it comes to safety. Carefully read and observe all instructions in your portable electric generator's owner manual.

• To prevent electrical shock, make sure your generator is properly grounded. Consult your manufacturer's manual for correct grounding procedures.

- Do not store fuel indoors or try to refuel a generator while it's running. Gasoline (and other flammable liquids) should be stored outside of living areas in properly labeled, non-glass safety containers. They should not be stored in a garage if a fuel-burning appliance is in the garage. The vapor from gasoline can travel invisibly along the ground and be ignited by pilot lights or electric arcs caused by turning on the lights. Avoid spilling fuel on hot components. Put out all flames or cigarettes when handling gasoline. Always have a fully charged, approved fire extinguisher located near the generator. Never attempt to refuel a portable generator while it's running.
- Turn off all equipment powered by the generator before shutting down your generator.
- Avoid getting burned. Many generator parts are hot enough to burn you during operation.

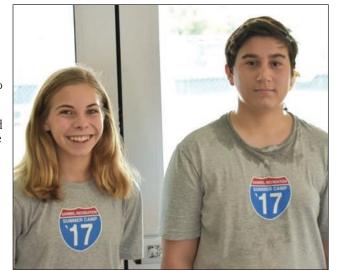
• Keep children away from portable electric generators at all times.

Visit lcec.net for more helpful hints on storm preparation and other topics.☆

## Counselors In Training Gain Valuable Experience

he Counselors In Training (CIT) program at the City of Sanibel Summer Recreation Camp is welcoming two members this year, Emma DeFonzo and Daniel Shuster. The program allows incoming high school freshmen and sophomores to contribute to the K-8 Summer Recreation Camp and to gain experience as volunteers.

Dave DeFonzo, the supervisor of the program, believes that this opportunity is extremely beneficial for CIT development as they continue with schooling and begin to enter the



**Emma DeFonzo and Daniel Shuster** 

photo provided

workforce. "The Counselors In Training program provides a fun and safe environment for entry level high school students to learn real-world skills and gain future career experience," DeFonzo said.

A Counselor In Training has responsibilities such as setting and cleaning up for activities and attending field trips to assist the counselors. The CITs are also given training in CPR and AED.

DeFonzo just completed her freshman year at Cypress Lake High School. It is her second summer volunteering as a CIT at the Sanibel Recreation Department. When asked why she wanted to work as a CIT, she said, "The recreation summer camp is a lot of fun and offers great work experience.

Shuster will be a sophomore at South Fort Myers High School in the fall. It is his first summer volunteering as a Counselor In Training at the recreation department. Reminiscing on his experiences in the city's recreation program, he said, "I attended the summer recreation program as a kid and thought it would be a great way to get experience and to get out of the house for the summer." Both CITs aspire to return to the Sanibel Recreation Center to become counselors in the future. Youth entering their freshmen or sophomore high school

class who are interested in becoming a City of Sanibel Counselor In Training should contact Program Supervisor Dave DeFonzo at Dave.Defonzo@mysanibel. com or call 472-0345.

For more information on the City of Sanibel's Recreation Program, visit www. mysanibel.com/Departments/Recreation2.

## Criminal Justice Expert To Address Island Democrats

r. Ellen Scrivner, former employee of the Justice Department and recognized national expert on criminal justice policy, police behavior and public safety, will discuss the topic Criminal Justice in 2017: Threats to Progress and Loss of Gains at the Thursday, June 22 meeting of the Democratic Club of the Islands. The meeting will take place at 7 p.m. in the Founder's Room of The Community House, located at 2173 Periwinkle Way, and is free and open to the public.

Scrivner has had a distinguished 30-year career in executive leadership devoted to advancing policing in America. She has held national criminal justice policy positions, both at the federal and local levels, and has created innovative public safety initiatives responsive to pressing criminal justice

In 2009, President Obama appointed



Dr. Ellen Scrivner

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photo provided

Dr. Scrivner to serve as the deputy director of the National Institute of Justice (U.S. Department of Justice). Subsequently, she was detailed to be the national HIDTA director, ONDCP,

continued on page 43



## **Direct Gulf Access In Upscale Water Shadows Subdivision** \$1,299,000

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Billy's Rentals owners Salli and Billy Kirkland, center, with 10K Race 4 FISH committee members, from left, Ed Ridlehoover, and Nancy and Pete Bender photo provided

## Billy's Rentals Supports 10K Race For FISH

illy's Rentals has signed on as a Gold Sponsor for the 9th annual 10K Race 4 FISH, which will be held on Saturday, October 28 at The Community House. "FISH fills necessary needs in our community," said Salli Kirkland, who owns and operates the Billy's Rentals business with her husband Billy Kirkland. "We have watched them expand their services over the years to better serve the needs of our diverse community.

FISH of SanCap began more than 30 years ago and remains a "neighbors helping neighbors" organization. "They have continued to be a true resource for our island neighbors, workers and visitors who need a helping hand," said Billy

'We are very pleased to have Billy and Salli as supporters of FISH," said Ed Ridlehoover, 10K Race committee co-chair. "They are wonderful neighbors who go the extra mile for the community in which they live and work."

There are a variety of sponsorships available. For more information, contact Pete and Nancy Bender at benderlaw@ juno.com or call 472-5220.☆

## Health System Focus Groups

n an effort to better serve patients by understanding their specific communication needs, Lee Health is hosting its inaugural Caring through Communication focus groups. The goal of these sessions is to evaluate the readability of system patient information.

The focus groups will be held in the Lee Memorial Hospital Auditorium on Saturday, June 24 at three different times: 10 to 11 a.m.; 11 a.m. to noon; and noon to 1 p.m.

These focus groups are open to the public. For those interested in attending, RSVP by June 19 by calling the Lee Health Diversity Office at 424-3806 or by emailing Kaylenne.Ramirez@ LeeHealth.org. 以

### **ISLAND SUN BUSINESS NEWSMAKERS**

## Top Agents





David Schuldenfrei

he top agents and sales teams for the month of May at VIP Realty Group were:



Karen Bell and The Bell Team

David Schuldenfrei, top sales agent; Rose Dakos, top listing agent; Karen Bell and The Bell Team, top 

## Grand Opening For Auto And Truck Service

anibel resident Jason Stretch will host a grand opening for his new business, Legendary Automotive and Truck Service, at the facility's 1921 Courtney Drive location in Fort Myers on Saturday, July 29 from 9 a.m. to 5

Stretch, originally from New Hampshire, bought the shop from Kevin Offerman. He stated he is excited to continue the tradition of exceptional customer care that Offerman Automotive provided clients for the past 12 years.

Stretch is joined by Joe Billias and Jason LaBonte, who both moved from New Hampshire to Florida to continue working with Stretch. "Joe will be taking care of any customers' concerns and service. He is ASE certified and has a passion for helping customers with their cars and trucks," Stretch said. LaBonte

is an ASE master technician and well known for his ability to correctly diagnose and repair both foreign and domestic cars and trucks.

Todd Siegel, who worked for Offerman Automotive, stayed on after the business sold. He is an ASE certified technician and Lexus master technician and is also well known for his ability to diagnose and repair vehicles.

Stretch and the crew are looking forward to bringing their industryleading customer care approach to Southwest Florida. At their last store, they were awarded the AAA Independent Repair Facility of the Year Award for the entire State of New Hampshire six out of the 10 years of ownership.

Recently, Legendary Automotive and Truck Service became a Bosch Authorized Diesel Vehicle Diagnostics Center. Being certified means that they are recognized by Bosch for their ability to diagnose and repair diesel vehicles above other facilities.

"Our fleet service program is sure continued on page 46



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## Independence Day Shirts On Sale At Bank Of The Islands

anibel and Captiva Islands' 27th Annual Independence Day Celebration T-shirts and tank tops are on sale at Bank of the Islands on Sanibel at 1699 Periwinkle Way. Islanders and visitors are invited to stop by during banking hours to choose their shirts. There are T-shirts and tank tops in a variety of sizes for \$10 each.

This year's parade theme is Preserving the Red, White & Blue.

The Independence Day parade will be held on Tuesday, July 4 beginning at 9:30 a.m. The parade starts at Island Inn Road and continues down Periwinkle Way, ending at Casa Ybel Road. Periwinkle Way will be



photo provided

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.☆

From page 41

## Justice Expert

Executive Office of the President. Those appointments followed her tenure as the director of the John Jay Leadership Academy, where her portfolio included responsibility for the Patrick Murphy Lecture Series.

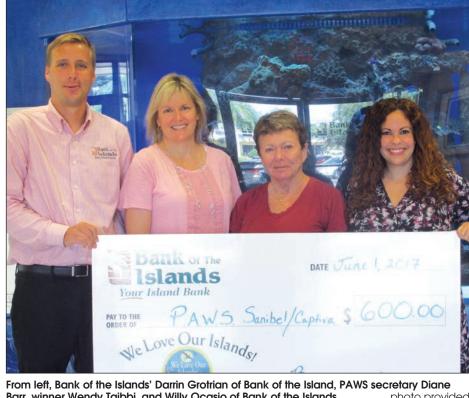
Currently, she consults as a subject matter expert on police reform and participates on three different monitoring teams that are engaged in helping police departments achieve compliance with their consent decrees. Her expertise includes academy training management, use of force training, community policing, crisis intervention, early warning systems, recruitment, applicant screening, hiring and staffing processes

Post 9-11, Dr. Scrivner worked with the FBI on setting up the Office of Law Enforcement Coordination, consulted with the FBI assistant director for OLEC, and facilitated FBI Director Robert Mueller's roundtables with law enforcement executives. She will discuss the need to continue to make



progress in sustaining the gains made over the past 10 years, which are now at risk, and the need to move forward while incorporating new trends such as protecting police. Those interested in criminal justice and community policing are invited to attend.

To join the Democratic Club of the Islands, bring your check for \$25, payable to DCI, to the meeting or mail it to DCI, P.O. Box 898, Sanibel, FL, 33957. For more information. call 994-3175 or e-mail demclubislands@ gmail.com.☆



Barr, winner Wendy Taibbi, and Willy Ocasio of Bank of the Islands

## Donation To **Animal Welfare** Organization

ank of the Islands recently made its latest non-profit donation through its We Love Our Islands program. The winner, Wendy Taibbi, was spotted with a "We Love Our Islands" decal on her vehicle, winning her the right to select which local non-profit group would receive a charitable contribution from Bank of the Islands. Taibbi chose to donate her winnings of \$600 to PAWS of the Islands, a local animal welfare organization. That donation marks \$73,500 given away to date through

Bank's program.

"We are so happy to present this donation to PAWS," said Willy Ocasio, Bank of the Islands' assistant vice president and Sanibel-Captiva office manager. "So many people think of wildlife when they think of Sanibel and Captiva. It's important to support animal welfare for lost and abandoned pets as well."

All islanders are invited to stop by the bank's Sanibel and Captiva offices to get a free We Love Our Islands decal and details on how you and your favorite charity can become our next lucky winners.

Bank of the Islands on Sanibel is located at 1699 Periwinkle Way and on Captiva at 14812 Captiva Drive.☆



Beautifulife:

## A Father's Love



by Kay Casperson

s we take the time to celebrate all the fathers this coming weekend, let's also take the time to remember how important the role of being a dad really is. Unfortunately – like

with motherhood – being a father is not taught in school and the only examples we have are our own parents or the people that surround us. Regardless of the experience growing up, the responsibility of being a dad should not be taken lightly. Fathers are central to the emotional well being of their children.

I have studied a bit on the impact that a father can have on a daughter's life since I have two daughters of my own and look back on my own experience with my dad. I have recently read some research data that was taken from girls and women ages spanning from 9 to 89. Participants were asked to offer five of the most important things you need from your dad. This is a question that all women can answer and I bet some of these are on your list as well. Below are a few of the top responses along with some of my own.

1. Time – spending quality time



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together

- 2. Affirmation approval and praise as well as the words I love you
  - 3. Affection hugs and physical touch 4. Unconditional love – regardless of
- any failures
- 5. Apologies for mistakes made by him
- 6. To be proud of me less criticism,
- 7. Compliments tell me I'm beautiful
- 8. Honesty knowing that he is honest with others and with me
- 9. A listening ear I need to know he is really listening to me
  10. Guidance – in the big and little
- things that are important in life
- 11. Protection from the craziness that surrounds me
- 12. Sense of humor so that I can laugh at things too
- 13. Commitment to the needs of our family
- 14. Role model so I know how a man should treat a women
- 15. Encouragement so I know that he supports my dreams and goals

I'm sure there are things you could add to this list that are important to you too. I encourage you to share, along with your additions to the dads that surround you in hopes that we can all understand and appreciate the importance of the role that being a father really is.

My affirmation for fathers this week is: 'I am taking the time to understand the important role I have as a dad and will strive to be the best I can be, knowing that my every move makes a difference in the life of my child."

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 Disnev. 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.₩

## **FSW Early** Childhoód **Education Study**

That does it cost to ensure that Florida's 3- and 4-year-olds are prepared for kindergarten? Why is that important? These questions and more were studied in detail and the final report is now available at www.fsw.edu/assets/pdf/soe/dean/ FloridaECECostingOutStudyReport.pdf.

Dr. Larry Miller, dean, school of education at Florida SouthWestern State College, led the efforts in the study Cost of Kindergarten Readiness in SW Florida. The education consulting firm of Augenblick, Palaich, and Associates (APA) conducted the study.

"We know from research that kindergarten-readiness is a key factor in predicting third grade Florida reading scores," said Dr. Miller.

According to a report from the Florida House of Representatives, more than 38,000 of Florida's children weren't kindergarten-ready in 2012-2013, the most recent year that data is available. The National Institute for Early Education Research in 2015 ranked Florida as 40th in the country in per student spending on early childhood education for 4-year-olds.



Dr. Larry Miller

photo provided

"This study was conducted so we could determine the costs to prepare children for kindergarten in our fivecounty region. By engaging our region's education leaders from preschools and the school districts, we can more fully grasp a complete picture of this issue," said Dr. Miller.☆

## Seminar On Alzheimer's And Dementia

NSH of SanCap, along with Alvin A. Dubin Alzheimer's Resource Center and Arden Courts of Fort Myers, will host a seminar on Caring for a Loved One with Alzheimer's or a Dementia-Related Disease on Tuesday, June 27 from 12 to 2:30 p.m. at Sanibel Community Church Lunch will be provided and RSVPs are required.

June is Alzheimer's and Brain Awareness Month. This complimentary educational program is for those caring for a family member, neighbor or friend who has Alzheimer's or a dementia-related disease, or anyone that wants to learn more about these diseases. Mary Freyre, health education specialist and RN with Alvin A. Dubin Resource Center, will present valuable information on this topic. Participants will also have the opportunity to take a virtual dementia tour, guided by Melissa Speciale, marketing director for Arden

Courts of Fort Myers.

"Anyone involved in the care of seniors will encounter individuals living with dementia. The insight provided by the virtual dementia tour will alter perspectives and change the way you approach caregiving," said Kathy Y. Monroe, MSG, FISH program director. "We are pleased to have both presenters offer this educational opportunity to our community, and we look forward to offering information that will change the perception of aging and improve the lives of those living with dementia as well as those who care for them.

For more information and to RSVP, contact Kathy Y. Monroe at 472-4775. RSVPs are required by June 20.

Sanibel Community Church is located at 1740 Periwinkle Way.



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## Marine Planning Online Assistance

Norida's boating support and waterway planners, as well as marine event coordinators, can now receive 24-hour online assistance to help plan projects that contribute to the conservation of manatees and other marine wildlife through the Information for Planning and Consultation (IPaC) website. IPaC is an online tool which provides information on protected species and habitat that may occur in a specific area.

In December 2016, the U.S. Fish and Wildlife Service introduced a new IPaC feature, an online list of questions to determine if projects comply with its current Florida Manatee Key and Guidance to Proceed with Marine Events Authorized by the U.S. Coast Guard (USCG). Qualified projects receive a consistency letter from IPaC, which can be submitted with the federal permit application to streamline the project review process.

The Florida Manatee Key addresses U.S. Army Corps of Engineers' permit applications for in-water activities throughout Florida, which include maintenance dredging; placement of fill material for shoreline stabilization; construction of docks, marinas, boat ramps, boat slips, dry storage or other watercraft access structures or facilities; and construction or placement of other in-water structures.

The Guidance to Proceed with Marine Events covers in-water events authorized by the USCG in South Florida, including fireworks, boat regattas and parades, blessing of a fleet, fishing tournaments, sailboat and motorboat races, and non-motorized boat activities.

For more information, visit IPaC at https://ecos.fws.gov/ipac/. A short video showing the new feature can be found at the top of the IPaC 

## **Attorneys** Recognized

'enderson, Franklin, Starnes & Holt, PA recently announced that 25 lawyers were selected for inclusion in the 2017 Florida Super Lawyers and Rising Stars lists appearing in Florida Super Lawyers magazine. While only five percent of lawyers in the state are named to Florida Super Lawyers, no more than 2.5 percent are named to the Rising Stars list.

Henderson Franklin's six attorneys recognized in the 2017 Florida Rising Stars list, as well as their area of practice and law school are:

Suzanne M. Boy, Employment and Labor, Stetson University College of Law; Amanda L. Brock, Land Use/ Zoning, Florida State University College of Law; Traci T. McKee, Professional Liability Defense, Stetson University College of Law; John M. Miller, Civil Litigation Defense, Stetson University

College of Law; Shannon M. Puopolo, Business Litigation, University of Miami School of Law; Kayla E. Richmond, Family Law, Stetson University College of Law.

Henderson Franklin's 19 attorneys recognized in the 2017 Florida Super Lawyers list, as well as their area of practice and law school, include:

John D. Agnew, Business Litigation, University of Kentucky; J. Matthew Belcastro, Construction Litigation, University of Florida Levin College of Law; Michael J. Corso, Professional Liability Defense, Villanova University; Ronald A. Eisenberg, Estate and Probate, New York University School of Law; Thomas H. Gunderson, Real

Estate, University of Florida Levin College of Law; Eric Gurgold, Estate and Probate, New York Law School (JD) and Boston University School of Law (LLM); Denis H. Noah, Real Estate, University of Florida Levin College of Law; John A. Noland, Business/Corporate, Memphis State University; David M. Platt, Estate and Probate, Thomas M. Cooley Law School; John F. Potanovic, Jr., Employment and Labor, University of Florida Levin College of Law; Luis E. Rivera, Business Litigation, Washington and Lee University School of Law; Russell P. Schropp, Land Use/Zoning, Florida State University College of Law (JD and MS); Robert C. Shearman,

Employment Litigation Defense, Florida State University College of Law; L. David Sims, Family Law, Cumberland School of Law of Samford University; Vicki L. Sproat, Employment Litigation Defense, Ohio State University; Bruce M. Stanley Sr., Personal Injury Defense Medical, University of Virginia; G. Donald Thomson, Business Litigation, Stetson University College of Law; Beth T. Vogelsang, Family Law, University of Miami School of Law; Guy Whitesman, Tax, University of Michigan (JD) and University of Florida Levin College of Law (LLM, Taxation).

For more information on Henderson Franklin, visit www.henlaw.com.

## 38th annual



Sanibel • Captiva

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

on-line @ on-line @ www.sancapoptimist.org Contact - e-mail: info@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

## Poor Sleep And Weight Gain





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

Then your sleep is disrupted and you sleep poorly, you can be predisposed to weight gain and changes in appetite. Poor sleep is becoming an increased problem in today's busy culture, with sleep deprivation affecting a third of Americans. Unfortunately, besides making you tired, this disrupted sleep can also make you fat. Studies, including one from the University of Chicago, have shown that sleep deprived individuals choose larger portions and are more impulsive.

There are various theories about the cause of increased weight gain from sleep deprivation, including appetite changes and an altered metabolism. Research has actually shown that hormones change, shifting from those

that promote fullness to those that promote hunger.

Besides the increase in the hunger hormone, ghrelin, which has been noted in older studies about sleep deprivation and weight gain, the results of the Chicago study also showed a 33 percent increase in 2-AG, a component of the endocannabinoid system, similar to the active ingredient in marijuana, that makes eating even more pleasurable. The healthy, lean, young adults in this study who received only 4.5 hours of sleep a night compared to a normal 8.5 hours, actually chose foods with 50 percent more calories and twice as much fat. Skimping on sleep made it more difficult for these young people to resist poor food choices, like cookies and chips. They also reported an increase in hunger and would overeat, even though they had already consumed a large meal, especially after lunch, because the 2-AG levels peaked around 2 p.m. and stayed high until 9 p.m.

People who are sleep deprived may eat more and be less able to resist sugary, fatty and salty foods and snacks, which can result in more weight gain. Working on improving sleep could be a simple remedy.

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

## Mom And Me





by Lizzie and Pryce

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

### Dear Mom & Me,

Hi Lizzie, Hi Pryce. I enjoy your column but must comment on the alcohol related column. In ALANON, people learn that they did not cause, can not cure and cannot control another person's substance abuse. ALANON should always be recommended in these cases. You will be giving someone their life back.

You may want to attend a few meetings of ALANON or open AA meetings to learn to better advise these concerns. Contacting a grown person's family is not productive, as it only draws in others who cannot cure, or control, the problem. Regardless of the cause, a grown person must learn to bear the consequences of their own choices and decisions.

Thanks for reading this.

Gal from Sanibel

### Dear Gal,

Thank you for your letter. We are very familiar with ALANON and it is a wonderful organization, and it's goals are exactly as you describe. Many family members have been helped by joining this self help group.

Our experience has been that some family needs are far greater than a self help group can possibly provide. And their needs are such that they need therapy by professionals with expertise in the field of alcoholism.

The mother in this column is very concerned that her mother is exposing the grandson to alcohol and possibly other inappropriate behaviors. These behaviors could ruin the child's life and what the grandmother is doing is also against the law. After professional help has been given and a long range plan designed, joining an ALANON chapter could be a wonderful source of comfort and information.

For further information, please contact the ALANON chapter listed in your telephone book at the place where you live.

Lizzie and Pryce

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

## Island Seniors At Center 4 Life

eet 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 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. 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.☆

From page 42

## Grand Opening

to please, we can save fleets both money and downtime," said Stretch. "We have the tools, technology and a two-year warranty for most fleet repairs. We believe our fleet program is the best available."

Legendary doesn't stop at general repairs and service. "Our team has been featured in *JP*, *4WD*, *4-Wheel Drive* and *Diesel Power* magazines," said Labonte. "We can lift, lower, add or change turbos, and can help with our classic car knowledge."

Stretch said, "We offer one of the best warranties in our industry, three years or 36,000 miles on most repairs, and it covers you nationwide. We are also open on Saturdays from 8 a.m. to 4 p.m. to help accommodate almost any schedule."

Legendary Auto shop puppy Dagny won the "Howl-O-Ween" costume contest at Island Paws last year. Stretch is pushing to get a dog park on Sanibel.

For more information, contact Stretch at 277-1004.

## Got A Problem? Dr. Connie Is In



by Constance Clancy-Fisher

**Q:** My sister's husband is having an affair, and my sister found out and is devastated. There has been a history of him cheating on her for years. He has been self-absorbed ever since I have known him. People

who know him say he is a narcissist.

How does one become narcissist? He is so slick, and she is starting to see it. How can I help my sister because she is afraid to leave him?

**A:** It's unfortunate that your sister is enduring this situation as it is such a betrayal, yet not that uncommon. It would be most helpful to have a conversation with her that this type of person does not change. You didn't mention if there are children, however, I highly recommend

that she enter counseling to understand herself and why she is afraid to leave. The DSMV Diagnostic Manual that we professionals use to make diagnoses identifies a set of criteria for personality disorders in individuals. Narcissistic Personality Disorder is one of them. Narcissistic traits begin early on when one feels shame and covers up with psychological defenses. Narcissists are encountered in the work setting and in personal relationships and can be very difficult to pinpoint initially.

People can have narcissistic traits and behaviors without meeting the full criteria. Below are the following traits of narcissists:

- Appears confident and strong. They can seem attractive, and they are good at self-presentation. They talk a lot about themselves (they care about themselves first and foremost and are not capable of real love, remember this). They need to feel and be successful, or at least appear successful.
- The flip side of narcissism is shame. At the core level, these people do not like themselves. They have felt shame for most of their lives and never reached a true sense of autonomy.
  - In the beginning of a relationship, the

narcissist will put you on a pedestal. The praise is constant. Once again, this is not about you, as we all have flaws, but it's about the narcissist's need for a reflective surface.

- They are considered most charming and attractive. They can be nice and even say and do all the things you want to hear. The problem lies in that it is all for them, not you, and it will stop in a heartbeat when there is the slightest tinge of conflict. It's when you stand up for yourself, they will turn on you. A narcissist has to be in control. Of course, they control out of fear, fear of being alone, fear of being found out, fear of...you name it. Don't be fooled, once they realize they cannot control you, they are prone to look elsewhere and usually do, preying on another person who does not see the true essence of what is behind the persona.
- A narcissist has to have constant adornment from others. It's a one-way street. In the event you try to discuss a concern with this individual, it will be thrown back in your face as proof that what is wrong is you, not him/her. Unfortunately, it takes time, perhaps years to see the patterns clearly. Once out of the entanglement with a narcissist, the 20/20 hindsight you acquire is beyond
- The relationship with a narcissist is a roller-coaster ride of seduction. There are many highs and lows in the relationship. Sadly, this fits into some of the most mistaken ideas many people have about "romantic love." They end up using rationalizations and projections, unconscious defense mechanisms used to protect themselves. The trap is set very early on,

and it is so easy to walk right into it, at least for awhile.

• The narcissist is a game player and they know just how to game your investment in the relationship. They are good at seeking out an honest and caring person. When this person is up against someone who is more than willing to lie, happy to manipulate and, at the end of the day, doesn't care about you and never did, that honest and caring person doesn't stand a chance. They are good to point out what you did not do for them, never what you did do. The narcissist likes and needs to be in a constant relationship with an individual because he/she uses it to selfregulate, to enhance the self and maintain any sense of self-esteem. Remember, there is no sense of self at the core. They are dealing with their own victimhood issues. The narcissist loves to keep you off balance, because his/her own needs come first at all costs. The biggest problem with the narcissist is that he/she is very good at fooling most, if not all of us, until one wakes up and runs for the exit as soon as they possibly can. At the end of the day, narcissists would never dare want you to know, they are really tortured souls desperately in search of eliminating their shame yet they don't know how.

I hope this was helpful, and my guess is when your sister has had enough (with the help and support of a professional) she will run for the exit as well.

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.☆

### deaRPharmacist

## How To Get More Energy Without Coffee



by Suzy Cohen, RPh

Readers: We all experience fatigue or low energy at some point in our lives. Sometimes it is temporary, like after an all-nighter, or a bout with the flu. Whatever the cause, fatigue is difficult

to deal with. Also, one common but overlooked reason for fatigue is a missed diagnosis of hypothyroidism. Today, I'll share my secrets for natural and effective ways to improve energy without Starbucks (wink):

B complex. A deficiency of the B vitamins harms your adrenal glands and is a frequent cause of fatigue and depression. There's even a synthetic B vitamin made in very high doses and sold by prescription for depression called Deplin. B Complex is profoundly useful to make neurotransmitters and generate ATP energy production via the Krebs cycle. You need B12 to support thyroid production and get rid of homocysteine.

Licorice Root. This ancient herbal adaptogen doesn't care how you got fatigued, it only seeks to fix your exhausted adrenal glands by increasing your energy and endurance. Because licorice stimulates the production of cortisol, it also boosts thyroid hormone. One cup of licorice root tea per day might be all you need. Using it for too long, or taking too much will induce headaches and hypertension.

Ashwagandha. Also known as Indian ginseng, this herb, over a few weeks, activates T4 to T3 thyroid conversion

(good!) which improves energy and fat-burning capabilities. But ashwagandha should be taken at night - at least at first - because it causes drowsiness for many

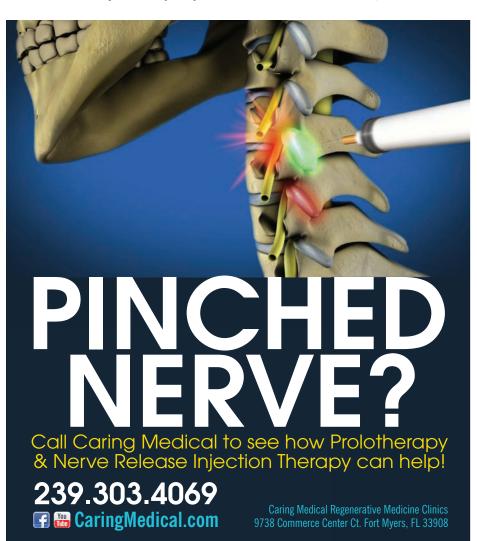
Tyrosine. Your body uses tyrosine, an amino acid, to make thyroid hormones which improve brain power and energy. Tyrosine is in many popular energy drinks and thyroid supplements. Dosage varies greatly from person to person, so start with 75 to 100 mg once or twice during daytime hours or it can cause insomnia. You can always increase from there. You'll know you get too much if you feel shaky or get a racy heartbeat (similar to excessive caffeine).

Oat straw (Avena sativa). Known best as an effective tonic for hemorrhoids, oat straw may gently support thyroid function which in turn provides energy and fat-burning compounds. It has a lot of natural calcium which helps your muscles and bones. In animals, oat straw triggered release of luteinizing hormone (LH) which increases testosterone and impacts ovulation.

Salads and Greens. Eating steamed or sauteed greens is perfect, and, of course, a salad a day. The green color of romaine lettuce, chard and collards comes from natural chlorophyll. There are also supplements and powdered drink formulas that contain seaweeds or cereal grasses which contain chlorophyll. This rapidly cleans your cells and creates energy.

Still want more energy? There are coffee alternatives such as teas (black or green), coffeeberry fruit extract, yerba mate shots and guayusa (gwhy-you-sa) drinks and teas which all act similar to coffee in that they are stimulating, but milder. These are nice because they have their own specific set of herbal health benefits.

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.☆





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Florida Highway Patrol
Poison Control1-800-282-3171
Chamber of Commerce 472-1080
City of Sanibel
Administrative Office
Building Department
Planning Department
Library - Sanibel
Library - Captiva
Post Office - Sanibel
Post Office - Sanibel (toll free)800-275-8777
Post Office - Captiva
Sanibel Community Association
Center 4 Life - Senior Center
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Art League Of Fort Myers
BIG ARTS - Barrier Island Group for the Arts 395-0900
Broadway Palm Dinner Theatre
Fort Myers Symphonic Mastersingers 288-2535
Gulf Coast Symphony
Lee County Alliance for the Arts
Naples Philharmonic
The Herb Strauss Schoolhouse Theater
Sanibel Music Festival
Sanibel-Captiva Art League sancapart.com
SW Florida Symphony
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ABWA - American Business Women's Assoc http://abwasanibelcaptiva.org
American Legion Post 123
American Legion Post 123
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American Legion Post 123 Angel Flight SE Audubon Society Ar72-974AN-ANGEL Audubon Society Ar72-189 COMMUNITY Housing & Resources Ar72-1189 Community Foundation of Sanibel-Captiva COTI Committee of the Islands Coti@coti.org CROW - Clinic For The Rehabilitation of Wildlife Democratic Club of the Islands Demclubslands@gmail.com FISH OF SANCAP Neighbors Helping Neighbors FISH. OF SANCAP 24-hr service Ar72-404 Sanibel Island Fishing Club Horticultural Society of the Islands Horticulture and Tea Society of Sanibel and Captiva Kiwanis Club Horticulture and Tea Society of Sanibel and Captiva Kiwanis Club League of Women Voters League of Women Voters SanibelLWV@gmail.com Lions Club, Jeff MacDonald Save-521-1158 Master Gardeners of the Islands Ar2-6940 MOAA - Military Officers Assc. of America, Alex MacKenzie Sys-332 Newcomers Ar2-9332 Notre Dame Club of Southwest Florida Optimist Club Ar2-8933 Notre Dame Club of Southwest Florida Sanibel Bike Club Sanibel Bike Club Sanibel Beautification Inc Ar2-8940 Sanibel-Captiva Orchid Society Sanibel-Captiva Republican Caucus Sanibel-Captiva Shell Club facebook.com/sancapshellclub Sanibel-Captiva Shell Club facebook.com/sancapshellclub Sanibel-Captiva Shell Club facebook.com/sancapshellclub Sanibel-Captiva Shell Club facebook.com/sancapshellclub Sanibel-Captiva Shell Club Total Way 211 Helpline 24 hour Sanibel Saley-Matthews National Shell Museum Sys-2233 JN "Ding" Darling National Wildlife Refuge Ar2-1100
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American Legion Post 123 Angel Flight SE Audubon Society Ar72-974AN-ANGEL Audubon Society Ar72-189 COMMUNITY Housing & Resources Ar72-1189 Community Foundation of Sanibel-Captiva COTI Committee of the Islands Coti@coti.org CROW - Clinic For The Rehabilitation of Wildlife Democratic Club of the Islands Demclubslands@gmail.com FISH OF SANCAP Neighbors Helping Neighbors FISH. OF SANCAP 24-hr service Ar72-404 Sanibel Island Fishing Club Horticultural Society of the Islands Horticulture and Tea Society of Sanibel and Captiva Kiwanis Club Horticulture and Tea Society of Sanibel and Captiva Kiwanis Club League of Women Voters League of Women Voters SanibelLWV@gmail.com Lions Club, Jeff MacDonald Save-521-1158 Master Gardeners of the Islands Ar2-6940 MOAA - Military Officers Assc. of America, Alex MacKenzie Sys-332 Newcomers Ar2-9332 Notre Dame Club of Southwest Florida Optimist Club Ar2-8933 Notre Dame Club of Southwest Florida Sanibel Bike Club Sanibel Bike Club Sanibel Beautification Inc Ar2-8940 Sanibel-Captiva Orchid Society Sanibel-Captiva Republican Caucus Sanibel-Captiva Shell Club facebook.com/sancapshellclub Sanibel-Captiva Shell Club facebook.com/sancapshellclub Sanibel-Captiva Shell Club facebook.com/sancapshellclub Sanibel-Captiva Shell Club facebook.com/sancapshellclub Sanibel-Captiva Shell Club Total Way 211 Helpline 24 hour Sanibel Saley-Matthews National Shell Museum Sys-2233 JN "Ding" Darling National Wildlife Refuge Ar2-1100

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

## PETS OF THE WEEK

Lee County Domestic Animal Services

## Misha And Mystic

Tise, older cat Misha, who is a 10-year-old female domestic shorthair, has been amused by watching the young kittens chase their own tails. She already knows that where she goes, her tail will follow. If maturity and intellect is what you seek, she is definitely the perfect feline for you!

Adoption Fee: \$30

Mystic is a six-year-old female american staffordshire terrier who seeks an energetic partner to explore the world. Long walks on the beach, playing fetch, or just chilling with Netflix would be her ideal lifestyle. If this sounds good to you, stop by today and meet Mystic!

Adoption Fee: \$50 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.

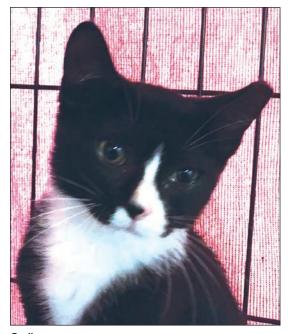
The adoption package is valued at \$500.☆



Misha ID# 700983



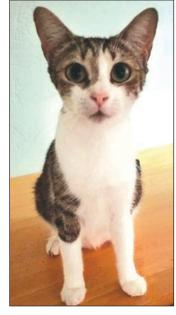
Mystic ID# 699765



Curtis

## Haven on Earth Animal League Curtis And Sadie

i there. I'm Curtis. I am only 3 months old and just the cutest . little tuxedo boy around. I'm already neutered and up to date on all vaccines. I am staying at the Petco at Gulf Coast Town Center and I want to live in a real home so badly. My adoption fee is \$100. Please come see me and take me home. For more information, call Diane at 860-833-4472 or email



Sadie

Haven on Earth Animal League at havenonearthanimalleague@yahoo.com.

Hi, my name is Sadie. I am only a year old and just raised four babies that are soon to be adopted. I am a really sweet girl and want someone to love me forever. I have beautiful tabby markings with white legs and belly, and a cute little pink nose. I am up to date on all vaccinations and spayed. My adoption fee is \$100. I am currently residing with a foster family. Call Diane to make an appointment to see me at 860-833-4472 or email Haven on Earth Animal League at havenonearthanimalleague@yahoo.com.

We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email havenonearthanimalleague@yahoo.com.

22 23

## **PUZZLES**

Answers on page 53

## **Super** Crossword

## **PEOPLE**

### ACROSS

- 1 Charlotte of "Diff'rent Strokes"
- 4 Champion 10 Insect feeler
- 14 Slight smell 19 North
- Dakota's tree 20 Farewells
- 21 Regal Norse name 22 Sharpening
- device 23 Talk show host with
- three Emmys 25 Best Actor nominee for "Hotel Rwanda'
- 27 Giant in retail furniture 28 "- he my
- pleasure' 29 Cold cubes 30 Childishly
- trivial 31 "Quantum Healing"
- author 35 Cause a floating log to spin by walking on it
- 36 Direct (at) 37 Sorority letters
- 38 Apt. units 39 30-day mo.

19

23

27

31

48

54

73

78

98

102

110

115

120

124

90 91

42 43

63

- 40 Writer Rice 41 Very familiar (with): Fr.
- 44 Irked greatly 46 He played Clark Kent on "Lois & Clark"
- 48 Ending of some pasta names
- 49 Gestures from 4-Acrosses
- 51 Start to fall 53 Juice brand 54 "Designing
- Women" co-star 57 Kickoff prop 59 Catholic
- leaders 63 Univ. helpers 64 MD's qp.
- 65 Jim who played Gomer Pyle
- 67 Psychic alows 68 Rats on
- 70 Jet airliner an apt alternate title for this
- puzzle **71** Talks glibly 73 Zones **74** Fit for

20

32 33

49

64

74

79

93

121

125

99

75

86

116

37

84

92

(regal)

28

44 45

- 76 Small, like Abner 77 Building wing
- 78 They bray 79 Slimy stuff 80 Sixth actor to play James
- Bond 84 Pop music's Lohos 86 Ending for
- Brit 88 What you might call a cool cat
- 89 4 p.m. social 90 She played Frenchy in
- "Grease" 94 - -ski party 96 Landscaping
- tools 98 Kiwi cousins 99 "- cool!"
- 100 "Kill bill" vote 101 Brit's prison
- 102 Red Cross skill, for short 103 Big birds of
- myth model that's 104 "How to Win Friends and Influence People" author
  - 110 Selma locale 112 32nd prez
  - 113 Cur's threat **114** Nada

- **115** "Wayne's World" co-star
- 117 She played Alice in "Bob & Carol & Ted & Alice"
- **120** nous 121 Snack 122 Breathing
- problems 123 USN officer 124 Navigate

125 Zoomed

- 126 E. Sicilian volcano
- 127 King, to Juan

### **DOWN**

- 1 Made over 2 Not different 3 Show host
- 4 Dust buster, for short 5 Boise loc.
- 6 Social studies class 7 Canines, e.g.
- 8 Defeat 9 Pre-U queue 10 Shows to be downloaded
- 11 Burn soother 12 PC linkup 13 Many a sewer-line
- tube, briefly 14 Tire holder 15 Winter frost

16 Gary's state

10 111 12 13

21

25

51

88

122

126

29

34

38

65

94

100

104

80

95

- 17 Filmmaker Federico
- 18 Ex-slaves 24 Sorority letter 26 Crv from a
- 4-Across 29 Old TV's "My Friend -
- **32** "— always said 33 Tastelessly artistic
- **34** Being there 35 Harass
- **40** Equip 41 Give relief 42 Ally makers
- 43 Obsesses 44 Farmingrelated prefix
- 45 Leveling stuff 47 Attack like a playful pup 50 Sean Penn
- drama 52 Slews 55 Galilee residents
- 56 Assessed 58 Eyed
- 60 High-ranking cleric **61** Previously
- 62 Mil. draft gp. 66 Sudafed alternative
- 68 Goat's call 69 Pt. of NBA 70 Threads

30

35

39

46

52

57

14

22

47

59

67

53

96

118 | 119

101

105 106

113

40

- 72 Not closing seasonally 75 Five wombmates
- 76 Pan covers 81 Scot's denial 82 Nucleotide
- triplet 83 With 118-Down fuel
- container 85 Wine region in California
- 87 Like batik fabric
- 90 Century parts
- 91 Embed firmly 92 Comic
- Jimmy 93 Extreme diet rule, perhaps
- 95 Jack of early TV 97 Beck of radio
- 101 January gem 103 Relay athlete 105 Nile locale
- 106 Heavy lifter 107 Lost cause
- 108 Hole (ace) 109 Itsy-bitsy 111 Undecorated
- **112** Gala 116 Big shot
- 117 Beaver work 118 See 83-Down
- 119 Simile part

61

107 | 108 | 109

89

123

127

114

15 16 17

## King Crossword

16

33

### **ACROSS**

1 Muppet master Henson Wile E. Coyo-

15

- te's supplier Low- - diet
- Mimic Make dinner 13
- 14 Medley 15 Preside over
- Walden, for one 18 Mountain
  - goat **Feudal** lord
  - 20 Choir members 22 You
  - 24 Slender Mao Zed-25
  - ong's title Encountered
- Band section 49 Broadway Praise in verse
- 32 Like kebab Greek letters
- Walk in the woods Expositions 36
- 37 ess 40 Sicko, for
- short 41 Rue the run
- Steep 46 Bistro name
- starter Shakespeare's river 48 Plaything

10 Circle

e.g.

Spur on

Hebrew

month

28 Loch -

42

47

- prize 11 50 Wilson predecessor 16 Black, in
- 51 Ram's ma'am **DOWN** wear
- Predicament 20 Charitable Wall St. debut 3 Indulae in
- reflection 22 Crowd? Farm statistic 23 Full house, 5 Wheedle
- 25 Stopper 6 Witticism - out a living 26 8 Office

machine

- Monster Olympic skier 30 Estate recipi-Miller ent
- 33 Asthmatic, mavbe verse 19 Island neck-34 Deserve
  - 36 Pretense 37 Datum Reverberate donations 38
- 21 Onion relative 39 Timely query Campus VIP 4N 42 Wrestling sur
  - face 43 Actress Gardner
  - 44 AAA job 45 Storm center

## LEAF MAGIC MAZE ● VEGETABLES

TLIFCZSWURPMJHE CZEXUSSPONLJGEC HCANIPSYRYZEXVT RDPNNLRELOJCHEY CARYWEOVRHUUTYR RPNALEFCLCKTIEO GECELBZXCKRTSLC F L OWER) Α UL SRKPOMOLJBRLTRH IGEDRAHCEGABBAC

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

D B A Y X W U P I N S R A P W

Bok choy Broccoli Cabbage Cauliflower Celery Chard Chicory Collard

Fennel Kale Lettuce Parslev

Parsnip Spinach Watercress

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

## SUDOKU

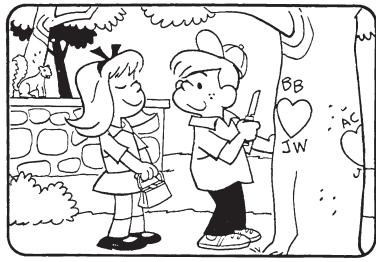
### To play Sudoku:

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.

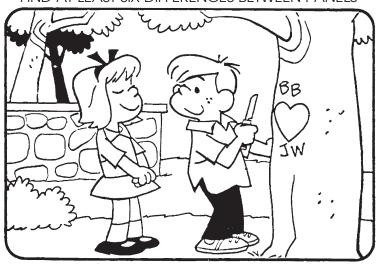
answer on page 53

**SCREENS** 

**HENRY BOLTINOFF** 



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



4. Cap is missing. 5. Shirtfail is different. 6. Carving is missing. Differences: 1. Squirrel is missing. 2. Hair is different. 3. Purse is missing.

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**Project** 





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Tue





**SATURDAY** Scattered T-storms High: 87 Low: 78



SUNDAY T-storms Likely High: 87 Low: 79



**MONDAY** Scattered T-storms High: 86 Low: 77



THESDAY Cloudy High: 84 Low: 78







THURSDAY Cloudy High: 85 Low: 79

Redfish Pass Tides								
Day	High	Low	High	Low				
Fri	7:43 am	12:27 am	6:12 pm	12:20 pm				
Sat	8:23 am	1:15 am	7:36 pm	1:51 pm				
Sun	9:02 am	2:03 am	9:12 pm	3:13 pm				
Mon	9:40 am	2:50 am	10:47 pm	4:23 pm				

10:19 am 3:35 am None 5:24 pm

Wed 12:12 am 4:18 am 10:59 am 6:19 pm 1:26 am 4:58 am 11:40 am 7:12 pm

Day	High	Low	High	Low
Fri	6:48 am	12:29 am	5:17 pm	12:22 pm
Sat	7:28 am	1:17 am	6:41 pm	1:53 pm
Sun	8:07 am	2:05 am	8:17 pm	3:15 pm
Mon	8:45 am	2:52 am	9:52 pm	4:25 pm
Tue	9:24 am	3:37 am	11:17 pm	5:26 pm
Wed	10:04 am	4:20 am	None	6:21 pm
Thu	12:31 am	5:00 am	10:45 am	7:14 pm

Point Ybel Tides

I unta Rassa Trues					
Day High		Low	High	Low	
Fri	7:19 am	12:35 am	6:24 pm	12:29 pm	
Sat	7:55 am	1:23 am	7:33 pm	1:52 pm	
Sun	8:28 am	2:12 am	8:41 pm	2:58 pm	
Mon	8:58 am	2:55 am	9:51 pm	3:56 pm	
Tue	9:31 am	3:34 am	11:12 pm	4:57 pm	
Wed	10:17 am	4:14 am	None	6:01 pm	
Thu	12:23 am	5:07 am	11:23 am	7:02 pm	

Cape Coral Bridge 11des							
Day	High	Low	High	Low			
Fri	9:53 am	3:43 am	8:22 pm	3:36 pm			
Sat	10:33 am	4:31 am	9:46 pm	5:07 pm			
Sun	11:12 am	5:19 am	11:22 pm	6:29 pm			
Mon	11:50 am	6:06 am	None	7:39 pm			
Tue	12:57 am	6:51 am	12:29 pm	8:40 pm			
Wed	2:22 am	7:34 am	1:09 pm	9:35 pm			
Thu	3:36 am	8:14 am	1:50 pm	10:28 pm			

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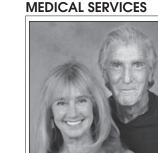


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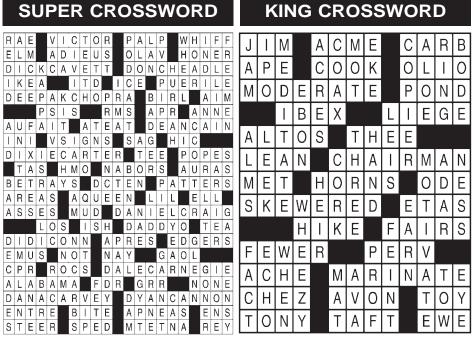
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### **ANNUAL RENTAL**

### ANNUAL RENTAL

By Marina, Updated, 2BD/11/2BA, duplex UF. Tile & Carpet, wood staircase. Most utilites included \$2,200/mo

### FT. MYERS

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### **ANNUAL RENTAL**

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### ANNUAL RENTAL WANTED

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solution

1. Search; 2. Demand;

3. Source; 4. Raise

Today's Word

**HAIRDO** 

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so we can put your picture in the paper.



1640 Periwinkle Way, Sanibel





## My Stars ★★★★

### FOR WEEK OF JUNE 19, 2017

ARIES (March 21 to April 19) Information you need might be coming in sporadically, but at least what you're getting is valuable. Continue to wait until more is available before acting on that career move.

TAURUS (April 20 to May 20) You continue on an upbeat cycle, and with that strong Taurean energy you should see favorable results from your hard work. A pleasant surprise awaits you in your private life.

**GEMINI** (May 21 to June 20) A misunderstanding needs more time to be worked out. Don't give up on it just yet. Remain open to providing explanations, if called for. Another friend offers good advice.

CANCER (June 21 to July 22) Fast action can correct a seemingly minor problem that has taken on some unexpectedly difficult aspects. Stay with it until it's resolved. News on a more positive note is due soon.

LEO (July 23 to August 22) Some snags could cause delays in those plans you're eager to see put into operation. But be patient. The Clever Cat will soon have good reason to celebrate a job well done.

VIRGO (August 23 to September 22) Be careful not to let that Virgan sensitivity dissuade you from being the hardheaded realist you should be at this time. Your goals are in sight. Stay focused on them.

LIBRA (September 23 to October 22) A more positive aspect opens up, allowing you to make some important changes in a personal situation. Remember to seek balance and avoid extremes as you proceed.

SCORPIO (October 23 to November 21) This is a good week to get out and enjoy the fine times you missed while you were so deep in those workaday projects. Be sure to share it with that special person.

**SAGITTARIUS** (November 22 to December 21) Work and play are in balance this week. However, expect news that could tip things toward the workplace for quite a while. But all to a good end.

CAPRICORN (December 22 to January 19) You're more productive on the job than you have been in some time. That's good. But be careful not to overlook some situations developing in your private life.

AQUARIUS (January 20 to February 18) You've been doing a lot for others (as usual). But now it's time to focus on your needs, including finally going on that long-delayed trip you've been hoping to make.

PISCES (February 19 to March 20) It's all smoothly going on 'twixt you and that very special person in your life. But a colleague causes some disruption on the job that you might be called on to help settle.

**BORN THIS WEEK:** You are sensitive to the needs of others. But you're no pushover. You would make a fine teacher, psychologist or minister.

### THIS WEEK IN HISTORY

• On June 28, 1928, 26-year-old Louis Armstrong walks into a Chicago recording studio with five fellow jazz instrumentalists and walks out having changed the course of music history. Armstrong and his Hot Five recorded

"West End Blues," which would make him an international

• On June 30, 1936, Margaret Mitchell's "Gone with the Wind," one of the best-selling novels of all time, is published. By the time Mitchell won the Pulitzer Prize for Fiction in 1937, a movie project was already in the works.

• On June 26, 1956, the U.S. Congress approves the Federal Highway Act, which allocates more than \$30 billion for the construction of some 41,000 miles of interstate highways, the largest public construction project in U.S. history to that date.

• Ón July 2, 1964, President Lyndon Johnson signs into law the historic Civil Rights Act, which prohibited racial discrimination in employment and education and outlawed racial segregation in public places such as schools, buses, parks and swimming pools. It would help pave the way for the Voting Rights Act of 1965.

• On July 1, 1984, the Motion Picture Association of America, which oversees the voluntary rating system for movies, introduces a new rating, PG-13. The MPAA created the rating to better help parents determine whether a movie was child-appropriate.

### STRANGE BUT TRUE

• It was beloved English author J.R.R. Tolkien, best

known for fantasy tales "The Hobbit" and "The Lord of the Rings," who made the following sage observation about his chosen genre: "I have been a lover of fairy-stories since I learned to read. Why should a man be scorned if, finding himself in prison, he tries to get out and go home? Or if, when he cannot do so, he thinks and talks about other topics than jailers and prison walls?

• You're probably aware that nocturnal animals are active at night and that diurnal animals are active during the day. But what about creatures that prefer the twilight hours? Yep, they have a name, too: They're crepuscular.

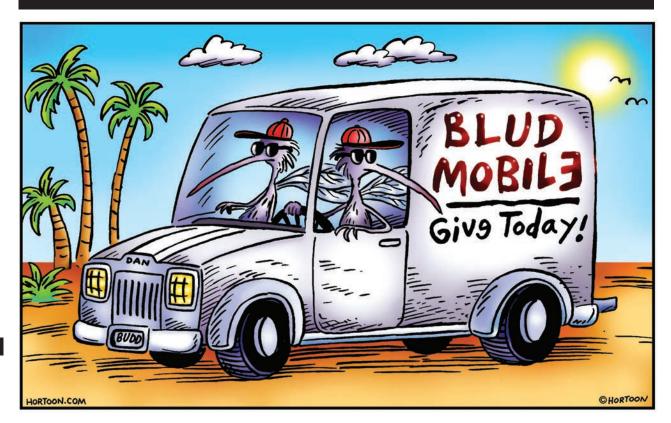
 In a recent survey of Americans and Britons, conducted on behalf of meditation app Calm.com, respondents reported that they get their best sleep of the week on Thursday nights, while Sunday night is the worst for

• Add this to the list of America's puzzling small-town festivals: Every June, the town of Ainsworth, Nebraska, puts on the Middle of Nowhere Celebration.

### THOUGHT FOR THE DAY

"The true test of a civilization is, not the census, nor the size of the cities, nor the crops -- no, but the kind of man the country turns out." -- Ralph Waldo Emerson

## HORTOONS



## Top 10 Real Estate Sales

<u>-</u>						
Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	2002	4,279	\$3,599,000	\$3,160,000	252
Sanibel Estates	Sanibel	1993	3,828	\$2,345,000	\$2,176,250	140
Sanibel Isles	Sanibel	1988	3,268	\$1,899,000	\$1,740,000	29
Portofino	Miromar Lakes	2007	3,643	\$1,799,000	\$1,660,000	100
Tropic Shores Estates	North Fort Myers	2015	4,022	\$1,499,995	\$1,300,000	13
Dunes at Sanibel Island	Sanibel	1982	2,680	\$1,199,000	\$1,125,000	16
Natoma Park	Fort Myers	1981	3,586	\$1,100,000	\$1,000,000	41
Renaissance	Fort Myers	2016	2,947	\$907,990	\$907,000	269
Ferry Landing	Sanibel	1984	2,239	\$899,900	\$880,000	106
Seaside Estates	Fort Myers	1999	3,314	\$895,000	\$830,000	437



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