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SANIBEL & CAPTIVA ISLANDS, FLORIDA

JUNE 15, 2018

JUNE SUNRISE/SUNSET:

15 6:35 • 8:22 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



Guests at Free Admission Day will get a chance to see the Old Schoolhouse for White Children, 1896; and Burnap Cottage, an old fishing cottage, 1898 photos provided

Free Admission At Historical Village This Saturday

The Sanibel Historical Village will offer free admission for all visitors on Saturday, June 16 from 10 a.m. to 1 p.m.

"We decided to hold Free Admission Days because sometimes Sanibel residents tell us they have never been to the village," said Executive Director Emilie Alfino. With our mission to share and celebrate Sanibel's history, we wanted to do something to entice more people to explore the village. Once they do, we know they'll love it and return many times and bring family and friends."



Guests with board member Clivie Goodwin, right, talking about the history of the Old Schoolhouse. Three hundred people attended last year.

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 pio-

neer 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

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Sam Lucas and Dr. Bruce Neill of Coastal Keepers displaying reusable metal straws available at Sanibel Sea School's flagship location

photo by Jeff Lysiak

Going Strawless Initiative Catching On

by Jeff Lysiak

An emergency SOS distress signal is going out across the islands and around the world: Go Strawless! Launched by Coastal Keepers, a group

of Sanibel and Captiva community members who cherish the ocean, appreciate the rich history of our region, and are determined to conserve our oceans and estuaries for future generations, the Strawless on Sanibel (SOS) campaign is a conservation initiative which seeks to reduce the use of plastic straws on the islands.

"The idea was brought to us from one of the people from SCCF (Sanibel-Captiva Conservation Foundation) who walks the

continued on page 10

Sea Turtle Rescue A Group Effort



From left, SCCF sea turtle technician Jack Brzoza, intern Katie Goulder and sea turtle technician Andrew Glinksy

photo provided

submitted by Alexis Horn, SCCF Public Outreach Coordinator

On June 5, a call came in to the Sanibel-Captiva Conservation Foundation (SCCF) Sea Turtle Hotline to report a sea turtle offshore. A

male loggerhead sea turtle was exhibiting abnormal behavior and was having trouble surfacing for air.

SCCF staff quickly mobilized by first attempting to swim to the sea turtle's aid;

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Sanibel Christian Preschool honored three graduates, who are now ready for their next step photo provided

Preschool Graduation

Sanibel Christian Preschool has now graduated its fifth class of preschoolers into kindergarten. On a rainy afternoon, the three graduates processed proudly to *Pomp and Circumstance* after director Ana Abella welcomed those attending.

During the ceremony, Abella led the three graduates in songs, including one written especially for the occasion, before presenting each child with a diploma. Puppet "Shep" and the Rev. Deb Kunkel, associate pastor of Sanibel Congregational

United Church of Christ, shared words of farewell. The senior pastor, the Rev. Dr. John H. Danner, expressed gratitude for the teachers and all who support the preschool and closed the ceremony with a prayer.

Then after one last group hug, the students and their families enjoyed the reception provided by the members of the church.

Sanibel Christian Preschool is an outreach of Sanibel Congregational United Church of Christ. To enroll a child for the coming school year, which begins in August, or for more information, contact Ana Abella at 472-0497 or visit www.sanibelucc.org/preschool.✱

Celebrating Neighbors At Friendly Faces Luncheon

The FISH of SanCap monthly Friendly Faces luncheon is an opportunity to reconnect and meet new friends. Held monthly on the second Tuesday of each month, George & Wendy's Seafood Grille and FISH co-host the luncheon, which is open to the community.

Last month, more than 15 neighbors joined in, including birthday gals Clara Thomas and Fran Cameron, island residents. Their special celebration included wearing feather boas and celebrating with birthday cake, balloons and a room full of friendly faces.

Thomas, celebrating her 99th birthday, blew out the candles, wishing that she will be this happy next year for her 100th. When asked what she attributes her longevity to, she said, "The good Lord doesn't want me yet, he still has things he wants me to do."

Cameron, celebrating her special day, attributes her longevity to "living in the moment and just being happy today, because you don't know if there's going to be a tomorrow." Her view on age is, "Age is just a number, and mine is nonpublished!"

The FISH of SanCap Friendly Faces price fixed lunch consists of an entrée, side, non-alcoholic drink and dessert. For more information, contact Kathy Y. Monroe, program director, at 472-4775 or visit www.fishofsancap.org.✱



Fran Cameron and Clara Thomas

photo provided

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Lee DuPuy photo provided

Learn To Use Handbells At Sanibel Church

What on earth is tinnabulation? It is the ringing of bells... handbells, in this case. Have you ever been to a handbell concert? If you haven't, you've missed a really great experience – an awesome experience.

But even better than attending a handbell concert is performing in one, and here's your opportunity.

Would you like to become a handbell ringer? You might say, "What kind of skills would I need to do this?" The ability to read music (even just a little bit) is helpful; also, the strength in one's hand and wrist must be able to hold the bell upright. There are very small bells (which require very little strength) and very large bells (which require more strength) and lots of sizes in-between. Ringing handbells requires practice, but once you have a few weeks under your belt, the sense of achievement is wonderful; it's just plain fun.

Sanibel Community Church, as part of its outreach to the community, is offering you a chance to become a handbell ringer. If you are interested in participating, here's what you need to know:

On Wednesday, July 11 at 1 p.m., Sanibel Community Church will conduct the first handbell session in the main sanctuary. Activities will include holding a handbell, looking at the music, learning about the history of handbell ringing and learning what is expected of a handbell ringer.

Any adult or high school student, male or female interested in learning a new musical skill is welcome. There is no cost to attend.

Call Lee DePuy at the church on Tuesdays and Wednesdays from 10 a.m. to 4:30 p.m. at 472-2684 or email lee@sanibelchurch.com with any questions.✱

The Community House



From left, Jeff Samson, Chef Jarred Harris and Joe Parker preparing slow roasted barbecue, the featured menu item for Smoke on the Island, a community hog roast to be held on Saturday, June 30 photo provided

Quick And Easy Meals Using 5 Ingredients

There will be a demonstration on Friday, June 22 from 4 to 6 p.m. on how to make quick and easy meals using five ingredients. Menu includes Crispy Calamari Salad, Tuna, Ginger and Lime Cakes, and Orange Polenta Cake with Citrus and Honey Syrup. Cost is \$25 per person and pre-payment is required by noon Friday, June 15.

Smoke on the Island Hog Roast

Tickets are now on sale for the Smoke on the Island Hog Roast, scheduled for Saturday, June 30 from 5 to 8 p.m.

Residents and guests are invited to mingle with friends as Chef Jarred prepares slow roasted pig, Sanibel mango barbecue sauce, tomato and fresh mozzarella salad, baked beans and yucca fries. There will be a children's dessert contest, an auction for a limited number of desserts plus a \$5 ice cream sundae bar featuring Chef Jarred's homemade sauces. Cost is \$15 per person and a limited number of tickets are on sale now at Bailey's and The Community House.

French Baking With Chef Andre

Professional French baker Andre Gratesol will teach a baking class on

Thursday, July 5. Maximum 16 students for this hands-on class, so sign up early. Cost is \$50 per session. Registration required by Thursday, June 28.

Summer Kids Cooking Camp

Kids Cooking Camp is scheduled for the week of July 30 to August 3 from 9:30 a.m. to 1 p.m. Chef Jarred will continue his tour around the world with young chefs. Cost is \$50 per child per day. Sign up for all or any day. Prepaid registration required by noon Friday, July 20. Some scholarships are available from Rotary, Kiwanis and private citizens.

Call for information on summer cooking classes on first Mondays from 2:30 to 5:30 p.m., scheduled for July 2 and August 6.

Community Shredding Day

A Community Shredding Day will be held on Saturday, July 14 from 9 a.m. to noon in the north lot, across the street from The Community House. Enter at the driveway next to Dunlop Road and exit by the driveway closest to The Sanibel Bean. Cost is \$5 per box or bag. All large paperclips or binder clips must be removed.

Yoga And Shell Crafting

Yoga classes continue throughout the summer on Tuesdays and Thursdays at 10 a.m. with Dr. Susan Pataky. Shell crafting lessons are held at 10 a.m. on Mondays. All ages are welcome but children must be accompanied by an adult.

Save The Date

The Sanibel Community Association will hold a 1927-themed gala, entitled A Night to Remember, on Friday, January 25. This red carpet event will include fine dining, camaraderie and nostalgia in the very place that family, friends and neighbors built together nearly a century ago. Sponsorship opportunities are available. For details, call 472-2155.

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

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Darren "DJ" Jenkins photo provided

Nine-Year-Old Is College Bound Thanks To FISH

With assistance from the FISH of SanCap Youth Scholarship Program, Darren "DJ" Jenkins will be attending the Summer Institute for the Gifted (SIG) in Miami this July.

"In kindergarten I was tested and accepted into the Florida Intellectually Gifted Education program, and I have been attending MWA (gifted) classes at The Sanibel School for the last three years," said DJ. "I am now entering fourth grade, and I want to learn more about the great big world around me. I want to learn everything and go everywhere! I know I am really going to enjoy being away and staying in a dorm room, even though I have to do my own laundry. Lights out at 10:30 at night works for me."

"I wanted to find something to keep DJ educationally active over the summer and came across SIG," said

Maggie Goldsmith, DJ's grandma, who has raised him since his infant years. "I felt it (SIG) represented an exceptional opportunity for DJ to learn new ideas and skills. He applied and was accepted, and will reside with likeminded kids from all over the world at the University of Miami. This opportunity to participate in a learning environment with his peers will prove to be a meaningful experience that will further encourage him to learn. I cannot thank FISH enough for their partial scholarship; I'm not sure I could have done this for DJ without their assistance."

Jenkins will be taking courses in computer coding and animation, debate and public speaking, genetics, astronomy and other subjects.

When asked what he wants to choose as a career path, the youngster isn't quite sure. "I just want to be awesome... and I am interested in becoming a cardiac surgeon, an entertainment attorney, a medical scientist, an actor or a musical performer. Wherever I end up, I want to be best me I can be."

DJ is also a competitive swimmer with Team SWAT and hopes to go to the Olympics. He trains daily throughout the year and attends a three-week intensive technique program at FGCU's residential Eagle Swim Camp each summer. He is also a talented musician (piano) and performer (voice). Other interests include soccer, basketball, skateboarding and video games.

"We are thrilled to help DJ attend this educational program. He's a wonderful young man who has the world at his fingertips, and it's an honor to help shape his future," said Maggi Feiner, FISH president and CEO.

The FISH of SanCap Youth Scholarship Program is designed to assist young neighbors with educational opportunities such as in-school field trips and specialty camps like SIG, as well as local camp experiences during the summer months. For more information about the program, call Kathy Y. Monroe, program director, at 472-4775 or visit www.fishofsancap.org.✱

of Florida SouthWestern Collegiate High School - Lee. "Those skills are especially beneficial for their junior and senior years, when they are full-time college students at FSW."

Of the 86 graduates, 62 earned their associate in arts degree from FSW on May 4 before receiving their high school diploma during their commencement at Suncoast Credit Union Arena at FSW on May 5.

Some of the universities and colleges these graduates will be attending include: University of Florida, Florida State University, University of Central Florida, University of South Florida, Stetson University, Florida Southern College, Embry-Riddle University, Florida Polytechnic University, Florida Gulf Coast University (FGCU) and FSW.✱

Graduates Earn Over \$7 Million In Scholarships

The Class of 2018 at Florida SouthWestern Collegiate High School - Lee collectively earned over \$7.1 million in scholarships. Additionally, more than 70 percent of the graduates had already earned their associate in arts degree from Florida SouthWestern State College (FSW) during commencement on May 4.

"We emphasize STEM (science, technology, engineering, mathematics) in an independent learning process for our students," said Dr. Brian Botts, principal



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St. Michael's Rector Ellen Sloan, center, and youth group leader Meghan Warner, far right, extend best wishes to Hannah Fay, left, Michael O'Brien, and Emma Neill on their academic accomplishments photos provided

Graduates Honored At St. Michael's

St. Michael & All Angels Episcopal Church honored three graduating high school seniors at a post-worship service reception held on June 3 in Parish Hall. The three graduates are Michael O'Brien from Cypress Lake High School, Hannah Fay from Fort Myers High School and Emma Neill from

Canterbury School. The graduates were celebrated with prayers, cake, words of encouragement from Rector Ellen Sloan, and gifts. Among the gifts were LL Bean canvas bags, monogrammed with each graduate's initials. All three graduates served as acolytes in St. Michael's worship services, as well as eucharistic ministers and readers of scripture. Neill and O'Brien are co-head acolytes at the church. Over the years, as active youth group members, they coordinated



The three graduates display their monogrammed canvas bags, gifts from the church numerous annual outreach projects including filling backpacks of food for children, providing gifts for senior citizens, participating in the international Heifer Project, helping the church outreach team with tools for building a Habitat Home, coordinating the collection of hygiene kits for the survivors of the Haitian earthquake, and helping to collect 500 hooded sweatshirts for farm workers in Immokalee. Sloan praised the three high-achieving young people as "wonderful models, because they are focused on more than just themselves and their individual successes. We are so very proud of these three young people who are such an important part of our life at St. Michael's," she said. "Emma, Hannah and Michael know that good leadership means reaching out to others, teamwork, listening actively, and compassion. They will go far in life, for the benefit of us all." For more information on youth group events and activities at St. Michael & All Angels Episcopal Church, contact Rector Ellen Sloan at 472-2173 or visit www.saintmichaels-sanibel.org.

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A sizable group of well-wishers honor the three graduates at a post-service reception on June 3 in the church's Parish Hall

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Action Plan Sought To Stop Lake O Releases

by Jeff Lysiak

It is likely going to take a monumental effort like never before, but for residents, businesses and visitors of Southwest Florida, the time is now to take action and call for local, state and federal representatives to push for better management of the freshwater discharges coming out of Lake Okeechobee and into the Caloosahatchee watershed.

At last week’s Sanibel City Council meeting, Mayor Kevin Ruane called for both the South Florida Water Management District (SFWMD) and U.S. Army Corps of Engineers to redirect water south, rather than west, in order to combat the brown water plumes that have appeared throughout the local estuary over the past few weeks.

“We need to stop the flows,” said Ruane, who speculated that the excessive discharges coming out of Lake Okeechobee will be “disastrous” for the local estuary within the next six months. “Right now, we can’t take any more water.”

According to Ruane, earlier this year, scientists had requested that SFWMD officials release water out of Lake Okeechobee in order to decrease salinity levels. But for nearly three months, when the lake was measured at average depths, freshwater flows were discharged well below the recommended minimum releases.

While district and corps officials reiterated the need to store water in the lake during dry season in order to supply agricultural areas located south of the lake, experts suggest that the now harmful flows into the Caloosahatchee could have been prevented.

Based on Sanibel-Captiva Conservation Foundation (SCCF) monitoring data, west coast stakeholders reported between 800 and 1,000 cfs (cubic feet per second) in order to keep salinities below the 10 psu (practical salinity units) harm threshold. The SFWMD system status reports indicated that “the Caloosahatchee estuary would not benefit from additional water,” which



Photograph taken by SanCap Aerial on June 3 showing the impaired water conditions at Lighthouse Beach photo courtesy City of Sanibel

was not factual at the time of the reports.

In his report to members of the Sanibel City Council, Natural Resources Department Director James Evans explained that as a result of Tropical Storm Alberto, the water level at Lake Okeechobee increased by approximately one foot during the previous two weeks. On June 4, the lake was measured at 14.23 feet.

“Because lake levels are within one foot of the intermediate sub-band of the Lake Okeechobee Regulation Schedule (LORS), the Lake Regulation Schedule calls for up to 4,000 cfs at the S-77 and up to 1,800 at S-80,” Evans reported. Coupled with runoff from the Caloosahatchee watershed, an average of 8,260 cfs is being discharged.

According to Evans, the Caloosahatchee went 89 days – beginning at the end of February – where flows to the estuary were inadequate to maintain salinity below the salinity harm threshold in Fort Myers. “Although the estuary received flows equal to or greater than 650 cfs for the entire dry season, salinities still remained above the harm threshold,” Evans said.

West coast stakeholders and scientists familiar with Lake Okeechobee releases had requested higher releases to get water out of the lake to benefit the ecology of both the lake and the Caloosahatchee since January. However, water was kept in the lake for the assurance of water supply. “This situation

was at least partially preventable,” noted Evans.

In his recommended changes to managing flows out of Lake Okeechobee, Evans stressed the need to better understand where the flows within the watershed are coming from. “We need flow monitoring stations deployed within the Caloosahatchee watershed tributaries to determine where the water is coming from and what projects are needed to curtail it,” he added.

Additionally, Evans recommended: Discontinuing freshwater releases from Lake Okeechobee until flows at the Franklin Lock (S-79) drop below 3,000 cfs;

Updating the Lake Okeechobee Regulation Schedule (LORS) and Adaptive Protocols;

Identifying other places to send water besides to the west and east coast estuaries.

“If the SFWMD chooses to reserve water for water supply south of the lake, the estuaries should not be penalized by having to take all of the water that was reserved when it is no longer needed,” he said.

While every member of the Sanibel City Council has pledged their support to call for better water management practices, Ruane stressed the need to install water monitoring stations at key locations throughout the discharge region.

“This is a disaster as we are heading

into rainy season. We need to be as loud and vigilant as we can,” said Ruane, who plans to speak with federal legislators next month in Washington, DC. “It’s gonna be a war.”

In his June 7 letter to Ernie Marks, SFWMD executive director, Ruane expressed the need for immediate relief from the freshwater releases.

“The discharges from Lake Okeechobee, combined with the large amount of stormwater runoff from the Caloosahatchee watershed, are resulting in low salinities through the estuary and San Carlos Bay that are not suitable for estuarine and marine organisms. The discharges are also producing a dark-colored freshwater plume that is extending out into the Gulf of Mexico and along Sanibel’s beaches. This is already impacting tourism, the quality of life for our residents, and the local economy,” he wrote.

The letter also points out the inequities of the LORS and Adaptive Protocols, offering factual evidence of damage done by the most recent discharges and the resulting plumes that have plagued the local watershed for weeks.

“In the past, the city has been very supportive of dispersed water management as a short-term solution to addressing the high-volume discharges to the estuaries,” Ruane continued. “However, to date we have not seen measurable benefits of the dispersed water management program to the Caloosahatchee.”

Currently, the City of Sanibel is compiling information to create an action plan to call for stopping or slowing freshwater releases from Lake Okeechobee into the Caloosahatchee watershed. Meanwhile, members of the public are encouraged to submit their support for this effort by contacting the following officials:

SFWMD Governing Board Executive Director Ernie Marks – emarks@sfwmd.gov

U.S. Army Corps of Engineers Col. Jason A. Kirk – jason.a.kirk@usace.army.mil

U.S. Army Corps of Engineers Lt. Col. Jennifer A. Reynolds – jennifer.a.reynolds@usace.army.mil

Florida Department of Environmental Protection Secretary Noah Valenstein – noah.valenstein@dep.state.fl.us.✪

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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 Stephen Fuchs. President Alan Lessack 579-0296.

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

SANIBEL COMMUNITY CHURCH

Dr. Daryl Donovan, Senior Pastor Sunday Worship 8, 9 and 11 a.m. Traditional in historic Chapel, 8 a.m.

Contemporary and childrens church in the main sanctuary, 9 a.m. Traditional in the main sanctuary, 11 a.m. Childcare available at all services. 1740 Periwinkle Way, 472-2684

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

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

ST. ISABEL CATHOLIC CHURCH

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

a.m. Holy Days call. 3559 San-Cap Road, 472-2763.

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The Rev. Dr. Ellen Sloan, Rector. Saturday Eucharist 5 p.m. Sunday Eucharist 9:30 a.m. Sunday School 9:30 a.m. (until May 20). Tuesday Morning Prayer 9 a.m. Wednesday Healing Eucharist 9 a.m. Prayer and Potluck first Wednesdays 6 p.m. 2304 Periwinkle Way, saintmichaels-sanibel.org, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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



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From left, AnaBel Legaspi, Faye Cole, Taycie Powell, Emily Ibarra, Jianna Senkelesk, Brooke Yelenich and Carley Ross at the pizza party photos provided

Youth Ministry Year-End Celebration

submitted by Cindy Hoggatt

Rain or wind won't stop Sanibel Community Church H2O Youth Ministries. On May 30, a year-end beach party was planned for our high schoolers to celebrate the end of the school year. At 5 p.m., rain poured. Reluctantly, Plan B was implemented – a pizza party at the church campus. While the students ate pizza and caught up with their friends, the sun decided to shine. In a split second, cars were packed with students, desserts, snacks, drinks and a volleyball set. Off to Lighthouse Beach!

Picture this: couples strolling along the water's edge looking for the perfect shell; a few leftover tourists doing the Sanibel

Stoop; birds frolicking on the beach gathering tidbits left by beachgoers; and 23 teens and youth leaders bursting onto the scene, full of excitement and ready to play volleyball.

Quickly the net was set, Frisbees were flying and smiles were everywhere. Teams were coed, mixed with students and leaders. For the next two hours as locals and tourists walked the beach, besides the sound of the rolling waves, they heard squeals of laughter, cheers and, of course, rants of "Out of bounds!"

These talented and athletic students showcased their serving skills, volley set-ups and the dreaded spiked ball over the net. There were many unbelievable saves which included diving into the sand head first just to save the ball. These kids were fearless.

Representing five different schools, the teens were encouraging and kind to each other, but were definitely competitive and out to win. The group ended their



The party included a spirited game of volleyball at Lighthouse Beach



Youth group leaders, from left, Jack Henard, Kimberly Sanders and Ann Ross

night after two games, said their sweet goodbyes, and the leaders heard many students say, "This was an awesome small group night." Who knows, maybe Sanibel Community Church will see a volleyball league in its future?

Our next H2O Ministry summer event will be a bonfire at Pastor Kevin Schafer's home on Wednesday, June 20 from 6 to 8 p.m. Call the church office at 472-2684 or email Pastor Kevin at kevin@sanibelchurch.com for more information.✧

From page 1

Strawless

beach every morning," said Dr. Bruce Neill, president of the Coastal Keepers Advisory Board. "They were seeing a lot of straws and asked if something could be done about it."

Statistically, people in the United States are using more than 500 million plastic straws every day, making them one of the most common trash items collected on beaches worldwide.

"Unfortunately, plastic never fully biodegrades and remains in the environment long after we have used it," the Coastal Keepers website reads, in part. "As plastic floats in our oceans, it poses a threat to marine life as animals often mistake it for food and suffer negative side effects, and as it becomes smaller and smaller, it enters the food web."

Since the SOS campaign was started, nearly a dozen island businesses and countless individuals have taken up the initiative. They include restaurants and shops like Bailey's General Store, Doc Ford's Rum Bar & Grill, East End Deli, Thistle Lodge Beachfront Restaurant, Sanibel Café, Sanibel Fresh, Coconuts Poolside Bar & Grill, The Sanibel Sprout, Casa Ybel Resort, Sundial Beach Resort & Spa, Traders "T2" and Lighthouse Café.

At the June 5 Sanibel City Council meeting, Coastal Keepers representative Bob Brooks petitioned local legislators to investigate creating a plastic straw ordinance in an effort to reduce plastic waste matter on the islands. During his presentation, Brooks noted that consuming plastic refuse is the leading cause of death for sea turtles. "The lifetime of a plastic bag is 500 years, whereas its use time is only 23 minutes," he said.

Several members of the council expressed an interest in the suggestion, with Councilman Jason Maughan requesting that the city attorney look into what other area municipalities are doing regarding plastic straw bans. Vice Mayor Mick Denham shared a story that during a recent visit to a restaurant in North Carolina, he had been discussing the subject. The restaurateur explained that once his current inventory of plastic straws was exhausted, straws would be distributed by request only.

"It's an interesting problem that is absolutely real here on Sanibel," said Neill, who pointed out that the City of Fort Myers Beach recently introduced a ban on plastic straws. "That's an odd example when Sanibel is lagging behind Fort Myers Beach because we pride ourselves on being a sanctuary island."

However, the simple truth is that it only

takes a minor effort to make a dramatic difference.

Individuals can make a personal commitment to say "no" to plastic straws. When ordering a drink, politely request "No straw, please." People can also encourage their friends and family to join the initiative, too.

Businesses can begin offering straws only upon the request of their customers. They can also provide alternative options. Straws made of compostable material are a great substitute and will contribute towards the environmentally-friendly practice.

Thus far, the local business community seems to have embraced the SOS initiative.

"As a lifelong citizen of Sanibel who was raised to appreciate and protect wildlife, I recognize the dangers of some of the previously accepted practices that in fact endanger wildlife and pollute our environment," said Michael Billheimer of Lighthouse Café. "I am in favor of any reasonable legislation that protects against harm to wildlife and the environment."

"Strawless On Sanibel aligns with our commitment to protect our natural resources and wildlife," said Phillip Starling of Sundial Beach Resort & Spa. "In evaluating our operations, we continuously look for ways to improve our environmental performance and reducing

beach litter through the strawless initiative is a simple way to make a big impact."

SOS project coordinator Sam Lucas spends much of her time working on the initiative visiting local restaurants, shops and businesses, talking about Coastal Keepers' mission and sharing information about how they can join in. "It's been really well received," said Lucas, who noted that businesses participating in SOS are being promoted in thank you ads posted by the nonprofit group. "We're always working on new ways to help protect our islands."

Coastal Keepers, which also partners with the Clear Your Gear campaign to reduce wildlife injuries caused by fishing gear and monofilament in the region, has distributed more than 14,000 reusable bags on the island through the Bring Your Own Bag (BYOB) initiative.

To help promote the SOS campaign, Coastal Keepers is distributing complimentary reusable metal straws, available at Sanibel Sea School's flagship campus location at 455 Periwinkle Way. While the straws are free, donations to support the group's mission to support marine conservation initiatives are accepted.

To learn more about Coastal Keepers, email coastalkeepers@sanibelseaschool.org or visit www.sancapcoastalkeepers.org.✧

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Plant Smart

Creeping Beggarweed

by Gerri Reaves

Did you ever walk through a patch of weeds only to end up with tiny “peas” clinging to your clothing, socks, or shoes? Or maybe you’ve had to remove these “hitchhikers” from your pet’s fur.

Those sticky seeds are most likely from a species of beggarweed, very possibly creeping beggarweed (*Desmodium incanum*), a non-native wildflower and member of the pea family.

A native of Central and South America, it grows throughout Florida, as well as in other southern states and the Caribbean. Other common names include Spanish-clover, creeping ticktrefoil, zarzabacoa comun and hitchhikers.

It pops up in vacant lots, disturbed sites, pinelands – anywhere weedy wildflowers usually thrive – spreading by horizontal stems that produce new plants at the nodes. Those hitchhiking seeds effectively aid its spread.

It is typically low-growing, even prostrate, but can grow erectly up to three feet.

Tiny barbed hairs cover the entire plant, giving it a “Velcro effect.”

The leaves are alternate and trifoliate, with each leaflet measuring between less than an inch and four



Creeping beggarweed is a non-native wildflower with trifoliate leaves and pinkish purple flowers

photos by Gerri Reaves

inches long. The terminal leaflet is longer than the other two.

Leaflets are generally oval with smooth edges and a distinctive silvery white streak along the center vein.

Terminal pinkish purple flowers bloom throughout the year. Although tiny – only about a fourth of an inch long – upon close inspection, they are quite lovely and elaborate in structure.

Each has a standard, or upper, petal,

two lateral wing petals and two lower keel (fused) petals.

The seedpod has three to nine one-seeded segments that, on the stem, are joined in a line, a characteristic referred to in the scientific name, *Desdemodium*, which is Greek for chain or bond.

One side of the chain is straight and the other “scalloped” like the edge of an old photo.

Each kidney-shaped segment is only a quarter-inch long and an eighth of an inch wide.

This plant is difficult to eradicate. A deep taproot makes it drought tolerant, and it will grow in any soil. In addition, it easily spreads, not only by



Tiny segmented pods cling to clothing and fur

traveling seeds but through an extensive horizontal root system.

However, this weedy wildflower has positive attributes too. It has medicinal properties, the seeds and leaves are food sources for wildlife and livestock, and the flowers are a nectar source for several butterflies.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, www.floridagardener.com, www.plantbook.org, and www.unf.edu.

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

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Human Seashell World Record Title Attempt

Community members are being asked to register to be part of the Lee County Visitor & Convention Bureau (VCB) attempt to break the Guinness World Records title for the largest human image of a seashell at The Outrigger Beach Resort on Fort Myers Beach on National Seashell Day, Thursday, June 21. Arrival time is 6:30 to 8:30 a.m. for check-in under the tiki hut at the Outrigger for the rain-or-shine adventure.

The Guinness World Records title for the largest human image of a seashell is currently held by Shell and Turcas Petrol AS and was achieved in October 2017 with 855 participants. This was the result of a team-building event with owners of Shell gas stations all over Turkey.

The VCB's goal is to take the Guinness World Records title with more than 1,000 people on the beach to fill in the form of a seashell. A Guinness World Records adjudicator will be on site to verify the attempt.

In the spirit of community, participants

are encouraged to bring canned food or a nonperishable item on the day of the event to benefit the United Way of Lee, Hendry, Glades and Okeechobee counties support of area food banks.

Commemorative 2018 National Seashell Day T-shirts and hats will be provided for participants, as well as complimentary water, fresh fruit, snacks, entertainment and tent seating for shade. Bring refillable water bottles. To be more environmentally friendly, water stations will be available rather than handing out bottled water.

Parking will not be available on site at the Outrigger Beach Resort. No pets are allowed.

Participants are encouraged to use the free Park & Ride on LeeTran's Beach Trolleys (Route 400) to and from the event. Trolleys will run every 10 to 15 minutes from Fort Myers Beach Park & Ride, 11101 Summerlin Square Road (first trolley arrives at 6:10 a.m.), and from Lovers Key State Park, 8700 Estero Boulevard, east side (first trolley arrives at 6:50 a.m.).

The Outrigger Beach Resort is located at 6200 Estero Boulevard on Fort Myers Beach. To register and for more information, visit www.leevcb.com/events/2018-national-seashell-day.*



SCCF sea turtle patrols are reporting excessive amounts of litter on the beaches. Discarded items, especially plastics, can be harmful or deadly to wildlife. photo provided

SCCF Sea Turtle Nesting Statistics

The West End is catching up to last year's Sanibel-Captiva Conservation Foundation (SCCF) sea turtle count – only three nests behind from this time last year. The East End and Captiva are still on the slow side.

Unfortunately, volunteers have been seeing a lot of plastic trash washing up on the beaches lately. On June 6, one sea turtle patrol picked up over 100 pieces and saw many beachgoers doing the same.

As of June 7, 2017

Sanibel East: 51 loggerhead nests, 0 green nest, 98 loggerhead false crawls*, 0 green false crawls

Sanibel West: 124 loggerhead nests, 2 green nest, 229 loggerhead false crawls*, 3 green false crawls

Captiva: 79 loggerhead nests, 0 green nest, 72 loggerhead false crawls*, 1 green false crawls

As of June 7, 2018

Sanibel East: 27 loggerhead nests, 0 green nest, 55 loggerhead false crawls*, 0 green false crawls

Sanibel West: 121 loggerhead nests, 0 green nest, 146 loggerhead false crawls*, 3 green false crawls

Captiva: 44 loggerhead nests, 0 green nest, 42 loggerhead false crawls*, 1 green false crawls

*false crawl – a failed nesting attempt

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

Help SCCF Bring Back the Barn Owls

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Or consider not using any rat poisons at all. Instead, seal all entry points to your home.



Barn Owl Sighting At The Lighthouse



Barn owl

by Dee Serage-Century,
SCCF Living With Wildlife Educator

Even after 40 years, a beach walk at dusk around the lighthouse to the Sanibel pier always provides an entertaining human and/or wildlife sighting. Sunset can be seen from the fishing pier this time of year so it is a “Key West” atmosphere with equal parts fishermen and visitors. Bait fish have been thick there recently so pelicans are lazily filling their pouches. Night herons gather in the top of the buttonwood trees at dusk looking for crabs. An osprey sighting is always a given. We even saw a tarpon jump that was being chased by dolphins.

But an abundance of marsh rabbits provided the best wildlife sighting of all... a

photo provided

barn owl! This large white ghost of a bird flew across our path right after I passed – yes, I missed it! The owl flew right in front of Lucky Lucas (Century) who was following me. This was his first ever barn owl sighting after hearing me speak of them for 20 years, and campaign against the use of rat poisons to protect them. Factoid: barn owls hunt mostly by sound. Rabbits and rats make sounds that the owls cannot hear.

If there were indeed two nesting pairs last winter and if each pair fledged three or four chicks that survive, we will need more nesting boxes installed to grow the population. On Sanibel's east end, there is an empty box at the SCCF Bailey

continued on page 18



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June Snook Fest



by Capt.
Matt Mitchell

Crazy action both on the beaches and in the passes continued this week with some of the most nonstop snook fishing of the year. Looking for a meal, anglers

also caught lots of trout along with a few of the largest mangrove snapper we have seen so far this summer.

When fishing the passes, it's all about the tide. Moving water in all of our passes means catch-and-release snook along with all kinds of other species. Snook have now gathered in huge numbers in the passes for the annual spawn. When you find that right eddy where these fish are sitting just out of the fast-moving current, it's not unusual to catch a fish on almost every cast. Look for tide rips and current lines close to structure to enjoy this awesome action. Though most of these fish are the smaller males, there are some giant females too.

When fishing the beaches, it's all

about the wind with either an easterly wind direction or light winds making for calm and clear conditions and the best setup for fishing. Walking the beaches this month, you will have great sight fishing opportunities with snook cruising often right at your feet in the first trough between the sandbars. Along with these snook on the beach, expect to catch some large trout mixed in with them too.

This past few weeks, I have seen so many tarpon both out by the beaches and in the sound than I have seen the past few months. Any of the usual places from Cabbage Key south have all held just huge numbers of rolling happy tarpon. The frustration level though for anglers chasing the silver king has been very high most days with very few hooking a fish. One day early this week after I sat in rolling tarpon throwing a variety of baits without a single bite, I moved to a favorite trench in the northern sound. The very first cast on a crab, we jumped a tarpon then, within 20 minutes, jumped another. As quick as both of these bites happened, the tarpon threw the hook. It seemed no matter what type of bait you cast to these fish someday, they just will not eat.

The largest snook of the week on my boat came while fishing with

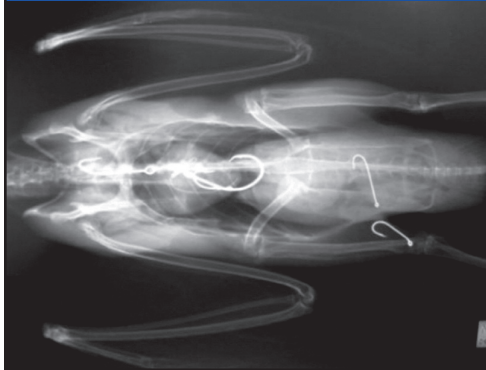


George Pettegrew from Ohio with a 40-inch snook caught while fishing with Capt. Matt Mitchell this week photo provided

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Dave Doane



SCCF staff and interns working alongside Linda Linsmayer and Billy Kirkland to rescue the male sea turtle

photos provided

From page 1

Sea Turtle Rescue

however, due to deep water, this was quickly realized to be ineffective. But thanks to Linda Linsmayer and Billy Kirkland, who offered the use of their kayak and boat, staff and volunteers were able to stabilize the sea turtle and bring him to shore. The turtle is now in the good hands of CROW (Clinic for the Rehabilitation of Wildlife).

Remaining at sea for their whole lives, following a short stint on the beach as a hatchling, this was a rare opportunity to encounter an adult male sea turtle. As a result of spending their entire lives at sea and therefore being the subject of much fewer research studies (compared to the more frequently encountered adult female population), much still remains to be discovered about adult males. As researchers investigate the potential feminization of sea turtles



From left, SCCF sea turtle technician Jack Brzoza, a beachgoer, sea turtle technician Andrew Glinksy and intern Ana DeFilippo

in Florida, the dynamics of the male population become even more critical to understand. Every male is important to maintaining sustainable breeding populations and SCCF hopes that this turtle will be released into the wild following successful treatment and rehabilitation.

If you own or operate a boat and would be interested in volunteering your time and effort to assist SCCF in the

recovery of stranded sea turtles, please contact us at 472-3984.

If you see a sea turtle in distress please call SCCF's sea turtle hotline at 978-728-3663 (978-SAVE-ONE).

Founded in 1967, SCCF is dedicated to the conservation of coastal habitats and aquatic resources on Sanibel and Captiva and in the surrounding watershed. To learn more please visit www.sccf.org or call 472-2329.*

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CROW Calendar Of Events

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

For reservations, contact David Waszmer, Visitor Education Center and gift shop manager at 472-3644 or dwaszmer@crowclinic.org. Hours are 10 a.m. to 4 p.m. Monday through Friday. Daily presentations are offered at 11 a.m. only. Wildlife Walk hospital tours are offered on Wednesdays, Thursdays and Fridays at 11 a.m. CROW is located at 3883 Sanibel-Captiva Road.

Friday, June 15, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Friday, June 15, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Patient Profiles: Gopher Tortoises (daily presentation).

The life of a gopher tortoise revolves around its burrow. These tortoises are found digging from southern Georgia to southeast Florida. Because of its contributions to the ecosystem, it is classified as a “keystone species.” CROW’s presenter explains why they



are admitted how the medical staff treats this species. One of CROW’s animal ambassadors will be present.

Monday, June 18, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – CROW Case of the Week (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 19, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Patient Profiles: Snakes of Southwest Florida (daily presentation).

Florida is home to 46 species of native snakes, only six of which are venomous. Although there is a widespread fear and misunderstanding of this animal, most species are

harmless to humans and form vital links in the ecosystem. Snakes are extremely valuable because they are efficient at monitoring pest populations without relying on chemical pesticides which can degrade the environment and harm other animal species. One of CROW’s animal ambassadors will be present.

Wednesday, June 20, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Wednesday, June 20, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – CROW Case of the Week (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.

Thursday, June 21, 11 a.m. to 12:30 p.m., \$25 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 21, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Patient Profiles: Gopher Tortoises (daily presentation).

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

Daily Programs At Shell Museum

The Bailey-Matthews National Shell Museum, located at 3075 Sanibel-Captiva Road, offers daily Tank Talks at 11 a.m., 12:30, 2:30 and 4 p.m. Daily Shell Crafts are from noon to 3 p.m. (Shell Jewelry from 1 to 2:30 p.m. on Wednesdays). Included with museum admission, no reservations required. Schedule subject to change.

The museum also offers daily Beach Walks led by shell experts. For reservations and pricing, visit www.shellmuseum.org or call 395-2233.✱

From page 1 Free Admission

of nine structures that have been relocated from their original sites, restored and preserved. Visitors trace the footsteps of the island’s past as they meander along a handicapped-accessible path lined with buildings that represent “old Sanibel,” as Sam Bailey used to say. Visitors can tour a pioneer home, fishing cottage, Post Office, schoolhouse, tea room, general store and other historical sites.

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 16. The Sanibel Historical Village is located at 950 Dunlop Road and there is handicap access to eight of the nine buildings. Aside from Free Admission Day, admission is \$10 for adults (18 and over). Members and children are free.

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

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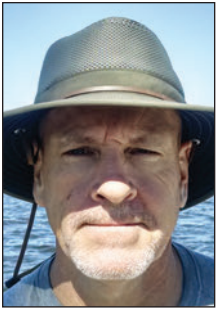
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CROW Case Of The Week:

Nine-Banded Armadillos



by Bob Petcher

Nine-banded armadillos (*Dasypus novemcinctus*) are the most widespread of the armadillo family, expanding through North, Central and South America.

While only 20 species of the armadillo exist, the nine-banded species is said to be the only one found in the United States.

Armadillos are named for their body armor, though its underparts are soft. In fact, armadillo is Spanish for "little armored one." The nine-banded armadillo, while only averaging 2.5 feet long, sports seven to 11 bands on its armor.

The front feet of the nine-banded armadillo possess thick sharp claws for digging and burrowing. While it is covered in armor, it still has a little fur on its body.

The placental mammals are warm temperature animals that can be found in southern regions like Texas, Oklahoma, Louisiana, Georgia and Florida, but some have actually migrated to northern states in the recent past.

At CROW, three infant nine-banded armadillos were admitted to the hospital from Fort Myers. The intake report states the armadillos were found wandering around a playground with no sign of a parent.

Interestingly, nine-banded armadillos are said to always give birth to four identical quadruplets.

The three male patients are believed to be siblings.

"The fourth sibling was never found," said Dr. Robin Bast, CROW veterinary intern. "Nine-banded armadillos always have quadruplets – a litter of four identical babies of the same gender – that develop from the same egg."

During their intake exam, veterinarians noted the nine-banded armadillo babies to be cold and thin. All three patients had ticks on them, and one had minor abrasions. The ticks were removed, and the little armadillos were warmed using rice socks.

"The babies were thin and dehydrated, and were cold on admission. The ticks were manually removed and antibiotics were given," Dr. Bast explained. "One of the ways we provide supplemental heat is by using rice socks; a sock containing dry, uncooked rice can be placed in the microwave briefly, wrapped in a towel and placed near the baby."

The armadillo brothers were deemed lost and will remain at the clinic until they can forage on their own. In the wild, nine-banded armadillos generally live off their mother's milk for roughly three months.



Patients #18-2048, #18-2049 and #18-2050 will be released when they are able to fend for themselves in the wild
photo by Breanna Frankel

"Since they could not be reunited with their mother, the babies are being raised in the hospital until they are old enough to fend for themselves in the wild," said Dr. Bast. "The babies will be released at approximately four months of age, in an ideal habitat where they have access to appropriate food sources and places to burrow."

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

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The Lunar Dove Snail, *Astyris lunata*. From left, shell in two views and living snail from Sanibel. Shells are of equal size and may represent different species.

Shell Of The Week

Lunar Dove Snail



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

The Lunar Dove Snail, *Astyris lunata* (Say, 1826), is one of the

local shallow-water microgastropods associated with seaweed. Living dove

snails can be found crawling on clumps of brown algae stranded on Southwest Florida beaches after storms. Its shell rarely surpasses 5 mm (about 0.2 inch), and shows a pattern of alternating, sinuous brown and white markings. They are essentially devoid of any sculpture. The live animal (photo on right) was collected by Rebecca Mensch on stranded seaweed on Sanibel, January 2015. Differences in shell color and, in particular, the color of the protoconch (early shell, on "tip" of the adult shell), suggest that there may be more than one species treated under the name *Astyris lunata*. Learn more about local mollusks and their

shells at <https://shellmuseum.org/shells/southwest-florida-shells> and <https://shellmuseum.org/blog>.

Shell Museum Events

See truly giant shells. Watch a live Tank Talk. Take a daily beach walk. Check out our family programs. We are the only natural history museum in North America devoted entirely to shells; visit and let us inform and inspire you!

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

American Legion Post 123

Prime rib is on the menu for Father's Day, this Sunday, June 17 at American Legion Post 123. The following Sunday, it's barbecued ribs and chicken, served from 1 to 8 p.m.



On Tuesdays, tacos are served all day. Country fried steak is served all day on Wednesday. On Fridays, a six-ounce ribeye steak sandwich is on the menu. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m.

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

American Legion Post 123, located at Mile Marker 3 on Sanibel-Captiva Road, 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.✴

From page 13

Barn Owl

Homestead Preserve. A nest box at Lighthouse Beach sounds like a good idea.

If anyone else has barn owl sightings, please email dserage@sccf.org. Talk to your friends and neighbors about not using rat poisons to protect our owls, eagles, hawks and bobcats that might eat the poisoned rats. Keep our wildlife safe.✴

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Shell Found



Michaela Canning photo provided

Michaela Canning from Cranston, Rhode Island found a junonia while on a boat trip out of Naples. She said, "As I was standing in about ankle deep water, I looked down and there it was. To my shelling friends who are still looking for the elusive junonia, keep looking, some day, when you least expect it, it will be at your feet too."✱✱

Shell Found



Debbie Hooker photo by A. Ziehl

Debbie Hooker from Scottsdale, Arizona found a junonia in front of Tortuga Beach Club, where she was staying. She said she has been "coming here for 19 years, always looking for that one special shell - now I have it."✱✱

Shells Found



From left, Thomas Morocco with Megan, Taylor, Brenda and Kevin Swope photo A. Ziehl

Thomas Morocco and Megan Swope from Pittsburgh, Pennsylvania and Taylor Swope, Brenda Swope and Kevin Swope from Perkasee, Pennsylvania found a junonia, alphabet cones and a horse conch at Turner Beach/Blind Pass while staying at Sandpebble Condominiums. The family has been coming to Sanibel for 20 years, but this is the first time finding a junonia. Thomas was snorkeling when he found the shells, around 3 p.m.✱✱



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Stay Safe On Sunrise And Sunset Paddles

by Ocean
Tribe Paddlers

Sunrise and sunset paddling is fantastic for many reasons. The views are often spectacular. Many times, the winds are calmer at sunrise and sunset than during the middle of the day, and there are usually fewer motor boats on the water.

There is also something inherently magical about being in nature during these transitory periods between daylight and darkness. There is a stillness and a sense of beginning, or closure that is hard to describe. Most of us have witnessed sunrise or sunset from the beach and felt that magical moment of transition; that somehow, we have witnessed an event that we wish we saw every day. From the water, that powerful moment is magnified many times over. There is a sense of stillness that transcends place and time – we feel aligned with nature. Like we are the sole owners of our little sliver of the natural world.

However, special care should be taken when paddling in low light, either before or after the solar transition. You must have a light on your craft. It is a legal requirement and a smart thing to do. This light is not



to guide your way, but rather to let other vessels know your whereabouts. Humans have pretty good night vision, and there is a lot of light available to paddlers. The light marking your vessel will only hinder your navigation, so try placing it directly behind you so that your vision will be in the shadow of the light. Avoid high traffic areas and try to stay fairly close to shore when you can.

And, as always, file a float plan that details when you are heading out, returning and the area you will be paddling in.

By all means, get out on the water at sunrise or sunset. If you are hesitant to go on your own, we invite you to join the Ocean Tribe Paddlers and let us help you master the dusk and dawn paddle patrols.

Ocean Tribe Paddlers is a club that helps the Southwest Florida paddling community better explore, enjoy and understand the ocean. Visit www.oceantribepaddlers.org or follow on Facebook to learn more.

Volunteers Needed For July 4 Parade

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

For more information, contact Mary Bondurant at 839-3633.

Seagrass Gardening Work Begins June 18

The Charlotte Harbor National Estuary Program (CHNEP) and the Calusa Waterkeeper are working with partners including Johnson Engineering and Sea & Shoreline Aquatic Restoration as well as local residents and volunteers to replant seagrasses in the Tidal Caloosahatchee River. The kick-off event with dignitaries will be held in Centennial Park on Monday, June 18 at 10 a.m.

The event will feature opening remarks from the major organizations participating in the project as well as dignitaries including Rep. Heather Fitzenhagen. The remarks will then be followed by a 15-minute demonstration on site plants and exclusion cages that will be used. After the demonstration, volunteers will leave by boats to go to other actual planting locations.

This project is to restore the Tidal Caloosahatchee River's submerged aquatic vegetation (SAV) communities. The species planted are Ruppia maritime (commonly known as Ruppia) and Vallisneria Americana (commonly known as tape or eel grass). Aquatic vegetation is an important part of estuarine ecosystems, providing vital reproductive and nursery habitat for fish in addition to food for grazers such as manatees and turtles. They also improve water quality and clarity

by removing nutrients and sediment. The Caloosahatchee has historically supported vast seagrass beds. However, much of the coverage has been lost in recent years due in part to alterations in water flows to the Tidal Caloosahatchee River.

The project will entail creating five planting areas, covered by herbivore exclusion cages to protect the seedlings while they are getting established, in five locations on the north and south shores of the Caloosahatchee between the I-75 and U.S. 41 bridges. The sites were selected to be along waterfront residents who wanted to participate in the project. CHNEP and Calusa Waterkeeper staff and volunteers, along with staff from Johnson Engineering and Sea & Shoreline will be installing the plantings and cages, as well as participating in the ongoing maintenance and monitoring efforts.

The Charlotte Harbor National Estuary Program applied for and was funded through a grant agreement from the Florida Department of Environmental Protection, Florida Coastal Management Program, with monies provided by the National Oceanic and Atmospheric Administration (NOAA).

Centennial Park is located at 2101 Edwards Drive in Fort Myers. For more information, contact Jennifer Hecker, executive director of the Charlotte Harbor National Estuary Program, at jhecker@chnep.org or 941-575-3392 or John Cassani, Calusa Waterkeeper, at info@calusawaterkeeper.org or 245-9954.



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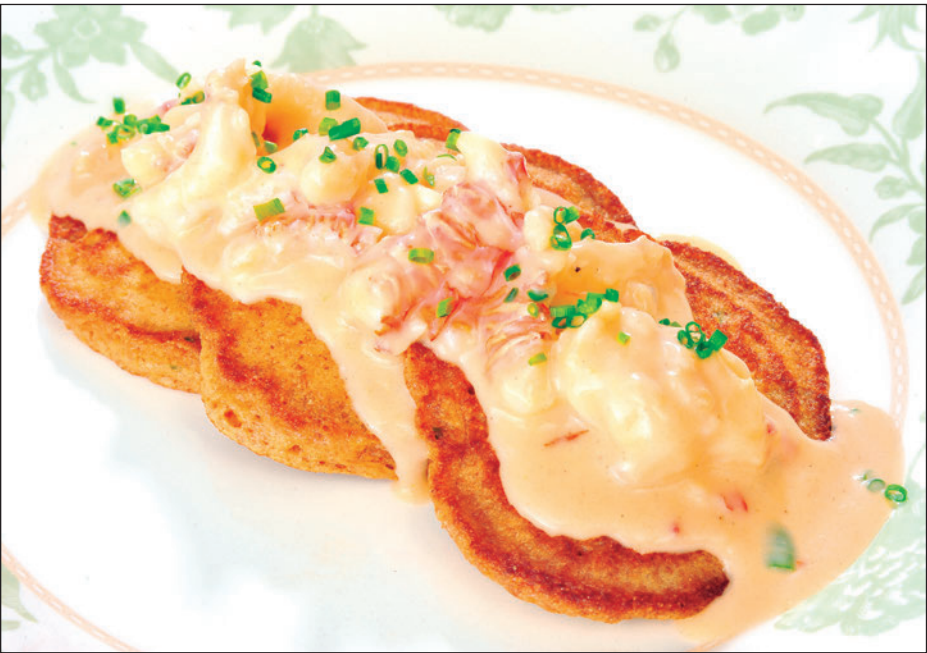
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Rock Shrimp Sauce with Jalapeño Hoe Cakes
2 tablespoons olive oil
1 tablespoon finely chopped garlic
¾ cup dry white wine
1 10-ounce can cream of shrimp soup
1 pound peeled rock shrimp
1 tablespoon seafood seasoning
¼ teaspoon salt
¼ teaspoon black pepper
¼ cup half and half
½ tablespoon fresh lemon juice, or to taste
Jalapeño Hoe Cakes (recipe below)
1 tablespoon chopped fresh chives
Heat the olive oil in a heavy skillet over medium-high heat until hot. Add garlic and sauté 1 to 2 minutes until golden. Add wine to pan and stir in soup; simmer 3 minutes stirring until smooth. Sprinkle shrimp with seafood

seasoning and remaining ¼ teaspoon each of salt and pepper. Add shrimp to sauce mixture and cook 2 to 3 minutes until opaque and cooked through. Slowly stir in half and half and lemon juice. To serve, spoon over Jalapeño Hoe Cakes and sprinkle with chives.
Yield four servings
Jalapeño Hoe Cakes
2 cups self-rising cornmeal
2 tablespoons sugar
1 teaspoon salt
2 cups milk
2 large eggs
1/3 cup jalapeño peppers, seeded and chopped
butter or corn oil for frying
In a large bowl, mix together cornmeal, sugar and salt. In a separate bowl, beat the eggs and milk until well blended. Add the wet mixture into the dry ingredients and stir until just mixed and moistened. Let the batter set for 10 or 15 minutes. Add oil to just cover bottom of skillet then heat over medium-high heat. Pour ¼ cup of batter for each hoe cake into skillet. Cook 3 or 4 minutes until tops are full of air holes;



Rock Shrimp Sauce with Jalapeño Hoe Cakes photo courtesy Fresh From Florida
flip cake and cook until golden brown. warm.
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The Sanibel School Class of 2018

photos provided

The Sanibel School Class Of 2018 Moving On

The little seahorses are swimming away to high school next year in many different directions and celebrated in style at The Community House for their promotion ceremony and celebration on May 30.

Some of these kids have been together since preschool on the island, and some have joined the school just recently, but they all share an exceptional experience of being able to learn and grow in a beautiful community like Sanibel.

The evening started with a ceremony in the Great Hall of The Community House. The graduates received awards as well as an inspirational video produced by Kay Casperson's staff,

which included well wishes from past graduate students from The Sanibel School. The ceremony ended with a memory video created by Libby Payne of The Sanibel School along with her students.

The evening continued with a reception for the families and students with a nice spread of food generously donated by the local restaurants including Sanibel Catering Company by Baileys, Doc Ford's Rum Bar & Grille, Sanibel Deli & Coffee Factory, Cip's Place, The Bubble Room, The Sanctuary Golf Club, Sundial Beach Resort & Spa and Il Tesoro. Floral Artistry and Forever Green Ace Hardware helped make the venue even more beautiful.

The graduates continued their celebration with an evening of dancing, along with plenty of photos with friends from their elementary and middle school years at The Sanibel School.✧



There were plenty of photos taken with family and friends



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World Oceans Day Celebrated At Refuge



Ranger Monica Scroggin, center, offering instruction to kids attending the arts and crafts portion of World Oceans Day, celebrated on June 8 at the JN "Ding" Darling National Wildlife Refuge. Activities included film screenings and a beach walk and cleanup at Gulfside City Park. photos by Jeff Lysick



Fort Myers resident Tyler Tocket created a cell phone holder and speaker using an empty toilet paper roll



Elizabeth Garami of Miami adding her handprint to the A Small Change For A Big Difference wall



Conservation Educator Sara Hallas showing Ember Duffy of Oklahoma how to make a bracelet from used T-shirts



The Vincze family, visiting from Cincinnati, Ohio, included Carolyn, Zoe, Gigi, Mia and Alex



Grace Holdsworth, visiting from Texas, meeting Bagzilla (Shannon McKenzie)



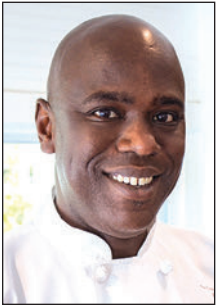
Scarlett Free of Winter Haven, Florida painting her jellyfish craft project



One display featured a life-size sea turtle sculpture filled with discarded plastic debris

The Community House

Vidalia Onions



by Resident Chef Jarred Harris

As a chef and Florida native, I have always used Vidalia onions. In my opinion, Vidalia onions are the best sweet onion in the world. Not only is this onion sweet, but it is a very versatile ingredient. I use Vidalia onions in salads, soups, or I roast them whole and serve them as a side vegetable.

The Vidalia onion was accidentally discovered in Toombs County, Georgia during the Great Depression. A man named Mose Coleman planted "Yellow Granex" onion seeds in the sandy clay-like Georgia soil. Little did he know, the soil was very low in sulfur, which made this variety of onion very sweet. The onion soon became popular and was first distributed by Piggly Wiggly grocery stores.

Vidalia onions can only be grown in Georgia. In fact, according to the Vidalia Onion Act of 1986, there are only 20 counties in Georgia, (all centered around Vidalia, Georgia) that are allowed to sell their onions under the Vidalia onion

trademark. These counties have the same climate and soil composition, which give the onion its distinct flavor.

Pyruvic acid is a chemical that is found naturally in all onions and gives them their pungent aroma. This chemical is responsible for making you cry when you cut onions. Vidalia onions have very low levels of pyruvic acid. This makes the onion sweeter and less likely to make you cry when processing them. That in itself is a good reason to try this onion.

Vidalia onions are in season now and if you have never tried this delicious vegetable, pick one up and try this recipe.

Vidalia Onion and Poppyseed Dressing

Ingredients

16 ozs. Vidalia onion (roughly chopped)
1 cup vegetable oil
½ cup white wine vinegar
¼ cup cider vinegar
¼ cup water

1 cup honey
3 tbsp. Dijon
Salt and pepper to taste
3 tbsp. poppy seeds

Method

Pour all ingredients (except the poppy seeds) into a blender and puree until smooth. Salt and pepper to taste, then add the poppy seeds and mix well.

Use 1 tbsp. more honey if you prefer the dressing sweeter.

Resident Chef Jarred Harris heads the Culinary Education Center at The Community House on Sanibel. For volunteer opportunities or questions, contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.✪

Reserve Now For Wine Dinner

Local wine lovers can book their tickets now for this summer's Islander Wine Dinner, to be held on Tuesday, July 31 beginning at 6 p.m. at The Community House. The evening is hosted by Bailey's General Store, with featured speaker Ben McClure, brand ambassador of Talbott Vineyards, which specializes in chardonnay and pinot noir from 100 percent estate-grown vineyards in Carmel, California. Like the inaugural wine dinner fundraiser, this evening is not-to-be-missed as guests will be virtually transported to Talbott's California vineyards during their gourmet dinner.

The estate wines will be paired with locally-sourced cuisine created by Sanibel Catering Company's Chef Karl Hamme. Proceeds from the dinner will benefit The Community House.

Tickets are \$100 per person or \$550 for a table of six, which includes a welcome glass of Champagne and assorted hors d'oeuvres, a full glass tasting of six Talbott Vineyards wines, locally-sourced dinner pairings, as well as various dessert selections.

Reservations can be made in person at The Community House, 2173 Periwinkle Way, by calling at 472-2155 or online at <https://sanibelcommunityhouse.net/calendar/talbot-wine-dinner-by-baileys>.✪

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.

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

Traders Gulf Coast Grill & Gifts has live entertainment on Tuesday and Thursday with the Danny Morgan Band. Chris Workman plays on Wednesday.

Traditions on the Beach at Island Inn has live entertainment on Friday with Woody Brubaker and Marvella Marzan. Dusk performs on Saturday. Dean Winkelman plays on Wednesday. On Thursday, it's Woody Brubaker.

Restaurant owners/managers, please email or fax any changes to your entertainment schedule to press@islandsunnews.com or 395-2299.✪

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Bank Hosting Photography Exhibition



Buck Ward photo provided

Bank of the Islands is showcasing the photography of Buck Ward in its Sanibel office through June 18.

“Mr. Ward’s photographs of Florida’s Gulf Coast, particularly those captured on Sanibel, are truly breathtaking,” said Bank of the Islands Vice President and Sanibel-Captiva Office Manager Willy Ocasio. “We invite our customers and neighbors to stop by our Sanibel office to see some examples of his work.”

In his artist’s statement, Ward said, “Along the south Gulf Coast of Florida

where I live, there are few grand vistas or scenic overlooks. This rapidly urbanizing area has been one of the fastest growing in the country. There are some beautiful natural places here but every year it gets harder and harder to find a scene that hasn’t been spoiled by the hand of man. I try to find the bits of beauty, the natural interstices in the urban coastal landscape. To find art among the myriad signs, poles, wires and parking lots, to find a beach not crowded with people, a horizon with no cell tower – that is my challenge. I try to use the light, the sky and clouds, the water, to enhance the built environment, to reveal the art of nature in the mundane works of humans. I make pictures of our local landmarks. How many ways can I photograph the Sanibel Lighthouse?

“Between the Everglades and the Gulf of Mexico, among the housing tracts, condos, shopping malls and tourist resorts, there are natural habitats that have been spared, where wildlife thrives. JN ‘Ding’ Darling National Wildlife Refuge, Estero Lagoon, Corkscrew Swamp Sanctuary, Venice Rookery and other such places attract bird photographers from all over. I am lucky enough to live here. I love to photograph the birds. I can’t resist the dance of the reddish egret.”

Those visiting a welcome to a complimentary fresh brewed cup of coffee and a freshly baked cookie while viewing the photography.

Bank of the Islands is located at 1699 Periwinkle Way, at the corner of Casa Ybel Road.

To learn more about Buck Ward, The Photographer, and his artwork, visit www.buckward.net or call 823-8401.✱

Sanibel Public Library Programs



Children who take part in the Summer Reading Program can “earn” books photos provided

The Sanibel Public Library invites families to register their babies, preschoolers, children and teens for the annual Summer Reading program. Participants will receive a special gift (quantities are limited). As in years past, kids can read to earn books for their home library and for patients at Golisano Children’s Hospital of Southwest Florida. Children who participate in the Summer Reading Program can receive books they can keep for their own personal library. The Sanibel Public Library Foundation matches each book “earned” with a book for the children’s hospital.

Since its inception in 2012, young readers have helped to contribute more than 6,000 books to young hospital patients. The library’s Summer Reading Program is funded in part by a grant from the Sanibel Public Library Foundation’s Joan Hunt Cory Children’s Fund. The Children’s Fund was established in 2008 to honor longtime library volunteer and supporter Joan Hunt Cory, who was also a 20-year Sanibel resident.

Families can register for the library’s



Cupcake Crusade program is June 19 Summer Reading Program in person or online. Logging reading time and continued on page 34

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Glam! Bam! Burlesque!

photo by Annie Watson Photography

Art Of Burlesque Showcased At Davis Art Center

by Jeff Lysiak

In the time-honored tradition of the American stage, an evening showcase featuring burlesque dancers, blues music, contemporary cabaret and comedy returns to the Sidney & Berne Davis Art Center on Saturday, July 7. The performance is entitled Show Me The Honeys.

Glam! Bam! Burlesque!, a Southwest Florida-based burlesque group, brings the art of classic tease, traditional and neo-burlesque to life in a performance featuring singing, dancing, bumping and grinding.

However, this unique entertainment genre offers much more than just provocatively dressed ladies clad in lacy corsets, fishnet stockings and feather boas.

"Burlesque is something that everybody can do, and all kinds of people can enjoy," said Rosie Luxure, the stage name of the co-founder of the dance troupe that began in 2016. "It's a real theatrical experience."

According to Luxure, she and fellow co-founder Nettie Boom were teaching dance lessons at a Naples studio, offering instruction on a wide variety of genres including burlesque, hula, swing,



Blues musician Joel DaSilva will perform throughout the evening photo provided

belly and contemporary dance. After working together for some time and expressing a mutual interest in staging burlesque performances, the pair decided to create their own group.

"We both wanted to do it for a long time," said Boom.

"But we had no idea how it was gonna blow up the way it has," added Luxure.

Over the past two years, Glam! Bam! Burlesque! has staged dozens of performances across the state of

Florida, with private gigs and major shows in venues such as The Ranch in Fort Myers (at the 2017 Cattle Baron's Ball of Lee County), the Southwest Florida Event Center in Bonita Springs and at The Colosseum, Pelican Larry's and Off The Hook Comedy Club in Naples.

"We do lots of shows throughout the year, but our biggest, full-scale production is held at the Sidney & Berne Davis Art Center every year," said Luxure, who noted that the troupe will also be appearing at the 2018 Burlypics, a burlesque and variety performance competition in Orlando this month.

Other members of the troupe include Lucie Fair, Kelly Koquette, Audrey Delicious and Etal Noir. All of the girls live in Southwest Florida, between Fort Myers and Naples.

"One of the reasons that burlesque has become so popular is the women's empowerment movement," said Koquette. "Everybody seems to really

love it, and actually the majority of the crowd is made up of women."

During a recent rehearsal for their July 7 performance in Fort Myers, all of the ladies shared what feedback they've heard from audience members following their shows. "A lot of the women who had never seen a burlesque show tell me they love it... and they want to learn how to do it themselves," said Luxure. "It's like this ever-evolving circle."

"When people come up to me after the show, they never use the word 'sex.' They always say how beautiful the show was," added Fair. "They also compliment us on how professional we were."

"What our show does is bring a freshness to the area, something that many people who live here have never seen before," said Boom.

In addition to the performance at the Davis Art Center, the Glam! Bam! gals will be appearing at the Love That

continued on page 32

Community Housing & Resources is excited to announce our new fundraising series
GIVE BACK WEDNESDAYS #GBW

**SUPPORT CHR
AT THESE LOCAL BUSINESSES
THIS SUMMER**

Every other Wednesday during the months of May through July, various Sanibel businesses will be offering a donation to Community Housing & Resources that is funded by you walking through their door and shopping local! Each participating business—including amazing restaurants, resorts and your community grocer—has selected a date that they will be hosting the fundraiser and donating a portion of their proceeds to CHR. So, make plans to eat out, shop and play at these generous local businesses on Wednesdays this summer and support CHR.

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Book Review

Ocean Park

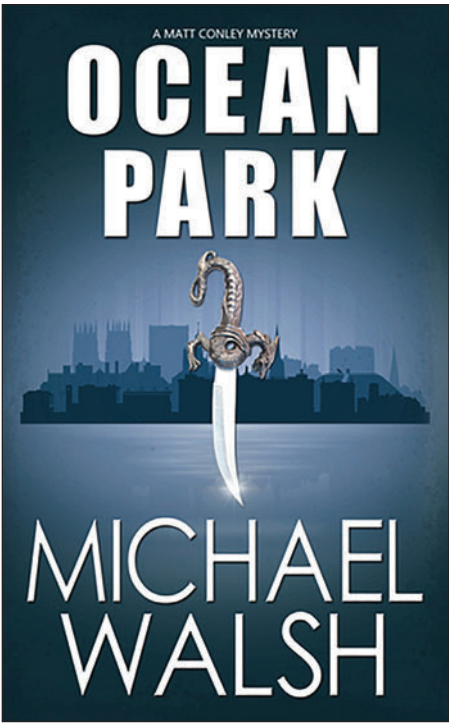


by Di Saggau
Florida author Michael Walsh's book *Ocean Park* deals with a city where nothing is quite what it seems. All Detective Matt Conley ever wanted was to raise a family in Ocean Park with his stunning and ambitious wife

Lisa. Although they are separated, they still care for one another. Matt lives in a cabin cruiser in the marina, and Lisa lives in a luxury condo at the other end of the marina. Matt's life changes dramatically when a second corpse is found in his church, St. Ambrose. A statue of the Madonna appears to have cried tears of blood. This eventually brings the media and believers to the church in droves.

Meanwhile Matt begins a journey that reveals corruption and decay in his city and deceit in his marriage. As he searches for the murderer of a local businessman, a gang war erupts between the Latin Kings and the Asian Boyz for control of the city's drug trade, and the body count rises. Three characters who play a part in the drug war are Samay, Vithu and Pan. We learn a lot about them. There are some unsavory characters in the story.

With his reluctant new partner, Detective Lloyd Kendricks, Matt weaves his way through the puzzling connections



between street gangs, politicians, bikers and a private kink club called The Palladin. By the end of the book, the names of prominent members of the club are revealed, fittingly ending their careers. Two young women, Channary and Sage, are also important to the plot. There is a surprise in store for readers toward the end of the book involving a young man with a distinctive half moon scar. I found this to be a satisfying surprise. At 236 pages, *Ocean Park* is a quick read, and one I feel you will enjoy.✧

Poet's Corner



We invite submissions from local poets. Anyone interested may submit their work via email to Islandsunpoetry@gmail.com. Each week, an individual poem will be showcased.

Island Breeze

by Kyle David Sweet

Island Breeze
Fresh, Wet, Cool, Calming
Skipping Across White Caps at Sunrise, Swirling
Tumbling the Sand, Twisting Green Leaves, Whispering
Brushing Sun Painted Skin, Tangling Bronzed Hair, Caressing
Escaping Yesterday, Filling Sails, Filling Today
Carrying Tomorrow Close Behind, Promising
Reminding Me of Memories
Someday I'll Return For
Island Breeze

Kyle Sweet is the golf course superintendent at The Sanctuary Golf Club and enjoys reading, writing, photography, the Sanibel Recreation Center and spending beach time with friends here on Sanibel.✧

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley,
My 11-year-old daughter wants to go to sleep away summer camp but she seems hesitant about it as well. I know she would have fun but

I don't want to push her too hard. Any suggestions on how to help her feel more confident about this?

Lisa K, Fort Myers

Lisa,

Summer camp builds many skills for future success, including self-reliance, resilience and social skills and adaptability. Being away from home helps kids learn how to separate from parents in a healthy way and cultivate independence. Most children are ready for sleep away camp around the ages of 10 to 12 although it may vary depending on age, experience and temperament. The key to helping your daughter conquer her pre-camp nervousness is to acknowledge her feelings and give her the tools to do quiet her anxiety. Below are some suggestions to help both of you.

Make sure your daughter has a sense of ownership about this experience. Make sure she is involved in the all the preparation and choices that arise so she can formulate expectations. Focus on concrete details like meals in the lodge or cabin rituals instead of abstract issues like what it might feel like to be away from home.

Help her get excited about camp. A shopping trip for her new gear should focus on all the fun activities she can anticipate at camp.

Reframe any questions to her that may

focus on what is making her anxious. So instead of saying, "Are you nervous about?" Reframe using open-ended questions by saying, "How are you feeling about ...?" This way she can identify and state her level of concern and you can discuss it.

Show empathy and acknowledge her concerns. Don't trivialize them or offer glib reassurances like, "Everyone loves camp."

Have a few rehearsals. A few shorter-term sleepovers with family or friends before camp will help build your child's confidence and independence for her camp experience.

Plan for your home-to-camp communication and make it easy for her. Pack writing paper, stamps and envelopes with a schedule for mailing them and outline how you will respond. If email and or electronic communication is allowed at camp, discuss this as well and again make a schedule for these types of communication.

Share your own formative "away from home" experiences with her. Discuss both the positive and the challenging aspects you faced. Talk about how you benefited from both the positive experiences as well as the challenging ones.

Going to a sleep away camp is a milestone activity for your child's development of psycho-social strength, resilience and self-confidence. Make sure to tell her how proud you are of her for stepping out of her comfort zone and that you will be looking forward to hearing about everything that took place at camp upon her return.

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.✧

ATTENTION
High School Graduates



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

Your name and photo

Name of high school

Names of your parents

School you will be attending in the fall

Any questions, call 395-1213

Human Trafficking And Gang Bangers: Not For The Weak Of Heart

After 24 years of perfecting his trilogy, *Cooper's Moon*, Sanibel writer Richard Conrath, PhD and former college professor, released his first novel in a three-part mystery series. "I simply wouldn't give up. I knew I had a story to tell and it would not go away. I had to force myself to get through the tough parts," Conrath said.

Conrath weaves together a group of "peculiars" plucked from the Everglades, Miami and Cleveland to form an unlikely pack of rascals and scalawags who search out missing and exploited children. The story opens with the disappearance of a college professor's 7-year-old son, Maxie. The trilogy ends with a resolution in book three, *A Cold Copper Moon*. The series is complete and will be released over the next 10 months.

The author, a member of Mystery Writer's of America, designed a role in his next novel, *Blood Moon Rising*, for a real life Naples resident, Donald Hand. This character's role is Don "The Man" Hand and plays a nefarious retired mob hit man turned exotic dog groomer. Don Hand was lucky enough to win the role at the book launch gala in Southwest Florida.

The book is now available on Amazon in paperback and Kindle format, Ingram, libraries and bookstores. Signed copies are available at MacIntosh Books & Paper, located at 2330 Palm Ridge Road in Palm Ridge Place. For more information, visit www.coopersmoon.com.✱



image provided

July Programs At Captiva Memorial Library

During the month of July, there are many events scheduled to take place at the Captiva Memorial Library.

Adult Programs

Adult Summer Reading Program: Libraries Rock! Book Bingo – Adults may participate in this Summer Reading Program by completing a Libraries Rock! Book Bingo sheet, available at the reference desk of participating libraries. The program is limited to readers 18 and older. Each book may be used in only one square. Return completed sheet to the reference desk for prizes and/or drawing entries. The last day to turn in the bingo sheet for prizes is August 11. One bingo sheet per person. Prizes include books for bingo (limit three per person) and fully completed cards qualify for entry into branch prize drawings and a grand prize drawing. Check your local library for participation and bingo sheets or visit www.leegov.com/library

Coloring For Grown-Ups (all library hours) – Coloring books are no longer just for kids. In fact, adult coloring books are all the rage right now. Researchers and art therapists alike have touted the calming benefits

for over a decade, with researchers at Johns Hopkins University to the editors of *Yoga Journal* suggesting coloring as an alternative to meditation. Like meditation, coloring allows the brain to switch off other thoughts and focus. Coloring has therapeutic potential to reduce anxiety, create focus or bring about more mindfulness. Participants may bring their own materials or use those provided.

Checkers (all library hours) – Play classic checkers, "The game of games," or try other versions such as Fox and Geese, Give Away, Shifting Pyramids, Corner Checkers or Goban. Instructions included. Or reverse the field and play Tic Tac Toe or Super Tic Tac Toe.

Youth Programs

Summer Reading Program: Libraries Rock!

July 12 at 2 p.m.: Songbirds make beautiful music – Listen to bird sounds, share bird books and make a bird craft.

July 19 at 2 p.m.: Gardening for kids Our Earth rocks! – Get closer to the planet by learning about gardening. Make a terrarium out of a soda bottle.

July 25 at 6:30 p.m.: Guitar Art Rocks! with DiVitto Kelly – This fun workshop involves using high-quality Styrofoam, a glue/water mix and colored tissue paper to decorate guitars. Registration is required and begins July 18. Sponsored by the Captiva Memorial Library Board.

Captiva Memorial Library is located at 11560 Chapin Lane on Captiva.✱

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Zonta Installs New Board Members



The Zonta Club of Sanibel/Captiva installed its new club and foundation boards for 2018-19 on May 16 at Saint Michael and All Angels Episcopal Church on Sanibel. The new officers are, from left, Halle Smith, member-at-large; Virginia Jones, member-at-large; Diane Chesley, member-at-large; Carol Gestwicki, vice president; Barbara Beran, president; Judy Langley, president-elect and club secretary; Elaine Swank, member-at-large; Becky Mulka, foundation treasurer; Pam Eccles, club treasurer; and Nancy Dreher, past president. Not pictured: Diane Haida-Johnson, foundation president; and Kassie Witte and Joyce Ross, members-at-large.

photo provided

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From page 27

Art Of Burlesque

Dress! Collection Party, a fundraiser for the Pace Center For Girls of Lee County, on Tuesday, July 17 at the Red Door Photography Studio, located at 1601 Lee Street, Suite 2 in Fort Myers. The show starts at 6 p.m. and admission is \$25, or \$20 plus a gently used dress.

Hosted by “the sassy, saucy and oh-so-bossy” Chloe Bone Cicconi and “Stage Kitten” Isabella Von Leopard, the July 17 Davis Art Center show will also feature Miami-based performers The Prima Latina and Reigning Queen of the Latina and Hispanic Burlesque Festival Sofia Luna. In addition, Rio Dios Mio will perform as Rio Chavarro, “The Little Tramp,” in an homage to Charlie Chaplin.

Live music will be provided by international performing and recording blues artists Joel DaSilva and Little

Eddie and the Fat Fingers. Originally from Chicago, DaSilva has performed across the world at prestigious events including the Montreal International Jazz & Blues Festival, RiverWalk Blues Festival and the San Diego Music & Roots Festival. He has opened for headline acts the likes of BB King, Ray Charles, Jeff Beck, The Black Crowes and Leon Russell.

Tickets for the Glam! Bam! Burlesque! Show Me The Honeys performance (open to ages 21 and older) are \$35 each. Tables of four are \$250; tables of eight are \$500. Doors open at 8 p.m. and the show runs from 9 to 11 p.m. at the Sidney & Berne Davis Art Center, located at 2301 First Street in Fort Myers. To purchase tickets, visit www.sbdac.com.

The troupe’s Show Me The Honeys performance will be repeated on Saturday, August 18 at Dixie Roadhouse in Cape Coral. For more information, go to www.glambamburlesque.com.

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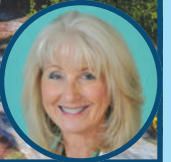
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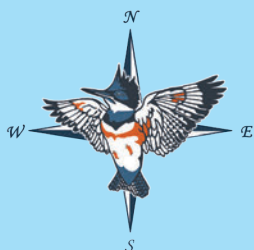
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Superior Interiors

Today's
Decorating Trends



by Trinette Nelson

Decorating trends can add life, excitement and fun to our rooms. Here's a look at some hot new decorating trends that you might consider for your next decorating

project.

It's in the details – High style details leave the fashion runways and strut their way to you home. Accent pillows and other soft textiles will sport gorgeous tailored details from belts to glamorous beading.

Safe Haven – Increasingly, people are looking at their homes as a shelter from a stressful world. Instead of going out, we are staying in with family and friends. Now, more than ever, our homes need to be restful and soothing, yet stylish at the same time.

Going Green and Beyond – Being green is taken to the next level as homeowners want to know that the products they purchase are truly green. We are seeking out the process and questioning the production standards.

We want products that are green, sustainable and adhere to fair trade standards.

Make It Personal – Decorate your home to suit your personality and style. Only bring in to your home things that you like and do not be swayed by all the trends. Ask yourself if the item inspires you before it stays as a fixture in your home.

Exciting Classics – Traditional furniture styles are re-invented in a fun, colorful and bold manner. Many period pieces are being re-interpreted in fresh, bold new designs such as Berger chairs painted in silver metallic with a bold graphic fabric.

Let There Be Light – Because residential interiors are incorporating more intense paint colors, more light is needed to properly illuminate a room. Lighting manufacturers are making chandeliers with more arms as well as pendants and wall-mounted fixtures that illuminate these areas with personality.

Wall Dressed – Wall murals and wallcoverings continue to be in high demand. Bold graphic patterns, contemporary designs and murals inspired by nature are hot for contemporary rooms. Grass cloth and textured wallcoverings such as damasks, florals and stripes are hot for both traditional and transitional rooms.

Creatures of Comfort – Furniture that is comfortable and practical, yet still elegant is important. We are interested in creating a personal space that is cozy, inviting and easy to

maintain. We want to be able to relax and unwind at the end of a busy day in an environment that makes us feel good.

Exotic Prints and Accessories – Prints with global influence continue to be a popular trend for the contemporary home. Add vibrant toss cushions to your sofas or bed or add woven rugs to your floors.

When incorporating trends into your home decorating, it's best to follow the 10 percent rule: 10 percent of the items in any one room should be trendy to keep the space fresh and 10 percent of your decorating budget should be allocated towards purchasing these fashionable finds.

Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindceden.com.*

From page 26

Library Programs

activities can be done via paper or online with Beanstack, a link is on the children's page at www.sanlib.org. This year, Beanstack is now offered as a smartphone app. The app not only logs reading time, but also delivers personalized book recommendations. Locals as well as visitors are welcome to participate.

Family Storytime, for babies and children up to age 5, is held at 11 a.m. on Wednesdays at the library. On

Fridays in June and July, stop by at 2 p.m. to sing along with family-friendly musical movies.

Sixth through 12th graders are invited to VIP After-Hours gatherings on Tuesday evenings in June and July from 6 to 7 p.m.

Other special events in June: At 3 p.m. on Tuesday, June 19, kids can experiment with frosting bags and decorative tips. The Cupcake Crusade is for grades kindergarten through fifth. Foods being handled and served may contain allergens.

Joey, Alexandra and Sydney (the live eclectus parrot) will lead kids on an adventure in finding their tune at 3 p.m. on Tuesday, June 26. This interactive show not only incorporates music, but also puppets, illusion and comedy.

VIP After-Hours is held on Tuesdays during the summer at 6 p.m. All VIP evenings feature snacks and games. On June 19, teens can experience virtual reality and play games with the library's VR equipment.

Stop by the library on Monday, June 18 between 10 a.m. and 1 p.m. for The Apollo 11 Lunar VR Experience, a recreation of the events which took place from July 16 to July 24, 1969. This 10- to 20-minute VR experience is for age 10 and older. Registration is required due to session length. Call 472-2483 to set up a time.

Complete schedule of events is listed online at www.sanlib.org/calendar. For more information, call 472-2483.*

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has docks with access to the Sanibel Estates canal system. Cozy furnished 1 bedroom on 1st floor. Has new HVAC, impact windows, & a carport too. Easy retreat for a snowbird, vacationer, or year-round residence too. Also pet friendly. \$239,000



For beach & nature lovers, paddleboarders, kayakers, & birders, this modernized

ground-level split-plan 3 bedroom has a big backyard. On Anchor Drive, it's near the end of a private cul-de-sac, on a canal with dock, & just steps to community deeded gulf access path. Inside it screams guy-style with sleek wood cabinetry, granite, limestone floors, new windows, & more. \$899K



Here's a condo for the Dad that would like one for vacations & with income too. Spanish Cay #A7 is a large 2nd

floor 1 bedroom with beach across the street, & views of the Sanibel River from back screened balcony & open front deck. Community pool. 2-week minimum keeps the traffic down, but it has booked as much as \$20K/year with owner use. \$274,000 furnished

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Rotary Happenings

submitted by Shirley Jewell

Sanibel-Captiva Rotarians were fortunate this past week to be invited to the Pine Manor Improvement Association Community



Gardens open house. Pine Manor is a neighborhood located just off Summerlin Road in Fort Myers and has had a troubled reputation.

The Pine Manor Improvement Association has taken on the task of making positive changes in the neighborhood and has sought help in establishing and funding new development ideas and redevelopment projects. Our club, along with several other Rotary Clubs in our district, contributed funding for one of these projects, the Community Gardens, and to create an additional quarter-acre property across the street from the gardens for the planting tropical fruit trees and other food sourced plantings, called the Food Forest.

The Pine Manor Community Gardens Board of Directors spoke a few words thanking all district Rotarians and allowed us to stroll about the garden to observe the amazing transformation of a small plot of land into a fertile planting area. The area holds 25 garden plots/boxes and most of them are being continuously cared for by the residents of Pine Manor



Pine Manor Community Gardens

and Arlo Simonds, garden coordinator and perma-culturist. Plantings of vegetables, herbs and medicinal plants – some on an experimental basis – filled the boxes.

The Food Forest area has been cleared and water and electricity to the area has finally been established with planting of the trees soon to follow. Many sapling trees are already waiting nearby in the garden area to be brought across the street for planting. This is just the beginning of a fruitful adventure for the residents of Pine Manor. Not only will they be able to grow their own food, but supplement their incomes by selling their bounty to others in the neighborhood and even at local farmers markets. As a bonus, Rotarians

were treated to fruit and vegetable platters and other appetizers using vegetables from the garden, artfully prepared and arranged by a recent Pine Manor professional caterer.

The Pine Manor Community Center houses this successful culinary program and has provided a compact but well-organized kitchen for this purpose. The small dining room/classroom also provides space for resident programs related to food, nutrition, good health and well-being.

San-Cap Rotary's regular Friday morning was jammed packed with information on upcoming events, including preparations for the club float in the Fourth of July Parade, the installation of new club member, Clark Rambo, and our guest speaker, Chris Davison, director of operations at Island Inn. Rambo's membership information will be included in an upcoming wrap-up column for Sanibel-Captiva Rotary Year July 1, 2017 to June 30, 2018 under the outstanding leadership of president, Holli Martin.

Davison told us the Island Inn has been part of Sanibel's history for over 100 years, established in 1895 by the

Matthews family as a boarding house, with a few guest houses on property. Meals were provided for wealthy guests from the north, staying for months in season to enjoy the beach, fishing, shelling and camaraderie of friends from all over the country. With the addition of the barracks (guest room addition), it became a full-fledged beach accommodations entity.

Eventually, this property was sold to long-time guests of the Matthews family with intent to preserve it for generations to come. Updates and renovations have been made over the years including the construction of a 12-unit concrete block building replacing the wooden barracks in 1961 called the Matthews Lodge. However, time took its toll over the last almost 50 years, along with building code changes and expectations of accommodations for guests. Renovations to the Matthews Lodge were not enough any longer.

Shareholders of the property had to make a decision to replace the Matthews Lodge with a completely new building, along with renovating other buildings on the property – a \$16 million capital investment. The decision was made, city permitting took some time to be granted – about a year and a half – and destruction of the old Matthews Lodge took place. The Island Inn's newest building was now in construction phase and took nine months.

The Island Inn Matthews Lodge Luxury Suites, with 12 gulf view luxury accommodations, opened on January 10 of this year. The Island Inn now houses 42 hotel rooms and seven guest houses, providing one of the most sought-after beach resort accommodations on the island. Providing meals for Island Inn guests and open to the public after 4 p.m. is an appropriately named restaurant/bar, called Traditions. As in the past, the restaurant serves as a gathering room for a high-quality meal or a fun evening of dancing.

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

photo provided

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Independence Day Shirts On Sale At Sanibel Bank

Sanibel and Captiva Islands' 28th 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 T-shirts and tank tops, available in sizes S-XXL, for \$10 each.

This year's parade theme is Wild About America. The Clinic for the Rehabilitation for Wildlife (CROW) – celebrating its 50th anniversary – is the grand marshal.

The Independence Day parade will be held on Wednesday, 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 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 Mary Bondurant at 839-3633 or Trish Phillips at 246-2981 for more information.✴



From left, Darrin Grotrian, Willy Ocasio and Rob Lisenbee of Bank of the Islands with the 28th Annual Independence Day T-Shirts

photo provided

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From left, SCA Executive Director Teresa Riska-Hall with Steve Greenstein and Chris Heidrick of Charitable Foundation of the Islands photo provided

Foundation Awards Grant To Community House

The Sanibel Community Association (SCA) recently received a \$5,000 grant from Charitable Foundation of the Islands (CFI) to rebuild its website.

"As any small nonprofit knows, it is hard to keep up with technology, but your website is the key to the online face of your organization," said Teresa Riska-Hall, SCA executive director. "This grant will assist with the costs that go along with this rebuilding."

The rebuilding has already started with board member Daniela Jaeger spearheading the transition to the new website.

"The grant program offered by CFI is for building sustainability of island nonprofits," added Riska-Hall. "There are multiple areas accepted for this funding, SCA's was for technology improvements. SCA hopes to have the new site up and running by August so they can get all the bugs out prior to the heavier seasonal business."

Going into the fall season, The Community House already is seeing a growth of 25 percent for the September to December 2018 quarter versus last year's same period.✱

An Ode To The Islands

submitted by the Gibbs Family

In 1976, our young family from the cold northern lands of Cleveland, Ohio was packed into a station wagon with no air conditioning (who needed A/C in northern Ohio?), sweltering in the early August heat of Southwest Florida as we collectively caught our first sight of Sanibel Island. The old causeway with the drawbridge snaked its way just over the surface of the dead flat San Carlos Bay, ending in what looked like a pine forest resting atop a glowing white bed of sand. Lee, 39 at the time, and Joan, 38, took us three, as young children – John, 11, Paul, 9, and Karis, a mere 2 years old – over the bridge and onto an island that felt barely wrested from nature. None of us knew at the time that this encounter, precipitated by a family friend's suggestion, would lead to a life-long love affair with the islands that has gone on for 41 years.

For 41 summers, our family, the Gibbs family, vacationed in Sanibel, Lee and Joan never missing a year, and we kids doing our best to make it every year we could. Our lives expanded, of course: we children introduced first our spouses, and then our children to Sanibel. We grew from staying in small one-bedroom apartments to needing up to four apartments at a time – an expense our mother always said was nothing compared to having her family together for such a wonderful vacation.

We came in the summer because our parents both taught – Lee a professor at Cleveland State University, Joan an elementary school teacher in Warrensville Heights, Ohio. After each of us went to college and graduate school, we followed suit and got our own teaching positions, which made it easy to continue the summer treks.

In the early days, summer was most definitely the "off" season on Sanibel and Captiva; there were very few other tourists, and we had the ubiquitous Bailey's and Dairy Queen mostly to ourselves. Has that changed over the years! Both the number of shops and the number of summer visitors has skyrocketed so that summer no longer feels like the lonely season at all.

Our family has so many traditions associated with Sanibel and Captiva that we can only mention a few. There was letting the kids (first us, and then our children) drive in the nature preserve, at first on a parent's lap, and then (frighteningly for the adults, and surely illegal – shh!) taking the wheel and the brakes themselves. We played tennis every year – and always between 10 a.m. and 2 p.m. – and were inevitably the only people stupid enough to be out during the hottest hours of the day! There were the hours we spent shelling; walking meditatively, heads down, searching the margin between ocean and land for precious treasures that we bagged up and made into lamps, put in jars and (for the best specimens) proudly displayed on our side tables at home. There was visiting with the parrots at Jerry's, thrilling at their ability to

talk and whistle. We watched sunsets from the northwestern tip of Captiva, always looking for, but never finding, the green flash. There was playing the ring toss game at the Lazy Flamingo.

We had silly swimming competitions like "the fewest bubbles diving in the pool," "can you dive through a child's inner tube?" and "how many laps can you swim without coming up for air?" We watched our dad floating on his blow-up raft (which always made him dizzy when he inflated it all by himself) way too far out to sea. Our mom drank coffee on the lanai every morning, enjoying the heat and the sounds of the ocean, the breezes, and the birds. There was mini golf – Pirate Golf and Jungle Golf in Fort Myers – with fierce competition, and some tears shed, most often by the youngest in the group, but not always! And of course there was the bittersweet tradition of eating everything we'd bought at the grocery stores before leaving because we were raised to waste not. Our dad would often get stuck with (or perhaps he volunteered for) ice cream duty; he'd eat a whole half gallon of ice cream as we packed the car to go home (yes, for most of the years we made the 20-plus-hour pilgrimage by car), and he paid for it the rest of the trip.

And then there were the restaurants: Cheeburger, Cheeburger, the Lazy Flamingo, The Bubble Room, The Mucky Duck, Cantina Captiva, Chadwick's buffet (back before Irma took it away), Dairy Queen for ice cream, and even Iguana Mia and Sweet Tomatoes on the mainland. With all that we ate on the islands, it's no wonder we ran, worked out and played tennis so much; we had to work off all that great food!

There are some stand-out, unique memories of the islands too. John and Paul nearly getting swept off the rock jetty on Captiva during a tropical storm in the late '70s – and not learning, as we then went out swimming in the swirling, angry ocean! Karis being proposed to by Stefan, her now husband, one summer's night in 2001 – and John nearly ruining everything by complaining just beforehand that Stefan should really get on it and propose to her! Paul bouncing a golf ball off an alligator on the Sanibel Island Golf Club links and then playing the shot less than 10 feet from the gator rather than take a penalty stroke!

Over the years, Lee and Joan have aged, and 2018 marks the year our Sanibel-Captiva streak must end. It is with grief that we must say goodbye to our family's Sanibel tradition, but it is with great joy that our family realizes what the Sanibel-Captiva islands have meant to us. We have all been changed for the better by our family vacations there, from our nuclear five person family to the extended one that now has memories of these trips. Our lives are better and our family bonds are stronger for our enchanting time on Sanibel and Captiva. Each one of us has memories of these trips, each one of us holds Sanibel dearly in his or her heart, and we look forward to returning in the future to start new family traditions.

With love, Lee, Joan, John, Paul, Karis, Lane, Kristin, Leslie, Stefan, Josh, Kenlee, Nicole, Shannon, Arakai, Zosia, Hunter and Hayden✱

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Island realtors and volunteers packing meals at last year's event

photo provided

Island Realtors Meal Packing Event July 24

On Tuesday, July 24, the Sanibel & Captiva Islands Association of Realtors (SCIAR) will join with Meals of Hope and local volunteers to host a meal packing event to benefit local food banks.

Meals of Hope is an organization that has created five pre-packaged meals that are both nutritious and cost-effective for feeding those in need. Meals of Hope food packages were designed to address the need for an economical, nutritious solution to aid in the fight against hunger. The organization focuses on keeping the packages within communities in the United States, though they do provide some assistance to other parts of the world.

For the second year in a row, SCIAR is working with Meals of Hope by hosting a packing event. Local realtors and community members will work together to raise the money needed to pay for the meals, and volunteers

will package them. Southwest Florida food banks will be the recipients of the roughly 20,000 meals that will be packaged at the event.

In order for the event to happen, SCIAR and its members must raise at least \$5,000 to cover the cost of the food and have a minimum of 50 volunteers. Last year's event brought in over \$6,600 and over 90 people joined together to package 28,800 meals.

There are several ways members of the community can help meet or surpass the goals this year. You can make a monetary donation in the form of a check payable to Meals of Hope and mail or drop it off at the SCIAR office at 2353 Periwinkle Way, Suite 201, Sanibel, FL 33957. You can also volunteer to help pack meals on July 24 from 3 to 5 p.m. at Sanibel Community Church.

If you would like to sign up to volunteer, send an email to Megan@SanibelRealtors.com.

For more information about Meals of Hope, visit <https://mealsofhope.org>.

For more information about the Sanibel & Captiva Islands Association of Realtors, visit www.sanibelrealtors.com or search for @SanibelRealtors on Facebook.✱

ISLAND SUN BUSINESS NEWSMAKERS

Royal Shell Real Estate



McMurray and Nette



Brian Murty



Sally Davies

The top producers for the Royal Shell Real Estate Sanibel/Captiva for the month of May were: McMurray and Nette, top listing producers team; Brian Murty, top listings producer individual/partners; McMurray and Nette, top sales producers team; and Sally Davies, top sales producers individual/partners.✱

Sanibel Residents Earn Degrees

Matthew Miller, a resident of Sanibel, is a graduate of Colgate University in the Class of 2018. Miller majored in computer science. A graduate

of Academy Medical Science Tech, Miller received a bachelor of arts degree magna cum laude at Colgate's 197th commencement held on May 20.

Taryn Samet of Sanibel graduated with a bachelor of science in biochemistry degree with highest honors from Lehigh University in spring 2018.✱



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Will Power

Asset Alignment



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

Many clients believe that an estate plan is all about the legal documents, which usually consist of a will, a revocable living trust (for those with any degree of net worth), durable powers of attorney, health care surrogates and living wills, among others. Upon completing their estate planning documents, many consider the job done and that there's nothing left to do for years.

Did you know, however, that you can have the best estate planning documents ever drafted by the best attorney who ever practiced and yet your estate plan might fail?

One reason for the failure is the improper alignment of your assets inside of your estate plan. What do I mean by that? It might relate to several things, each unique to your situation.

If you have a revocable living trust, for example, it is vitally important that your assets are actually titled into your trust. Many attorneys provide their clients a "funding instruction sheet" that details how accounts are to be titled. Rather than an account titled in my name, "Craig Hersch," instead it should be titled into my trust: "Craig Hersch, Trustee for the Craig Hersch Trust dated June 15, 2018." Failure to transfer the assets that would have otherwise been subject to the probate process could result in a failure of the estate plan.

So if you have a revocable living trust, should **all** of your assets be titled into your trust? The simple answer to that is "No" when you own IRAs, 401(k)s, and annuities, for example. Generally speaking, you can't transfer title of those accounts without withdrawing the account balances, triggering income tax and potential excise tax penalties depending upon your age.

Should those assets instead name your trust as the beneficiary instead of individuals? It depends. If you want to protect those distributions from the reaches of predators and creditors, then perhaps. Whenever you name a trust as the beneficiary of a tax-deferred account, you must be mindful of the "identifiable beneficiary" rules associated with the required minimum distributions that your beneficiaries will have following your death.

What about annuities? Should those designate a trust as a beneficiary? Again, it depends. The rules governing qualified annuities that are a part of your IRA are treated differently than are non-qualified annuities that are typically held outside of a qualified retirement account. The annuity contract provisions will also be determinative, as non-persons (trusts) often don't have the same distribution options following the annuity

owner's death.

Asset alignment is important for closely held business interests. If you own shares of a Subchapter S Corporation, for example, you will want to ensure that your trust provisions meet the "Qualified Subchapter S Trust" requirements found in the Internal Revenue Code, or you may risk defeating the S election, resulting in a federal corporate income tax on **all of the shareholders** that otherwise wouldn't apply.

Further, if your closely held business, whether it's an S Corporation, C Corporation, LLC, general or limited partnership, may have operational/shareholder/member/partnership agreements that govern the disposition of those interests in the event of your disability or death. Accordingly, for your assets to align properly, your estate plan should synchronize with those agreements.

For those married individuals or those with minor children who have declared homestead for their Florida residence, yet another asset alignment issue exists. If you haven't updated your documents to Florida law, your homestead might be invalidly devised within your estate plan. The proper title to the residence should be accomplished with a deed that integrates with your estate planning documents.

Similarly, if you have been divorced and your dissolution of marriage agreement contains dispositive requirements governing assets, it's necessary for the estate plan to satisfy those requirements and that the assets meant to so satisfy are properly titled and accounted for.

I could go on. Commercial properties that have tenants, vacation cottages and non-traditional assets all often need to be titled properly for the estate plan to satisfy your intent.

Even if you've done an exemplary job of aligning your assets, and ensuring that they are all titled correctly, the task is often incomplete. Your assets change over time. You might open a new brokerage account, or your broker may have consolidated accounts resulting in new account numbers not aligned with your estate plan.

Your broker may have transferred to a different firm. When you followed the broker over, did you ask your estate planning attorney to verify that the title to the accounts at the new institution are correct? Did you double check the beneficiary designations of the IRAs, annuities and life insurance to ensure that they all fit properly inside of your estate plan?

As you can see, your documents are an important element to your estate plan. It's equally important, however, to ensure that the assets align properly to your estate plan, and that over the course of time they remain in alignment. If all your estate planning attorney did to verify this was to provide you a funding instruction sheet, then you probably haven't completed this important step. Most of the new clients that I visit with, even if they have in years past completed their estate planning documents with another firm, have failed to properly align their assets.

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Ban The Plastic Straw



by Barbara Joy Cooley, COTI Board Member

In early February, *The News-Press* published an article about the remarkable news that Fort Myers Beach now has a ban on plastic drinking straws. I thought to myself, "If Fort Myers Beach can do this, then Sanibel certainly can!" After reading the newspaper, I went for my morning walk. On that walk, I saw my neighbor, city council member Jason Maughan, and asked him what he thought of the idea. He was positive. We talked about how many more straws were probably on Fort Myers Beach because of all the commercial enterprises there. But there are some near-beach establishments where plastic straws are routinely used on Sanibel.

The first person I ever heard talk about the environmental threats posed by plastic drinking straws was Carolyn Raffensperger, our keynote speaker at the Committee of the Islands (COTI) annual meeting in 2011. Several COTI board members took Raffensperger out to lunch and there she made a point of ordering her ice water with "no straw." Then she told us why she did so. She convinced me, and from then on I've tried to always remember to order my water with no straw.

500 Million Straws A Day

According to www.thelastplasticstraw.org, 500 million straws are used each day in the U.S. They're used once, then discarded. These straws are a single-use plastic and they are, by and large, unnecessary for the consumption of beverages. While straws are not the major portion of plastic waste that ends up in our oceans, it is their uselessness that makes it all the more important to eliminate them from our daily lives as much as possible.

Even though straws are small, they're dangerous to sea life. They can become entangled with marine animals, be eaten by fish, be embedded in sea turtle noses, and damage coral reefs. Plastics eaten by endangered sea turtles can fill their stomachs and cause them to starve to death.

The amount of plastic trash accumulating in the Earth's oceans is staggering. A study by the World Economic Forum (http://www3.weforum.org/docs/WEF_The_New_Plastics_Economy.pdf) states that it is possible that the weight of all the plastic trash in the seas will be more than the weight of all the fish by the year 2050.

Alternatives To Plastic Straws

For those who think that straws are useful and necessary, there are alternatives to single-use plastic straws. Single-use straws can be made from paper. Reusable straws can be made from glass, metal and bamboo. These alternatives are readily available now.

Fort Myers Beach is one of about a half-dozen cities in the U.S. that has banned or severely restricted the use of plastic straws in commercial establishments. But dozens more U.S. cities are now considering bans. Even McDonald's in Britain is phasing out the use of plastic straws in advance of a planned national ban on single-use plastics.

Some Sanibel restaurants and food/beverage vendors have voluntarily stopped using plastic straws, but others have not. Let's make it official: ban the plastic straw on Sanibel Island. The Sanibel City Council discussed the idea at the end of their June 5 meeting. So perhaps the city will take this important step soon.

Barbara Joy Cooley chairs the COTI Environment Committee.

*COTI invites your input on this and other issues affecting our island. Send an email to coti@coti.org. To read our past commentaries on island issues, visit www.coti.org. Or visit Committee of the Islands on Facebook.**

Convenient Care Offering Physicals

Between now and September 30, Lee Health's Convenient Care urgent care offices are offering \$25 sports, camp and school physicals with no appointment necessary.

These physicals include: height and weight; vital signs; allergies; medications; review of any past medical and surgical history; and physical exam.

This easily accessible alternative for school and sports physicals is available at all four Convenient Care locations. They are located at Page Field, 4771 South Cleveland Avenue in Fort Myers; Summerlin, 16230 Summerlin Road, Fort Myers; Pine Island Road, 1682 NE Pine Island Road, Cape Coral; and Metro, 13340 Metro Parkway, Fort Myers.

For more information, visit www.leehealth.org/urgent.*

Celebrate the 28th Annual Independence Day Parade

Wednesday, July 4, 2018 9:30 a.m.

Wild About America

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 29, at Bank of the Islands** ◆◆◆
(10:00 am or 5:00 pm)



Make Sure to Pick Up Your 2018 Parade T-Shirts at Bank of the Islands



2018 Parade Categories

Best Float – Commercial
Best Float - Small Entry
Best Nature Theme

Best Float - Not-for-profit
Best Salute to the U.S. Military
Best Original Design

Best Float - Family
Most Patriotic
Best Music

Entries must be returned (with payment) BEFORE Monday, June 25, 2018

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

Parade Entry Form

Return with Check

"No water to be sprayed by parade participants"

Name of Business or Organization: _____

Contact Person: _____

Mailing Address (required): _____

E-mail Address (required): _____

Daytime Telephone Number (required): _____

Number of Participants: _____

🎵 Music 🎵 Music 🎵 Music 🎵 Music 🎵 Music 🎵 Music 🎵 Music

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

Other? _____

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

Name Email & Phone # of Person Attending Meeting on 6/29: _____

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)



FRIDAY
Cloudy
High: 84 Low: 74



SATURDAY
Few Showers
High: 87 Low: 76



SUNDAY
Few Showers
High: 81 Low: 71



MONDAY
Scattered Rain
High: 82 Low: 72



TUESDAY
Few Showers
High: 85 Low: 75



WEDNESDAY
Few Showers
High: 86 Low: 76



THURSDAY
Few Showers
High: 87 Low: 77

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	4:47 am	7:03 am	2:04 pm	9:56 pm	Fri	3:52 am	7:05 am	1:09 pm	9:58 pm	Fri	3:44 am	8:35 am	2:03 pm	10:07 pm	Fri	6:57 am	12:21 am	4:14 pm	10:19 am
Sat	5:48 am	7:47 am	2:54 pm	10:49 pm	Sat	4:53 am	7:49 am	1:59 pm	10:51 pm	Sat	4:47 am	9:38 am	3:21 pm	10:56 pm	Sat	7:58 am	1:12 am	5:04 pm	11:03 am
Sun	6:43 am	8:49 am	3:50 pm	11:41 pm	Sun	5:48 am	8:51 am	2:55 pm	11:43 pm	Sun	5:38 am	10:35 am	4:46 pm	11:44 pm	Sun	8:53 am	2:05 am	6:00 pm	12:05 pm
Mon	7:29 am	10:16 am	4:53 pm	None	Mon	6:34 am	10:18 am	3:58 pm	None	Mon	6:24 am	11:32 am	5:52 pm	None	Mon	9:39 am	2:57 am	7:03 pm	1:32 pm
Tue	8:08 am	12:32 am	6:10 pm	12:02 pm	Tue	7:13 am	12:34 am	5:15 pm	12:04 pm	Tue	7:09 am	12:35 am	6:54 pm	12:42 pm	Tue	10:18 am	3:48 am	8:20 pm	3:18 pm
Wed	8:45 am	1:21 am	7:44 pm	1:50 pm	Wed	7:50 am	1:23 am	6:49 pm	1:52 pm	Wed	7:52 am	1:30 am	7:55 pm	1:58 pm	Wed	10:55 am	4:37 am	9:54 pm	5:06 pm
Thu	9:20 am	2:08 am	9:26 pm	3:22 pm	Thu	8:25 am	2:10 am	8:31 pm	3:24 pm	Thu	8:33 am	2:21 am	8:53 pm	3:02 pm	Thu	11:30 am	5:24 am	11:36 pm	6:38 pm

Island Seniors At Center 4 Life

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

Donations Needed for Trash & Treasures Sale – Clean, gently used items are needed for the annual Trash & Treasures Sale. You may bring them to the Center 4 Life Monday through Friday between 8 a.m. and 3 p.m. A tax deductible receipt will be provided for your donation. Books, clothing, shoes, computers or old TVs cannot be accepted. If you have any questions, call 472-5743.

Page Turners with Louise Fitzgerald & Ann Hartman – If you are not on the Page Turners list, and wish to be, email ocean@comcast.net or contact the center.

The featured book for Wednesday, July 11 is *The Bone Collector* by Jeffery Deaver Lincoln Ryyme. The movie will be shown at 12:30 p.m. followed by the book discussion at 2:30 p.m. Bring your own lunch.

“The Bone Collector by Jeffery Deaver Lincoln Rhyme was once a brilliant criminologist, a genius in the field of forensics – until an accident left him physically and emotionally shattered. But now a diabolical killer is challenging Rhyme to a terrifying and ingenious duel of wits. With police detective Amelia Sachs by his side, Rhyme must follow a labyrinth of clues that reaches back to a dark chapter in New York City’s past – and reach further into the darkness of the mind of a madman who won’t stop until he has stripped life down to the bone.” –Amazon

Leisure Lunchers Trip to Cip’s Place – Tuesday, June 19. Cip’s Place

is home to Sanibel and Captiva’s wall of island faces. The mural was painted by two local artists and depicts many of the islands’ most well-known people who helped mold the islands into what they are today. The group will be joined by one of the artists, Tim Macko. Separate checks will be provided. Limited seating available. Advance registration is required.

Sunset Social Hawaiian Luau Party on the Causeway – Tuesday, June 26 at 6:30 p.m. Spend an evening relaxing and watching the sunset with friends. Meet on the causeway at 6:30 p.m. Food will be served at 7 p.m. Bring a side dish to share and your beach chair. Contact the center if you are interested in participating and for directions to the viewing area (weather permitting).

Gelli Printing with Bea Pappas – Fridays, June 15, 22 and 29. Cost is \$20 for members and \$25 for non-members. Beginners welcome.

You can do monotype or make papers for collage use. Supplies needed: paper towels, acrylic paints, water container and one-inch brush. The instructor will provide all other supplies.

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

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

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

New: Rummikub – Tuesday at 1 p.m.

Hand & Foot – Thursday at 12:00 p.m.

New: Canasta – Thursday at 12:30 p.m.

Hearts – Friday at 12:30 p.m.

Kayaking on Tuesdays – June 26 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, Inc. will provide kayaks, paddles and life jackets. Bring water, a small snack, sun screen, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$20 for non-members. Advance registration is required.

Fitness Classes – Island Seniors, Inc. members pay \$4 per class, visitors pay \$7 per class. Annual membership is \$20. Sanibel Recreation Center members must show their membership card to attend. Fitness class schedule is as follows:

Happy Hour Fitness – Monday, Wednesday and Friday at 8 a.m. Keep your brain fit and your heart, lungs and muscles strong. Hand weights, stretch cords and your body weight will be used. The format is 40 minutes of cardio, 20 minutes of balance exercises, core strength, flexibility exercises and mat work. Athletic footwear is required. Connie DeCicco is the instructor

Essential Total Fitness – Monday, Wednesday and Friday at 9:30 a.m.

Cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls. Athletic footwear is required. Mahnaz Bassiri is the instructor.

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

Gentle Yoga – Tuesday and Thursday at 9:30 a.m. Stretch, tone and strengthen while improving flexibility, proper alignment and circulation. 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.*

Animal Services Foster-To-Adopt Program

Have you been interested in adopting a dog but aren’t sure of what breed will fit into your lifestyle? Maybe you are not sure that a dog of a particular size, age or energy level is right for your home and family. Lee County Domestic Animal Services’ Foster-to-Adopt Program gives you the opportunity to see if a dog is the perfect fit before committing to adoption.

Select dogs will be eligible for the program. To complete an application, visit the adoption center Monday through Saturday from 10:30 a.m. to 3:30 p.m. Once the application is approved, drop by the adoption floor to meet your potential new family member. The reduced adoption fee is just \$50.

If it turns out that the dog is not a perfect fit, you can provide staff with information on how the dog was while in your home to better pair him or her successfully in their next home, and you will be given the option to select another dog that may be a better fit.

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Visit www.leelostpets.com to view pets available for adoption. For more information, email kfordiani@leegov.com.*



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Physical Therapist Teaches New Bodywork Method

by Jeff Lysiak

Although the method has been practiced for decades, a relatively new body movement “experience” has recently been introduced to people living on Sanibel and Captiva through a longtime physical therapist and personal fitness trainer.

In a monthly class called Live Better with The Trager Approach, instructor Marva Sletten offers a demonstration of the unique bodywork and movement awareness method that promotes relaxation, pain relief and freedom of movement.

“The Trager Approach is simply a practice that works on the quality of touch and movement,” said Sletten, who began sharing the body movement method at The Community House earlier this year. “Unlike a massage, if there’s any feeling of resistance with the client, you don’t work harder. You work less, pulling back until the client arrives at a more comfortable and relaxing state.”

Utilizing gentle, non-intrusive, natural movements, The Trager Approach helps release deep-seated physical and mental patterns and facilitates deep relaxation, increased physical mobility and mental clarity. “These patterns may have developed in response to accidents, illnesses, or any kind of physical or emotional trauma, including the stress of everyday life,” states the website www.trager.com.

According to her website, Sletten became a certified practitioner of The Trager Approach in 1999. She is also a certified lymphedema therapist and fitness trainer. She named her business The Nature of Wellness to express her belief that “fitness and overall wellness can be a way of life rather than a

regimented exercise program.”

During a Trager session, which would typically last between an hour and 90 minutes, the client will lie face up on a padded massage table. Starting at the head, shoulders and upper torso, Sletten delivers touch therapy through relaxing, subtle manipulation of the client’s muscle tissue. “I just feel the body, learning very quickly what it can and cannot do,” she said.

“The practitioner moves the client in ways they naturally move, and with a quality of touch and movement such that the recipient experiences the feeling of moving that effortlessly and freely on his/her own,” the website further explained.

Throughout the process, a client will be positioned in a manner that is most comfortable for them – face up, face down or on their side, with or without pillows used for additional stress relief. “I’ll position them as optimally as possible so that they’re relaxed,” explained Sletten. “The most benefit my clients will see is when they can let go and be fully relaxed. They have to be comfortable if The Trager Approach is going to work best.”

During her experiences in sharing the therapeutic body movement technique, Sletten stated that she has had several clients experience “profound” success almost immediately.

“What we’re really working on is people’s minds,” she added. “Our bodies are just a vehicle for us going through this world. We all have limitations that are physical or emotional. Many times it’s fear that keeps people on guard. But when we can finally feel comfortable enough to let go, that’s when it works best.”

Sletten will be conducting complimentary sessions at The Community House, located at 2173 Periwinkle Way, on July 12, August 2 and September 6 from 10:30 a.m. until noon. To schedule an appointment, call 910-7577 or email thenatureofwellnessflorida@gmail.com.✱



Marva Sletten

photo by Jeff Lysiak

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Unlike The First Time, No Bitter Uproar Expected If LeBron James Leaves Cleveland For The Second Time



by Ed Frank

Call it a dynasty or not, but the Golden State Warriors, winners of the National Basketball Championship two years in a row and three of the last four years, already are favorites to repeat next year.

The Westgate Las Vegas SuperBook just this week released the future NBA odds, and Golden State is listed as the 6/5 favorite.

Despite the fact that the Warriors swept Cleveland four games in a row to win the title, there appears to be even more interest in what team uniform LeBron James will don next year.

Should he leave Cleveland for the second time via free agency, there will not be the bitter uproar that occurred when he left the first time for Miami in 2010.

It's an entire different scenario this year. Returning to Cleveland in 2014, he led the Cavaliers to their first championship in 2016. Even more important, however, James has become a living legend in the Akron-Cleveland community for his generosity to a raft of worthy causes through the LeBron James Family Foundation.

Working to effect an educational change in northeast Ohio, his foundation is the largest donor to Akron Public Schools I-Promise School that will serve some of the most academically at-risk third and fourth graders.

It's just one example of his community involvement. And regardless where he plays in the future, he has made it clear that he will continue to work for the betterment of his native area.

The Las Vegas SuperBook that has made the Golden State Warriors the odds-on favorite to repeat as NBA champions next season, also speculates James will leave Cleveland, posting 7/2 odds he will sign with the Philadelphia 76ers who are loaded with young talent such as Joel Embiid and Ben Simmons.

Other favorites to sign James, according to the Vegas odds-maker, are the Houston Rockets (7/2) and the Boston Celtics, (7/1).

So we shall see. Regardless of where James plays next year, he will continue to be loved for his tireless efforts both on and off the court in Northeast Ohio.

Everblades Fall Short In Valiant Effort

SPORTS QUIZ

1. When was the last time the Seattle Mariners made the playoffs?
2. Name the first pitcher to beat all 30 teams in the major leagues.
3. Against which team in 1984 did the Rams' Eric Dickerson break the NFL mark for most rushing yards in a season?
4. Since 1985, how many winners of the Wooden Award (most outstanding basketball player) also went on to win the NCAA men's basketball championship in the same season?
5. Which two teams had the longest winning streak during the 2017-18 NHL season?
6. When was the last time before 2016 (Simone Manuel) that a U.S. woman won an Olympic swimming gold medal in the women's 100 freestyle?
7. Entering 2018, five golfers had won an NCAA championship and the U.S. amateur in the same year. Name three of them.

ANSWERS

1. It was 2001. 2. Al Leiter of the New York Mets, in 2002. 3. Dickerson broke O.J. Simpson's mark of 2,003 yards against the Houston Oilers on the way to 2,105 yards overall. 4. Six - Danny Manning (1988), Christian Laettner (1992), Ed O'Bannon (1995), Shane Battier (2001), Anthony Davis (2012) and Jalen Brunson (2018). 5. Nashville and Colorado each won 10 consecutive games. 6. Nancy Hoggshever and Carrie Steinhilber (tie), in 1984. 7. Jack Nicklaus, Phil Mickelson, Tiger Woods, Ryan Moore and Bryson DeChambeau.

The old adage "so near and so far" applies to the Florida Everblades hockey team that fell to the Colorado Eagles, 3-2, in the seventh and deciding game for the Kelly Cup Championship.

After leading the championship series three-games-to-two, Florida lost the final two games, including the 3-2 heartbreaking final seventh game before a sold-out crowd of more than 7,200 hockey fans at German Arena last Saturday.

Tickets for that game sold out in less than an hour and some were selling on the secondary market for more than \$55, surely top dollar for minor league hockey.

It was only the fifth time in the 30-year history of the ECHL that the championship series went to a seventh game. It was the second year in a row that Colorado won the Kelly Cup.

Miracle Remain In Last Place As Season's First-Half Nears End.

The Fort Myers Miracle baseball team started the week with a season's first-half record of 25-37 (.403), 13-1/2 games behind first-place Palm Beach in the Florida State League South Division.

The league's all-star game is this weekend at Tampa, and four Miracle players have been selected to play for the South Team. They are left-handed pitcher Andrew Vasquez, outfielders Jimmy Kerrigan and Jaylin Davis and infielder Travis Blankenhorn.*

Miracle To Change Name For July 21 Game

The Fort Myers Miracle are paying homage to Southwest Florida's favorite fish by changing the team's name to the Fort Myers Groupers.

Miracle fans can breathe a sigh of relief... it's only for one game.

On Saturday, July 21, the team will debut its flashy new Fort Myers Groupers uniforms, which consist of navy blue jerseys with gold and red numbering and lettering. Navy hats with a red bill will feature a cartoon-like fish stuffed between a hamburger bun, topped with lettuce and a tomato.



Fort Myers Groupers jersey image provided

"We wanted to come up with something special and fun for this season that also connected us to the community," said Chris Peters, president and general manager of the Fort Myers Miracle/Groupers. "Grouper has long been a popular menu item at restaurants all along Southwest Florida's coast, so we thought, why not have a little fun and change things up a bit?"

Hammond Stadium's near-legendary culinary team, which developed beer shakes, bacon-wrapped hot dogs and pancake burgers, will be whipping up grouper specials in the concession stand.

Grouper is an abundant fish off Southwest Florida's coast and is a popular entrée because of its mild, subtle flavor. It can be served blackened, fried or grilled. Mid-summer is considered the height of the grouper fishing season.

Fans can now purchase Groupers T-shirts and hats in the Miracle team store.

July 21 marks the team's 100th game of the season and 26th consecutive day with a baseball game, and will feature an abundance of promotions, including Bark in the Park, Torii Hunter Bobblehead Night and Goodwill Night. First pitch is 6 p.m. against the Lakeland Flying Tigers. General admission tickets start at \$7.50 in advance or \$9 on game day.

For more information about tickets and promotions, call 768-4210 or visit www.miraclebaseball.com.*



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VIP Realty Group



Joel Goodman



Debbie Staley



Teresa Baker and Glenn Carretta

The top agents and sales teams at VIP Realty Group for the month of May were: Joel Goodman, top sales; Debbie Staley, top listings; and the team of Teresa Baker and Glenn Carretta, top producer.✱

John Naumann & Associates

The top producers at John Naumann & Associates for the month of May were: Meredith Dyer, top listing agent; Linda Naton and Alan Fisher, top sales agents; and Larry and Debbie Hahn, top sales team.✱



Meredith Dyer



Linda Naton



Alan Fisher



Larry Hahn



Debbie Hahn

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Preregistration Fee \$40.00. Walk-in fee day of event \$45.00
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(Additional T-Shirts will be available for \$15.00)

Penalties:

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



Registration from end of Parade to 12:00 Noon July 4th,
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Doctor and Dietician

Healthy Food Swaps



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

Everyone loves their comfort foods and snacks. The problem is, these foods often play havoc on our waistline and health. Is there a way to enjoy these pleasures and still avoid the fake foods and high calories? Are there natural, wholesome, nourishing foods we can swap that still taste great? Yes!

Swapping whole foods and cooking at home is the place to start. French fries are difficult to pass up, but potatoes, which are naturally high in potassium, can be roasted in the oven at home for a healthier side dish. Cut up potatoes, toss with olive oil and Kosher salt before roasting. Try sweet potatoes for the added beta-carotene. Using whole foods boosts nutrients and

fiber, and reduces artificial flavoring, additives and bad fats. Whole foods generally have a lower glycemic index that will lessen spikes in blood sugar.

When creating meals with ground meat, mix in various types of beans. Beans increase fiber and nutrients, make you feel full faster, along with reducing the overall meat and fat content. When making spaghetti, substitute zucchini for the pasta. “Zoodles” or zucchini noodles can be made quickly with a zoodle maker, which is inexpensive and easily found in local supermarkets. Boil or sauté with added garlic, sea salt and Italian spices. They are absolutely fantastic. The glycemic, carb and calorie load are much lower than pasta, and with the extra fiber to boot.

What about desserts? Ice cream is such a delicious and tempting snack! Is there a swap idea? A quick, simple and delicious swap is to take a frozen banana and blend it with one tablespoon of cocoa powder and one teaspoon of maple syrup. Like potatoes, bananas are rich in potassium and fiber. Cocoa is a great source of magnesium too.

*This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics 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@carvingmedical.com.**

Beautifulife: Happy Travels



by Kay Casperson

What is your next adventure? Summer is one of the best times to travel, and there are so many great places to explore. Whether you are traveling to a nearby place in your car or flying to a new or familiar destination, there are ways to make your travels happy and stress-free.

After many years of traveling as a single person and now with kids and family, I have learned some helpful tips for making things a bit easier. After all, travel should be exciting and fun, but when confusion and stress are involved, whether from being unprepared or lacking information, things can become chaotic very quickly.

Here is a list of some of my best advice:

Pack lightly – try to bring items that are wrinkle-free and that you can mix and match so you don’t have to bring a large bag. If you stay in the same color tones, this is much easier to do.

Roll your items – start with shoes at the bottom of the bag and then roll your items so you can fit them better. You will be surprised at the amount of room you have and you can leave a bit of room for new purchases.

Utilize technology – check out Google maps when driving and also Google the best places to visit while in a certain area. I am amazed how easy traveling is now with the use of our cell phones and navigation, as well as all the great sites to search for top things to do.

Check your points – you may have accumulated points that can be redeemed from credit card purchases or previous hotel stays and flights so check to see what can be redeemed at the time of booking.

Request special rates – there are many discount opportunities for hotels and car rentals like AAA, AARP, American Express Platinum, Florida Resident, depending on where you live.

Ask for upgrades – always check

to see if an upgrade is available when checking into a flight, renting a car or checking into a hotel. Remember, most airlines, car rental agencies and hotels want full occupancy and will give upgrades at the last minute. Some upgrades might cost a bit more, but you may be surprised at what you get when you ask.

Pack necessities – whether you are traveling by car or by plane, make sure you have your own of everything. This includes earphones, WiFi if necessary, snacks, electronics, blankets and a neck pillow. If you rely on the airlines for these things, you may be disappointed.

Keep health and wellness items handy – I am a big believer in essential oils and vitamins, as well as a travel diffuser for headaches, nausea, sleep and overall wellness to make sure you’re staying healthy throughout your trip.

Pack travel-size items – find personal care items that you can take with you that will give you enough product for your whole trip but not be too big to carry on a plane (3.4 ounces or below). My company caters to the traveler so all of the products that we manufacture are travel friendly but big enough to get you through your trip, and even enjoy when you get back home.

There are many more ways to make travel easier and less stressful. I am sure you have a few tips of your own. The most important thing to remember is to stay relaxed and give yourself enough time to get to where you want to go knowing there may be delays due to traffic, weather conditions or unexpected stops. Remember, traveling should be a beautiful and exciting adventure learning about new places and cherishing experiences that various destinations have to offer.

My affirmation for you this week is: “I am exploring new places to travel and will take the time to prepare for my adventures knowing that the more organized I am, the more beautiful my time will be.”

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 manufactures beauty and lifestyle products sold across the country. To stay inspired, visit www.kaycasperson.com or follow on social media @kaycasperson.*

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Blood Culture Collection System Improves Safety

Lee Health clinicians have reported an 83 percent reduction in false positive diagnostic results for bloodstream infections like sepsis, following the adoption of a new blood culture collection system. The collection system has been implemented in the health system’s four emergency departments (ED) at Lee Memorial Hospital, Cape Coral Hospital, Gulf Coast Medical Center and HealthPark Medical Center.

“The ED is the gateway to the

hospital for so many patients, so anything we can do to improve diagnostic accuracy has a significant impact on patient care,” said Mary Bell, MS, RN, CEN, nurse manager of the Lee Memorial Hospital Emergency Department. “We’ve worked for years to reduce our blood culture contamination rates. We implemented the Steripath Initial Specimen Diversion Device (ISDD) which removes contaminants often found when blood is drawn using standard methods. It led to an immediate, statistically significant reduction in our contamination rates, providing a major improvement in safety for our patients.”

Each year, tens of millions of patients in the U.S. require a blood

continued on page 47

dearRPharmacist

Seven Medical Benefits Of Kiwi

by Suzy Cohen, RPh



Dear Readers:

Kiwi is among my favorite fruits of all time. It's also known as "Chinese gooseberry." The little black seeds in kiwi do more than just get stuck in your teeth. They give you a small amount of healthy omega 3 fatty acids.

An average kiwi has about 30 milligrams of alpha-linolenic acid. Kiwi is a great source of natural vitamin C and A. It is a good source of natural folate, thiamin and riboflavin.

Kiwi also offers some vitamin K (phylloquinone) and minerals such as potassium, calcium, magnesium and phosphorous. In this regard, it's great for blood pressure and bones. The fleshy green part gives you an added bonus of fiber which promotes smooth traffic through your colon (regularity) and simulate healthy probiotic growth.

Irritable Bowel Syndrome (IBS) – Kiwi has compounds in it that reduce activation of intestinal cells which ruin your gut. This reduces inflammation in the gut.

Asthma and Wheezing – Kiwi is rich in all kinds of antioxidants, especially vitamin C, which promotes collagen, and that promotes healthy breathing. There was a study published in *Thorax* that evaluated children and asthma symptoms. The kiwi-consuming group had less wheezing and noticed fewer nocturnal coughing fits.

Depression and PMS Melancholy – Some foods are naturally high in serotonin

and tomatoes are one of them. Kiwis have twice as much serotonin as tomatoes. Serotonin is a "happy" brain chemical that lifts mood, induces relaxation and boosts self esteem. People who are aggressive or hostile, or live in "fight" mode might be low in serotonin. I have a longer version of this article at my website in case you want more details. Eating kiwis can essentially make a person feel more content because it acts as a natural fruit anti-depressant.

Sleep – Serotonin converts in the body to melatonin, a sleep hormone. So eating kiwis should help you fall asleep faster, and sleep a little bit longer. Eat one or two right after dinner.

Your eyes – Natural antioxidants like lutein and zeaxanthin are needed to support vision. Kiwi contains these special eye-loving nutrients. If you're suffering with glaucoma or cataracts, why not eat a kiwi each day as part of your diet.

Respiratory Infections – There was some research published in *Advances in Food and Nutrition Research* in 2013. Compounds in kiwi were found to modulate the immune response, making it a great fruit to eat if you have suppressed immunity or chronic sinus/lung infections.

Anemia – If you're iron deficient and supplementing with iron tablets, you can boost the amount of iron your body takes up with vitamin C containing fruits such as kiwi or orange juice.

Kiwi is a refreshing fruit that has many medical benefits. Just be aware that you might be allergic to kiwi if you're allergic to peanuts. There is a cross-sensitivity with tree nuts and kiwi. If you've never had it before, be sure to peel the fuzzy skin off before eating it.

This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www.SuzyCohen.com.✱

From page 46

Blood Culture

culture to help diagnose sepsis and other potentially deadly bloodstream infections. "Sepsis is a multisystem organ dysfunction caused by infection. Early detection and timely treatment are significant determinants of survival because every hour treatment is delayed decreases a patient's chance of survival. Sepsis, including septic shock, carries a high mortality rate of approximately 15 to 60 percent," said Marilyn Kole, MD, Lee Health vice president of clinical transformation. However, when standard practices are followed, an average of 40 percent positive results are actually false positives due to blood culture contamination. For instance, the blood may become contaminated with bacteria-containing fragments of a patient's skin that enter the needle during the blood culture collection process.

A sterile, closed-system device, the Steripath ISDD mechanically diverts, sequesters and isolates the initial 1.5 to 2.0 milliliters of blood, the portion known to contain contaminants. The device then opens an independent, second sterile blood flow path to the culture bottles. The technology has been clinically proven to virtually eliminate blood

culture contamination that can lead to the misdiagnosis of bloodstream infections like sepsis.

"Early detection and treatment of sepsis are critical," said Aaron Wohl, MD, an attending physician in the emergency department at Lee Memorial Hospital and HealthPark Medical Center who is actively involved in Lee Health's sepsis reduction initiative. "By giving us more reliable blood cultures, the new device helps clinicians make a more accurate diagnosis of sepsis and avoid unnecessary and inappropriate antibiotic treatment, and the associated risks of developing antibiotic resistant infections and Clostridium difficile. Reducing the number of patients who might otherwise receive unnecessary antibiotic therapy can also help prevent antimicrobial resistance, which is a serious and growing public health threat."

The new process is expected to impact health care costs associated with false-positive blood cultures and the expense and potential complications of unnecessary antibiotic treatment. The cost of a single false-positive blood culture can approach \$10,000 because of the cost and potential complications of subsequent antibiotic therapy. Lee Health estimates the system-wide cost savings could be between \$4.3 and \$10.8 million annually with the technology implemented throughout Lee Health.✱

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: One of my closest friends has a history of being attracted to unavailable men in relationships. She is in her 40s and has never been married. Do you have any suggestions on how

I can help her as she doesn't know how to break this pattern.

A: Perhaps we could begin with, what is an emotionally available person? This may help your friend see the red flags early on and choose not to ignore them.

When there is a potential partner, we all want to know his/her feelings, sensitivities, what they adore, what frightens them, what moves them, who family/friends are. The emotionally available person is available and open to commitment. There is no pattern of dishonesty, keeping secrets, ambivalence or sneaking around. This person's motives are straightforward. He/she doesn't keep you hooked with what is said and show actions being out of alignment. You don't receive mixed messages or intermittent reinforcement of caring or passion – an addictive pattern that drives both sexes cray (crazymaking) in a negative way. He/she makes a plan with you and shows up

completely (not doing inappropriate things behind your back).

If your friend experiences anything other than this, she needs to pay attention and think twice about getting involved. She needs to be totally honest with herself and stop ignoring the red flags.

My guess is, she sees them early on and for whatever reason, chooses to ignore them. One of the confusing parts of being attracted to unavailable, commitment phobic people is that the emotional or sexual chemistry can feel very strong. One accepts behavior they would never accept in a friend. Why? The chemistry can feel so incredible and rare, one mistakes it for intimacy and one makes compromises that would not typically be considered in order to give the relationship a chance. One must take a genuine and sober look to determine if someone is truly authentically available for true intimacy.

Offer these thoughts to your friend and remember, it is her journey and only she can choose to begin to attract emotionally available partners. Her intention could include something like this: "I am not powerless over my attraction to unavailable people. I am willing to change and do what's necessary to attract a soulful mate."

Constance Clancy, EdD, LMHC, LPC, NCC is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at drconstanceclancy@gmail.com or visit www.drconstanceclancy.com.✱

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PETS OF THE WEEK

photos provided

PAWS Of Sanibel

Matt The Cat

submitted by Pamela Sullivan

This is Matt the Cat. He was rescued Memorial

Day weekend. All the animals have to have a name when they're vetted, and I always seem to run out of names as there have been hundreds of animals rescued over the years since March 1987 when PAWS was

started on the islands. By the time I arrived at the location on San-Cap Road where this poor little 8-week old baby was living, alone in the wild, Officer Matt Casola of the Sanibel Police Department already had him in a pet carrier, ready and waiting for me. I decided I didn't have to waste any time thinking of a name, if he was a male, he would be Matt The Cat, after Matt the Cop.

Unfortunately, all was not well with little Matt, and because it was Memorial Day weekend, all the veterinary clinics were closed, except 24-hour, critical care emergency facilities, so on Sunday, we were off to Specialized Veterinary Services



Matt the Cat

off Daniels and Interstate 75. Matt has since also been to Dr. Diane Bean at VCA Coral Veterinary Hospital in Fort Myers twice, and we're not completely finished yet. His issues may stem from a trauma to his little body while living alone outside, or it may be the result of an upper respiratory infection. He may need to be sedated to get to the bottom of the problem; he's just too tiny right now to risk the anesthesia.

The good news is that other than the symptoms he's exhibiting, everything else about him seems fine and totally normal. He was one pound, 14 ounces on the day I picked him up, and he's gained a full pound in the last 10 days. We are extremely hopeful that Matt the Cat will make a complete recovery and will be available for adoption in the not too distant future. He is a total sweetheart. His x-ray technician was just crazy about him.

If you have animals, you know that veterinary care is quite expensive and when you must go to critical care facilities on holiday weekends, the costs are extremely high. If you would like to make a donation to PAWS to offset some of Matt The Cat's expenses, it would be greatly appreciated. PAWS is a 501(c)3 nonprofit, and all donations are completely tax deductible if you itemize deductions on your income tax return. Please send donations to PAWS, P.O. Box 855, Sanibel, FL 33957.

If you are interested in adopting Matt the Cat after he is given a clean bill of health, call Pam at PAWS, 472-4823.✱

Haven on Earth Animal League

Kristmas And Biscuit

Hi there! We are Kristmas and Biscuit. We

are both 8-years old, neutered and up to date on all vaccines. We are about to lose the only home that we have known our entire lives. Our human mother has to move into an assisted living facility, and she can't take us with her. We need to stay together because all we have now is each other. We are very friendly and well-behaved



Kristmas

boys. Our scratch posts, toys, food and litter boxes will come with us, and it will help us feel at home to have our own things.

Biscuit is a dark tabby with beautiful, bright, green eyes and a cute little, white chin. I am a red tabby, with four white paws and an adorable face.

Call Marcy with Haven on Earth Animal League at 410-9983 to learn more about us.

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



Biscuit

Lee County Domestic Animal Services

McFly And Eddie

Hello, my name is McFly. I did not

arrive at Lee County Domestic Animal Services (LCDAS) in a DeLorean but came in the comfort of an Accountable Care Organization van. I am an 11-year-old female dashchund mix who was abandoned by my former owner. At my age, I do not know what I could've done wrong to have been left behind. I have impeccable manners and will stay by your side all day.

As one of LCDAS' Super Seniors, my adoption fee is just \$25.

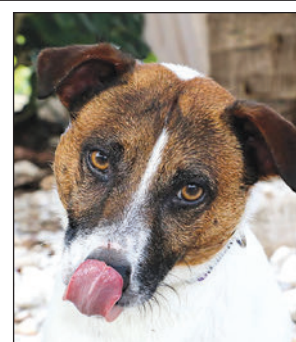
Hi, I'm Eddie. I am a 5-year-old male Jack Russel



McFly ID# A741019

terrier who is very appropriately named as I am exactly like the Eddie in the comedy series *Frazier*. I will follow you around just to be in the know. I recently went to the Hooters and Hounds event and was a big hit (especially with all the girls). My \$75 adoption fee includes spay, up-to-date vaccinations, rabies, county license and 10-day health guarantee. That's a \$500 package.

The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit [Lee County Domestic Animal Services at www.leegov.com/animalservices](http://www.leegov.com/animalservices) or call 533-7387.✱



Eddie ID# A741784

PUZZLES

Answers on page 53

Super Crossword

INTERNAL BONES

- ACROSS
- 1 Put a cork in

8 Tribulations

15 Rival of Hertz or Avis

20 Very weak

21 Patty of the PGA

22 Supped

23 Set a camel's cousin free?

25 In a devious way

26 Toyota model

27 Meadowland

28 Folk stories

30 Belt stabbers

31 Times Square lights

32 — -mo replay

33 Terrible-tasting stadium snacks?

36 Writer — Stanley Gardner

37 — -Z (complete)

38 Wood splitter

39 Reply to the invite

40 Baaing "ma"

41 Very light wood gradually decayed?

45 Annual

47 Low cloud
- 48 So-o-o slow

51 Piano pieces

52 Easter meat

55 Kitten cry

56 — de plume (pen name)

58 Tutti- —

61 Yale alums

63 Tall beast

64 makes a low, indistinct sound?

68 Patronize 15-Across, e.g.

72 "It's so-o-o cold!"

73 Pastel color

74 Unearth Moscow natives?

77 Brewer's kiln

78 California surfing spot

79 Yoko of "Two Virgins"

80 "— -la-lal"

83 — power

84 Cut short

87 Voyaging

89 Cooking competition reality show

92 2001 Sean Penn drama

95 Skier/shooter carbo-loading on tubular pasta?

100 iPhone game, often
- 101 Vitality

104 Singer Davis

105 "Livin' Thing" rock gp.

106 Load to bear

107 Merciless theater guide?

110 Monkly title

111 "It's — cost you!"

112 Top-tier

113 Certain opera singer

114 River of Switzerland

115 Hank known by a robbed singer?

123 "Neon" fish

124 Biting insects

125 Laura — Wilder

126 So far

127 Hall of TV

128 Most profound
- 4 Runt's quality

5 Hocus- —

6 San — Obispo

7 Claimed psychic skill

8 Bone: Prefix

9 Ostrich kin

10 Costa — Sol

11 Long fish

12 "Two and — Men" (sitcom)

13 Dorothy of the "Road" films

14 Tie-ups

15 Some plugs

16 Pastel color

17 In whatever place

18 Without harshness

19 Long, trying trips

24 Full-scale

29 Reason to turn green?

31 State east of Wyo.

32 Diner freebie

33 Rock's Rose

34 Sob

35 Act like

37 Tillage unit

38 Soaks up

42 \$20 bill dispenser

43 City bond, informally
- 44 Tip, as one's hat

46 With hands on hips and elbows out

49 TV beatnik

50 Arizona city on the Colorado

52 "You take it"

53 TV's Trebek

54 Ho Chi — City

57 Writer Puzo

59 Bath mat site

60 Take a shot

62 Stymies

63 Beetle larvae

64 Frenzied

65 — Bator

66 Red-brown

67 Meyers of "Late Night"

69 Doc's gp.

70 Disney frame

71 113-Across solo, often

75 Red Sea gulf

76 Green net user

80 Central Florida city

81 "— be in England ..."

82 Snicker part

84 Panini bread

85 Leg-warming blankets
- 86 Exemption from penalty

88 "Je t'—"

89 (Luc's "I love you")

90 Physicist

91 Diagram of a facility's layout

93 In the style of

94 Actress

96 Pothole filler

97 Dignify

98 Under-ground passages

99 That, in Spain

102 Levers' pivot points

103 Rolle with a sitcom role

108 Pied-à- — (apartment)

109 Homies' turfs

110 1980 Dom DeLuise film

111 Evaluate

114 Fizzy wine, familiarly

115 Poet Sexton

117 Not "dis," in Brooklyn

119 "Norma —"

120 Hotel

121 Relieve (of)

122 Post-Q run

1	2	3	4	5	6	7		8	9	10	11	12	13	14		15	16	17	18	19
20								21								22				
23								24								25				
	26							27				28			29		30			
31							32				33	34				35				
36						37				38				39				40		
41					42					43			44			45		46		
				47							48		49	50			51			
52	53	54			55				56		57		58			59	60			
61				62					63				64					65	66	67
68					69	70	71			72			73							
74									75			76					77			
				78							79				80	81	82		83	
84	85	86					87			88		89		90				91		
92				93	94			95		96								97	98	99
100					101		102	103		104				105				106		
107				108					109				110					111		
112					113						114					115				
116					117		118			119	120					121				122
123								124							125					
126								127							128					

King Crossword

- ACROSS
- 1 Move rapidly

5 Pirates' quaff

8 EPA concern

12 World's fair

13 Detergent brand

14 Hardy cabbage

15 Tolerate

16 Whatever number

17 "— have to do"

18 Release

20 Heart lines

22 Sauce source

23 Prickly seed-case

24 Scenery chewers

27 Afternoon shows

32 Biz deg.

33 Journalist Tarbell

34 "Erie Canal" mule

35 Math tables, e.g.

38 Ratio phrase

39 Auto

40 Hr. portion

42 Religious retreat

45 Declare

49 See 38-Down

50 A billion years

52 Lotion additive
- 53 Faraway fleet?

54 Blackbird

55 Palm variety

56 Libretto

57 Meadow

58 — off (angry)
- 6 Grecian vessel

7 Poet Angelou

8 Slalom slope

9 Futon, for one

10 — podrida

11 Solidifies

19 "When pigs fly!"

21 Japanese sash

24 "Let me think ..."

25 "The — Daba Honeymoon"

26 Compact car maker?

28 Citric beverage
- 29 Devil's home?

30 Chow down

31 — -mo replay

36 Toughest to find

37 Gershwin or Glass

38 Young one

41 Kipling poem

42 Touch

43 Protected

44 Repast

46 Nastase of tennis lore

47 Lasso

48 Anthropologist Margaret

51 Individual
- DOWN

1 Hump-backed animal of India

2 Kin of 1-Down

3 Colorful fish

4 Swamp

5 Easily prepared product

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

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

Beam

Blush

Frown

Glare

Grimace

Grin

Long face

Pout

Scowl

Shock

Smirk

Snarl

Sneer

Sulk

Wince



"Yes, the boss is in a great mood — but asking him for an _____ would spoil it!"
answer on page 55

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Respond
TRACE _____

Angst
AMELIAS _____

Fairy
PRIEST _____

Creak
ARGON _____

TODAY'S WORD

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

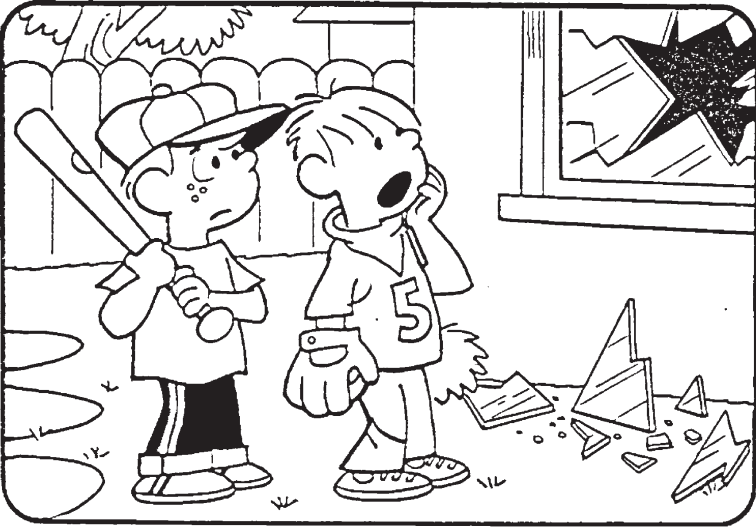
SUDOKU

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.

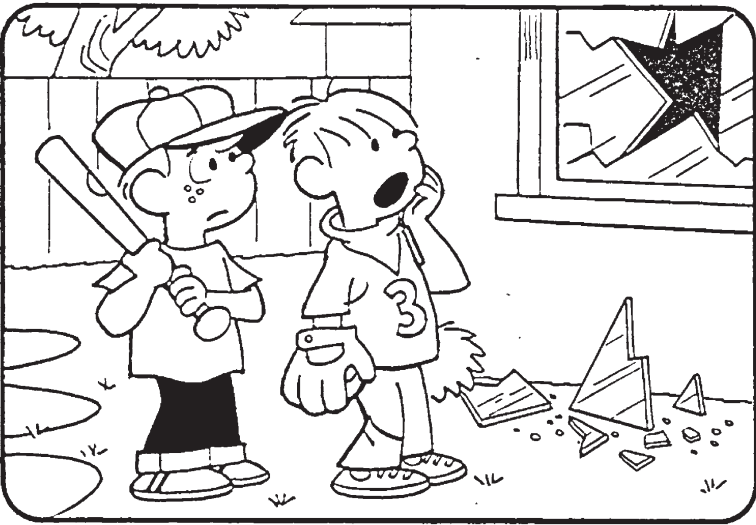
answer on page 53

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Fence is different. 2. Bat is shorter. 3. Stripe is missing. 4. Number is different. 5. Glass break is different. 6. Piece of glass is missing. 9. Number is different.

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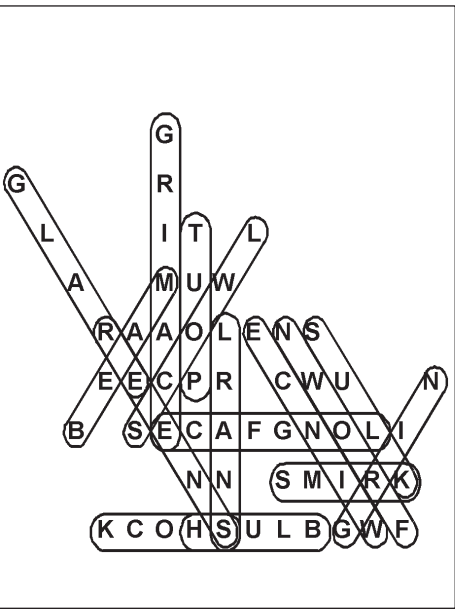
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CAR MIN
ASHRAM AFFIRM
BABE EON ALOE
UFOS ANI NIPA
TEXT LEA TEED

MAGIC MAZE



SUDOKU

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

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Offering this 2 story, Gorgeous custom 3 BR/3.5 BA Home, large gourmet kitchen, elevator, Huge mbr suite and bedrooms, 2 car garage, steps to beach. Fully furnished. All high end. \$6,000/mo.

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6/8 ★ 6/22

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Dogs okay.

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Dogs okay.

Call Bridgit 239.728.1920

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EAST END COTTAGE

Annual or Seasonal rental, East End Cottage, 1/2 duplex, near beach, 2BR/1BA, Furnished or Unfurnished, Laundry, Non-smoking, No pets. Available July 1, 630-417-0249.

6/15 ★ 6/22

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Available July 1 – Canal front home 3 bedrooms, 2 bath pool home in Shell Harbor – close access to the beach and causeway on the East End of Sanibel. Perfect location – \$3,800 per month. Call or text Rose at 239-851-5188.

6/15 ★ 7/13

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05/25 ★ TFN

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Part Time Evening And Weekend Front End Associates Needed. Looking for energetic, personable, and fun individuals, with open availability Monday through Sunday. If interested call and ask for John, Norm Sarah 472-9300. 1700 Periwinkle Way

5/6 ★ TFN

HELP WANTED

ADMINISTRATIVE ASSISTANT - PART-TIME

The Clinic for the Rehabilitation of Wildlife (CROW) is looking for a detail-oriented, "people" person to help with our student and volunteer programs and to perform administrative and office support activities.

Duties include correspondence, maintaining schedules and databases, coordinating arrivals and orientations, taking reservations, and helping with general office support. Applicants should be proficient in the use of computer and email, have excellent communication skills – written and verbal, and the ability to multi-task and meet deadlines. Must be a team player with positive attitude and must be able to work cooperatively with co-workers, students, volunteers and the public. Please submit a resume to jurasky@crowclinic.org to be considered.

6/15 ★ 6/29

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1/4 ★ TFN

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Looking for forever homes! Ready: 6/22. AKC registered. Call/txt Taycie @ 937-668-5548. Insta: @thegoldenlifepups.

6/15 ★ 6/15

GARAGE SALE

MOVING SALE

1439 Albatross, Sanibel, Saturday, June 16 from 8:30am to 12:30pm Includes household items, seasonal decor, hand tools, step ladders, new compressor, beautiful bedding that includes pair of twin comforters still in original packaging (navy/white nautical knots) and all the decorative accessories to match, beige rectangular UV sunshade, beach chairs, TREK bikes

6/15 ★ 6/15

ROAD RALLY BONUS ANSWER

Great White
6/15 ★ 6/15

Wear Purple

June 15th

World Elder Abuse Awareness Day

Wear purple on June 15th to show the world that you care about ending elder abuse, neglect, and exploitation.

Report Elder Abuse:

(800) 96-ABUSE

To learn how to prevent elder abuse, contact:

www.AAASWFL.org Helpline: 866-41-ELDER

My Stars ★★★★★

FOR WEEK OF JUNE 18, 2018

Aries (March 21 to April 19) Your creative side is enhanced by indulging yourself in as much artistic inspiration (music, art, dance, etc.) as you can fit into your schedule. Bring someone special along.

Taurus (April 20 to May 20) Take a little restorative time out of your busy life. Go somewhere quiet this weekend. Or just close the door, turn on the answering machine and pretend you're away.

Gemini (May 21 to June 20) Your advice might be much in demand by family and friends this week. But reserve time for yourself to investigate a project that could have some unexpected potential.

Cancer (June 21 to July 22) Work-related issues demand your attention in the early part of the week. Family matters dominate Thursday and Friday. But the weekend is yours to spend as you please.

Leo (July 23 to August 22) Try to keep your temper in check as you deal with someone who seems to enjoy showing disrespect. Losing your Leonine cool might be just what the goader hopes to see.

Virgo (August 23 to September 22) A heated confrontation needs some cool-off time before it boils over. Better to step away than to try to win an argument where emotions overrule the facts.

Libra (September 23 to October 22) Someone very special in your life finally sends that reassuring message you've been hoping for. You can now devote more time to the tasks you had put aside.

Scorpio (October 23 to November 21) Job pressures begin to ease by week's end, leaving you time to relax and restore your energy levels before you face next week's emerging challenges.

Sagittarius (November 22 to December 21) Your spiritual strength helps calm a friend who might be facing an unsettling change in their life. An offer to help comes from a surprising source.

Capricorn (December 22 to January 19) By midweek you could learn some surprising facts about an associate that might cause you to reconsider a long-held view about someone in your past.

Aquarius (January 20 to February 18) One of those rare-for-you darker moods sets in in the early part of the week. But by Thursday, the clouds lift and you're back doing nice things for people in need.

Pisces (February 19 to March 20) Use that sharp Piscean perceptiveness to reel in more information about a promising offer so that you have the facts to back up whatever decision you make.

Born This Week: Although you prefer the status quo, you easily can adapt to change when it's called for.

STRANGE BUT TRUE

• It was the multitalented Brit G.K. Chesterton -- he was a poet, philosopher, dramatist, journalist, orator, lay theologian, biographer, and art critic -- who made the following sage observation: "The men who really believe in themselves are all in lunatic asylums."

• Those who study such things say that the word "daisy" started out as "day's eye" and was shortened over the years. Similarly, "God be with you" became "goodbye" and "whole be thou" became "hello."

• Becoming a sports star is the dream of many young people, so you might think that someone who is signed to a professional baseball contract has it made. You'd be wrong, though: Only 1 out of every 10 athletes who sign such a contract ever becomes a major-league ballplayer.

• The shortest song in the world is *You Suffer*, recorded in 1986 by the British band Napalm Death. It lasts precisely 1.316 seconds.

• In France in the 1700s, capital punishment was not uncommon, and criminals thus condemned were decapitated by the country's Chief Executioner. This position was hereditary, which posed a problem when, in 1726, the holder of that title, Charles-Jean-Baptiste Sanson, suffered an early death, leaving his 7-year-old son, Charles, to take up the grisly duties. It was obvious to all that a child could never wield the heavy ax required for the decapitations, so it was

deemed acceptable for a helper to actually perform the executions. Only the official office-holder could put the official seal on the act, however, so the poor boy had to witness every one. It wasn't until the ripe old age of 12 that he began to take over the full duties of the office.

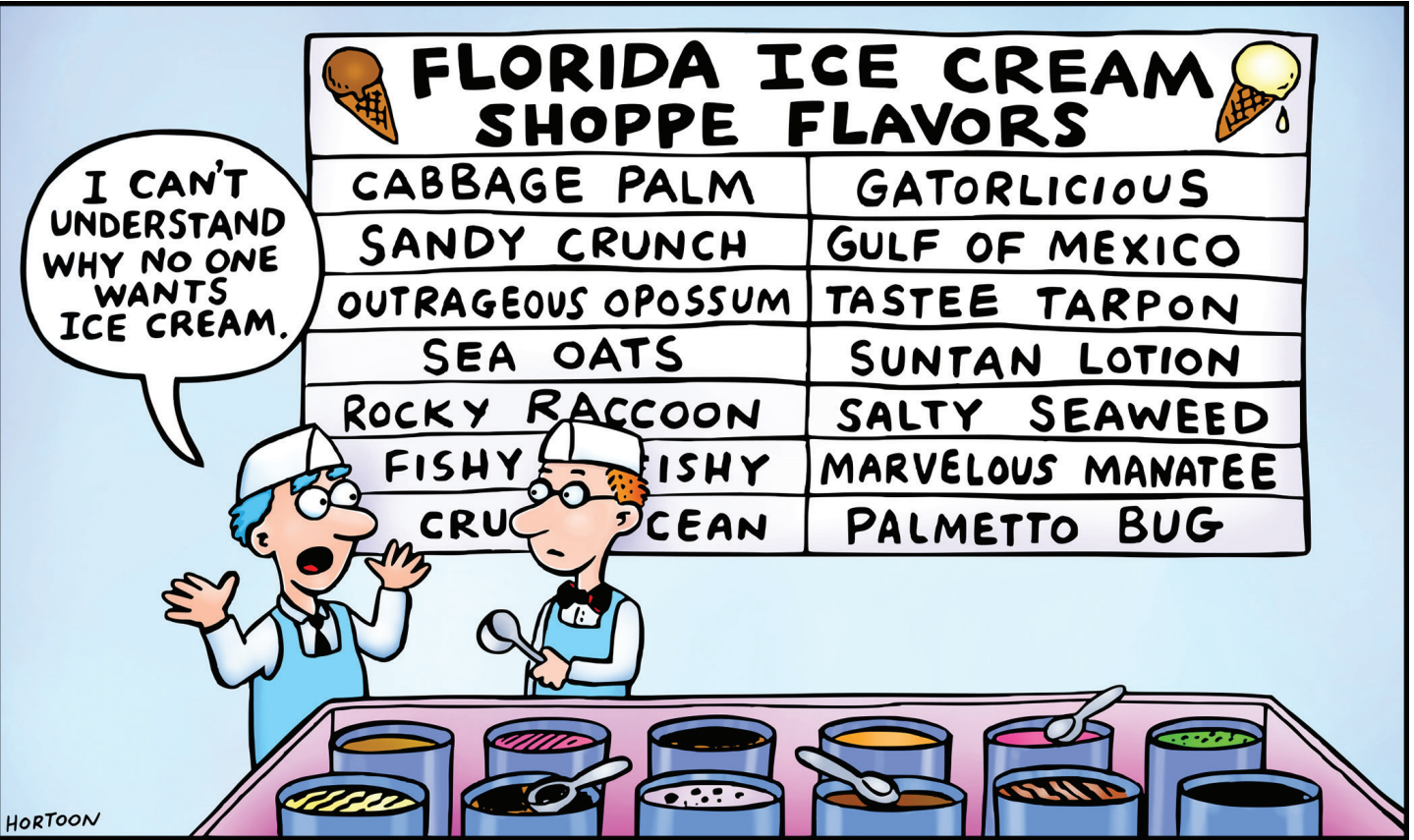
THOUGHT FOR THE DAY

"It's best to give while your hand is still warm." -- Philip Roth

SCRAMBLERS

1. React; 2. Malaise;
3. Sprite; 4. Groan
- Today's Word
INCREASE

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	2017	6,314	\$5,995,000	\$5,800,000	404
Metes and Bounds	Sanibel	1972	1,634	\$3,248,000	\$2,950,000	22
Glenview	Fort Myers Beach	1969	3,048	\$2,199,000	\$2,000,000	24
Creeside	Bonita Springs	1998	4,000	\$1,750,000	\$1,700,000	39
Riverwalk	Bonita Springs	1995	4,443	\$1,589,000	\$1,525,000	180
Sanibel Estates	Sanibel	1973	1,920	\$1,220,000	\$1,160,000	180
Cape Harbour	Cape Coral	2000	2,435	\$879,900	\$830,000	114
Palm Isles	Fort Myers Beach	1997	4,000	\$849,000	\$750,000	462
East Rocks	Sanibel	1983	1,865	\$829,000	\$805,000	42
Bonita Lakes	Bonita Springs	2016	3,906	\$799,000	\$756,000	102



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Magazine

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