

# Munu Sun

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

JUNE 22, 2018

JUNE SUNRISE/SUNSET:

**22** 6:36 • 8:24 **23** 6:37 • 8:24 **24** 6:37 • 8:25 **25** 6:37 • 8:25 **26** 6:37 • 8:25 **27** 6:38 • 8:25 **28** 6:38 • 8:24

# Kiwanians Host 2018 Scholarship Award Recipients

submitted by Tom Sharbaugh

n a recent Tuesday morning, the Kiwanis Club of Sanibel-Captiva held a special event at The Dunes to honor students selected to receive scholarships for the 2018-19 school year. Scholarship recipients were announced, and over breakfast the students and their parents discussed with Kiwanis members their plans for future education.

The club's scholarship program has been in operation for 12 years, helping worthy local students achieve their higher education goals. This year, the program awarded a total of \$38,000 in scholarships to 23 students, more than double the amount awarded the year the program first began. Over the past 12 years, the program has provided \$338,000 in scholarship support to 251 deserving students.



2018 San-Cap Kiwanis Scholarship recipients and their parents gather with Kiwanis members following the Scholarship Awards Breakfast photo provided

Kiwanis President Jason Smith emphasized the growing importance of the program. "The mission of Kiwanis is to provide support to the youth of our community, and with the increasing importance of advanced education, our scholarship program is one of the most valuable things our club does," said Smith.

This year's 23 scholarship recipients

are headed to 10 different colleges and universities, mostly within Florida and the Southeast, but some traveling as far the New England area. Sixteen of the continued on page 27

# Rec Center Campers Learning Snorkeling Skills



Emmett Horvath, center, one of the Sanibel Sea School's marine science educators, discusses safe snorkeling practices with kids enrolled in the Sanibel Recreation Center's Summer Day Camp program photos by Jeff Lysiak

by Jeff Lysiak

ast Thursday morning at the Sanibel Recreation Center, some of the younger participants who enrolled in the Summer Day Camp program learned a valuable skill that will not only increase their safety in the water but may also add to their enjoyment when swimming or collecting shells on the beach.

In cooperation with the Sanibel Sea School, kids in kindergarten through fourth grade are taking part in a weekly



Emmett Horvath helping camper Alexandra Flynt adjust her mask and snorkel

snorkeling class in one of the recreation center's pools. On June 14, marine science educator Emmett Horvath shared his knowledge of snorkeling, explaining how to properly use the equipment and the importance of using "The Buddy System" while snorkeling.
"We've offered snorkeling for the

past few years here at camp," said Dave



Lifeguard and recreation counselor Cassie Hill, left, assisting campers Dawsyn Dewing and Christopher Erickson with their snorkeling gear

DeFonzo, youth program coordinator. "It's a great introduction to the water, especially for the kids who are just learning to swim. And for kids who are already great swimmers, they're learning a practical skill that comes without a great expense.'

During last week's class, Horvath

continued on page 39

# "Best Golf Course in Lee County"

Gulf Shore Magazine



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# The Community House



French baker Andre Gratesol will teach his next class on July 5

photo provided

### **Alcohol Ink Classes**

Anita Gober will lead a class on Alcohol Ink techniques on Wednesday, June 27 at 9:30 a.m. You can practice different applications such as sticker, stamping, swiping, straw blowing or dabbing. Minimum of three people per class, maximum of 10. Cost is \$35 for members and \$40 for guests with pre-payment and registration required by Friday, June 22.

**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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### WEDDING



Erik Rheinhart and Brenna Louise Williams photo provided

Tirk and Lisa Williams are proud to announce the engagement of their daughter U.S. Navy Lt. Brenna Louise Williams of Sanibel to U.S. Marine Corps Maj. Erik Rheinhart of Bettendorf, Iowa. The couple are both currently stationed in the San Diego area and were engaged Memorial Day weekend on the boardwalk at the Hotel Del Coronado. They are currently planning a late summer/early fall wedding.

### **OBITUARY**



EDITH M. DEBUSK

dith M. DeBusk, 97, of Kingsport, ■ Tennessee, died peacefully after a ■period of declining health. She was born in Bristol, Virginia and moved to Bristol, Tennessee at an early age. She graduated from Bristol (Tennessee) High School and received a BA degree from King College, where she was valedictorian. She taught school in several of the area schools, including Saltville (Virginia) High, Holston Valley High and Bristol (Tenessee) High.

DeBusk and her late husband, Ralph, moved to Kingsport in 1954, where in her younger years she was active in PTAs, Women's Symphony Committee, Church Women United and other organizations. She was an exceptionally dedicated homemaker with devotion to her husband and family throughout her life.

Edith was a member of Holy Trinity Lutheran Church, where she served in various capacities including Sunday School, Church Council (as the first female member) and the Lutheran Women's Group, both locally and in the Tennessee Valley District.

She enjoyed traveling with Ralph in their motorhome to 49 states. She and Ralph spent many winters in Sanibel, where she enjoyed the beach and creating shell flower arrangements. She also enjoyed sewing and was an avid reader.

She was preceded in death by her husband, Ralph Edward DeBusk, mother and father, Trula Booher McCroskey and Guy Lee McCroskey; and siblings, Guy Homer and Velma McCroskey; and daughter-in-law, Lisa DeBusk.

Survivors include children, Betty DeBusk Turner (Don), David Francis DeBusk (Dawn) and Janet DeBusk Allen (Tom); grandsons Stuart (Beth) and Scott (Amanda) Yeatts, Christopher (Christi) and Travis DeBusk, Brad and Drew Allen; great grandchildren Aubrey, Barrett and Jamison DeBusk, Reagan Yeatts and Liam Yeatts; step-grandchildren Danielle Contway (Ryan) and Ashley Donahue; and step-greatgrandchildren Hayden, Kaylee and Ryan Christopher Contway.

Special appreciation to the caregivers for our loving mom, Dawn (primary

WOMEN'S

MEN'S

caregiver), Jan, Freda, Robin, Jane, Nancy and Janie.

The family will receive friends on Saturday, June 23 from noon to 1 p.m., with funeral service to follow at Holy Trinity Lutheran Church in Kingsport with Pastor James Bangle officiating. Interment at Oak Hill Cemetery will follow the service.

In lieu of flowers, memorial contributions may be made to Holy Trinity Lutheran Church, 800 Broad Street, Kingsport, TN 37660.雰

# Registration Open For Law & Order Ball

egistration is now open for the fifth annual Law & Order Ball to be held Lat Germain Arena on September 15 at 6 p.m. Attendees can register online at www.lawandorderball.org.

Presented by Creighton Construction and Development and hosted annually by the Rotary Club of Fort Myers South, the esteemed event pays tribute to seven of Lee County's local law enforcement agencies for their commitment to public safety. The gala also honors an Officer of the Year and raises funds to provide grants to Lee County law enforcement agencies and local non-profit organizations.

The Law & Order Ball will recognize the everyday heroes of the following Lee County law enforcement agencies: Cape Coral Police Department, Florida Gulf

continued on page 5



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Mad scientists Dr. Hunter Borman and Dr. Max Pennington working with dry ice

ohotos provided

# Youth Serve In Children's VBS

anitbel Community Church's H2O Youth Ministries is blessed with teens who have servant hearts. Middle, high schoolers and alumni worked tirelessly volunteering in various ways during SCC's Vacation Bible School for children from June 4 to 8.

Students used their gifts, talents and technical skills for audio visual needs, demonstrated exciting science experiments and adventurous games, performed in skits and puppet shows, and used their culinary skills to provide dinner and creative desserts to over 100 kids and volunteers. These teens wore many different hats, were extremely flexible and never grumbled when asked to do menial or humbling tasks. Each day, these students would greet preschoolers to fourth graders with enthusiasm, high energy and friendly smiles.

Rolling River Rampage was the theme for this year's VBS, and H2O Ministry Youth Group volunteers rocked it.\*



H20 volunteer science team at VBS Hunter Borman, Jamie Senkeleski, Max Pennington and Pastor Kevin Schafer

From page 4

# Law & Order Ball

Coast University Police Department, Florida Southwestern State College Police Department, Fort Myers Police Department, Lee County Port Authority Police, Lee County Sheriff's Office and Sanibel Police Department.

The black-tie optional gala is open to the public and will feature cocktails, hors-d'oeuvres, a formal dinner, silent and live auctions, entertainment, raffles, and even more surprises. The evening will also include a presentation for the Officer of the Year award among all participating agencies.

Individual registration for the festive evening is \$175 each, and a table for 10 guests is \$1,750. Those unable to physically attend are asked to "Fund-A-Cop" to attend the event in their place.

The event, designed to thank local law enforcement agencies, raises funds for the Rotary Club of Fort Myers South Foundation which provides grants to Lee County law enforcement agencies and local non-profit organizations. A portion of funds raised at the event will be distributed among the honored agencies for their youth programs.

Along with Creighton Construction and Development, sponsors include The Eventful Company, RapidPrint, Edison National Bank, Fort Myers Police Department, Henderson, Franklin Attorneys at Law, Siesta Pebble, Southwest Florida Public Service Academy, Suncoast Credit Union, Aubuchon Team of Companies, Bank of the Ozarks, Finemark Bank, Florida Power & Light, Markham Norton Mosteller & Wright, Millennium Physicians Group, Round Table Provisions and Pushing the Envelope.

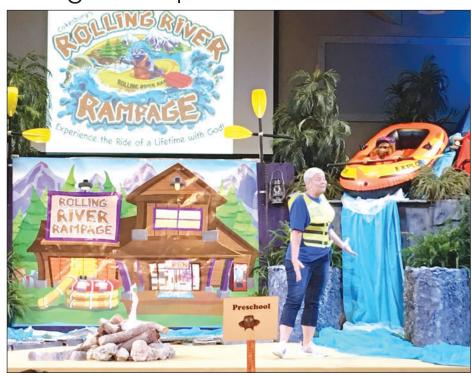
Sponsors, silent auction items, and other contributions are still needed for this year's program. For more information about the event, to become a sponsor, or to make a contribution, visit www. lawandorderball.org or contact info@ lawandorderball.org.



From left, volunteers Max Pennington, Brandin Celestin, Ben Froelich and James Senkeleski



# Riding The Rapids On Sanibel



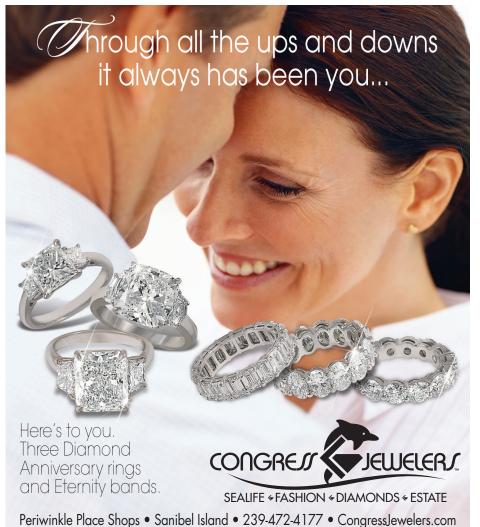
Val Pezzi was the river captain that led the children on an adventure of a lifetime

photos provided

It was a wonderful week on the river at Sanibel Community Church Vacation Bible School, held June 4 through 8. Over 100 children and volunteers gathered each night for the Rolling River Rampage Vacation Bible School. Children ages 3 through completed fifth grade enjoyed dinner, music, recreation, Bible stories,

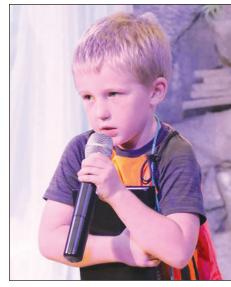
missions and science as they learned about how God will never leave them as they go through the rapids of life.

For information about the youth activities at Sanibel Community Church, contact Holly Patton-Roark at 472-2684. Sanibel Community Church is located at 1740 Periwinkle Way.





Eva Anderson-Kilgore and Rivkah Livermon were busy in the lab with their science project



Preschooler Nathan Ames recited his Bible verse from memory

# 4th Of July Pancake Breakfast

Independence Day is always a great day of celebration on Sanibel. Come start the day off with a free all-you-can-eat breakfast of hotcakes and sausages served from 7 to 9 a.m. The breakfast includes hotcakes, sausage, fresh fruit, juice and coffee. It is totally free, but donations are gladly accepted to benefit the Summit Christian Preschool at Sanibel Community Church Scholarship Fund.

Then, all are invited to stay for the parade. Take advantage of the free parking for the amazing Sanibel-Captiva Independence Day Parade that begins at 9:30 a.m. There will be free colas and ice cold bottles of water on the church campus, as well as shaded seating on the parade route, with chairs provided. Please note: there will be no entrance or exit of the church campus during the parade.

Sanibel Community Church is a non-denominational, evangelical congregation with their church campus located at 1740 Periwinkle Way (next to Jerry's Market). For more information, call 472-2684 or visit www.sanibelchurch.com.







Billy Kirkland and Senator Lizbeth Benacauisto

# Kirkland Receives Award From State Senator

illy Kirkland, owner of Billy's Rentals, was recently recognized by Florida Senator Lizbeth Benacquisto for contributing to the community in a way that makes Southwest Florida a great place to work, live and raise a family.

The senator, after consulting with the Sanibel & Captiva Islands Chamber of Commerce, named Billy's Rentals as the business that best exemplified the award's description. On June 13, Benacquisto presented the letter of recognition, along with the the Florida Senate Medallion of Excellence, to Kirkland and his wife and partner, Salli, at their rental business located on Sanibel.

'The dedication to our customers and our community has been has always been our mission," said Kirkland. "And the fact that we have quite a few long-term staff members, a beautiful island to promote and residents who care about each other and protecting our sensitive environment, have made it easy to uphold.

The Kirkland's granddaughter, Lyla Flynt, attended the award presentation and enjoyed special attention from the senator.☆



# **Financial** Assistance For Youth Programs

he City of Sanibel Financial Assistance Program helps financially eligible Sanibel and Captiva residents and island workers so their children can attend youth programs at the Sanibel Recreation Center in a supervised, safe, friendly environment. Individuals may apply for assistance for the youth after school program, fun days, holiday camps, summer camp, youth basketball,

babysitter training camp, volleyball camp and teen camp out programs.

Applicants are awarded financial assistance on a sliding fee scale. The financial assistance committee, in a public meeting, makes an objective award determination upon review of the application packet. The name of the applicant and identifying information are removed from the application when determining the amount of assistance. Financial awards range from 60 to 80 percent.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information, call 472-0345 or 

# Daily Programs At Shell Museum

he 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.⇔



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# Optimists Sponsor Junior Anglers



One of the Junior Anglers showing off the fish she caught

photos provided

The Sanibel-Captiva Optimist Club is again sponsoring its Junior Optimist Angler Society for kids. Each week, the club's volunteers and Sanibel

Recreation Center councilors take a group of kids fishing to learn how, to show them new techniques and to have fun. The kids are grouped depending on age and



Members of this summer's Junior Optimist Angler Society

experience. Fishing is done both from the shore and on boats with Tarpon Bay Explorers and Adventures in Paradise. In August, the kids are treated to a "end of season" picnic on the Sanibel Causeway.

Many thanks were shared with sponsors Bailey's General Store, Tarpon Bay Explorers, Adventures in Paradise as well as members of the San-Cap Optimist Club and volunteers.

Other Junior Optimists activities include archery, basketball and Free Lunch Fridays. All current Junior Optimists activities require membership through the Sanibel Recreation Center. Call 472-0345 for more information.

# Low-Speed Rental Business Denial Approved

by Jeff Lysiak

uring the June 12 Sanibel Planning Commission meeting, a resolution to deny an application for a conditional use permit to establish a low-speed, electric-powered vehicle rental business on the island was unanimously approved.

Last month, Laura DeBruce and Jeffrey Blackman, owners of Sanibel Carts, LLC, submitted an application to open a low-speed vehicle rental business within the Palm Ridge Place Shopping Center. They planned on an inventory of seven streetlegal, solar/electric vehicles (five of them four-passenger vehicles, with the other two six-passenger vehicles) that would be rented out of Suite 15 of the commercial building.

On May 22, commissioners spent more than two and a half hours deliberating the matter, talking about the specifics of the business, whether it was in conflict with the objectives of the Sanibel Plan, whether it met conditions set forth in the Land Development Code and a number of safety concerns.

"Staff finds that the proposed lowspeed vehicles contain similarities to the means of transportation discussed in this statement, and therefore should be viewed in the same light as having the potential to exacerbate traffic delays," City Planner Josh Ooyman told the commission last month. "The safety hazard aspect also bears consideration as low-speed vehicles could create unsafe situations on roadways with respect to faster traffic."

Another objection raised in the staff report was that the proposed business would not comply with the Sanibel Plan's goal of reducing the volume of traffic on Sanibel. "Staff finds that the proposed rental vehicles, although battery-powered and more environmentally-friendly than the common automobile, will still provide increased opportunities for automobile usage on-island and place additional demand on the natural infrastructure and roadway systems," Ooyman added.

Following some additional comments from the applicants and members of the audience, commissioners voted 6 to

1 in favor of denying the application. Commissioner Roger Grogman cast the lone dissenting vote on May 22.

Last week, Senior Planner Roy Gibson reintroduced Resolution 18-008 to officially deny the conditional use application. He stated that no additional testimony would be provided by city staff nor from the applicants, who informed Gibson they would be unable to attend the hearing. No additional public comment was received, he noted.

Resident Larry Schopp was the lone audience member to speak. "The applicants made it a point to say that their (slow-moving rental carts) aren't automobiles, and that the Sanibel Plan is interested in restricting automobile traffic," he said, explaining that automobiles are generally known as a four-wheeled public conveyance of people that is self-propelled either by an internal combustion engine or battery. "That's what these vehicles are."

With no additional testimony, Commission Vice Chair Dirk DeWerff called for the public hearing to close.

"I don't agree that it's against the Sanibel Plan," said Commissioner Chuck Ketteman. "My concern is only about the safety of these vehicles, and I'm denying it

because of that issue."

Commissioner Richard Johnson made a motion to approve the resolution, which was seconded by Grogman and passed with a 5 to 0 vote. Commission chair Dr. Phillip Marks and Commissioner Matt Kirschner were absent and excused from the meeting.

"If I could be convinced that they were safe, then I would vote in favor of the application," added Ketteman.

In other business, commissioners approved a corrected draft resolution to grant a variance that will allow a boat dock to be relocated closer than 15 feet from the side property lines as extended into the water, the installation of a new elevator-style boat lift to extend approximately 9.2 feet farther than the maximum permitted waterward extension, and allowing the boat lift to be located closer than 15 feet from the extended side property lines. The request was submitted last month by property owners Randy Wayne White and Wendy Webb for their dock parcel located at 6428 Pine Avenue.

With the public hearing closed, commissioners voted 5 to 0 in favor of granting the variance.

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The Islands of SANIBEL CAPTIVA CHAMBER OF COMMERCE







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## Churches/Temples

### ANNUNCIATION GREEK **ORTHODOX CHURCH**

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

**BAT YAM-TEMPLE OF THE ISLANDS** 

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

HISTORIC CAPTIVA **CHAPEL BY THE SEA**  The Rev. Dr. John N. Cedarleaf Services every Sunday 11 a.m. November 11, 2018 thru April 28, 2019 11580 Chapin Lane, Captiva 472-1646 FIRST CHURCH OF CHRIST, SCIENTIST

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### 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 Worshop 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.

### ST. MICHAEL & ALL ANGELS **EPISCOPAL CHURCH**

The Rev. Dr. Ellen Sloan, Rector. Saturday Eucharist 5 p.m. Sunday Eucharist 9:30 a.m. Sunday School 9:30 a.m. (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

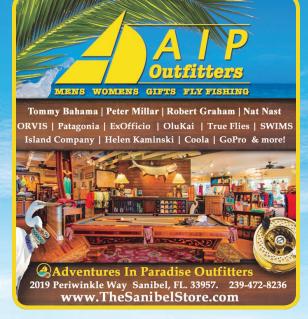
Meets 5 p.m. on the second Sunday of each month from December through April at the Sanibel Congregational Church. A pot luck is held at a member's home on the third Sunday of each month. 2050 Periwinkle Way, ryi39@aol.com, 433-4901.☆



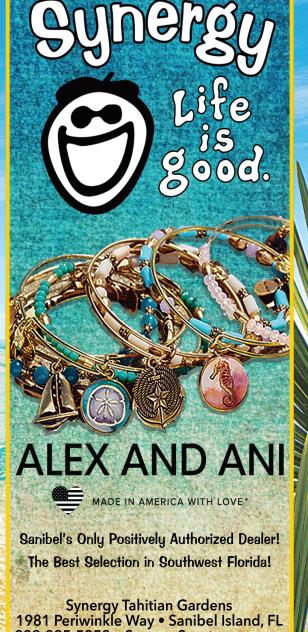
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Photograph taken by SanCap Aerial on June 6 showing the impaired water conditions at Liahthouse Beach photo courtesy City of Sanibel

# SCCF, Realtors Join Push To Stop Lake Discharges

by Jeff Lysiak

ess than one week after Mayor Kevin Ruane and members of the Sanibel City Council called for an action plan to stop harmful freshwater flows out of Lake Okeechobee and into the Caloosahatchee watershed, officials with the Sanibel-Captiva Conservation Foundation (SCCF) have joined the fight.

Record-setting rainfall the last two weeks of May flooded the entire Greater Everglades region," a June 13 post on SCCF's Facebook page reads, in part. "To manage lake water levels, the Corps of Engineers began Lake Okeechobee releases on June 1 resulting in estuary flows two to three times the harmful volume.

The Caloosahatchee estuary habitats, estuarine and marine organisms experience harm from high flows that cause low salinity when freshwater flows at the Franklin Lock - near Alva - reach 2,800 cfs (cubic feet per second), equivalent to 1.26 million gallons per minute or 1.81 trillion gallons per day.

According to SCCF, the Caloosahatchee estuary has been experiencing increasing levels of harmful flows since heavy rainfalls began on May 15. The first two weeks, flows were watershed runoff from Hendry

and Glades counties, with no discharges from Lake Okeechobee. However, the lake discharges that started on June 1 nearly tripled the harmful high flows to the estuary (over 3.68 million gallons per minute, or 5.3 trillion gallons per day), dumping dark fresh water and suddenly dropping salinities in the estuary all the way to the mouth of the river at Shell Point.

"The consequence of this sudden, drastic and prolonged salinity drop has been a massive die off of estuarine clams and oysters at Iona just upstream of Shell Point and is fueling freshwater cyanobacteria, including Microcystis, that is visible beneath the water surface from Beautiful Island by I-75 to Iona Cove," said SCCF"s post. "This current event is the direct result of managing water selectively to allow agricultural landowners to dump their floodwater into Lake Okeechobee and into publicly funded stormwater treatment areas, thus forcing discharges harmful to public resources.

The call for action was also joined by members of the Sanibel & Ćaptiva Islands Association of Realtors.

'As a result of the recent rains, the water quality in and around the island of Sanibel has degraded. The City of Sanibel and it's residents have had enough," the organization's website shared on June 8, along with a request to contact the U.S. Army Corps of Engineers and the South Florida Water Management District. "Their decisions

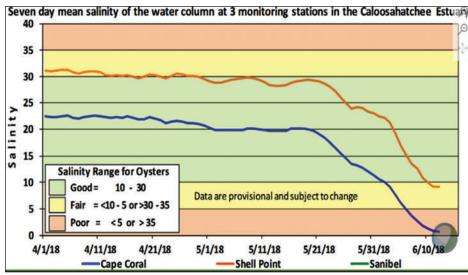


image courtesy SCCF

to release massive discharges using the Caloosahatchee River are damaging our island property values, local economy, employment and our very way of life."

The City of Sanibel's Natural Resources Department Director James 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, and identify other places to send water besides to the west and east coast estuaries.

'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," Evans told the council earlier this month.

After discussing the Lake Okeechobee discharges during their June 5 meeting, the Sanibel City Council issued a call for action the following day. Among the people targeted for messages urging the stop of high volume freshwater releases are members of the U.S. Army Corps of Engineers, including Col. Jason Kirk, district commander and district engineer (email: Jason.a.kirk@usace.army.mil) and Lt. Col. Jennifer Reynolds, deputy district commander for South Florida (email: Jennifer.A.Reynolds@usace. army.mil); members of the South Florida Water Management District (SFWMD),

including Executive Director Ernie Marks (email: emarks@sfwmd.gov), Governing Board Chairman Federico Fernandez (email: fefernan@sfwmd.gov) and Local Governing Board Representatives Rick Barber (email: fbarber@sfwmd.gov) and Jaime Weisinger (email: jweisinger@ sfwmd.gov).

In addition, the city recommended contacting Governor Rick Scott (email: rick.scott@eog.myflorida.com) and Drew Bartlett, deputy secretary ecosystems restoration for the Florida Department of Environmental Protection (email: drew. bartlett@dep.state.fl.us).

'We need to express our strenuous objection to water managers and elected representatives because these harmful flows are the direct consequence of agricultural discharges that have resulted in harmful flows to the Caloosahatchee and St Lucie, without consideration of the flood consequences on these coastal ecosystems," SCCF's Facebook post urged its supporters. "We ask water managers to identify these conditions and start requiring all landowners to manage stormwater on their own land, not dump it into the lake, not usurp the entire capacity of publicly funded stormwater treatment areas that harm public resources. It is past time to change the system."

For the latest water quality updates, 

# FISH Food Pantry Shelves Are Bare

ood pantries are supposed to provide a safety net for those who need a helping hand. But currently, the FISH of SanCap Food Pantry needs

The FISH Food Pantry makes a real difference to our neighbors and those that work on our islands. But during the summer months, when many return to their up north homes, the nonprofit struggles.

Summer months are particularly difficult for us," said FISH President and CEO Maggi Feiner. "Many of our neighbors needing a hand up lose work hours in our off-season months. Yet their bills still need to be paid, and they

still need to feed their children, who are now at home and not benefiting from school provided meals. We try to purchase what we can on a limited budget to help our neighbors."

Volunteers say normally the shelves flow with food, especially during seasonal (October through April) months. Recently, though, there's not been much to stock, and people leave with less than they had hoped for. And that's hard on everyone, especially the children and elderly folks that visit the pantry and rely on certain items being available.

'Maybe it's just this time of year, but it's been the last several months that we've struggled to keep our pantry stocked," said Maria Espinoza, FISH Walk-In Center manager. "And with the end of the Sanibel Island Farmers Market season, we don't see any fresh

fruits or vegetables being donated, which so many looked forward to and needed to keep their household nutritionally balanced. We are thankful for those that host collection/drop off sites as well as food drives throughout the year on behalf of F.I.S.H.

Please donate unopened, unexpired and nonperishable items to the FISH Food Pantry at one of the collection sites below. If your business or establishment would like to lend a hand by becoming a FISH Food Pantry collection site, contact Maria Espinoza, Walk-In Center manager, at 472-4775.

Bailey's General Store drop-off bin, available during store hours

Bank of the Islands drop-off bin, available during bank hours

FISH drop-off bin, available 24/7, located outside the Walk-In Center entrance

Sanibel Fire Department Station 171, 2351 Palm Ridge Road, available 24/7 (There's a bell right outside that donors can ring for drop-offs after 4:30 p.m. If they are out on a call, the items can be dropped at the front door)

South Seas Island Resort Main Gate drop-off bin, available 24/7

Perishable items may be brought to the FISH Walk-In Center, located at 2430-B Periwinkle Way, between 8 a.m. and 3:30 p.m.

The FISH of SanCap Food Pantry is choice pantry where individuals may supplemental their grocery needs. Those that qualify can utilize the food pantry Monday through Friday from 10 a.m. to 3:45 p.m. If you are interested in learning more about this program, call 472-4775.

For additional information, visit 

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Mangrove Tree Crab Week campers practicing their crab skills at Sundial Beach Resort photo provided

# First Week Of Summer Camp A Success

submitted by Leah Biery

anibel Sea School kicked off the summer camp season on June 4 with Hammerhead Week at the organization's Sanibel Flagship Campus, and Mangrove Tree Crab Week at its Sundial Beach Resort & Spa location. Both programs were a success, and campers enjoyed five days of oceanbased activities and adventures.

Hammerhead Week participants learned all about these sharks with crazy-shaped heads, building periscopes to better understand hammerheads' vision, canoeing in prime shark habitat, and making their own mass migrations. They also had a chance to dissect a dogfish - the hammerhead's much

smaller relative. "The campers are always amazed by how a shark's skin feels, what the gills and internal organs look like, and the similarities and differences between chondrichthians and humans," said counselor Sam Lucas.

Mangrove Tree Crab Week was all about tiny, omnivorous tree climbers. Campers played a game to practice their mangrove species identification, scurried like mangrove crabs in a beach ball relay race, played crab soccer and kickball, and snorkeled among the mangroves to take a closer look at the creature of the week.

As usual, both weeks also included surfboard paddling, making ocean art, and spending time with friends.

Sanibel Sea School is a 501(c)3 nonprofit whose mission is to improve the ocean's future, one person at a time. To learn more, visit www. 

### Plant Smart

# False Hawksbeard



The ray flowers' toothed edges create a fringed look

photos by Gerri Reaves

by Gerri Reaves

alse hawksbeard (Youngia japonica) is a non-native wildflower present in most Florida counties and throughout the southeastern U.S.

A native of Asia, it is also called oriental false hawksbeard, Japanese hawkweed, rocketweed, or Asiatic false hawksbeard. It is common in disturbed sites, lawns and even sidewalk cracks.

It blooms all year, the slender leafless stem arising from the center of a rosette of lobed oblong basal leaves. The stem can be up to two feet tall.

The leaves are prominently veined and reach up to 10 inches long. Ruffled or curled edges give them a wrinkled look.

The petals, or ray flowers, are five-toothed, which gives them a fringed effect. They measure only about a centimeter across.

Flowers on one plant are often in various stages of blooming.

When it goes to seed, the clusters of flowers resemble dandelion puffs but are only about one-fifth of that size.

The plant has a milky sap.

The dry one-seeded fruit has a ring of stiff hairs that act as a parachute, dispersing the seeds on air.

A short taproot makes it easy to pull up this "weed," but it spreads so easily that eradication is difficult, nevertheless. Some homeowners abandon the herbicides and enjoy the flowers that provide nectar for bees.

If you love asters, there are plenty of native ones to choose from, so replacing this weed with a pretty native aster is simple.

One way to dispense of this weed is to eat it, for it's a potherb. But be warned -- some people find the leaves quite bitter.

False hawksbeard was used medicinally in China to treat colds, diarrhea and sore throats. It has shown



False hawksbeard is a non-native annual and member of the aster family

promise in the treatment of leukemia. 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, National Audubon Society Field Guide to Florida, Wildflowers of Florida by Jaret C. Daniels and Stan Tekiela, www.eattheweeds.com, www.garden. org, https://plants.ifas.ufl.edu, www. rufino-osorio.blogspot.com, www. susanleachsnyder.com, and www. wildsouthflorida.com.

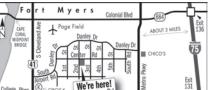
Plant Smart explores the diverse flora of South Florida. 芬

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# Big High Tides Offer Lots Of Options



by Capt. Matt Mitchell

alm conditions and great tides made for an awesome week of charters. Snook and large mangrove snapper kept my clients busy. The tide

pattern we have been on for more than a week now is as good as it gets with a huge high incoming tide coming right at midday. Three foot tides like these don't come very often, and when they do, it offers anglers lots of options with many mangrove islands becoming reachable and very fishable.

During the morning, lower incoming tide areas around the passes have been the places to be with some of the best catch-and-release snook action of the year now happening. Along with the snook, we did mix it up with a few trout, gag grouper, mangrove snapper

and even a few Spanish mackerel all right in the passes. As the tide really starts to flood in and the current gets too fast to pass fish, I've been moving to the areas both inside and just outside the passes to keep this nonstop snook bite going.

During the last few hours of the incoming tide, the options are endless with the water being so high. Oyster bars have been a good choice with the ones on the western side of the sound bringing the better snook action. When fishing these bars, either the action is almost every cast or not at all. If you throw a few baits and don't get bit, it's time to move. Several of my favorite oyster bars resulted in double and even triple hook-ups on snook for 20 to 30 minutes. What these snook lack in size they make up for in sheer numbers, and when there are so many smaller males around it's only a matter of time till you hook into a much bigger female.

Mangrove islands around St James city, south Matlacha Pass and the mouth of the river have also been on fire during the very top of the tide. Both the very end of the incoming tide and the first hour of the outgoing tide has resulted in some crazy action on big mangrove snapper up to 16 inches, giant drag-screaming jacks and snook. I just don't fish many of these places in



Adam from North Port with a bonus small tarpon caught while targeting snook with Capt. Matt Mitchell this week

photo provided

these areas until we have these super high tides. Watching 10-pound-plus jacks and big mangrove snapper crash bait on the surface is a sight to be seen when this bite goes off.

As we are getting later through the month of June, more and more large mangrove snapper are being

caught throughout the sound. The fish houses, docks of the intercoastal, deeper mangrove shorelines and any submerged structure can be just loaded with big schools of these hard-fighting fish of summer. Live free-lined shiners or small pinfish are key to catching these mangs along with a small light wire hook and light fluorocarbon leader as these snapper have really good eyesight. Limits of these excellent table fish will become more and more common over the next few months and become my go-to fish when my clients want to take home fillets.

Although I did not tarpon fish this week, I sure did see lots of them all through the southern sound. Most days while catching bait up off Regla Island, I would see rolling fish in the slick calm morning conditions then, while returning to St James City or the causeway area, there where rolling fish south of the powerlines in the deeper water. Then when heading to Punta Rassa, I would go under the C-span of the causeway, and there they were again. After not being able to find any tarpon for the last few weeks in the southern sound, I was making a run to Foster Point and north to locate them. Now that these fish do not have all the boat pressure on them that they did through mid-April, this bite will only get

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

# Send Us Your Fish Tales

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

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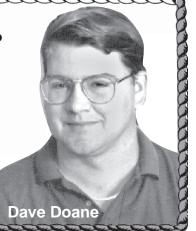
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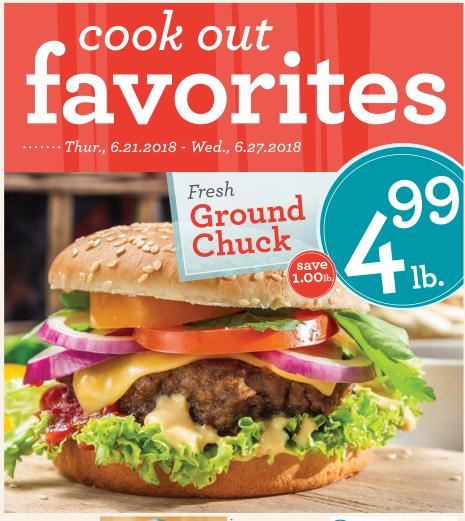
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# CROW Calendar Of Events

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

For reservations, contact David Waszmer, Visitor Education Center and gift shop manager at 472-3644 or dwaszmer@crowclinic.org. Hours are 10 a.m. to 4 p.m. Monday through Friday. 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 22, 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 22, 11 a.m.**, adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Patient Profiles: Owls of Southwest Florida (daily presentation).

Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique



adaptations of the native and migratory raptors of Florida, specifically the five species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present.

Monday, June 25, 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 26, 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.

Wednesday, June 27, 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 27, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Patient Profiles: Virginia Opossums (daily presentation).

Virginia opossums are the only marsupial, or pouched mammal, native to the United States. They are highly adaptable animals and can live in a variety of habitats, both natural and human made. Although it may not be

obvious to some people, opossums are a unique member of Florida's wildlife, playing an important role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

Thursday, June 28, 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 28, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Patient Profiles: Birds of Prey (daily presentation).

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

# Conservancy Installs Electric Vehicle Stations

he Conservancy of Southwest Florida has announced its partnership with Tesla to introduce electric vehicle charging stations at the Conservancy Nature Center.

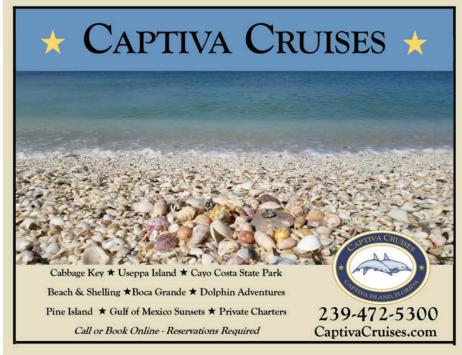
Offering six charging stations, four exclusively for Tesla vehicles and two for universal use, the charging service is available to the public at no cost. Drivers can access the stations during nature center hours, from 9:30 a.m. to 4:30 p.m. Monday through Saturday.

The addition of the electric vehicle charging stations supports the use of environmentally friendly transportation within our community, aligning with our mission to protect the quality of life for generations to come," said Rob Moher, president and CEO of the conservancy. 'We are thrilled to introduce this new resource to the Naples area as part of our fundamental commitment to sustainability, and welcome drivers to enjoy the nature center's many programs and amenities while charging their vehicles."

The electric vehicle charging stations are located in the southwest portion of the conservancy campus, in parking Lot B. With equipment funded and installed by Tesla, the conservancy is now also listed on Tesla's online charging destination map at www.tesla. com/destination-charging.

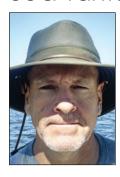
Conservancy Nature Center is located at 1495 Smith Preserve Way in Naples. For more information, visit www. conservancy.org.☆





CROW Case Of The Week:

# Loggerhead Sea Turtle



by Bob Petcher

he loggerhead sea turtle (Caretta caretta) is the most common sea turtle in Florida. In 1987, there were nearly 96,912 nests reported in the state by the Florida Fish and Wildlife

Conservation Commission. Compare that to the 53,102 Green sea turtle nests reported in the state last year, and you can see the nearly 2-to-1 ratio between the most common and second most

While the numbers appear impressive, these marine reptiles are still considered an endangered species and protected by state law.

Loggerhead sea turtles are so named due to their large blockheads to go with their strong jaw lines. They have a heart-shaped upper shell and thick front

At CROW, an adult male loggerhead sea turtle was admitted after it was reported to be struggling and rolling over in the water just offshore of Sanibel. The turtle was rescued by Sanibel-Captiva Conservation Foundation (SCCF) staff.

During the intake exam, the patient

weighed in at about 239 pounds. Based on its clinical signs, CROW medical staff stated the turtle was suspected to have been affected by brevetoxicosis, also known as red tide poisoning.

'Since this past October, we have admitted 274 patients for suspected brevetoxicosis; 229 of those have been admitted since January 1 of this year," said Dr. Robin Bast, CROW veterinary intern. "Typically, brevetoxicosis cases make up approximately 10 percent of our caseload annually.

Dr. Bast explained that larger sea life like a sea turtle is not necessarily less susceptible to red tide poisoning than a

"We see a wide variety of clinical presentations depending on the species affected," she said. "For example, if they have another concurrent medical condition, that makes them more susceptible or are unable to clear the toxin. Severity of clinical signs has not been directly correlated with patient weight or amount of toxin found in the blood. The toxin remains in the environment and food chain long after the algal bloom itself resolves."

The prehistoric patient also had some other minor health problems that were addressed.

"Epibiota, or external barnacles and algae buildup, were found on the turtle's shell. This indicates the turtle may have been debilitated for some time," said Dr. Bast. "It is easily removed within 48 hours of admission by placing the patient in fresh water."

The turtle was given ceftazidime to



CROW medical staff members work on patient #18-2170 after he was brought in for suspected brevetoxicosis. photo by Brian Bohlman

prevent complications with possible aspiration due to rolling over in the water.

'Ceftazidime is an injectable antibiotic. In this turtle's case, we suspected aspiration and potential pneumonia due to its history of being upside down in the surf," said Dr. Bast. "Additionally, patients with brevetoxicosis get ileus, or slowing of their gastrointestinal tract, and antibiotics are indicated to treat this as well.

After two weeks at CROW, the loggerhead sea turtle appears to be returning to good health.

"The loggerhead's bloodwork has improved; he is swimming well in the tank, and has started to eat on his own," added Dr. Bast. "Bloodwork will be reassessed this week to determine a plan for potential release."

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.☆





# Oyster Dove Snail



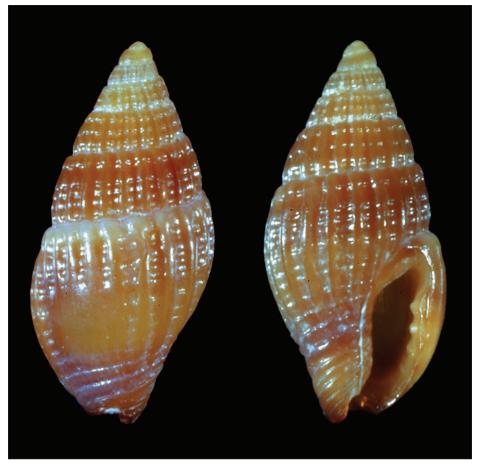
by José H. Leal, PhD, Bailey-Matthews National Shell Museum Science Director and Curator

t about 6 mm (0.23 inch), the Oyster Dove Snail, Parvanachis ostreicola (GB

Sowerby III, 1882), is another of the small-size local dove snails (family Columbellidae). Its shell is very similar to that of the Obese Dove Snail, Parvanachis obesa (CB Adams, 1845), a species covered in this column in February 2015. This latter species, however, has a more slender shell, lighter color, and less conspicuous spiral cords on the shell sculpture. As other species of the family do, Oyster Dove Snails live in association with seaweed. Learn more about local mollusks and their shells at www.shellmuseum.org/ shells/southwest-florida-shells and https://shellmuseum.org/blog.

### **Shell Museum Events**

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The Oyster Dove Snail, Parvanachis ostreicola

inspire you. Visit www.shellmuseum.org or call 395-2233.

The Bailey-Matthews National Shell

photo by José H. Leal

Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit www.shellmuseum.org.☆

# Fishing Programs Reward Anglers, Promote Fisheries

ummer fishing season is heating up, and he invitation is open to Catch a Florida Memory with the Florida Fish and Wildlife Conservation Commission (FWC) by participating in any of three Saltwater Angler Recognition Programs.

See if you can catch all 71 species in the Saltwater Fish Life List. Caught a big fish that warrants bragging rights? Submit it to the Saltwater Reel Big Fish program. And be sure to check out the nine categories of Saltwater Grand Slams that challenge anglers to catch three specific fish in a 24-hour period.

Anglers of all ages and skill levels can earn various prizes such as certificates, shirts, hats, rods and reels, dehooking tools, rubber-coated nets and more. Successful anglers receive recognition in Florida Saltwater Recreational Fishing Regulations booklets and on the club members page of www.catchafloridamemory.com, plus the chance to win monthly raffle prizes courtesy of generous program partners.

Catch a Florida Memory programs are not only fun and rewarding, but they also promote fisheries conservation. Anglers are encouraged to target a diversity of species to help decrease fishing pressure on the most

continued on page 46

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# Shell Found



athie Hinson, visiting from northern Wisconsin, found a junonia at Bowman's Beach on

"It was our first time at Bowman's Beach," said Hinson. "We have really enjoyed our stay. Collecting shells and taking in beautiful sunsets has been the highlight of our trip."以

# Shells Found



Deanna Page and Ron Osterle

photo provided

randfather Ron Oesterle and granddaughter Deanna Page of Washington Court House, Ohio were the shelling duos when they found look-alike shells on a West Gulf Drive beach the week of June 10.☼

# Shell Found



Wendy Mote and Becky Tyson

photo by A. Ziehl

ecky Tyson and Wendy Mote from Jacksonville, North Carolina found a junonia on Sanibel Island while staying at Sanibel Mooring. They said, "Amazing find on an amazing island!"

# Shell Found



Mike Williams

photo by A. Ziehl

ike Willaims, visiting from Albertville, Alabama, found a Ljunonia on the beach at Blind Pass on June 11 while staying at Periwinkle Park Campground. \$\pi\$

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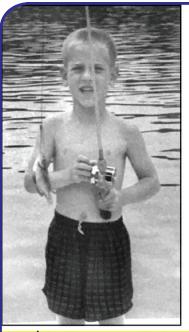


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CROW students Abbey Bierman and Jennifer Hurlebaus releasing the sea turtle on Fort

# Loggerhead Released On Fort Myers Beach

n June 12, the Clinic for the Rehabilitation of Wildlife (CROW) released a sub-adult loggerhead sea turtle on Fort Myers Beach with the help of Turtle Time, Inc. volunteers. The volunteer group rescued the turtle on May

29 when it was found floating upside down in the surf. It was transported to CROW where it received care and treatment for brevetoxicosis, also known as red tide poisoning.

Before being released, the turtle was tagged with a passive integrated transponder (PIT) tag and a flipper tag on each of its front flippers.

This is the fifth sea turtle in 2018 to be treated and released from the clinic for red tide poisoning.☆

# Paddling Fanatics: An Interview With John Houston

by Ocean Tribe Paddlers

ohn Houston is the owner of Adventure Sea Kayak and SUP on Captiva. A true outdoorsman, when he's not paddling,



he enjoys traveling, surfing, yoga, snorkeling and free diving, fishing and living life to the fullest. We sat down with him to talk about the joy of spending time on the water.

How many years have you been paddling?

For as long as I can remember. I started paddling professionally and taking people on trips when I was 18 – that was 22 years ago.

Who introduced you to paddling? My father, Brian Houston, has always been involved in the paddle sports industry and started my sister and me out young. He was the founder and mastermind behind the Captiva Sea Kayak Classic, an annual race, and took us on paddling trips all over Florida. We spent every Sunday paddling from our house on Dinkins Bayou to Blind Pass

for fun beach days.

What is your favorite place to

In and around Buck Key. I also enjoy exploring Blind Pass Channel, Roosevelt Channel, Wulfert Point, Dinkins Bayou, and the grass flats and oyster bars around Sanibel and Captiva.

What do you always bring when you paddle?

Water, snacks, sunscreen, and a telephone or radio for emergency communications. An extra paddle, a sponge or bilge pump, and a flashlight - because it gets late real quick.

Most memorable paddling

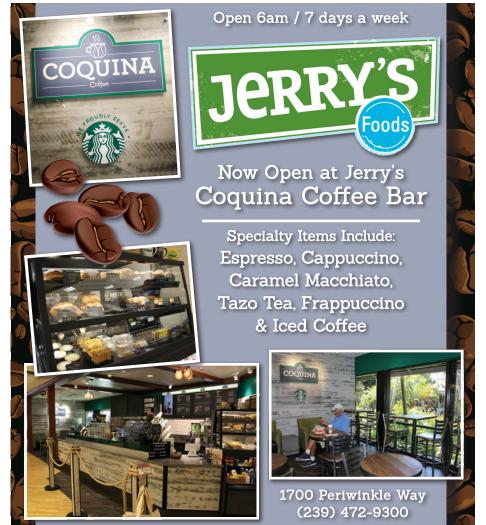
experience?

Every paddling experience is memorable, but my favorite is to paddle in the middle of the night on a full or new moon, under the stars. Always with friends or family.

Why do you love to paddle?

It gives me an opportunity to have a little freedom, and to be by myself. To get a little exercise, clear my head and remind me where I came from. The ocean has provided me with everything I have ever needed in my whole life. A job, food, a place to explore, happiness and sadness. I love being on the water. It brings me back home to where it all began.

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.☼





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# Sanibel-Captiva Nature Calendar Now Available

im Fowler has published the 31st edition of The Sanibel-Captiva Nature Calendar. The cover of the 2019 calendar features a spectacular photograph of a roseate spoonbill in the JN "Ding" Darling National Wildlife Refuge by local nature photographer Robert Kimbrell. The back cover includes a beautiful Bowman's Beach sunset by longtime Sanibel visitor, natural history photographer and writer Lynn Stone.

This edition of the calendar spotlights six of the islands' year-round avian residents and three juvenile alligators photographed in Sanibel Gardens Preserve. Also pictured are seasonal visitors to the beaches; a nesting least tern, a lesser black-backed gull and a migrating black-throated blue warbler. Rounding out the monthly photographs are a tropical checkered skipper in the Bailey Tract and a scrawled cowfish on a coral reef in the gulf off Sanibel.

Fowler said, "I love showing both seasonal, migrating and year-round birds and animals on our islands in the same calendar edition. It shows the great diversity of wildlife we are so fortunate to share the island with."

Fowler has added another writer for the photo narratives, SCCF Shorebird Program Coordinator Audrey Albrecht.

Fowler said, "I am very excited to have Audrey as a contributing writer for the calendar. Her extensive knowledge of birds and experience in the field will add a wealth of knowledge and interest to the photo narratives. Added to the writing of long-time island residents Betty Anholt and Charles LeBuff, the calendar contains a wealth of information and writing styles.

Photographers featured in this edition are Theresa Baldwin, Marianne Bargiotti, Cliff Beittel, Dick Fortune, Peter Hawrylyshyn, Robert Kimbrell, Sara Lopez, Lorraine Sommer, Lynn

Stone and Don Thompson.

'Created from an idea that took seed during my island experiences since I first came to Sanibel in the early '70s, I have tried every year to put together a calendar that truly shows the natural beauty of the islands. It continues to be my goal each year to publish a calendar that not only is beautiful and useful, but also promotes wildlife conservation through interest, information and education," Fowler said.

Again this year, the calendar will be available upon request with a shipping envelope made from recycled paper from the press set-up. The calendar retails for \$14.95 and is sold throughout Southwest Florida in fine book stores and gift shops. For mail orders, send \$14.95 (plus \$2 shipping and handling) to: Sanibel-Captiva Nature Calendar, P.O. Box 356, Sanibel, FL 33957. For the custom Blind Pass Tide edition, send \$17.95 (plus \$2 shipping and handling). 算



Roseate spoonbill

photo by Robert Kimbrell



Contemporary American Cuisine



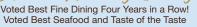
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1½ pounds shrimp, peeled and deveined

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- ½ cup almonds, sliced
- 2 tablespoons soy sauce

Cook shrimp in half the olive oil, set aside. Heat remaining oil and sauté beans and mushrooms until beans are tender. Add almonds and soy sauce.

Yield: Four servings.☆



Sautéed Shrimp and Green Beans

photo courtesy Fresh From Florida

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# Conservancy Adds Sea Turtle To Ambassadors

he Conservancy of Southwest Florida has announced the name for a new baby loggerhead sea turtle, which now has a starring role in the Dalton Discovery Center.

The loggerhead, named NIN, weighed in at 16.4 ounces and measured 23 centimeters across and 22 centimeters in width at a ceremony on June 14. NIN is an animal ambassador at the Conservancy's Nature Center, where visitors will have a unique opportunity to observe the sea turtle in his habitat while learning about the species until he is large enough to be released into the wild.

Our animal ambassadors serve an important role in helping educate visitors about both native and non-native species living in Southwest Florida," said Rob Moher, president and CEO of the Conservancy. "Loggerhead sea turtles are a threatened species in Florida, and the Conservancy is committed to monitoring and protecting the turtles nesting on our local beaches.'

NIN is part of a Sea Turtle Sex Determination Study by Florida Atlantic University. Nests were incubated at various temperatures. This specific turtle was incubated at low temperature and low humidity to test how these variables impact the sex of the turtles. Tests confirmed NIN is a male.

Since the sea turtle program's



From left, Barry Kelleher, Conservancy president and CEO Rob Moher, Ruth Bawden and Conservancy supporter Barbara Chur photos provided

inception in 1982, the Conservancy has documented more than 284,000 loggerhead hatchlings from Keewaydin Island reaching waters of the Gulf of Mexico, and another 78,000 from Naples City Beach.

Interestingly, the vast majority of hatchlings on Keewaydin beaches are male in an otherwise female-dominated South Florida population," said Dr. Jeff Schmid, Conservancy of Southwest Florida science research manager. "Our beaches are that much more important because the males that are produced help maintain the overall population."

As the first known male sea turtle ambassador that the Conservancy has welcomed, NIN serves as a reminder of the importance of maintaining beaches and protecting nests to preserve gender balance.

A higher nest temperature results in more females while lower temperature causes a shift toward males, giving rise to the saying "hot chicks and cool dudes."

NIN is a unique name for the Conservancy's loggerhead and carries a special story. A guest at the Conservancy's 2018 Magic Under the Mangroves gala and auction purchased



**Conservancy Animal Care Specialist** Samantha Arner with NIN, the new ambassador loggerhead sea turtle

the sea turtle's naming rights. The winning bidder, Barbara Chur, came to Magic Under the Mangroves hoping to win the naming rights and support the Conservancy sea turtle research. Chur's daughter and eight of her friends visited Naples this winter.

"While vacationing we got to talking about the sea turtles and the work the Conservancy is doing and how important it is." Chur said. "When I won. I wanted a name that would represent the wonderful time the nine women had while visiting.

continued on page 26





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Bailey's General Store has a full deli, bakery, coffee bar, daily lunch specials, take out and catering for cookouts, picnics and parties. This is the oldest supermarket on the islands, established long before a causeway linked Sanibel to the mainland. Services include shopping for your groceries and delivering them to your home or vacation destination. Pick up the extensive list of gluten-free products near the entrance to the supermarket. Bailey's has a second location at Sundial Beach Resort & Spa. 472-1516

### **BLUE GIRAFFE**

Family owned Blue Giraffe offers casual island dining for "no wait" breakfast from 7 a.m. to noon daily as well as lunch and dinner seven days a week until 8 p.m. Dine outside in the garden atmosphere of Periwinkle Place or inside at hand-painted tables, inspired by local artists. The menu is full of traditional and unique breakfast items, signature burgers, custom sandwiches, fresh and local seafood, salads, steaks, pork and vegetarian options. There is a full liquor bar and various local beers on tap. 472-2525

### **BLEU RENDEZ-VOUS FRENCH BISTRO**

Parisian Chef Christian Vivet and his Floridian wife Mari Vivet are hosts of the classic French bistro. Choose from an array of appetizers, the extensive a la carte menu, a Prix Fixe Tasting Menu, the Chef's Bleu Inspirations or Petite Plates. Pair your dinner with an extensive French and domestic wine list, dessert wines or French craft beers. Authentic French dishes and desserts are prepared from scratch in the open kitchen. You'll feel welcome by Mari's southern hospitality as you are greeted at the door. Open Tuesday through Saturday at 5 p.m. Reservations encouraged. 565-1608

### **CIP'S PLACE**

Cip's Place is named for the late Jimmy Cipriani, a longtime islander and owner of the property on which the restaurant sits. In Jimmy's memory, Cip's styles itself as a local watering hole. A large mural shows many islanders through the ages - including "Cip" - and if you don't recognize them all, ask to see the "key." Food choices range from comfort to culinary with some Caribbean and island favorites as well. Try the homemade potato chips, fried buttermilk chicken with sage gravy and snapper tacos. Dine on the outdoor garden patio, front porch or indoors. Full bar available. Open 11 a.m. to 9:30 p.m. daily, with happy hour from 4 to 6 p.m. 472-0223

### **DOC FORD'S RUM BAR & GRILLE**

Doc Ford's is a well-known local's restaurant, famous for its great food and service with plenty of indoor and outdoor seating boasting "Award winning flavors from the Caribbean Rim." The restaurant is named for the Doc Ford character in local author Randy Wayne White's best-selling mystery novels. With locations on Sanibel and Captiva islands and Fort Myers Beach, all locations offer island favorites like Yucatan shrimp and fish tacos along with raw bar selections and fresh local seafood dishes. Premium rums and tropical drinks such as the Island Mojito are a specialty of the house. The combined menu offers lunch and dinner daily from 11 a.m. to 10 p.m. 472-8311, 312-4275, 765-9660

### **DUNES GOLF & TENNIS CLUB**

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

Take in the sunset views while sipping on your favorite drink. Happy hour is every day from 3 to 6 p.m. Enjoy with the famous crab bisque as a starter. 949 Sand Castle Road, 472-3355

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### **GRAMMA DOT'S**

Gramma Dot's, the only dockside dining on Sanibel, offers a lunch and dinner menu seven days a week from "Sanibel's only seaside saloon" where vou can dine at the Sanibel Marina in view of luxury yachts and fishing boats and watch the comings and goings of seagoing folk and fishermen. The menu features a full line of fresh seafood, salads, sandwiches and more. Appropriate dress is required. If arriving by boat, check in with dockmaster for a lunch slip, monitor VHF 16. Tie up for a night or two at available dockage if you wish. Open daily at 11:15 a.m. For dinner, arrive before 8 p.m. 472-8138

### IL CIELO

Il Cielo offers creative American cuisine and internationally inspired specials in an upscale casual atmosphere. From locally caught fish, American lamb and grass-finished beef to farm-fresh organic produce. there is a thoughtfully prepared dish on the menu for everyone. Il Cielo is open 7 days a week from 4:30 to 9 p.m. Happy hour is from 4:30 to 6 p.m. and features signature small plates, appetizers and half-priced house wines, domestic beers and well drinks. There is live piano music by Scott McDonald Tuesday through Sunday nights beginning at 6 p.m. 472-5555

### II TESORO

Il Tesoro (The Treasure) serves authentic Italian food "with the taste and feel of a Tuscan holiday," according to owner Chef AJ Black. He infuses flavors from the old world to the new world of cooking using only fresh seasonal ingredients. Daily specials focus on pairing authentic meals with a bold array of fine Italian wines. Il Tesoro serves dinner seven nights a week from 4:30 to 10 p.m. Sunset Dining specials are served from 4:30 to 6 p.m. Reservations suggested. 395-4022

### **ISLAND COW**

The Island Cow is a family favorite with its colorful indoor and outdoor seating and live entertainment. "Come as our guests... leave as our friends!" is the motto. The Cow serves breakfast, lunch and dinner featuring fresh local seafood and meats and has an extensive children's menu. Starbucks coffee is also on the menu. Now serving full liquor island cocktails. Breakfast is served between 7 and 11 a.m. Hours are 7 a.m. to 9-ish p.m. 472-0606

### **ISLAND PIZZA**

Island Pizza does pizza right. The dough is made daily and the ingredients include fresh produce from local vendors. The family-owned restaurant specializes in home-cooked Italian cuisine and has been voted Best Pizza on the Island from 2009 to 2016. There is also a large selection of appetizers and salads as well as wings, subs, calzones and seven choices for kids. Boar's Head deli meats are served on subs. Open seven days a week from 11 a.m. until late evening. Lunch is served from 11 a.m. to 5 p.m. with BOGO drafts from 11 a.m. to 5 p.m. Eat in, take out or free local delivery. 472-1581

### **JERRY'S RESTAURANT AND DELI**

Jerry's Restaurant and Deli in Jerry's Market is the next best thing to dining in a tropical garden. This family-style restaurant has large windows to view the lush garden with caged tropical birds that are favorites with visitors and residents. Daily specials are offered in the spacious restaurant and you can order a sandwich or hot food from the deli or help yourself at the wellstocked salad bar to take out. The restaurant is open for breakfast, lunch and dinner from 7 a.m. to 8:30 p.m. 472-9300

### LA BELLA VITA RISTORANTE

This Sanibel Island Beach Resort restaurant features Italian signature dishes with an emphasis on coastal flavors and fresh ingredients.

La Bella Vita Ristorante serves breakfast daily from 8 to 11 a.m. and dinner from 5:30 to 9 p.m.

There is also the Poolside Tiki Bar with casual fare and views of the beach and sand dunes. It is open daily from 11 a.m. to sunset with lunch available daily from 11 a.m. to 5 p.m.

The eateries are a part of the boutique hotel on the edge of the Gulf of Mexico at the corner of Donax Street and Middle Gulf Drive. www.sanibelbeachresort.com.

### **MATZALUNA ITALIAN KITCHEN**

Matzaluna Italian Kitchen has a wood-fired oven to bake authentic pizzas. That's in addition to a big menu; over 20 combinations of pasta dinners from \$11.95 (including soup or salad and fresh baked bread), affordable veal, chicken, choice steaks and seafood (Italian style) in a casual market-like setting. Gluten-free pizza and pasta available. Choose from a large selection of Florida craft beer; draft, cans or bottles plus full liquor bar. Enjoy \$5 apps at the bar from 4:30 to 5:30 p.m. Open 4:30 to 9 p.m. daily with happy hour from 4:30 to 6 p.m. 472-1998

### **OVER EASY CAFE**

Over Easy Café is a pet-friendly place with indoor and outdoor dining for breakfast and lunch. The covered patio is a popular spot. Choose from 22 different eggs benedict, scramblers and omelettes, 11 pancakes and French toast choices, 15 egg specialties and wraps, eight salads and 26 sandwiches and burgers, plus baked goods. Beer and wine is available. Breakfast is served all day. Hours are 7 a.m. to 3 p.m. 472-2625

### **PECKING ORDER**

The Pecking Order features tender, juicy, fried chicken and all the fixins. The chicken is marinated and seasoned, and the high-pressure deep-frying system produces a crispy coating that seals in the juices without allowing the fat to penetrate. Homemade sides include slow-cooked collard greens, sweet and spicy baked beans, cheesy shell mac, rice and beans, cole slaw, mashed red potatoes and gravy, Harlem special, cheesy grits and veggie chili. Try the Black Betty, a warm, dark chocolate torte filled with liquid dark chocolate, sprinkled with sea salt flakes and confectioners' sugar. Take out, delivery and outdoor dining available. 472-2534

### SANIBEL DELI & COFFEE FACTORY

Sanibel Deli & Coffee Factory offers a gluten free menu in addition to homemade regular choices, along with award-winning New York style pizza and wings, Boar's Head meats, frozen yogurt, New York style bagels and ice cream. There is indoor seating as well as outdoor tables shaded with umbrellas. Free Wi-Fi. Eat in or take out as well. 472-2555

### **SANIBEL GRILL**

The Sanibel Grill has 19 big screen TVs with satellite TV tuned to every televised sporting event. The Grill shares a kitchen with The Timbers, serving the same fresh seafood, along with burgers, sandwiches, pizzas and salads. Crunchy Grouper and Crunchy Shrimp are signature dishes. Open seven days from 4 to 11:30 p.m. with happy hour from 4 to 6 p.m. and 10 to 11:30 p.m. 472-3128

### **SANIBEL SPROUT**

The Sanibel Sprout is the island's only 100 percent gluten-free/vegan/organic cafe where the emphasis is on providing creative culinary creations designed to nourish and delight. Choose from fresh salads, Wizard Waffles, classic burger, Mexican plates, indulge in Indian curry, Vietnamese pho or raw vegan lasagna. Pair your meal with a locally crafted beer, organic wine or housemade kombucha. The juice bar offers smoothies, herbal elixirs and custom juices as well as espresso and cappuccino. Donuts, pies, cupcakes or truffles are also available. The Sanibel Sprout is open for breakfast, lunch and dinner from 10 a.m. to 7 p.m. Monday through Saturday and from noon to 7 p.m. on Sunday. 472-4499

### SEA BREEZE CAFÉ

Panoramic Gulf views await you at the Gulf-front Sea Breeze Café where the menu celebrates fresh local produce and seafood. Open 7 AM- 10 PM daily, enjoy breakfast, lunch and dinner on the outdoor terrace or dine indoors and watch the giant salt water aquarium. Happy Hour is every day from 3-5 PM. Celebrate the start of the week with Margarita Mondays, with \$5 margaritas from 4-10 pm and live island-style entertainment from 5:30-8:30 pm. Sea Breeze Café is located at Sundial Beach Resort & Spa. Visit www.sundialresort. com/eat for menus and to make a reservation. 472-4151

### SHIMA JAPANESE STEAKHOUSE & SUSHI BAR

Voted Best Sushi, Best Steak and Best Chef on the Islands, discover an authentic experience at Shima Japanese Steakhouse & Sushi Bar featuring 'dinner

and a show at the hibachi grill. Shima offers sushi and teppanyaki perfectly orchestrated to delight the senses. Shima Grab N Go serves up the same award winning sushi for take-out. Visit www.shimasushisteak. com for reservations (highly suggested), menus and hours. Shima is located at Sundial Beach Resort & Spa.

### **SWEET MELISSA'S CAFE**

Award-winning Sweet Melissa's Café offers eclectic fine dining in a casual, relaxed atmosphere. The restaurant features handcrafted artisan cocktails, local craft beers, a Wine Spectator award-winning wine list and a farm-to-table, chef-driven menu. Have lunch or dinner in the dining room, on the screened-in patio, or at the chef's bar and watch Melissa and her staff in action. There is live music Wednesday through Saturday featuring acoustic guitar by Michael David, Lunch is served Monday through Friday from 11:30 a.m. to 2:30 p.m. Dinner is served Monday through Saturday from 5 p.m. until closing. Happy hour at the bar, featuring 2-for-1 draft beers, glasses of wine and well cocktails as well as a light menu for afternoon snacking, is Monday through Friday from 4 to 6 p.m. Call for reservations. 472-1956

### **TIDEWATER BISTRO**

Tidewater Bistro recently opened in Palm Ridge Place and offers breakfast, lunch and dinner in the renovated space on the far left of the plaza. Owner David Maudlin serves casual, island-style fare with fresh and often locally sourced ingredients. Open Monday through Saturday from 8 a.m. to 9 p.m. and Sunday 8 a.m. to 3 p.m. 472-9283

### **TIMBERS RESTAURANT** & FISH MARKET

The Timbers Restaurant & Fish Market and adjoining Sanibel Grill are mainstays of the island dining scene, boasting 40 years of fresh fish on Sanibel. The restaurant offers 13 dinners for \$15 daily before 5:30 p.m. plus a large selection of local seafood, such as grilled shrimp, fried grouper, oysters, clams and crab cakes. The seafood market opens at 11 a.m. (Sunday at 2 p.m.) The restaurant is open seven days from 4:30 to 9 p.m. The Grill is open seven days from 4 to 11:30 p.m. The Raw Bar is open Wednesday to Saturday. 472-3128

### TRADERS GULF COAST **GRILL & GIFTS**

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

The restaurant serves bistro cuisine with island flair, featuring such offerings as black beans and rice, blackened fish and fresh salads from an open kitchen. There's no fryer in the place. The tables are freshly wrapped in white paper for each party, and there's a pot of colored crayons for doodling, whether you're an adult or a child. Lunch is served from 11 a.m. to 2 p.m., happy hour from 3 to 6 p.m. and dinner 5 to 9 p.m. 472-7242

### **T2 BY TRADERS**

Opened by the owners of Traders, T2 in The Village Shops offers trendy tacos and savory flatbreads, in addition to coastal-inspired classics. All dishes are executed by the talented Executive Chef Mike Patnode. A full bar features mixology cocktails such as Sanibel Sunset and Elderflower Bloom, a rotating Florida craft and draft beer selection, and an extensive wine list. Stop in the T2 Gift Shop for a unique find for yourself or someone special.

Open 11 a.m. to 9 p.m. for lunch, dinner or any time in between. Outdoor seating is available.

### TRADITIONS ON THE BEACH

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

# The Papaya





by Resident Chef Jarred Harris

The papaya, also known as pawpaw, mamao or tree melon, is the fruit of the carica papaya plant or tree. This tree is actually a giant herb that is native to Mexico and Central America but grown in tropical climates around the world. The fruit was introduced to the Hawaiian Islands in the 1800s and it was the first variety of papaya to be genetically modified. In fact, in 1990, the Hawaiian papaya was the first genetically modified food to enter the American food chain.

The Mexican papaya and the Hawaiian papaya are the most common types of papaya found in the United States. The Mexican papaya is the largest of the two varieties, weighing up to 10 pounds. The Hawaiian papayas are the smallest variety of papaya and are more likely to be found in supermarkets and shops. The pulp of both varieties ranges in color from, red, orange, pink or even yellow. There are many small black seeds within the center

of papayas and these seed are edible. They have a peppery flavor and can be dried and used as a black pepper substitute.

Papayas have a high concentration of vitamins A and C. They also contain dietary fiber, riboflavin, calcium, iron and large amounts of papain, which is a power enzyme that can break down meat fibers and is the active ingredient found in most meat tenderizers sold in grocery stores.

I grow papaya in my garden because I enjoy the health benefits of the fruit and the plant is beautiful. A word of caution. The papaya tree and fruit contain sap which is latex based. If you have latex allergies, this fruit might cause an allergic reaction.

### Papaya and Peanut Salad

Serves 6

Ingredients

1 large papaya about  $1\frac{1}{2}$  pounds (skin removed and thinly sliced)

½ small Nappa cabbage (shredded)

2 carrots (shredded)

½ bunch mint (roughly chopped)

1 red onion (thinly sliced)

8 ozs. cherry tomatoes (halved)

4 ozs. green beans (sliced)

8 ozs. unsalted peanuts (roasted)

Dressing

3 tblsp. fish sauce

3 tblsp. rice wine vinegar

1 tsp. sesame oil

1 lime (juiced)

2 tblsp. palm sugar or brown sugar

1 clove of garlic (minced)

1 serrano pepper (seeded and finely chopped)

Method

To make the dressing: Place all the

ingredients in a bowl and mix until well blended.

To assemble the salad: Place all the vegetables in a bowl, then place the peanuts on top of the vegetables. Pour the dressing over the peanuts and toss the salad.

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.\*\*

# American Legion Post 123

merican
Legion Post
123 is serving
barbecued ribs and
chicken this Sunday,
June 24 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

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.

## 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 Marvilla Marzan. Dusk performs on Saturday. Dean Winkelmann 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.\*\*





Classic Americana by Richard Bravo

# Call To Artists For Fall Juried Exhibit

The Alliance for the Arts is seeking artists to submit their work for Dia de los Muertos: A Juried Exhibit, coming in October. Artists should create pieces that showcase traditional Mexican sugar skulls merged with the artist's aesthetic. Categories are sculpture, painting (including oil, acrylic, collage, watercolor and mixed media), photography, prints and drawings. The show runs from October 5 through

image provided

MUSEUM

November 3.

In many parts of Mexico, South America and the United States, Dia de los Muertos (Day of the Dead) is a time to remember and celebrate the lives of friends and family. More about reveling life than remembering death, this unique day encourages people to connect with loved ones while reflecting on the ties that bind the past to present.

"Community participation is a powerful part of this holiday," said exhibitions coordinator Krista Johnson. "That's why we're calling on local artists to contribute to this lively and fun exhibit."

The opening reception will be held on Friday, October 5 from 5 to 7 p.m. with awards at 6 p.m. Opening receptions are free and open to the public and include light refreshments. While gallery admission is free, a \$5 suggested donation keeps Alliance programming affordable and accessible.

There will be a \$250 prize for Best in Show, \$125 for second place and \$75 for third place. Artists may submit up to three works for consideration. All entries must be submitted online no later than September 20.

The Alliance for the Arts is located at at 10091 McGregor Boulevard in Fort Myers. For more information, to download the prospectus or submit artwork, visit www.artinlee.org/sugarskulls or call 939-2787.

From page 23

"BEST

**RATES** 

Serving Sanibel &

Captiva Islands

## Conservancy

We are selected the name NIN to represent Nine in Naples."

This year marks the start of the 36th season of the Conservancy's Sea Turtle Monitoring and Protection Program, a program that was formed in 1982. Conservancy researchers have documented more than 284,000 hatchlings of primarily loggerhead sea turtles.

Only 1 in 1,000 sea turtles survives to adulthood. Each one that is protected is significant to the survival of this threatened species.

The Conservancy's first priority is to protect the turtles' nests from predation by caging them. Otherwise, raccoons

would destroy 85 to 90 percent of their nests, and few, if any, hatchlings would ever reach the Gulf of Mexico.

The Conservancy also measures and documents each turtle with a numbered tag for identification and tracking of turtles and their nests. Since sea turtles typically return to the same beach to nest every 2 to 4 years, the Conservancy now has reproductive life histories of some Keewaydin turtles that go back more than 30 years

All of this – protection for the thousands of hatchlings that begin their lives in Southwest Florida – would not be possible without support from generous citizens. As a nonprofit, the Conservancy's Sea Turtle program relies on funding by generous donors.

How can you help? When you see marked nests, do not approach them. Do not touch the animals (they can find their way to the water). Turn off the lights at beaches during nesting season – artificial light confuses the turtles, which use the light of the moon to guide them to the Gulf. Slow-down in designated channel zones. Clean up our beaches (turtles will eat and choke on litter). Use reusable bags instead of plastic bags. Support fisheries that use turtle safe devices on their nets.

NIN joins nine other animal ambassadors at the Conservancy: Olive (barred owl), Horatio (red-tailed hawk), Aquila (bald eagle), Jack (Florida box turtle), Bindi (eastern Indigo snake), Gus (ball python), Peaches (red rat snake), Sheldon (yellow rat snake) and Stitch (Burmese python).



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Three SCCF Sea Turtle Program volunteers staked and marked a new nest

# SCCF Sea Turtle Nesting Statistics

esting is ramping up on the west end of Sanibel and we continue to see great nesting on that stretch of beach. The east end and Captiva are still a little bit slower. Last weekend, we had our first green nest of the season near Blind Pass, which was very exciting.

There have been 13 strandings in the past week and a half. Very likely this is the result of the red tide event that has persisted offshore for several months. Of the 13, seven were adult males, three adult females, two juvenile loggerheads, and one juvenile

The adult male loggerhead that SCCF staff rescued last week is doing great at CROW. You can follow his progress online at www.crowclinic.org/patient-detail/ loggerhead-sea-turtle-18-2170.

### As of June 15, 2017

Sanibel East: 63 loggerhead nests, 1 green nest, 140 loggerhead false crawls\*, 0 green false crawls

Sanibel West: 181 loggerhead nests, 5 green nests, 278 loggerhead false crawls\*, 5 green false crawls

Captiva: 97 loggerhead nests, 0 green nests, 86 loggerhead false crawls\*, 0 green false crawls

### As of June 15, 2018

Sanibel East: 32 loggerhead nests, 0 green nests, 78 loggerhead false crawls\*, 0 green false crawls

Sanibel West: 169 loggerhead nests, 1 green nest, 278 loggerhead false crawls\*, 0 green false crawls

Captiva: 66 loggerhead nests, 0 green nests, 66 loggerhead false crawls\*, 0 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.

### From page 1

### Kiwanis Awards

awardees received one year scholarships and an additional seven received multi-year awards. Students are encouraged to re-apply each year as they continue their education.

To be eligible, students must have a connection to Sanibel or Captiva, which means they must be residents or have parents who work here. To insure objectivity, applications are evaluated and judged by a panel of independent education professionals located off-island who have no connection to the applicants.

This year's multi-year scholarship awards were presented to Sam E. Arensman, Stephanie Crown, Amber Schweitzer, Analiese Araci, Eric Jorgensen (Howell), Dahlia Arado Lilleslatten and Kelsi Snow. One-vear awards were presented to Brendan Chase, Dara Lynn Craig, Deanna Marie Craig, Jacob Crandon, Jennifer Crown, Suzanna Decosta, Gabriele Gedvilaite, Amanda

Kovacs, Gina Radicchi, Sierra Rainville, Mitchell Rice. Erin Jean Rich. Alussa Vetter, Charles A. Wehrlen and Madison

Among the awards this year, two special scholarships were made in memory of Kiwanis family members who recently passed away. Amber Schweitzer received the Walter Dickinson II Memorial Award, and Sam Arensman received the Nancy Bender Memorial Award. In addition, two awardees received Sam and Frances Bailey Islands Night Memorial Scholarships: Jacob Crandon for his achievements in athletics; and Dara Lynn Craig for her achievements in community service (her second time for this award).

The Kiwanis Club congratulates all of this year's recipients and wishes them success in the coming year. They also thank the island community for their support of Kiwanis fundraising activities that help underwrite the scholarship program, including the annual Kiwanis Spaghetti Dinner and the Kiwanis Diners Delight Restaurant Coupon Books.

# Female Comedy Night At Alliancé

he Alliance for the Arts will present The Comediannettes (formerly Diva Comedy Night) on Saturday, July 21 at 8 p.m. in the theater. This one night of side-splitting standup comedy features funny and fierce female comedians all from Florida. Ticket cost is \$15 for Alliance members and \$20 for non-members.

The line-up features Pam Bruno, Dani Thralow, Nancy Francis and Mariannette LaPuppet.

Bruno, from Hollywood, Florida, is the winner of 2015 Ultimate Miami Comedian. Bruno has worked with many nationally known comedians, including Wendy Liebman, Emmy-winner Louie Anderson, Tommy Davidson, Bobby Lee, and the legendary singer Roberta Flack. She recently appeared with Kevin Hart in his new TV series, Hart of the City, on Comedy Central.

Thralow was recently named Acme

Comedy Club's Second Funniest Person in Minneapolis and St. Paul. She has been selected to perform at comedy festivals throughout the United States. She enjoys spending time with her daughters, running, and speaking about entrepreneurship.

Francis is a life-long family woman and a 30-year veteran of the real estate title business. This librarian look-alike decided to take to comedy. Francis' take it or leave it mom attitude transcends generations. Watching the audience watch this grandmom "tell it like it is" must be seen.

LaPuppet is a professional actress and writer of over 25 years turned comedian. She was a finalist in Nick at Nite's America's Funniest Mom, winner of the 2nd Annual Comedians Ball in Florida and finalist in Comic Cure's Florida's Funniest Female. She has featured for top comedians like Craig Shoemaker, Michael Winslow, Judy Tenuta and Pauly Shore.

For more information or tickets, visit www.artinlee.org/comediannettes or call 939-2787. Alliance for the Arts is located at 10091 McGregor Boulevard in Fort



### **Book Review** The Immortalists



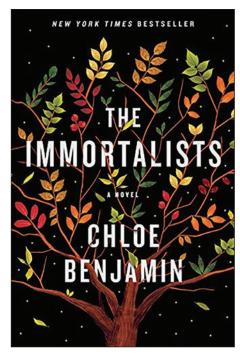
by Di Saggau

hloe Benjamin's 'new novel The Immortalists is devoted to the awareness of death and how different people deal with it. Her characters are more aware than others because as

small children, the four Gold children, in 1969 New York, visit an old crone who claimed to be able to tell anyone the day they will die. She gives each of them a date. They then live their lives knowing exactly when they will die.

Simon learns that he will die at 20 so he embraces his homosexual identity and starts a new life in San Francisco. He figures he has no time to lose. He runs away at age 16 and is one of the first victims of the AIDs plague. The disease kills him before the disease has even been named.

His sister, Klara, teaches herself the art of magic and performs it brilliantly. Her specialty is dangling at great heights with a rope between her teeth. She too has a date with death at age 32. Daniel is a military doctor who determines which recruits are healthy enough to face mortality on the battlefield. He is set to die at 48. His passion to learn the truth about his



brother and sister puts his life in peril.

Only Varya is given a long lifespan, living to 88. She's a scientist who researches longevity. She learns to embrace her death-haunted siblings and believes that the best ways to stop aging are to suppress the reproductive system or restrict one's caloric intake.

The Gold siblings are different from everyone else because they are all aware of their death all the time. They are always a little bit sad all the time. It's what they do with their sadness and their fear that makes them worth

following. Benjamin takes us from 1969 to the present. She goes inside each sibling's head sequentially, so the book reads like a four-act play. We have the gay scene in San Francisco in the early '80s, what it's like to be a touring magician in the '90s, what it's like to live in the suburbs in 2006 and what it's like to be a female scientist in 2018.

The writing flows easily, and we are entranced by the world of the Gold siblings. Nathan Hill, author of

The Nix, said this about the book, "A beautiful, compassionate, and even joyful novel. Chloe Benjamin has written an inspiring book that makes you think hard about what you want to do with the time you're given. This is not really a book about dying, it's a book about how to live." The Immortalists is a deeply moving testament to the power of story, the nature of belief and the unrelenting pull of familial bonds.

# School Smart



by Shelley M. Greggs, NCSP

Shelley, 12-year-old daughter has some visual, motor and sensory processing deficits that slowed the development of her fine and gross

motor skills. Her skills are improving but she still needs to work on them. I would like some suggestions for helping her with this over the summer.

Leslie C, Fort Myers

### Leslie,

Children develop fine and gross motor skills at different rates. Improvement of these skills is usually targeted to younger children, and it's often assumed that these skills have been ameliorated by the tween and teen years. In fact, many older children do need to work on their fine and gross motor skills. Here are some suggestions from an occupational therapist that are both instructional and enjoyable.

For Fine Motor Skills:

Cooking – From chopping vegetables to kneading bread or pizza dough, cooking together can be a relaxing way to build fine motor skills. It also gives you some time together and learning how to cook is a valuable life lesson.

Building – If your child enjoys working with her hands, put her to work doing some home repairs. Working with tools like a hammer and a screwdriver allows kids to make use of the small muscles in their hands. It also improves hand-eye coordination.

Playing a musical instrument – Playing an instrument, especially piano, woodwind instruments and guitar, can help build fine motor skills. Even if your child had trouble playing an instrument as a younger kid, it's worth trying again if she expresses an interest.

Practicing beauty routines - Putting on makeup and creating complex hairstyles require a surprising amount of fine motor skill. Assuming the use of makeup works with your house rules, this could be a lot of fun for your

3D puzzles – 3D puzzles have foam-like pieces that fit together to create models of everything from the Millennium Falcon to the Eiffel Tower. Until your child's fine motor skills improve, it may be hard to place the pieces. Start with simpler puzzles and work up to the more complicated ones. For Gross Motor Skills:

Trampolines – Jumping on a trampoline is a great activity to improve balance. Going to an indoor trampoline park can turn practice into a social event with friends as well. You can also buy a mini-trampoline to use at home but, if you do, make sure to set safety rules, like having a jump bar.

Bowling – Aiming for targets and rolling a bowling ball is another way to work on gross motor skills. If you don't have a bowling alley nearby, you can always set up water bottle bowling at home, using empty plastic water bottles

and a soccer ball.

Walking or hiking – Walking or climbing over unstable surfaces can help kids work on strengthening their trunk muscles. Taking a hike with your child would also be beneficial for both of you.

Swimming - Swimming is a wholebody activity in which your child's body must work against the resistance of the water. It not only builds gross motor skills, it also helps develop proprioceptive awareness (knowing where your body is in space).

Playground activities - Using 'unstable" playground equipment also helps develop your child's trunk muscles. Kids can try out things like rope ladders and wobble bridges. And it gives tweens, especially, an excuse to return to the playground.

Riding a bike or a scooter - Some kids who struggle with gross motor skills may learn to ride a bike later than their peers do. A scooter is a little easier to master and can be a step on the way to bike riding. Once kids do get the hang of it, though, bike riding can help older kids learn to maintain balance. Plus, it gives them a way to get around independently and an activity where they can interact with their

Dancing – Whether it's a dance class, a dance at school or just dancing to music at home, dancing has many benefits. Dancing helps kids develop balance, coordination and motor sequencing skills. It can also be a great way for kids to socialize.

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

### 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.

by Hannah Star Rogers

### **Coast Guard**

When I talk to you, we are walking in the bright field of the mind, fringed by pines with low familiar blooms, flying insects all around, so when you say I love you, I become aware of the sunlight and what it does to the water and of you handling the stones into a harbor, the moss hardly touches the white paper boat, and the water resolves around it.

Hannah Star Rogers holds an MFA from Columbia University and a PhD from Cornell University. Her writing has appeared in the Kenyon Review, LA Review of Books, Carolina Quarterly and Southern Women's Review.

# July Programs At Captiva Memorial Library

he Captiva Memorial Library is offering the following free programs for adults and children

### **Adult Programs**

Checkers

July 3 through 31

Available during normal library operating hours: Tuesday, Thursday from 10 a.m. to 6 p.m.; Wednesday from noon to 8 p.m.; Friday, Saturday from 9 a.m. to  $\overline{5}$  p.m.

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. Alternatively, reverse the field and play Tic-Tac-Toe or Super Tic-Tac-Toe.

Coloring for Grownups July 3 to 31

Available during normal library operating hours: Tuesday, Thursday from 10 a.m. to 6 p.m.; Wednesday from noon to 8 p.m.; Friday, Saturday from 9 a.m. to 5 p.m.

The repetitive motion involved in coloring has a calming effect and adults have found this childhood activity a refreshing way to reduce anxiety, create focus or bring about more mindfulness. Please join in this fun, relaxing activity. Participants may bring their own

# materials or use those provided. **Children's Programs**

Checkers

July 3 through 31

Available during normal library operating hours: Tuesday, Thursday from 10 a.m. to 6 p.m.; Wednesday from noon to 8 p.m.; Friday, Saturday from 9 a.m. to 5 p.m.

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. Alternatively, reverse the field and play Tic-Tac-Toe or Super Tic-Tac-Toe.
Songbirds Make Beautiful Music

2 p.m. Thursday, July 12 Listen to bird sounds, share bird books and make a bird craft.

Gardening for Kids 2 p.m. Thursday, July 19

Get closer to our planet by learning about gardening books and making a terrarium out of a soda bottle.

Guitar Art Rocks! with DiVitto Kelly 6:30 p.m. Wednesday, July 25 This fun workshop involves using

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.

The Captiva Memorial Library is located at 11560 Chapin Lane in Captiva. For more information about a program or to register, call the library at 533-4890. Check the Lee County Library System's website at www.leelibrary.net to find out about programs at other locations. Call the host library, or Telephone Reference at 479-INFO (4636), for more information 

# Sanibel Resident Makes Dean's List

ack Arnheiter, a resident of Sanibel, was recognized for earning a spot on the Spring 2018 Dean's List at Tufts 



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- John Nicholson 239.849.3250



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### BEACHVIEW CC - STEPS TO BEACH



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- Sensational Gulf Views, 2 BR, 2 BA + Den
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### 12431 COCONUT CREEK CT., FORT MYERS

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### 20051 SANIBEL VIEW CIR. #103, FORT MYERS

- 2 BR, 2 BA, Overlooking San Carlos Preserve
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- Lanai, Superior Quality & Construction
- · Guest House, Boat Dock, Pool/Spa
- Price \$7,895,000



### **GULF TO BAY - CAPTIVA ISLAND**

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- gorgeous Island setting
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- Price \$2.895.000



### **TURTLE GAIT**

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### **SANIBEL ISLAND ESTATE**

- One of a Kind Waterfront Opportunity
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- Walk to Beach & restaurants. Incredible Location.
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# Platt Recognized In 2018 Florida Super Lawyers

anibel attorney David M. Platt has been selected for inclusion in the 2018 Florida Super Lawyers magazine for the seventh consecutive year.

Platt was selected for his work in Trust and Estates Law and Trust and Estates Litigation. With over 35 years of experience, Platt concentrates his practice in estate planning, estate and trust administration, pre and post nuptial agreements, real estate, and business entity formations. He frequently speaks and writes on estate planning and business matters for financial planners, accountants, attorneys and the general public.

He has also been recognized throughout his career by *The Best of the* U.S. LLC, Florida Monthly and has been included in Best Lawyers in America since



David M. Platt

photo provided

Platt has practiced on Sanibel since 2003 and recently opened his own practice located at 2427 Periwinkle Way. He also maintains offices in Bonita Springs and Lansing, Michigan.

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# Lawyer Selected To 2018 Leaders In Law Class

he law firm of Henderson, Franklin, Starnes & Holt, P.A., announced that Attorney Kayla Richmond was selected to the 2018 Class of Leaders in the Law by the Florida Association of Women Lawyers' (FAWL) Lee County Chapter during a ceremony at the Florida Bar's Annual Convention in Orlando on June 13. The criteria is based on peer nominations of well-respected women lawyers who have been involved in activities to improve their local community, are positive role models and advance the cause of women in their community

In the local community, Richmond serves on the Harry Chapin Food Bank of Southwest Florida's board of directors and was chair of the 10th anniversary Harry Chapin Hunger Walk. She is a mentor for the Take Stock In Children program and for Girls Going Places. In the legal community, Richmond is president Kayla Richmond and Jennifer Sullivan for the Lee County Association for Women Lawyers and was recently



photo provided

elected to the Florida Bar Young Lawyers' Division Board of Governors for the 20th Judicial Circuit.

Richmond graduated from Fort Myers High School in 2006; received her undergraduate degree from the University of South Florida (BA, 2010, magna cum laude); her law degree from Stetson University College of Law (JD, 2013); and her graduate degree from Stetson University (MBA, 2013, summa cum laude).





### Easy East End Living - Captains Walk #B2

Handy to causeway, marina, bike path, beach, shops, restaurants. Community docks with canoe/kayak racks, carports, & laundry. Ground-floor 1 bedroom with remodeled bath & galley kitchen. New HVAC & impact windows. Healthy conservative association. Use for year-round living, winter home, or vacation rental (monthly minimum applies). Furnishings convey with sale. \$239,000





### Near Gulf Income-Producer - Spanish Cay #A7

2nd floor 1 bedroom with big walk-in closet & stack washer/dryer. River view from open front deck & back screened balcony. Community pool, fishing/sunning docks, & deeded gulf access. Parking areas getting pavers now. Currently in rental program. Has grossed ~\$20K/annually with owner use too. 2-week minimum. Future bookings & furnishings included. \$274,000





### Handy to Beach Path & On Canal - 734 Anchor Dr

On private end of Sanibel Estates cul-de-sac, steps to gulf. Simple stylish easy-living ground-level split-plan 3 bedroom. Modernized with new plumbing, electric, windows, doors, sleek custom cabinetry with many built-ins, Sardinia limestone floors. Huge screened lanai & 2 open decks overlook large tropical backyard with dock. Room for expansion/pool. \$899,000





### Boaters' Delight, Dock With 2 Lifts - 569 Lighthouse Way

Solid concrete-block-stucco home built in 1974, on protected canal. Popped up, expanded, & fully updated in 1995. Designed around central great room with two full split suites on lower level & large suite with canal-side balcony on 2nd floor. Further remodeling & exterior updates since 2013. Now with new windows/doors, multi-story cage with jetted spa & more. \$1,395,000





### Future Home Site - 9441 Peaceful Dr

Bordering conservation land, on back circle in Gumbo Limbo. In established community with easy access on-/off-island. Convenient to both bay & gulf beaches, bike path, & shopping. ~`170'x155', almost half acre, nearly 8,000 sq. ft. developable. Plenty of options for large or small home, with or without pool. Great location for year-'round living or vacations. \$249,000





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# Welcome To Our Home



by Barb Cacchione

ach one of our clients expresses their own individual taste and style preferences. Ask them about color, and there are those who like bright happy hues while others desire a more

subdued neutral or monochromatic palette. As far as comfort level, they will let you know if formality best suits their lifestyle, or the way they like to live is more casual. Today the trend is individuality... whatever spells living well to a client.

However, as a group, clients face universal challenges and goals. Every client desires feeling at ease when she or he entertains family and friends. Taking pride in the way a home looks is extremely important. Nobody's home comes without a challenge or two that needs to be addressed. It's surprising how long many people wait before converting the room that guests first see when they enter a house into attractive, functional, inviting space.

Enhancing the foyer or creating an inviting entry can be easily accomplished with minimal investment. It's important

that the foyer sets the tone for the home's décor. Highlight a color present in the public rooms and add a few functional furniture pieces, rug and accessories to finish off the space.

If the entry into your home is directly into the living area, concentrate on making an inviting first impression there. A well-designed living or great room begins with a furniture plan with distinct conversation areas. These cozy arrangements draw your guests in with a "sit a while" attitude. Layers of interest with the addition of color, texture and form with paint, fabrics and furniture will complete the space. Consider adjacent rooms that are visible from the entry door and address this area as well to ensure that there is a continuous design flow throughout your home.

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

# 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.

# Refuge Summer Education Intern Begins Work

ducation intern Emily Schwartz arrived on June 5 to help the JN "Ding" Darling National Wildlife Refuge with staffing shortages this summer, thanks to funding from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS).

Schwartz, a sophomore at Colgate University in Hamilton, New York, is an environmental studies major exploring a minor in fields such as political science, geology and psychology.

"I have been coming to Sanibel since I was little, and I have always admired the sense of community," said the Fort Myers native. "This island cares about the environment and takes real steps to conserve it for decades to come."

During her first week on the job, Schwartz helped set up World Oceans Day at the refuge on June 8. She will be assisting Conservation Educator Sara Hallas and Supervisory Refuge Ranger Toni Westland with visiting summer camp groups and visitor services.

"I absolutely love the atmosphere that the refuge has," said Schwartz. "People who come to 'Ding' have an interest in learning, and that is crucial for the future of our environment. I also want to say that I have been here for only a short time so far, and the people I work with are amazing. They make this opportunity better than I could have imagined and welcomed me into their world. I have already learned so much."

DDWS provides living stipends



**Emily Schwartz** 

photo provided

and other benefits for about a dozen interns each year. The refuge supports interns and resident volunteers with free housing.

"Our interns bring youthful energy, enthusiasm and creativity to the refuge team," said Westland. "At the same time, the program gives students and recent graduates an opportunity to learn hands-on about the environment and refuge operations."

For more information about the refuge's internship programs, contact Westland at 472-1100 ext. 237. To learn about supporting the refuge intern program, contact Sarah Lathrop, DDWS associate director, at 472-1100 ext. 4.%

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# Class Of 2018 Earns Millions In Scholarships

The Lee County School District graduating class of 2018 has earned millions of dollars in scholarships and will be attending colleges, universities and technical centers across the United States.

Early data show that the Class of 2018 earned over \$54 million in scholarships.

Along with scholarship dollars

earned, members of the Class of 2018 reported their post high school plans. Of the students who provided information, the breakdown is as follows:

Attend a four-year college or university: 2,019

Attend a two-year community/state college: 1,650

Attend a technical college/school: 502

Enter the workforce directly: 254 Enter the U.S. Armed Forces: 201 Uncertain of future plans at this time: 372

Other: 238☆



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# Scholarships For Environmental Studies Awarded

t a special after-hours gathering at JN "Ding" Darling National Wildlife Refuge on June 13, "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) awarded \$19,700 in conservation education scholarships to 15 students from the surrounding five-county area. During its 12-year history, the DDWS Environmental Scholarship Program has awarded a total of \$116,700.

"The society is committed to educating today's youth to become conservation stewards of the future," said DDWS Education Chair Wendy Kindig. "We work with businesses and individuals to provide annual scholarships to award to outstanding students pursuing degrees related to conservation, wildlife biology and the environment. A big thank you to our scholarship sponsors for helping us in our mission."

Nine donors sponsored the 15 scholarships this year. Some sponsors were on hand at the ceremony to present checks to and congratulate the students who were able to attend. Many of those scholarship recipients who were unable to attend the ceremony sent thank-you videos that highlighted their education and career plans.

DDWS awarded two Richard Bailey Scholarships named in memory of a longtime refuge volunteer and donated



From left, JN "Ding" Darling National Wildlife Refuge Ranger Paul Tritaik, DDWS Philanthropic Coordinator Sierra Hoisington, DDWS Education Committee Chair Wendy Kindig, recipients Maegan Mikkelson, Morgan Humphrey, Danielle Winchel, Marlin Smith, Kevin Macias, Jake Joers, Taylor Hancock and Supervisory Refuge Ranger Toni Westland.

by his family. They went to Taylor Hancock, an Estero High graduate now studying environmental science at Florida Gulf Coast University (FGCU) in Fort Myers, and Robert Smith, a North Fort Myers High graduate who will be majoring in environmental studies at FGCU.

The Mike and Terry Baldwin Scholarship, named for DDWS' president and his wife, an emeritus board member, went to Katie Thorp, a Fort Myers High graduate studying environmental engineering at the University of Florida (UF) in Gainesville.

Sarah Swiersz, a Southwest Florida Christian Academy graduate studying computational and physical science at the University of Central Florida (UCF) in Orlando, received the Dr. Andrew and Laura Dahlem Scholarship. The Dahlems live part-time on Sanibel and were honored with a named scholarship by family members.

Barron Collier High graduate Morgan Humphrey, who now studies environmental engineering at FGCU, was awarded the Dr. H. Randall Deming Endowed Scholarship for Conservation & Environmental Studies. Deming's family established the memorial in 2016 as a permanent endowed scholarship in his memory.

Two Leslie & Hans Fleischner Scholarships went to Anthony Bonacolta, a Bishop Verot High graduate who studies marine science and microbiology at the University of Miami (UM), and Cypress Lake High graduate Dara Craig, who studies wildlife ecology and conservation at Vanderbilt University in Tennessee. The Fleischners are part-time Sanibel residents whose love of the island's environment moved them to sponsor the scholarship.

Maegan Mikkelson, a recent graduate of North Fort Myers High who is headed to UF to major in environmental studies, won the Mary Elaine Jacobson Memorial Scholarship, made possible by the Sanibel-Captiva Audubon Society.

Barron Collier High graduate Kevin Macias, studying biological sciences at continued on page 36

# Buying, Selling or Just Want to Chat... Talk to Chuck!

3941 Coquina Dr.



New! New! New! 3 BR/2 BA, great room, fire place, impact glass and enclosed salt water pool. \$949,000

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\$629,000

9248 Kincaid Court



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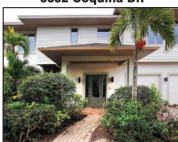
\$449,000

3825 Coquina Dr.



Beautifully renovated 3BR/ 3BA; Enclosed Pool and lake views; Light, bright, and private. \$849,000

3832 Coquina Dr.



West Rocks w/deeded beach access, 3-BD en-suites, open great room. Private elevator, large studio/workout area. Enclosed lanai overlooks pool with beautiful lake views. \$1,100,000

3790 West Gulf Dr.



Across From Beach! Fabulous renovation of this 3 BD, 2-1/2BA plus office elevated home Great room with gas fireplace. Kitchen, dining and master all access the screen enclosed deck overlooking the oversized salt water pool

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# Rotary Happenings

submitted by Shirley Jewell

anibel-Captiva Rotary President Holli Martin was out of town, so President-elect John Danner, who still has a few more weeks before he officially



takes on the role of president of the club, was holding the gavel at our June 15 meeting. The business portion of the meeting was short and sweet, with needs expressed for volunteers to host our Rotary Youth Exchange Student from Taiwan this fall and the need for speaker coordinators for August, September and December.

There were definite shout-outs to Rotarian Bill Rahe and Joleen Raho for designing and working on our club's Fourth of July parade float. Raho even led us on a practice round of the patriotic songs we will be singing on Independence Day... but I think a little practice may be

This week, instead of a guest speaker, the program involved two classification talks from noteworthy club Rotarians Chet Sadler and Eldon Bohrofen. When we refer to a classification of a Rotarian, we really are speaking of their chosen professional careers. To maintain a balance of professional input on ideas, projects and programs, Rotary

International likes to keep a diversification of professional experience within club membership.

First up was Sadler – classification: plastic engineer. Chet attended the University of Colorado and was planning on being a mechanical engineer, but he was drawn to another engineering program on campus. A highly respected professor at Colorado was doing exciting and revolutionary work with plastic extrusions, so Sadler switched engineering majors, enjoyed his studies and work with this professor, and graduated from University of Colorado with degrees in chemical engineering and international business. His experience included injection, extrusion and mixing of rubber and plastic.

After graduation, he went directly to work at the Goodyear Tire and Rubber Company in their international division stationed in Jamaica. When a transfer came through to report for a job in Africa, Sadler left Goodyear and went on to 10 different jobs in the plastic engineering field over a career that lasted him 30 years, 20 years in the automotive industry. The automotive field has many products that are dependent on plastic from rubber tires, car mats and door seals to water hoses and molded car parts, etc.

Sadler advanced through the ranks of plastic engineering - process engineer, engineering manager, plant manager and vice president of manufacturing. After retiring, he formed his own business, Sadler & Associates, which recruits high-tech employees for the plastics, rubber and machining industries and has

consulted on projects involving plastic recycling. One project was in LaBelle several years ago, recycling plastic ground covering in the tomato fields. This plastic was transformed into railroad ties.

Sadler certainly made his classification field sound exciting and he enjoyed the challenges and creative processes of his work. Remember the movie The Graduate in the 1960s? "One word: Plastics.

Next at the podium was Bohrofen classification: lawyer-estate planning The interesting part was exactly what road he traveled to become a lawyer. Eldon's family worked a farm in Iowa, but this farm boy had a big problem. He was allergic to grain. So his father pretty much summed up the situation, Eldon was not meant to be a farmer. He'd better go to college. Not just any college but Drake University, where his first foray into networking happened when he joined a

His fraternity brought in speakers on many topics including How to Grow Yourself. One of the speakers owned a clothing business and somehow zeroed in on Bohrofen and his tie clasp. He told him to remove it and proceeded to tell him why. You don't want someone looking down at your shiny tie clasp, you want them looking straight at you. You want to be able to look them in the eye and sell

yourself. It was a lesson he never forgot.

After graduating from Drake, he still wasn't sure about what he wanted to do, but he knew he wanted to continue his education and decided to attend law school. Bohrofen probably was a pretty good student, but after turning in one of his papers to his law professor and friend, he got a strong wake-up call. "You probably know your content of the law well, but you are extremely weak at writing articulate conclusions on your topic." His mentor brought him around and that was soon corrected.

After graduation from law school, Bohrofen taught law for a while at Wisconsin and again through networking began a career in banking and trusts. Success with his trust clients led him to join one of them in business as the fourth largest auto parts suppliers to the Ford Motor Company. When that company was sold, he went back into trust management and law eventually becoming senior partner at RohdeDales, LLP in Wisconsin. Bohrofen is also a principal in M-B Companies, Inc., a manufacturer of airport snow removal products and pavement marketing and striping machinery.

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

From page 35

# **Scholarships**

Cornell University in Ithaca, New York, received the Francine Litofsky Scholarship, in memory of a published nature photographer and active refuge volunteer.

Tarpon Bay Explorers Scholarships sponsored five recipients: Seacrest Country Day School graduate Stella Souza, who will study environmental science at the University of South Florida (USF) in Tampa; Adrian Dougherty, a graduate of Fort Myers High studying wildlife ecology and conservation at UF; Jack Joers, a Barron Collier High graduate studying oceanic engineering at Florida Atlantic University in Boca Raton; Danielle Winchel, a recent Oasis High graduate headed to UF to study environmental science; and Haleigh Niles, a recent Lemon Bay High graduate entering Washington University in St. Louis to study environmental earth science. Tarpon Bay Explorers started the original DDWS scholarship program in 2007.

The Jane Werner Endowed Environmental Scholarship, DDWS' first permanent endowed scholarship established in 2011, went to recent Naples High graduate Griffin Alexander, who will be attending UM to study marine ecosystems, policy and law. The family of the late Jane Werner, who volunteered at the refuge for 25 years, set up the scholarship in her honor.

"These students become part of the greater 'Ding' Darling family," said Kindig. "We welcome them back as scholarship applicants next year and as fellow conservation stewards in years to come.

DDWS will be awarding scholarships of \$1,000 to \$4,000 each at the end of the 2018-19 school year. High school seniors and college students living in Lee, Collier, Charlotte, Glades, and Hendry counties and pursuing careers in biology, conservation and environmental studies are eligible.

For an application and to read full descriptions of 2018 scholarship winners and donors, visit dingdarlingsociety.org/ articles/student-scholarships.

Individuals and businesses interested in establishing a named scholarship of \$1,000 or more for 2018-19 should contact Birgie Miller or Sarah Lathrop at 472-1100 ext. 4.☆

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# **Business Offers** Free Cell Phone Chargers

urricane preparation is ramping up at the Sanibel & Captiva Islands Chamber of Commerce. This past week, area resident and owner of Door to Door Promotions Paul Gulbrandsen donated 100 portable cell phone chargers, for chamber visitors, to help them prepare for potential power outages over the next few months during hurricane season.

The chargers are just one of thousands of items available from Door to Door Promotions. Gulbrandsen knew he had the perfect outlet at the chamber, as many visitors come to experience Sanibel but aren't always prepared for hurricanes should they

"Donating these cell phone chargers was a no brainer," said Gulbrandsen. "Knowing how heavily agencies such as the chamber and Sanibel City Hall rely on technology to communicate with people in the event of a storm, I thought this was the perfect way to keep visitors powered up and ready.

Over the next few weeks, visitors can walk into the chamber and pick up one of the free charging devices at any time. Member Relations Manager Ashely Gibbons was eager to accept the chargers when she heard the offer.

"Õur visitors love anything from



Paul Gulbrandsen, owner of Door to Door Promotions, powering Member Relations Manager Ashley Gibbons in front of the Francis P. Bailey Visitor Center with donated cell phone chargers for island visitors for hurricane season.

Sanibel, especially if it's free," said Gibbons. "It's always nice to have something, like these Door to Door cell phone chargers, that they can take home and use all year long. Hopefully they'll be reminded of their trip to

Sanibel when they go to use it and book their next visit as a result.'

For more information, contact Paul Gulbrandsen at 303-882-7646 or email DoorToDoorPromo@gmail.com.

# Law Firm **Attorneys** Recognized

enderson, Franklin, Starnes & Holt, PA, recently announced that 23 lawyers were selected for inclusion in the 2018 Florida Super Lawyers and Rising Stars lists appearing in Florida Super Lawyers magazine. While only 5 percent of lawyers in the entire state are named to Florida Super Lawyers, no more than 2.5 percent are named to the Rising Stars list.

Henderson Franklin's six attorneys recognized in the 2018 Florida Rising Stars list, as well as their area of practice and law school are:

Suzanne M. Boy, employment and labor, Stetson University College of Law

Kyle C. Dudek, civil rights, George Mason University School of Law

Traci T. McKee, professional liability defense, Stetson University College of

John M. Miller, civil litigation defense, Stetson University College of

Shannon M. Puopolo, business litigation, University of Miami School of

Kayla E. Richmond, family law, Stetson University College of Law

Henderson Franklin's 17 attorneys recognized in the 2018 Florida Super Lawyers list, as well as their area of

continued on page 44



# Garrett Installed As ABWA President

by Jeff Lysiak

t the June 12 officer installation meeting of the Sanibel-Captiva Charter Chapter of the American Business Women's Association (ABWA), Gloria N. Garrett was installed as president for 2018-19.

The founder, president and marketing strategy practice managing partner for Hershey Management Group, LLC, Garrett has a long career history of building business brands. Her professional

resume includes working for companies of international acclaim including Coca-Cola, Revlon, Hostess, M&M/Mars and Olive

She also has a long established history on Sanibel, having visited the island since the late 1960s with her parents, Fred and Marj Nordstrom.

My family started coming here in 1968, became property owners in the late 1960s and bought timeshares here in the 1970s," said Garrett, who grew up in Minnesota and currently lives part-time in Ohio. "I always thought Sanibel was

paradise... and I still do."

Garrett, who earned a bachelor of arts degree in communications from the University of Michigan and a master of business administration degree in

marketing from The Wharton School of Business at the University of Pennsylvania, is looking to relocate to the island full-time as soon as she and her husband, Stephen Garrett, find their dream home on Sanibel.

"After living all over the world, I feel like this is home," she added.

During her introductory remarks at last week's ABWA meeting, Garrett talked about the group's 40th anniversary as an organization built upon the foundation of supporting women as business professionals.

"Our chapter goal for 2018-19 is to provide the best opportunity for leadership growth and professional womens' networking on the islands," said Garrett. "To accomplish that, we have planned monthly meetings with top notch speakers,



Gloria N. Garrett

photo provided

business connections networking events after hours, and the return of the annual gala."

As part of the ABWA's Women in Leadership Speaker Series, Calli Johnson of Bailey's General Store will be the guest speaker on August 28 at the Sundial Beach Resort & Spa. Other upcoming speakers include Laurie Verme, owner of Pinocchio's Original Italian Ice Cream and Geppetto's Beach Foodies on September 25; Dorrie Hipschman, executive director of the Bailey-Matthews National Shell Museum on October 23; and Sandy Stillwell-Youngquist of Stillwell Enterprises & Restaurant Group on November 27.

Monthly meetings will be held on the fourth Tuesday from 11:30 a.m. until 1 p.m. in the Waterview Room at the Sundial, located at 1451 Middle Gulf Drive on Sanibel. For more information, visit www.abwasanibelcaptiva.org.

As part of ABWA's 40th anniversary of being established on Sanibel and Captiva, Garrett said she is looking forward to conducting quarterly Business Connection meetings and reestablishing the annual ABWA Spring Gala. For this year's annual Independence Day Parade, ABWA will be honoring Nancy Barnes, the chapter's lone Lifetime Achievement Award winner. Barnes joined the group in 1984.

She also talked about her goals for the coming year.

"I've always been impressed with the quality of professional women here on Sanibel and Captiva. There's a gold mine of talent here," added Garrett. "The group should be focusing on our foundation and capitalizing on the wealth of business resources available right here on the islands. That's the key to our success."

Founded in 1949, ABWA is a prestigious national organization established for working women and women business owners. The group brings together women of diverse occupations while providing opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition. The Sanibel-Captiva Charter Chapter was launched in 1978 and remains one of the foremost women's leagues in Southwest Florida.

Visit www.abwa.org for additional 

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

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



"Safety first" was the message Emmett Horvath shared with third and fourth grade camp participants photos by Jeff Lysiak

From page 1

# Snorkeling

talked about the proper way to adjust and prepare a mask and/or goggles prior to engaging in snorkeling activities. "The first thing you do is spit into you mask, and then you swirl that all around the glass," he said, explaining that human saliva helps keep the mask from fogging up. "Then you dip you mask into the water one time, and you're ready to go."

Horvath, along with two recreation counselors doubling as lifeguards throughout the lesson, assisted the campers with getting familiar with the snorkeling apparatus. The youngsters were then paired off, with Horvath explaining how "The Buddy System" works and why the number one rule for having fun while

in the water is "Safety first."

Within a couple of minutes, each pair of campers were engaged in swimming across the shallow pool, using their masks/goggles and snorkel with relative ease.

"This is much more than splashing around," DeFonzo said of the weekly snorkeling lessons. "Kids are learning how to control their breathing. And other kids are learning how to get over their fear of being under water. It's less advanced than our scuba classes with the older kids, but it's a very valuable tool for them to use."

In the coming weeks, campers will learn more advanced snorkeling techniques, including how to dive for target items placed at the bottom of the pool. Some activities will also include prizes awarded to camp participants who display the best safe snorkeling skills.



Emmett Horvath discussing how to breathe in the water while using a snorkel

Throughout the summer, campers are participating in other athletic activities such as swimming, fishing, basketball, bowling and archery, along with a number of special games and sports. They include an Introduction to Scuba Diving with Calli Johnson (Fridays from 9 a.m. to noon for grades 7 and 8); Golfing at The Sanctuary (Wednesdays from 9 a.m. to noon for grades 5 and 6); and Pickleball (Mondays from 1 to 2 p.m. for grades K, 1 and 2, from 2 to 3 p.m. for grades 3 and 4, and from 3 to 4 p.m. for grades 5 to 8).

Upcoming events planned for Fridays at the Rec Center facility include the Lil' Dipper water slide (June 29), Challenger obstacle course (July 6), John Storms' World of Reptiles showcase (July 13), a dual-lane water slide (July 20) and the

X-Factor obstacle course (July 27).

The camp, offered to children entering kindergarten through eighth grades, runs Monday through Friday from 8 a.m. to 5 p.m. at the Sanibel Recreation Center.

Rates per week range from \$157 for members and \$206 for non-members. Camp will not be held on Wednesday, July 4. Financial assistance is available to qualifying families. As part of the registration fee, breakfast and lunch will be provided daily as well as the all-inclusive weekly field trip itinerary. Campers should bring a swimsuit, towel and sunscreen daily.

For more information, call the Sanibel Recreation Center at 472-0345 or visit www.mysanibel.com.







Mon.-Sat. 10am-6pm | Sunday 12-5pm | www.ElegantOutdoors.com

Will Power

# Reasonably Ascertainable Creditors



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

hen a loved one dies, whomever you name as the personal representative (executor) under the will or the trustee under a trust will be charged with the responsibility of ensuring that your estate or trust satisfies any outstanding creditors upon your death. Creditors might appear in the form of credit cards, hospital or medical bills, car payments, mortgage payments or a host of other debts you're responsible for.

If, after your death, your loved one simply distributes the assets without satisfying your creditors then the law holds that loved one personally responsible for your debts. It's therefore important for

your loved one to follow the legal process. That process provides that he or she must search for "reasonably ascertainable" creditors. Usually this is accomplished with the assistance of your estate planning attorney.

It's fairly simple to find most "reasonably ascertainable" creditors, since they typically invoice periodically. With electronic communication and payments becoming more common, your loved one not only should search through the mail for these invoices, but also through email as well as review automatic payments generated from the decedent's bank accounts. If you have a significant amount of electronic payments, then you should speak to those that you have named in your legal documents about this and perhaps give them access to your electronic accounts.

With recent probate and trust administration files, I've noticed that finding in-home caretakers after my client's death can sometimes pose a challenge. While many employ caretakers from established licensed businesses providing that service, it also appears that there's a significant underground economy consisting of non-licensed individuals, or even friends and neighbors, who get paid for helping elderly folks who need it.

The caretakers might simply take the individual to the grocery store, or they may perform other tasks like cooking meals, driving to doctor's appointments, and assisting with check-writing and other bill-paying services. It's dangerous to have a person in your home performing these tasks without insurance, bond or background checks, but I can tell you anecdotally many are so employed here in Southwest Florida.

Because so many of our elderly residents' families live in far away states, it's no wonder that those losing physical or mental capacity turn to others to help perform daily tasks. "I don't want to be a burden to my children" is a refrain I've heard on more than one occasion.

Nevertheless, when an individual who has been cared for passes away, there might be loose ends or unpaid bills for services outstanding. The personal representative or trustee may not even know that there was anyone helping with these tasks or if they had been paid in full.

So, if you are one of those who does employ in-home aids, please first ensure that they are insured, licensed and bonded. You should also let your loved ones know who you have employed, how often they come to your residence, how much their charges should be, from which accounts those payments are generated, and what accounts those individuals have access to. I would go so far as to suggest that a close relative should receive copies of the statements (print or electronic) to monitor activity within the account.

Another issue that may become a problem with many decedents is leased vehicles. Typically, car leases do not expire upon the lessor's death. That means that if you pass

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away one year into a three-year lease, your estate may be liable for the final two years of payments. Before leasing an automobile, ensure that you understand the leasehold terms applying to your death or disability, and let whomever you have named in your legal documents to take care of your affairs know about the transaction.

documents to take care of your affairs know about the transaction.

You're putting a great deal of responsibility on those that you name as your personal representative and/or trustee. It's incumbent upon you to keep those individuals in the loop as to your financial life, particularly if you should begin to fail mentally or physically. If you want to learn more about this subject, I've written a book – Legal Matters When a Loved One Dies. You can obtain an electronic copy for free on my website: http://estateprograms.com/resources/#books.

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From left, 2018-19 ABWA officers Treasurer Gabby Bell, Sanibel-Captiva Community Bank; Secretary Mary Bondurant, Bondurant Realty Group; Vice President Kira Dworkin, KM Gems; and President Gloria Garrett, HMG with Sanibel City Manager Judie Zimomra following the induction of new officers on June 12 at The Community House

# ABWA Installs New Officers

anibel City Manager Judie Zimomra had the honor of inducting the new officers of the Sanibel-Captiva Charter Chapter of the American Business Women's Association for 2018-19 at The Community House.

"As the local chapter celebrates 40 years on Sanibel, it is my pleasure to welcome new leadership to office," said Zimomra.

ABWA officers are Presisdent Gloria Garrett, HMG Consulting; Vice President Kira Dworkin, KM Gems; Secretary Mary Bondurant, Bondurant Realty Group; and Treasurer Gabby Bell, Sanibel Captiva Community Bank.

"This is an exciting time to take the reins as president," said Garrett. "This

chapter has supported professional development for women for 40 years and has laid the foundation for a fantastic year ahead."

"Our chapter goal for 2018-19 is to provide the best opportunity for leadership growth and professional womens' networking on the islands," continued Garrett. "To accomplish that, we have planned monthly meetings with top notch speakers, business connections networking events after hours, and the return of the annual gala."

Garrett announced the ABWA Women in Leadership Speaker Series with an impressive starting lineup: Calli Johnson of Bailey's General Store on August 28, Lauria Verme of Pinocchio's and Geppetto's on September 25, Dorrie Hipschman of the Bailey-Matthews National Shell Museum on October 23 and Sandy Stillwell-Youngquist of Stillwell

continued on page 47



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# Workshop To **Assist Seniors** With Legal Needs

eniors face an array of unique legal needs, including issues such as advance directives, elder abuse, and probate issues. To help Southwest Florida seniors and their caregivers better understand their legal options, Florida Rural Legal Services (FRLS) is presenting a half-day workshop, Resourceful Strategies for Older Adults, at the Riverside Community Center on Tuesday, June 26 from 9 a.m. until 1 p.m.

The workshop is presented in coordination with the Area Agency on Aging for Southwest Florida (AAASWFL) and is funded through the Florida Department of Elder Affairs. Seniors and caregivers interested in attending should reserve a seat by calling Florida Rural Legal Services at 334-4554.

The event will assist FRLS and AAASWFL in identifying and addressing the legal needs of vulnerable seniors in Southwest Florida.

"We will discuss topics that are important to Southwest Florida's older adults," said Lorraine Barker, paralegal at FRLS. "These include bankruptcy, divorce, domestic abuse, advance directives, nursing homes and financial obligations after the death of a spouse.'

Florida Rural Legal Services is a nonprofit law firm that provides civil legal advice, representation and education for people with limited incomes, including elders and migrant workers. FRLS provides free services to those that qualify. For more information, visit www.frls.org.

The Area Agency on Aging for Southwest Florida is a nonprofit organization and the state's designated Aging and Disability Resource Center for Southwest Florida. The organization is committed to helping adults ages 60 and over and people with disabilities to live with independence and dignity in their own homes and communities. For more information, visit www.aaaswfl.org or by calling the toll-free Elder Helpline at 966-413-5337.

The Riverside Community Center is located at 3061 Riverside Drive in Fort Myers.☆

# FGCU Graduates

The following local students recently graduated from Florida Gulf Coast University (FGCU):

Samantha Fowler of Sanibel – bachelor of science degree from the College of Arts and Sciences;

Kelley McCurry of Sanibel – bachelor of science from the College of Arts and

Robert Brent of Sanibel – bachelor of science from the Lutgert College of

Bailie Johnson of Sanibel – bachelor of science from the Lutgert College of

Ryan Greenplate of Sanibel - bachelor of science from the UA Whitaker College

of Engineering; Alexander Werner of Sanibel – master of business administration from the Lutgert 

# 39th annual



Sanibel • Captiva



# The Sanibel Captiva Optimist Club 2018 Official Entry Form

For an early start time, preregister and mail or email this form along with an entry fee of \$40.00 to: Sanibel Captiva Optimist Club

P.O. Box 1370 Sanibel, Florida 33957

Contact e-mail info@sancapoptimist.org

Additional Info (area code 239) Randy @ 699-8739, Richard @ 292-4631 or Dani @ 472-0836 on-line @ www.sancapoptimist.org

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Route Score:	+ Bonus:	- Penalti	es: To	tal:
	Preregistration Fe	e \$40.00. Walk-in fee	day of event \$45.00	

Includes: Car, Driver, Navigator, Unlimited Crew, and 1 Official Road Rally T-Shirt. (Additional T-Shirts will be available for \$15.00)

#### **Penalties:**

- Five points deducted for each mile over or under computed mileage.
- Points may be deducted for each minute over or under adverage course time at the Commmittee'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, in the parking lot at Timbers Restaurant 703 Tarpon Bay Road, Sanibel Island, Florida Conducted by: The Sanibel Captiva Optimist Club

The Sanibel - Captiva Optimist Club is a 501(C)3 Corporation and your donation is fully tax deductible.

Please note that we are an all-volunteer, not-for-profit organization and all of the funds go directly to helping the kids!



FRIDAY Sunny High: 88 Low: 82



SATURDAY Mostly Sunny High: 91 Low: 84



SUNDAY Mostly Cloudy High: 88 Low: 82



MONDAY Cloudy High: 91 Low: 84



TUESDAY Few Showers High: 88 Low: 82



WEDNESDAY Few Showers High: 87 Low: 81



THURSDAY Few Showers High: 85 Low: 79

#### Redfish Pass Tides

<u>Day</u>	<u>High</u>	Low	<u>High</u>	Low
Fri	9:54 am	2:51 am	11:00 pm	4:34 pm
Sat	10:28 am	3:31 am	None	5:31 pm
Sun	12:19 am	4:08 am	11:00 am	6:19 pm
Mon	1:26 am	4:42 am	11:31 am	7:00 pm
Tue	2:22 am	5:13 am	12:02 pm	7:38 pm
Wed	3:09 am	5:43 am	12:32 pm	8:13 pm
Thu	3:47 am	6:13 am	1:04 pm	8:47 pm

#### Point Ybel Tides

<u>Day</u>	<u>High</u>	Low	<u>High</u>	Low
Fri	8:59 am	2:53 am	10:05 pm	4:36 pm
Sat	9:33 am	3:33 am	11:24 pm	5:33 pm
Sun	10:05 am	4:10 am	None	6:21 pm
Mon	12:31 am	4:44 am	10:36 am	7:02 pm
Tue	1:27 am	5:15 am	11:07 am	7:40 pm
Wed	2:14 am	5:45 am	11:37 am	8:15 pm
Thu	2:52 am	6:15 am	12:09 pm	8:49 pm

#### Punta Rassa Tides

<u>Day</u>	<u>High</u>	Low	<u>High</u>	Low
Fri	9:13 am	3:08 am	9:52 pm	3:57 pm
Sat	9:55 am	3:51 am	11:01 pm	4:51 pm
Sun	10:41 am	4:36 am	None	5:45 pm
Mon	12:09 am	5:25 am	11:29 am	6:38 pm
Tue	12:59 am	6:16 am	12:11 pm	7:27 pm
Wed	1:43 am	7:03 am	12:47 pm	8:14 pm
Thu	2:29 am	7:47 am	1:18 pm	9:01 pm

#### Cape Coral Bridge Tides

<u>Day</u>	<u>High</u>	Low	<u>High</u>	Low
Fri	12:04 pm	6:07 am	None	7:50 pm
Sat	1:10 am	6:47 am	12:38 pm	8:47 pm
Sun	2:29 am	7:24 am	1:10 pm	9:35 pm
Mon	3:36 am	7:58 am	1:41 pm	10:16 pm
Tue	4:32 am	8:29 am	2:12 pm	10:54 pm
Wed	5:19 am	8:59 am	2:42 pm	11:29 pm
Thu	5:57 am	9:29 am	3:14 pm	None

# Island Seniors At Center 4 Life

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

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).

Center 4 Life Closed July 4 – In observance of the Independence Day holiday, the Center 4 Life will be closed on Wednesday, July 4. It will resume normal operating hours on Thursday, July 5.

**Donations Needed for the 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

Jeffrey Deaver. The movie will be shown at 12:30 p.m. followed by the book discussion at 2:30 p.m. Bring your own lunch.

Leisure Lunchers Trip to Sweet Melissa's Cafe – Tuesday, July 11. Experience the award-winning Sweet Melissa's Cafe. Executive Chef Melissa Talmage challenges your tastebuds to explore a creative menu with a wide array of different tastes, textures and eclectic ingredients. We will have an opportunity to speak with the chef and have her share with us her creative cooking style. Separate checks will be provided. Register at the front desk. Limited seating available.

**Gelli Printing with Bea Pappas** – Fridays, June 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 noon. **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.

# **Energy Tool Kit**

ee County Electric Cooperative (LCEC) can help you essentially take control of your energy usage. Three interactive tools help you understand and manage your energy usage while conserving energy and reducing your electric bill.

#### kiloWATCH

Keep a close watch on your household energy usage and approximate cost with this online energy tool. Not only can you view your daily energy usage using this tool, you can set up kiloWATCH Usage Alerts to notify you when your usage exceeds the threshold you set.

#### **Interactive Home**

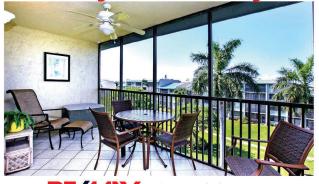
This interactive tool is a fun and easy way to learn proven ways to save energy dollars for little to no cost. Simply click through the "virtual home" to become an instant energy expert.

#### Calc-U-Savers

Answer your energy questions by analyzing your energy usage while learning tips along the way. Calc-U-Savers include: energy advisor, appliance, lighting, pool/spa, and television.

Check out these energy tools and more online at www.lcec.net.☆

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## **Only Steps To The Beach And Pool!**

A beautiful top floor end unit, this 2-BD/2-BA has been extensively remodeled to include kitchen with peninsula, breakfast bar, all appliances, tile in kitchen and baths and more! Great rental income, nicely furnished, and the privacy of a top floor end location! Loggerhead Cay is a well maintained complex on the convenient East End offering sunset views, heated pool, tennis, grills and onsite management.

Loggerhead Cay #434 \$629,000



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# **United Way** Campaign Chairs

he United Way of Lee, Hendry, Glades, and Okeechobee announced that the 2018-19 United Way Campaign chairs will be Linda Doggett and Robert Shearman. The goal for the new campaign will be \$10,301,386, which is a three percent increase over what was raised for the previous campaign.

Doggett is the clerk of the circuit court and comptroller for Lee County. She is also a native Floridian. Doggett is a United Way board member and a United Way allocations team leader. She has been active in many court related organizations such as the Florida Commission for Access to Civil Justice, and is on the board of directors of the Florida Court Clerks and Comptrollers organization.

Shearman is a board certified civil trial attorney with Henderson Franklin Attorneys at Law, and concentrates on defense of tort, civil rights and real estate law. He is a United Way board member, a United Way allocations team leader and a United Way ReadingPal. Shearman has been a Big Brother and a trustee of the Calusa Nature Center and Planetarium.

Regarding this year's campaign, Shearman said, "Linda and I have chosen a theme for the campaign, The Power of U, that refers to both the power of you as an individual and the power of United Way to make a difference in the community. Every individual, every company, every dollar given to United Way makes a difference in the lives of hundreds of



Linda Doggett

photos provided

thousands of local people."

Doggett added, "The United Way of
Lee, Hendry, Glades, and Okeechobee has a strong history of successful campaigns and continues to support the growing needs of the people of our community. This campaign will be the largest ever, and every penny of it will be needed to meet the needs of our constantly growing community. This campaign will support over 100 agencies and 250 programs that help hundreds of thousands of our friends and neighbors. I am a native Floridian, and I know how important United Way is to this community. I am excited to be a part of this vital campaign, and hope the community will embrace the challenge and



**Bob Shearman** 

support the needs of our community.

Being asked to chair the United Way Campaign is an honor and a challenge, said Shearman. "It is a huge responsibility to raise over \$10.3 million for our United Way, but we will pursue the goal with passion and enthusiasm. When people ask me why I support our United Wav. I answer that it is one of the most efficient, effective and compassionate ways to give back to the community we love.

Both Linda Doggett and I have been involved with United Way as members of the board of directors and allocations team leaders. The allocations process has given us an understanding and appreciation of

the incredible work being done by United Way Partner Agencies. We have seen these agencies in action helping children, veterans, seniors and families who are struggling. United Way and over 100 partner agencies work tirelessly to meet the real human needs of our community. I witnessed United Way in action during Hurricane Irma and observed firsthand the difference it makes.

The United Way of Lee, Hendry, Glades, and Okeechobee has raised and distributed over \$167 million since it was established in 1957

All money raised in the United Way campaign stays in the local community to help support the local human service network. United Way Partner Agencies and initiatives include: The Alvin A Dubin Alzheimer's Resource Center. Partners for Breast Cancer Care, Harry Chapin Food Bank, the Boys and Girls Clubs, and United Way 211, to mention a few. These agencies serve a diverse range of needs in the community such as nurturing children and youth, strengthening families, and meeting critical needs like helping the elderly and disabled live independently, and empowering communities by bringing health and human services to neighborhoods.

In addition to raising funds for human service organizations in our community, the United Way promotes partnerships and collaborations among agencies and initiatives, helping them to work together focusing on issues and solutions that continue to improve lives.

For more information, call 433-2000or visit www.unitedwaylee.org.☆

# Diabetes Prevention Program

ave you been told that you have Prediabetes? Would you like to learn about a variety of tools that have been proven to prevent or delay the onset of Type 2 Diabetes?

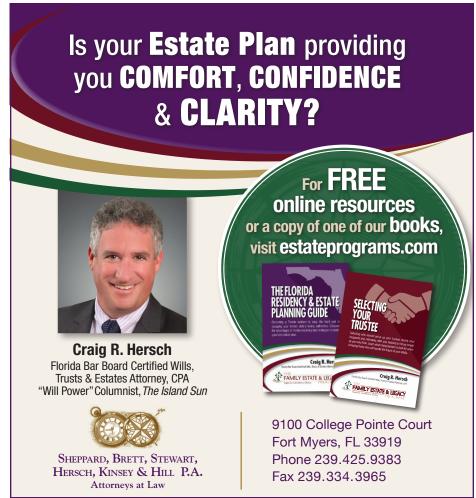
Lee Health is offering a free program on Wednesdays at The Sanctuary from 9 to 10 a.m. The programs are designed to help participants make modest lifestyle changes and cut their risk of Type 2 diabetes by more than half. This year-long program with weekly meetings for the first six months, then once or twice a month

for the second six months, is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).

Information presented in the workshop can help you become empowered to prevent Type 2 diabetes. Learn about the benefits of physical activity; manage symptoms of stress, make smarter decisions related to healthy eating, and tips to stay motivated. Participants will receive a participant guide to use as an ongoing reference tool once the classes are completed.

The Sanctuary is located at 8960 Colonial Center Drive in Fort Myers. Seating is limited and registration is required. Call 424-3127 for more information.☆





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# U.S. Open Golf Championship Win Is What Should Be Remembered, Not Veteran Player's Amateurish Antics

by Ed Frank



Then the dust settles over last weekend's 118th U.S. Open Golf Championship, most will remember the ridiculous slapping back a runaway putt on the 13th hole Saturday by Phil Mickelson rather than the stirring back-toback championships by Brooks Koepka.

And it's a shame.

Koepka's victory at the brutally tough Shinnecock Hills Golf Club in Southampton, New York, was the first repeat since Curtis Strange's feat in 1988 and 1989.

But, unfortunately, the golf world, and much of the sports world, will continue talking about Mickelson's childish antics

It was the kind of behavior you would expect from a weekend golfer playing at a municipal golf course - not what you would expect from one of golf's all-time favorite players competing in our national championship.

To set the record straight, conditions last Saturday at Shinnecock Hills, particularly in the afternoon, were nearly unplayable. A 25- to 30-mile-an-hour wind had dried the greens to a crusty, lightning-fast surface. That, added to the design of the greens, made it often impossible for the world's best golfers to keep their approach shots, and even some of their putts, from tumbling off the greens.

So here comes Mickelson, who was having a bad round anyway, to the 13th green. His downhill, bogey putt rolls well past the hole and before it stopped moving, Mickelson slaps the ball back past the hole.

He ends up with an eight and was assessed a two-stroke penalty for a 10 on the hole. He ended the day with an embarrassing 81. To his credit he shot a respectable 69 in the closing round.

Mickelson's run and slap was stunning. Many said they had never seen such a thing in a professional tournament. But Mickelson defended his move, claiming he knew he would be penalized two strokes rather than having his putt roll all the way

Others said it was in a fit of anger, not becoming in this most prestigious championship.

It probably will be debated, and debated, whether he should have been disqualified.

#### **SPORTS QUIZ**

- 1. Name the first major-league relief pitcher to win an MVP award.
- 2. Pitcher Jim Kaat was in the majors for seven presidential administrations. Name the first and last presidents in office when he pitched.
- 3. When was the last time before 2016 that Army beat Navy in football?
- 4. Who was the first European player to win the NBA Defensive Player of the Year
- 5. After the Mighty Ducks of Anaheim joined the NHL for the 1993-94 season, how long was it before the team made the NHL playoffs?
- 6. In 2018, Chip Ganassi Racing recorded its 200th overall victory. In which car series did Ganassi record a majority of its 200 victories?
- 7. When was the last time before 2017 that France won tennis' Davis Cup?

#### **ANSWERS**

IndyCar. 7. It was 2001.

I. Jim Konstanty, in 1950. 2. Kaat pitched in the majors from 1959 to 1983 (from Dwight Eisenhower to Ronald Reagan). 3. It was 2001. 4. Marc Gasol, with Memphis in 2013. 5. It was the Mighty Ducks' fourth season (1996-97). 6. Ganassi captured 103 of its 200 wins in



Brooks Koepka

photos courtesy PGA Tour profiles

More, important, however, what should

be discussed and remembered was the thrilling finish to the U.S. Open.

Koepka showed what real champions are made off. His one-over-par, one-stroke victory over England's Tommy Fleetwood earned him \$2.16 million.

Phil Mickelson

This is what we should remember, not the likeable Mickelson's slippery slope performance on the 13th green last Saturday.

Mircle's Blankenhorn Wins All-Star Game Home Run Contest

Fort Myers Miracle infielder Travis Blankenhorn won the Florida State League All-Star Game home run contest last week belting 31 homers.

Blanekenhorn is ranked the 14th best prospect in the Minnesota Twins organization having been drafted in the third round of the Major League Draft in

He has been hitting .333 in the month of June to raise his season average to

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# Python Removal Efforts To Be Expanded

verglades National Park and the Florida Fish and Wildlife Conservation Commission (FWC) are partnering together to expand efforts to remove Burmese pythons from within the park. The partnership will expand the park's Python Removal Authorized Agent Program by allowing paid FWC contractors to remove pythons in Everglades National Park. The expansion will triple the maximum allowed number of participants in the park from 40 to 120, allow FWC contractors to use firearms or other humane methods to euthanize pythons in the wild and qualify additional trained NPS personnel to live capture and turn in pythons. The purpose of this controlled invasive species management program remains to remove invasive pythons and other invasive species from the wild and advance research in methods to control pythons.

Park officials are working closely with the FWC on the terms of the agreement that would allow FWC contractors to engage in python removals in the park, potentially as early as July 2018.

We are excited to partner with FWC on invasive species management and are certain this partnership will increase python removals within our park," said Everglades National Park Superintendent Pedro Ramos. "We worked hard in planning this expansion to ensure it won't harm the park and its exceptional

To that end, park officials and the FWC will hold a required Everglades National Park orientation for the contractors so they fully understand the park's program and rules they must follow prior to beginning removals within

the park.
"We appreciate the support and efforts of our partners, especially Everglades National Park and Superintendent Ramos. With the leadership and support of Gov. Scott and our commissioners, we have seen a significant increase in efforts and results to remove the Burmese pythons and other invasive species," said FWC Executive Director Eric Sutton. "Our success moving forward relies on everyone pulling together collectively including agencies, nonprofits, private landowners and individual citizens.

Burmese pythons pose a significant threat to the Everglades ecosystem. Along with state, federal, tribal and local partners, Everglades National Park and the FWC have invested millions of dollars and countless hours in developing and testing ways to remove pythons from the Everglades. While this research has improved knowledge of the python population, eliminating pythons using current technology is impossible. Search and removal by trained individuals remains the best method to remove pythons. The park used volunteers for removal in the past, and while it will continue to do so, the addition of FWC contractors will allow greater numbers of skilled people to engage in removals than ever before.

"While hunting remains prohibited by

law in Everglades National Park," said Ramos, "we believe the expansion of the program to include allowing FWC contractors to remove pythons in the park will be welcomed by concerned citizens that want to play a role in helping with this significant problem.

The FWC designed the Python Removal Contractor Program to further engage qualified individuals with python management efforts. Python removal contractors are paid for their efforts to survey for and, when possible, capture Burmese pythons in specific areas which will soon include Everglades National Park. They may also respond to survey requests in areas where pythons have been reported.

Burmese pythons became established

in Florida as a result of escaped or released pets. People should never release nonnative pets in the wild in Florida. It is illegal and can negatively impact native wildlife and habitat. The FWC has an Exotic Pet Amnesty Program that allows nonnative pets to be surrendered without

For more information about the FWC's Python Removal Contractor Program or Exotic Pet Amnesty Program, visit www.myfwc.com/python. For more information about invasive Burmese pythons in Everglades National Park, visit www.nps.gov/ever/learn/ nature/burmese-python.htm. For more information about python management in the park, visit www.nps.gov/ever/learn/ nature/npspythonmanagement.htm. \$\$

# Bodywork Sessions Offered

he Trager Approach is a unique bodywork and movement awareness method that promotes relaxation, pain relief and freedom of movement. Marva Sletten, PT, CMPT, CLT-LANA, LMT will provide brief individual sessions on Thursdays, July 12, August 2 and September 6 from 10:30 a.m. to noon at The Community House, located at 2173 Periwinkle Way. Contact Sletten at 910-7577 to schedule your session. There is no charge to attend.

For more information, visit www. thenatureofwellnessflorida.com.



# "Wild About America"

Celebrate the 28th Annual Independence Day Parade Wednesday, July 4, 2018 9:30 a.m.

Presented by:







# Independence Day Parade Route Information

The Independence Day Parade Committee has been very busy making plans and arrangements for our ANNUAL INDEPENDENCE DAY PARADE, on Wednesday, July 4, 2018.

We wish to extend the courtesy of informing you, your family and your guests before the Parade, of the route, parking locations and times that will affect the ingress and egress around the Parade Route.

Periwinkle Way will be CLOSED from Donax Street to Tarpon Bay Road during the hours of 9:00 a.m. to approximately 12:00 Noon.

Independence Day Parade T-Shirts are on sale now at Bank of the Islands and on the 4th at the Parade and Jerry's **Shopping Center** 



#### PARADE PARKING

- Jerry's Shopping Center
- Sanibel Community Church
- **Tahitian Gardens Shopping**
- Forever Green/ACE Hardware
- Congregational Church
- Periwinkle Place Shopping Center
- Sanibel Community House
- Sanibel Square
- The Village Shops
- Palm Ridge Place
- Baileys

For additional Information call 239.246.2981

# Family Child Advocate Of The Year Award



Mike Ellis and Dr. Emad Salman photo provided

olisano Children's Hospital of Southwest Florida has awarded Mike Ellis the 2018 Prendergast Family Child Advocacy Award. Ellis received the award at the Golisano Children's Hospital of Southwest Florida Annual Pediatric Conference held at Sanibel Harbour Marriot Resort & Spa on June 9.

"Mike Ellis has been a pillar in the community for pediatric health for decades. We are extremely grateful for his contributions and, with this award, recognize Mike for his efforts of improving mental health access for the children of Suthwest Florida," said Dr.

Emad Salman, regional medical officer, Golisano Children's Services. "His integrated program has changed the lives of many families."

Ellis is the president/CEO of Healthcare Network of Southwest Florida. Prior to coming to Healthcare Network, he was executive director of the Golisano Children's Hospital. He also held senior staff positions at the Family Health Centers of Southwest Florida, University Hospital at the University of Florida in Jacksonville, Nemours Children's Hospital in Jacksonville and St. Elizabeth Medical Center in Dayton, Ohio.

Ellis is a former Lee Memorial Health System board of director and currently a commissioner on the Lee County Mosquito Board of Commissioners.

Every year, in recognition of Child Abuse Prevention Month, Golisano Children's Hospital and the Prendergast Family Endowment Fund host a lecture on child abuse and recognize a special individual in the community for their commitment to prevention and

In 2005, Eileen Prendergast and her family gave the community "a million reasons" to help children in Southwest Florida when they made a \$1 million gift to establish the Prendergast Endowment Fund for the Golisano Children's Hospital of Southwest Florida's Child Advocacy Program and the annual Prendergast Child Advocate of the Year recognition. The program features free parenting classes taught in partnership with the Children's Advocacy Center of Southwest Florida to prevent child abuse. These classes have touched the lives of more than 7,500 parents in the Southwest Florida **Doctor and Dietician** 

# Infection Fighting Foods





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

ood affects every process and function of the human body. It is literally the body's fuel. Providing our body with healthy food encourages a healthier body. Proper nourishment not only keeps us moving, but also supports the immune system, fending off viruses or infections.

Incorporating fresh, raw vegetables is an important part of a healthy diet and body. Spinach, a green, leafy superfood, contains folate, Vitamin C and fiber. Broccoli has Vitamins A and C, and the antioxidant glutathione. Include onions and garlic as part of your kitchen staples and recipes, because they both possess anti-inflammatory agents that help with chronic pain, decrease inflammation and fight infection.

Many fruits are loaded with

antioxidants, especially berries. Blueberries, elderberries and acai berries have a darker color, a sign that they contain a strong antioxidant called anthocyanin. They also provide selenium and the B vitamins riboflavin and niacin, which help build the immune system. Watermelon strengthens the immune system too, because it's high in the antioxidant glutathione, which can help fight infections. Fruit is raw, fresh and very tasty, but since it contains high amounts of fructose, be careful not to overdo it. Try fruit on top of plain, Greek yogurt for added protein, probiotics and Vitamin D.

The beautiful orange color of sweet potatoes indicates high amounts of carotenoids, powerful antioxidants that fight systemic inflammation and bolster the immune system. Sweet potatoes baked as "French Fries," are delicious and much healthier than the fried

When we are fighting a bug, homemade chicken soup is one of our favorites. It's a true remedy with science to back. It contains carnosine, which is made up of amino acids that act to slow down degenerative conditions. Great to know. These foods help fight infections as part of a healthy lifestyle.

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@ 

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# Fishing Programs

sought-after fishes. Catch-and-release fishing and responsible fish handling practices are emphasized, and anglers do not have to harvest their catches to qualify. Photos of the angler with each catch are required and could even be featured in FWC publications or on social

Saltwater Fish Life List - Can you catch them all? Similar to a birding life list, this program allows anglers to track their progress at catching 71 different species of saltwater fish. Anglers who catch at least 10 different Life List species can join the Saltwater Fish Life List 10-Fish Club and receive a prize pack including a certificate of accomplishment and a shirt, plus be eligible for additional prizes as they catch 30, 50 and all 71 fish on the list. Anglers who complete their Life List by submitting all 71 fish will be awarded a grand prize. Get started today and print your Saltwater Fish Life List or request to receive one by mail at www. catchafloridamemory.com.

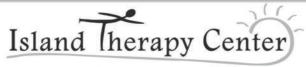
Saltwater Reel Big Fish – Don't let that whopper of a fish turn into just a whopper of a story. Memorialize your Saltwater Reel Big Fish by submitting a photo of you with your catch and a photo of the fish over a measuring device. This program includes 30 different species in both adult and

youth (age 15 and younger) categories. Successful participants receive a prize pack including a certificate of accomplishment and a shirt, and are eligible for additional prizes as they catch five, 10, 15 or all 30 different Saltwater Reel Big Fish species. Plus, anglers who submit all 30 species will get a grand prize.

Saltwater Grand Slams - Can you meet the challenge? FWC has nine different Saltwater Grand Slams that award anglers for catching three specified fish within a 24-hour period, and the categories may surprise and challenge you. From the Inshore Grand Slam consisting of red drum, spotted seatrout and flounder to the Florida Grand Slam of permit, tarpon and bonefish, these challenges will make you work to increase your fishing skills. The program even includes a Small Fry Grand Slam for anglers age 15 and younger who catch a pinfish, catfish and grunt. Successful anglers receive a prize pack with a certificate of accomplishment and a shirt showing the fish from their Grand Slam, and can win additional prizes when they catch three, six, or all eligible Grand Slams. Plus, a grand prize will be given to anglers who complete all eligible slams.

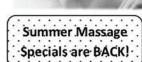
For more information, visit www. catchafloridamemory.com, view how-to videos at www.myfwc.com/ saltwaterfishing and brush up on your saltwater fish identification skills at www.myfwc.com/fishinglines.☆

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deaRPharmacist

# Eat Bananas In The Pursuit Of Happiness



by Suzy Cohen, RPh

ear Readers: Most bananas are peeled and eaten within one minute. That's according to The Guiness Book of World Records. While not officially amazing in my opinion, the most

bananas peeled and eaten in one minute is eight and was accomplished by a man named Patrick "Deep Dish" Bertoletti, a competitive eater. Because bananas have a constipating effect on your digestion, this guy was probably constipated for days, lol!

Bananas have a tremendous amount of medicinal applications. For one, the peel of a banana is known as a home remedy to promote wound healing from minor burns. The actual fruit could have substantial impact on several illnesses, including depression.

Last year in 2017, the crop that sells about 145 million tons of bananas (worldwide) came under attack. A deadly fungus spread through plantations and, simultaneously, bacterial disease killed some plantations in Africa. Bananas are not doomed, so don't worry, and that's a good thing if you have depression or Parkinson's disease which are due in part to low dopamine.

Dopamine is a happy brain chemical; it's your body's natural antidepressant. Dopamine is what makes you want to garden or golf for example, to dance, laugh and do fun hobbies. Healthy dopamine levels are critical for movement and coordination. With declining levels of dopamine, or dopamine receptor insensitivity, you could see Parkinson's-like symptoms, depression,

bladder dysfunction, obesity, memory loss, sometimes attention problems and unexplained fear or anxiety spells.

So where do bananas fall into this discussion? In their small way, they contribute a chemical that helps you make dopamine. They are naturally high in an amino acid called tyrosine that is part of the dopamine chemical structure. Without tyrosine, you can't make dopamine or thyroid hormone for that matter. Dopamine and thyroid hormone are two primary "happy" brain chemicals. So, if you're in the pursuit of happiness, go bananas!

In some strange banana news, a British man was driving in Taiwan, and he threw his banana peel out the car window. A Taiwanese man, who saw this act of littering, followed him and confronted him at a red light. The man said, "Littering is unethical and uncivilized behavior." While I do agree, I don't think I would have chased someone down over a flying banana peel.

Bananas could possibly help with diabetes due to the pectin and resistant starch. Leg cramps could be soothed by the amount of potassium and magnesium in bananas. And some research suggests anti-cancer effects. I've written an extensive article on the health benefits of bananas and, if you'd like to read that version, sign up for my free newsletter at www.suzycohen.com

In the meantime, here are seven ideas to help you go bananas.

- 1. Just peel and eat
- 2. Add a banana to your smoothie
- 3. Make banana chocolate chip bread or muffins
- 4. Make banana chips with a dehydrator
- 5. Dip bananas into melted chocolate then freeze the pop
- 6. Make banana tea by boiling it in water, I have a recipe at my site.
  7. For breakfast, make banana nut
- collagen pancakes

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 40

# **ABWA Officers**

Enterprises & Restaurant Group on November 27.

Meetings will be moved from dinners to lunches to be more convenient to the groups's foundation – professional and business women working on the islands. The new officers welcome everyone, men and women alike, to the kickoff meeting of the 40th year in the Waterview Room at the Sundial Beach Resort & Spa on August 28 from 11:30 a.m. to 1 p.m.

The keynote speech at the June 12 meeting focused on building networking skills required to execute the ambitious 2018-19 ABWA growth plan. Garrett emphasized the importance of having a well-rehearsed short description of your goals and background, and being prepared to suggest connections that could help your networking colleagues.

"The core of ABWA is professional development," added Garrett. "Your incoming officers team is committed to revisit networking skills and work together to build our expertise throughout the 

Email your editorial copy to: press@islandsunnews.com

# Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I am a mother of a 15-year-old daughter. I hear her talk with her friends about how fat they are, and they are all of normal weight. Why is it they have

such poor body images?

**A:** I hear so many mothers share their stories of their concerns over their daughters poor body image. In our perfectionistic culture, adolescents pick up on body consciousness, and they feel they have to have the perfect body. They distort their reality and often end up obsessing about their every flaw! Body image is a key element to self-esteem. Body image is influenced by upbringing, media, peer pressure and cultural values. It's a misconception to think that you always have to change how you look in order to feel good about yourself. Much of body image involves perception, and it can change quickly with mood. If we can help our youth with lovingkindness to see their attributes from the crown of their head to the tips of their toes – maybe just starting with a few and building regularly - they can begin

to appreciate themselves in a larger, kinder, more intuitive way. They all need to understand how each of us is born with a unique body and spirit. This is a gift we all have been given. We all need to be grateful for our bodies and the amazing things they are capable of doing. It's important for the teens to set realistic goals: healthy eating and exercise; a healthy belief about the amazing body and what it can do; be gentle with the self; and learn to accept their bodies for all they are. If we all take time out to role model for our youth, I believe some amazing changes can occur with their beliefs that they can honor themselves for the way they are instead of criticizing themselves.

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.☆

# **Overeaters** Anonymous

If food is a problem for you, Overeaters Anonymous can help. Meetings are held in Room 132 at Sanibel Community Church on Tuesdays at 5:30 p.m. and on Fridays at 9 a.m.

For more meeting information, visit

www.southwestfloa.org. Sanibel Community Church is located at 1740 Periwinkle Way. \$\square\$



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Lee County Sheriff's Office	
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Poison Control1-800	
Chamber of Commerce	
City of Sanibel	472-4135
Building Department	
Planning Department	472-4136
Library - Sanibel	
Library - Captiva	-533-4890
Post Office - Sanibel (toll free)800	
Post Office - Captiva	4/2-16/4
Sanibel Community Association	472-2155
Center 4 Life - Senior Center	4/2-5/43
ARTS	000 4400
Arcade Theater	
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	472-6197
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	
Sanibel Music Festival	
Sanibel-Captiva Art League sanca	
SW Florida Symphony	
Symphonic Chorale of SW Florida	560-5695
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American Legion Post 123	472-9979
Angel Flight SE	N-ANGEL
Angel Flight SE	N-ANGEL
Audubon Society	N-ANGEL 472-3744
Audubon Society	N-ANGEL 472-3744 472-1189
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# PETS OF THE WEEK

photos provided

Haven on Earth Animal League

# Kristmas And Biscuit



Kristmas

i 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 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.



Biscui

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 havenonearthanimalleague@yahoo.com.☆

Lee County Domestic Animal Services

# Winnie And Smokey



Winnie ID# A741547

Innie is a 3-year-old female labrador retriever mix who is part of the new 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's Foster-to-Adopt Program gives you the opportunity to see if a dog is the perfect fit before committing to adoption. What happens if it isn't the perfect fit? That's ok! You can provide us with valuable information on how the dog was in your home to better pair him or her up successfully in their next home, and you will be given the option to select another dog that may be a better fit.

The adoption fee is \$50.



Smokey ID# A737488

This silver-haired beauty is Smokey, a 3-month-old female domestic shorthair who is available to go home with another feline friend at no charge when you pay for her \$20 adoption fee. The adoption fee includes spay, up-to-date vaccinations, rabies, county license, 10-day health guarantee. That's a \$500 package! This fun-loving kitten will give you years of love and all-day fun.

The adoption fee is \$20.

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 or call 533-7387.

# **PUZZLES**

Answers on page 53

# **Super** Crossword

#### **SWIMMINGLY GOOD ERA**

#### **ACROSS** 49 Exterior 1 Good enough 9 Biblical talking beast 12 Chimed 16 Game show **VIPs** 19 — acid (vitamin C) 20 At any place 22 Grain morsel 23 Start of a riddle 25 Joanne of "Abie's Irish Rose" 26 Hide-hair connection 27 Tooth in a machine 28 Professional wrestler Flair 29 Oater 31 Furtive action 35 Moviearchiving gp.

title

- 50 Bremen loc. 51 Intuit 53 Camera for a pro 55 Tongs, e.g. 58 Riddle, part
  - 62 Reference book's "Look 104 Use one's here, too' **63** — profit
  - (lucratively) 64 "Can true?' 65 Leaning **69** Play for time
  - 70 Gym tops 72 Vents vocally 73 Atoll part 74 Sit next to
  - 76 Stage design 122 Taxing gp. 77 Grows molars, e.g. 79 Riddle, part
- 37 River in a 82 Hold down Best Picture 86 Rural rest stop 39 Shah's land 87 Exotic berry
- 40 Riddle, part 88 Writer 44 Tropical Deighton rodent 89 Giant in foil 47 Former
- 90 See 3-Down Russ, state 92 Nov. lead-in 48 Folk rocker 94 Verv focused DiFranco

- 96 End of the riddle 101 Tennis legend Björn
- 102 Election analyst Silver 103 Gods, to Livv
- lunas 108 Under control 110 Soft & -112 Classical
- introduction? Tower's city 114 Au — (roast beef option) **115** San
  - Francisco's Valley 116 Riddle's answer
  - 123 Playwright McNally 124 Submarine
  - 125 Cougar, e.g. 126 Mar.'s helper **127** Salon
- colorer in fruit juices 128 Admiration taken too far
  - **DOWN** 1 Expendable chessmen 2 Take — at (attempt)

- 3 With 90-Across, frighten away 4 Drunk
- 5 Jackie's hubby #2 6 Small ammo 7 Brittle-
- shelled Chinese fruit 8 Back talk? 9 Grain bristle 10 Actor Omar **11** Shipping rig
- 13 Declaration 14 Water nymph 15 Mardi -
- 16 Not extreme **17** Indy 500 entrant, e.g. 18 Eye-catchers
- 21 S'pose 24 "Bejabbers!" 30 Keep busy 32 Clerk
- on "The Simpsons" 33 Drop 34 Judges,
- e.g. 36 "The Day of the Jackal" novelist Frederick
- 38 Orville and Wilbur of aviation

- 41 Main port of Norway 42 Give an alert 43 Luxurious
- 44 Tennis legend Andre 45 Civets'
- cousins 46 Long trial 52 Broody music genre **54** Intermediary
- 56 BBQ piece 57 Flexible card 12 Match official 59 Fit as a fiddle
  - 60 Vicious 61 Clever 65 Bikeway,
  - sav 66 Fill one's lungs **67** Tyler of rock
  - 68 Green light 70 Fnd up 71 Rudolph's
  - 72 Joins again 74 "Selma" director
  - DuVernay **75** "— Mir Bist Du Schön" 77 Quirk
  - 78 "Evita" star
    - Paige 79 Part of QED 80 "Back to the 121 Levin or Future" bully

- 81 Bit of power 82 Of Jewish scholars 83 Stage
- actress Duse 84 Least abundant 85 Difficult
- 91 Bring up until able to fly. as a bird
  - 93 Tianjin locale 95 Baking meas. 97 12 in a foot
  - 98 Impostors 99 Sheer folly 100 In the area
  - 105 "- Called to Say I Love You"
  - 106 Writer Godden or actress Willis 107 Analytic
- work facial feature 109 Comics' Kett 111 Rip apart
  - 113 Prefix meaning "the same"
  - 117 Tate displays 118 Agent's take
  - 119 Flurry 120 Minister's
  - field: Abbr. Gershwin

# King Crossword

#### ACROSS 1 Hamstrings 13 6 Poorly lit 9 Moreover 15 16 12 Take as one's own 18 19 13 Elizabethan, e.g. 14 Luau side 25 dish 15 Suitor 33 16 Sponge 18 Logic 20 Clue 21 Sapporo sash 23 Drench 45 24 Papa 48 49 50 51 25 File's partner 27 Women's home, said John Grav 55 56

- 29 Power source 54 African capital 8 Chinese "The -Cometh' 35 Because 55 Pigpen 37 Portrayal
- 38 Pop 41 Expert 43 Feedbag tid-
- bit 44 Reed instrument
- 45 Askew 47 In a temperamental way
- 49 Archipelago component 52 Emeril's inter-
- iection 53 Lennon's lady 7 Press

- chairman
- 56 A Bobbsey 57 Private stu-
- dent **DOWN**
- 1 Legislation Commotion
- 3 Dock doings 4 Duel tool 5 First Little
- Pig's material 6 Remove a stripe

- 9 Garden pest 10 Incessantly
- 11 Filthy 17 Second drink?
- 19 Lucky roll 21 Raw rock 22 Prohibit
- 24 French noble title 26 Showed
  - affection 28 Sis' kid
- 30 Little louse 32 Having a romantic

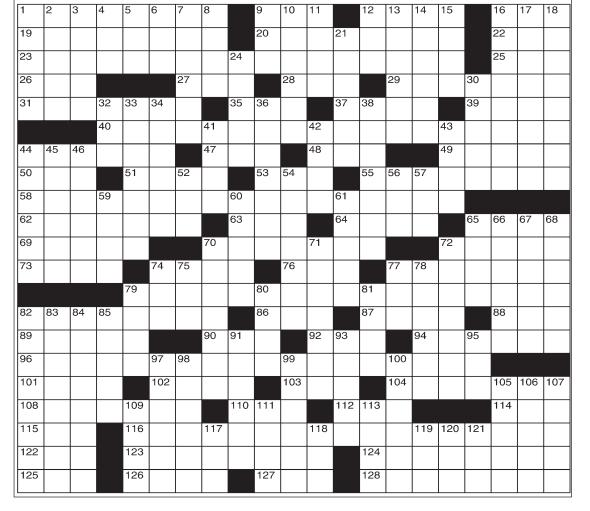
- glow, maybe 33 Carte lead-in 34 Profit
- 36 Big gorge 38 Gets zero stars
  - 39 WWII vessel 40 Spacious 42 Oust
  - 45 Radius neighbor
  - 46 Birthright barterer
  - 48 Charged bit 50 Before
  - 51 Pirouette pivot

#### CONSECUTIVE MAGIC MAZE TWO-WORD **PHRASES** SMJFBYUROKHDTAX

U Q N K H E B K Y V W N S P E TOO J H E B G G H O Y V I G D B N Y O W M A TREIBUD B T GMKIFI Y SQORMRKS Η TI F E BZIXWTTCOV RUS R OENDLSJFHL D D C AYTWNVTSAQOIXOP LAMINANLKRICAOH CFECKBLZYWCVUFB

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

Landing Animal Coloring Box House Book Kite Craft Cat Cover (clue answer) Fair Food Letter Instrument Weather



"Looking for someone to join you in a
\_\_\_\_\_\_ toast, Feeney?"

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! Strength WORPE Damage FEACH Gather ANGLE Transparent LACER TODAY'S WORD

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

# **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. Light is missing. 2. Box is smaller. 3. Collar is smaller. 4. Shirt design is different. 5. Hat is missing. 6. Picture is missing.

# PROFESSIONAL DIRECTORY

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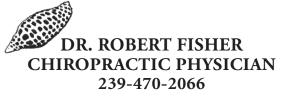
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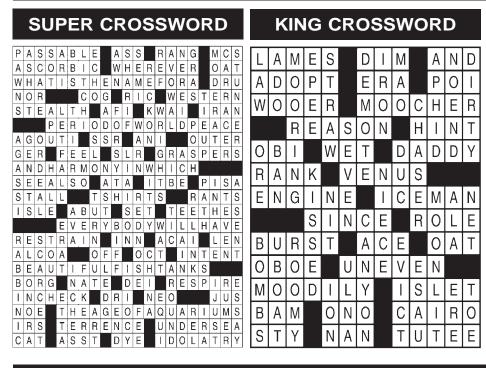
#### **CLEANING SERVICES**



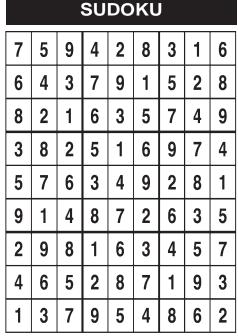
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Please submit a resume to jurasky@ crowclinic.org to be considered.

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#### PERSONALS

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Grandmothers passed away and grandfathers tryinig to locate the grandchildren. Tampa Jo Lee and Lance Allen Lee please call 812-372-5536.

#### **LEGAL NOTICE**

#### NOTICE TO CREDITORS

The administration of the estate of Suzanne H O'Connor, deceased, whose date of death was December 9, 2017, is pending in the Circuit Court for Lee County, Florida, Probate Division, the address of which is Justice Center, 1st Floor, 1700 Monroe Street, Fort Myers, Florida 33901. The names and addresses of the personal representative and the personal representative's attorney are set forth below. All creditors of the decedent and other persons having claims or demands against decedent's estate on whom a must file their claims with this court ON

copy of this notice is required to be served OR BEFORE THE LATER OF 3 MONTHS AFTER THE TIME OF THE FIRST PUBLICATION OF THIS NOTICE OR 30 DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM. All other creditors of the decedent and other persons having claims or demands against decedent's estate must file their claims with this court WITHIN 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE. ALL CLAIMS NOT FILED WITHIN THE TIME PERIODS SET FORTH IN FLORIDA STATUTES
SECTION 733.702 WILL BE FOREVER
BARRED. NOTWITHSTANDING THE TIME PERIODS SET FORTH ABOVE, ANY CLAIM FILED TWO (2) YEARS OR MORE AFTER THE DECEDENT'S DATE OF DEATH IS BARRED. The date of first publication of this notice is June 22, 2018. Attorney for Personal Representatives: Richard J. Miller, Jr., Morris & McVeigh LLP, 540 Broadway, Albany, NY 12207. Personal Representatives: Kathleen Donovan, 703 Great Oak Lane, Kennett Square, PA 19348, Denis O'Connor, 1296 Bruynswick Road, Gardiner, NY 12525, and Cynthia Gamble, 20 Cedar Street,

Charlestown, MA 02129. Date of Pub: June 22 & 29, 2018.

#### **Shore Fishing:** Don't Harm The Fish



by Capt. Matt Mitchell

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

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

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

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

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

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

**★★★★** ★ www.islandsunnews.com ★ PLACE CLASSIFIED ★ ★ ★ ★

## My Stars ★★★★ FOR WEEK OF JUNE 25, 2018

Aries (March 21 to April 19) Count to 10 if you must, but don't lose your temper, despite that person's (you know who!) efforts to goad you into reacting. Your restraint will pay off in a big way

Taurus (April 20 to May 20) This week finds you in a sociable mood, ready and eager to enjoy the company of family and friends. It's also a good time to seek out and renew old friendships.

Gemini (May 21 to June 20) Patience is called for as you await a decision about that project you're eager to launch. Meanwhile, try to set aside more time to share with that special person in your life.

Cancer (June 21 to July 22) Ávoid becoming involved in a workplace dispute early in the week by insisting both sides submit their stands to a neutral arbitrator. Things begin to cool off by Thursday.

Leo (July 23 to August 22) It promises to be a busy but productive week for the Big Cat. The pace slows by Friday, allowing you to catch up on matters you put aside but that now need your attention.

Virgo (August 23 to September 22) A suddenly disruptive family situation is best handled with a cool, calm and collected response. Wait until things settle to let off all that pent-up emotional steam.

Libra (September 23 to October 22) Your practical side dominates the week as you reassess your finances to make some sensible adjustments in what you plan to spend and what you expect to save.

Scorpio (October 23 to November 21) An unexpected meeting with a former colleague opens some interesting possibilities. But you need to press for full disclosure before making a decision.

Sagittarius (November 22 to December 21) A recent flurry of activity eases by midweek, giving you time to readjust your disrupted schedule and make new plans for a weekend getaway.

Capricorn (December 22 to January 19) You're usually the one who gives advice. But now it's time to open yourself up to counsel from friends who have your best interests at heart.

Aquarius (January 20 to February 18) You might find resistance to your call for a full inquiry into a workplace problem. But by week's end even the most rigid naysayers begin to come around.

Pisces (February 19 to March 20) A recurring problem surfaces once again. Maybe it's time you used your creative

talents to help you find a new approach to resolving it once and for all.

Born This Week: You are guided in what you do both by your intelligence and your emotions. An acting career would suit you quite well.

#### STRANGE BUT TRUE

- It was French author, philosopher and journalist Albert Camus who made the following sage observation: "Nobody realizes that some people expend tremendous energy merely to be normal."
- Famously flamboyant country singer and songwriter Dolly Parton once entered a Dolly Parton look-alike contest - and she
- If you're a sailor you're probably familiar with the hazards of being out on the water: high seas, storms, hidden reefs. You probably wouldn't count whales among the dangers, but you'd be wrong. In 2010, on a day sail out of Table Bay Harbor

in South Africa, a couple on a 30-foot sailboat were whale-watching when one got too close for comfort. A 40-ton whale they had been viewing breached right next to the boat and landed on the deck, breaking off the mast and then thrashing around before sliding back into the water. The whale lost some skin and blubber, but was otherwise unharmed; the couple were lucky to still have a seaworthy craft and made it safely back to the harbor.

- Married women aren't likely to be surprised by the following tidbit of information: Studies show that women with husbands typically do 30 percent more housework than single women do.
- If you're heading to the state of Washington with mischief on your mind, you'll need to keep in mind this state law: 'A motorist with criminal intentions [must] stop at the city limits and telephone the chief of police as he [or she] is entering the town." I bet that one has been really

effective in stopping crime.

• It's been reported that singer Sting doesn't use deodorant. In fact, after interviewing him for a concert once, the journalists nicknamed him "Stink.

#### THOUGHT FOR THE DAY

"It's far better to be unhappy alone than unhappy with someone." -- Marilyn

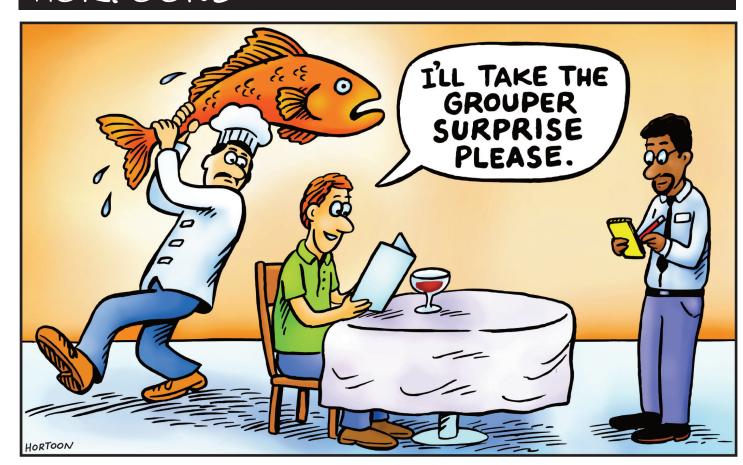
#### **SCRAMBLERS**

1. Power; 2. Chafe;

3. Glean; 4. Clear

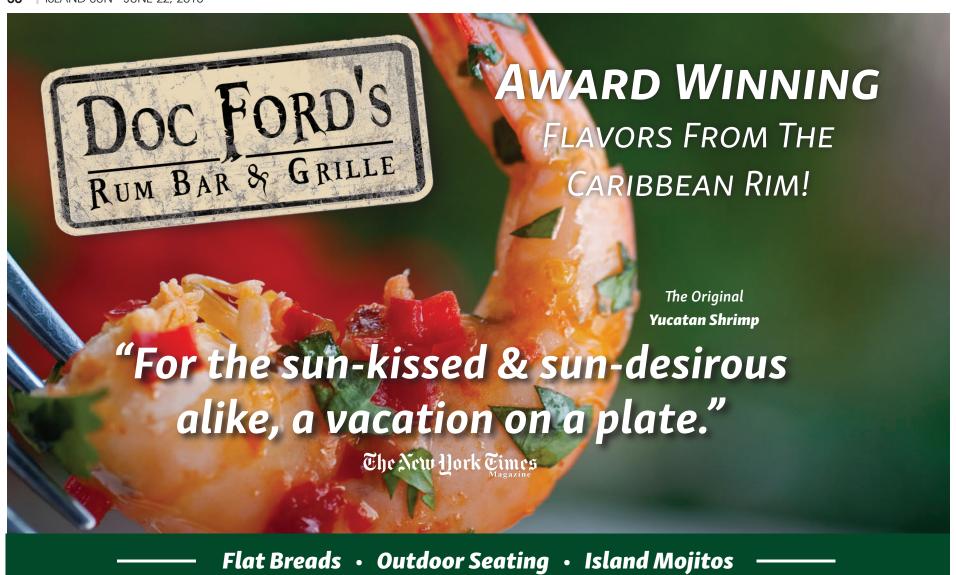
Today's Word

**FAREWELL** 



# Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Frowes Subdivision	Captiva	1946	3,161	\$2,495,000	\$2,350,000	138
Cases	Fort Myers Beach	1945	2,024	\$2,300,000	\$2,140,000	22
Colony Beach Estates	Sanibel	1988	3,240	\$2,075,000	\$1,950,000	238
Herons Landings I	Sanibel	1989	2,880	\$1,349,000	\$1,279,000	105
Lakewood	Fort Myers	2005	3,871	\$995,000	\$975,000	181
Cranbrook	Bonita Springs	1992	2,974	\$959,500	\$925,000	54
Renaissance	Fort Myers	2018	3,255	\$946,805	\$920,000	83
Idlewilde	Estero	2003	3,122	\$895,000	\$830,000	69
Cape Coral	Cape Coral	2014	2,853	\$845,000	\$810,000	231
Wildcat Run	Estero	1990	3,311	\$874,900	\$800,000	217

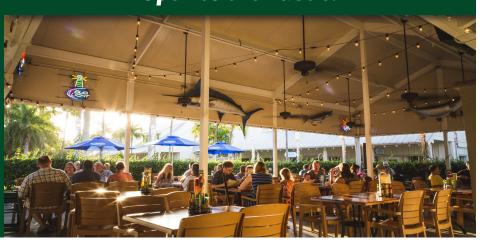


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