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SANIBEL & CAPTIVA ISLANDS, FLORIDA

JUNE 7, 2019

JUNE SUNRISE/SUNSET:

7 6:35 • 8:19 8 6:35 • 8:20 9 6:35 • 8:20 10 6:35 • 8:21 11 6:35 • 8:21 12 6:35 • 8:21 13 6:35 • 8:22

Conchologists Conference Open To Public

submitted by Joyce Matthys

Shell collectors from around the United States and Canada will meet for the 48th Conchologists of America (COA) Convention at South Seas Island Resort on Captiva from June 17 to 23. The week will be filled with programs and events that center around a common interest – seashells and mollusks, the animals that create shells. You don't have to be a member of COA to attend the conference. It is open to anyone who is interested in shells, marine life and our oceans.

During the conference, 17 guest speakers will cover a wide variety of topics. For example, professional underwater photographer Linda Ianniello, a "black water diver" who follows a glowing ball to depths of over 500 feet, will show her photography of mollusks found there. Gene Everson from Louisville, Kentucky will share



The coveted junonia photo by Jeff Lysiak
his shell-collecting experiences in Mozambique and Madagascar, while Dug Wolfe from Beaufort, North Carolina tells about the mollusks found in his own
continued on page 6

Cartoon Series Honors 'Ding' Darling

In partnership with the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), the *Island Sun* will be celebrating the 75th anniversary of the JN "Ding" Darling National Wildlife Refuge by honoring its roots in the noble profession of newspaper editorial cartooning.

Starting this week, through December 1, 2020, the refuge's official anniversary, this newspaper will be running a monthly historical editorial cartoon penned by Jay Norwood "Ding" Darling, who twice won the Pulitzer Prize for his thousands of cartoons that appeared in the *Des Moines Register* in the early 1900s, syndicated in 150 dailies across the country.

We start this month with one of Darling's most famous cartoons, published September 9, 1927, and cementing the artist's concern for ducks, which culminated in his creation of the Federal Duck

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JN "Ding" Darling

photo provided



Swimming legend Diana Nyad and *Voyager I* co-owner Dee Brady holding up a poster Nyad donated to the Wall of Fame located inside the office of Jensen's Twin Palm Cottages & Marina

photos by Jeff Lysiak

Nyad Salutes Historic Vessel

by Jeff Lysiak

For more than 40 years, long-distance swimming legend, motivational speaker and best-selling author Diana Nyad has been an inspiration to people from all walks of life. Her incredible

accomplishments – including her record-breaking 110-mile swim between Havana, Cuba and Key West, Florida – have made headlines around the world.

Last week, Nyad returned to Captiva to witness the transfer of ownership of the *Voyager I*, the 34-foot motorized catamaran which accompanied her during the history-making swim, spanning August 31 through September 2, 2013.

"We became family," Nyad said of the



Voyager I docked at Jensen's

Voyager I's owners and crew, many of whom attended the May 28 ceremony held at Jensen's Twin Palm Cottages & Marina. "We didn't just work together over a couple of days... it took weeks and months and years. And you can never take away what these people did and the sacrifices they made over and over again."

Almost six years ago, Nyad, the *Voyager I*'s crew – including co-owner

Dee Brady – as well as a team of doctors, shark and jellyfish experts completed the 110.86-mile journey from Cuba to Florida in 52 hours, 54 minutes and 18 seconds. At age 64, Nyad became the first person to ever complete the course without the protection of a shark cage in the fifth attempt during her illustrious athletic career. Her first attempt came in 1978,

continued on page 10

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The Road Rally Committee will select the Best Decorated Vehicle

photo provided

Optimists Hosting 40th Road Rally After Parade

This year, the 40th running of the Sanibel-Captiva Optimist Club Road Rally has been honored as an historical event by the Sanibel City Council. A proclamation was read at the Sanibel City Council meeting on June 4 at Sanibel City Hall. Three Optimist Club members were recognized for their leadership as Rally Masters for the annual road rally: Randy Carson, Richard McCurry and Dani Howard.

Sanibel-Captiva Optimist Club's longest-running 4th of July event on Sanibel celebrates 40 years of fun for teams and families as they puzzle out the clues while following a prescribed driving course around the island.

Prizes will be awarded for correct time and mileage, for the most correct answers to the quiz about things seen along the route (it is not necessary or recommended that participants leave their vehicles, except at the prescribed rest stop). Also, prizes will be awarded for the best decorated vehicle, the team coming from the farthest location, and the team finishing last. A 50/50 raffle will also be available.

Choose your team (a driver, navigator and spotters are usual). Then fill in the entry form from Bailey's General Store, Sanibel Cafe, Sanibel Captiva Community Bank, the local newspaper or online at www.sancapoptimist.org. Mail it, together with this year's pre-registration entry fee of \$40 (\$45 walk-in fee at starting line), to San-Cap Optimist Club, P.O. Box 1370, Sanibel, FL 33957, or bring it to the starting line (credit cards accepted). Entry fee includes: car, driver, navigator, unlimited crew and one official Road Rally T-shirt (additional T-shirts will be available for \$15 each). The number of vehicle entries is limited to 50, so register early.

Starting times, following the end of the Sanibel & Captiva Islands Independence Day Parade, are every two minutes beginning at noon from the parking lot at the Timbers Restaurant, located at 703 Tarpon Bay Road. The rally also ends there for the "afterglow" party.

Early registrants can select their starting time by calling Randy Carson at 699-8739. See the entry form for more details or call Randy Carson, Richard McCurry, 292-4631 or Dani Howard, 472-0836.

As usual, all vehicles will be ranked at the finish by points awarded for the most correct answers to the rally questions based on sights seen along the designated route, for a finishing time closest to the committee's calculated times, for the distance driven closest to pre-determined route distance, and extra points for other answers. Clues to extra credit answers will be published in local newspapers in the weeks prior to the Rally. Copies of the newspapers will be provided in the package of instructions given to each entry at each vehicle start. Prizes are awarded to the winners. Each year the rally committee selects and discloses its choice of the Best Decorated Vehicle.

Sponsorships are still available for tax-free donations of \$100 or more. There is a tiered sponsorship consisting of three levels:

Event Sponsor Platinum Level of \$1,000 or more, Lions Paw Gold Level of \$500, Junonia Silver Level of \$250 and Conch Pearl Level of \$100.

Each sponsor receives publicity and a placard on one of the rally vehicles. Call Randy Carson, Richard McCurry or Dani Howard for sponsorships.

All proceeds from the rally provide funds for the local Sanibel-Captiva Optimist Club's six college scholarships and many other benefits for local youth. The Sanibel-Captiva Optimist Club is a 501(c)3 charitable organization.*

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Cartoon by JN “Ding” Darling
Captiva Island Historical Society

photo courtesy CIHS archives

Looking Back: ‘Ding’ Darling Cartoon

This cartoon by JN “Ding” Darling depicts Darling’s “Fish House” on the bay off Captiva, dated 1942.

The History Gallery, developed by the Captiva Island Historical Society (CIHS), features many photos like this. All ages are welcome to step aboard a wooden replica of the old mailboat, *Santiva*, to capture the spirit of Captiva and learn through graphic and video panels about the events and people that shaped the island. The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane and open during library hours. Call 533-4890 for information.

Visit the website at www.captivaislandhistoricalsociety.org/archives/research to view many more images to bring you closer to Captiva.✱

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BAT YAM-TEMPLE OF THE ISLANDS

The Reform Jewish congregation has Friday Shabbat services at 7:30 p.m. (7 p.m. from May to Sept.) in Fellowship Hall of Sanibel Congregational UCC. Rabbi Stephen Fuchs, President Barry Fulmer. www.batyam.org, 2050 Periwinkle Way, 732-780-2016.

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 Sunday 10:30 a.m., Sunday School 10:30 a.m., Wednesday afternoon meeting 4:30 p.m. Reading room open, Monday, Wednesday and Friday 10 a.m. to 12 p.m. (November through March), Friday 10 a.m. to 12 p.m. (summer hours). 2950 West Gulf Drive, 472-8684.

SANIBEL FELLOWSHIP, sbc

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

SANIBEL COMMUNITY CHURCH

Dr. Stephen LeBar, Interim Senior Pastor Sunday Worship: 8 a.m. Traditional in Historic Chapel; 9 a.m. Contemporary and Children's Church in Main Sanctuary; 11

a.m. Traditional in Main Sanctuary. Childcare available at all services. www.sanibelchurch.com, 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. Sunday worship: chapel service at 7:45 a.m.; 10 a.m. blended or traditional service (alternate months). Sunday school and nursery care at 10:00 a.m., www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

ST. ISABEL CATHOLIC CHURCH

Pastor Reverend Christopher Senk, Saturday Vigil Mass 5 p.m., Sunday Mass 8:30 and 10:30 a.m., 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 (resumes in September). Tuesday Morning Prayer 9 a.m. Wednesday Healing Eucharist 9 a.m. (excluding July & August). Prayer and Potluck first Wednesdays 6 p.m., www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 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. ryi39@aol.com, 2050 Periwinkle Way, 433-4901.✱

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Darrin Grotrian of Bank of the Islands displays a T-shirt

photo by Logan Hart

Independence Day Parade Shirts Selling Fast

The 29th annual Independence Day Celebration T-shirts – themed Seas the Day – are selling fast at Bank of the Islands, located at 1699



Periwinkle Way. Tanks and T-shirts in light grey are available for \$10 each in sizes S to XL; \$12 for XXL. Artwork was designed by Dave Drotleff.

The annual Sanibel and Captiva Islands Independence Day Parade will be held on Thursday, July 4 beginning at 9:30 a.m. at the intersection of Periwinkle Way and Tarpon Bay Road. Captains for Clean Water will serve as grand marshal. The parade route runs from Tarpon Bay Road down Periwinkle Way and ends at Casa Ybel Road. Parade judges will be stationed in front of Winds on Periwinkle Way, across from Palm Ridge Road. Awards will be given in nine categories: Best Float-Commercial; Best Float-Small Entry; Best Float-Nonprofit; Best Float-Family; Best Nature Theme; Best Salute to the U.S. Military; Best Original Design; Most Patriotic; and Best Music. Entry forms are available at Bank of

the Islands and also published in *Island Sun*. Commercial entry fee is \$30 and non-commercial is \$15. Deadline for entry is Monday, June 24. There will be a mandatory parade participant meeting on Friday, June 28 at 10 a.m. or 5 p.m. One representative from each entry is required to attend a meeting to receive instructions, their parade information packet and number assignment in the parade lineup. The lineup takes place from 8 to 8:30 a.m. on Island Inn Road; enter Island Inn Road from Middle Gulf Drive. Participants arriving after 8:45 a.m. will be placed at the end of the lineup. There is a 12-foot maximum height restriction for floats, and the use of devices such as water guns, launchers and hoses is prohibited during the parade.

Periwinkle Way will be closed from Donax Street to Tarpon Bay Road beginning at 9 a.m. and will reopen around noon. Parade viewers are encouraged to arrive early to secure their spots, and bring lawn chairs or blankets. Parking will be available at Jerry's Foods, Sanibel Community Church, Tahitian Gardens Shopping Center, Forever Green/ACE Hardware, Sanibel Congregational United Church of Christ, Periwinkle Place Shopping Center, The Community House, Sanibel Square, The Village Shops, Palm Ridge Place and Bailey's Center. Handicap parking will be available at Sanibel Community Park until 9 a.m. For more information, call 246-2981.*

Hurricane Preparedness Seminars

Lee County Emergency Management has scheduled additional Hurricane Preparedness Seminars that are open to the public for the month of June.

The free seminars will include

information on how to prepare families and homes for hurricane season and how emergency management responds to hurricanes and other disasters.

The seminars now scheduled are:

Friday, June 14, 1 p.m. – The Community House, 2173 Periwinkle Way, Sanibel

Friday, June 14, 6 p.m. – United Methodist Church, 5701 Pine Island Road NW, Bokeelia

Wednesday, June 19, 2 p.m. – Cape

Coral Public Library, 921 SW 39th Terrace, Cape Coral

Thursday, June 20, 10 a.m. – The Community House, 2173 Periwinkle Way, Sanibel

Thursday, June 27, 6 p.m. – Habitat for Humanity, 1288 North Tamiami Trail, North Fort Myers

Additional seminar dates and locations will be posted if more are scheduled at www.leeecoc.com; check the website to see if registration is necessary for individual events.

In accordance with the Americans

with Disabilities Act, Lee County will not discriminate against qualified individuals with disabilities in its services, programs, or activities. To request an auxiliary aid or service for effective communication or a reasonable modification to participate, contact Debbie Quimby, 533-0622, Florida Relay Service 711, or dquimby@leegov.com. Accommodation will be provided at no cost to the requestor. Requests should be made at least five business days in advance.*

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OBITUARY



**ELIZABETH "BETTY"
BEACH BARRUS**

Betty Barrus, 95, resident of Shell Point Retirement Community in Fort Myers, Florida, passed away on May 29, 2019.

Betty was the beloved wife of Donald Barrus for 60 years; loving mother of James Barrus, Susan (Mark) Hutchison and Janet (Bruce) Van Dyke; devoted grandmother to Andrew, Ted and Sam Barrus; adored aunt, mother-in-law and great grandmother. She was a treasured friend, mentor and colleague to many. Betty was preceded in death by Don,

her parents, Walter and Elizabeth Beach, brother Leslie Beach, and sisters Georgia Burke and Lucille Begin.

Betty and Don met at St. Louis Park High School (Minneapolis, Minnesota) and were married in 1945. They lived in Minneapolis until 1961, then relocated to Lake Forest, Illinois. Betty was a stay-at-home mother for two years before she started her career in insurance. She rose to the top of her agency, bought it, and grew it into the highest producing independent insurance agency in Illinois.

Betty sold the business in 1979, and she and Don began to live their dream, spending time aboard their boats, *Whoopee* and *Whoopee Too*. They traveled frequently to their beloved Green Turtle Cay in the Abacos (Bahamas) where they sailed and spent days on the beach with their Bahamian friends and family.

Betty and Don retired to Sanibel, Florida in 1985 where Betty came to be well known for her upbeat personality, her Avon business and her signature feather boas. She was a bell ringer for The Salvation Army for over 20 years, and a volunteer docent at the Sanibel Historical Museum. Betty had a great fondness for Corvettes and owned three over the years. Her last one featured her signature license plate: "Whoopee."

Betty was very accomplished at needlepoint, creating beautiful pillows and oriental rugs that now adorn the homes of her family and friends. Countless children will remember her fondly for the birthday cards with a \$2 bill inside that she sent every year until they turned 20.

Betty relocated to Shell Point in 2015 where she enjoyed meeting new friends

and keeping up with the old ones. In lieu of flowers, donations can be sent to the Sanibel Historical Museum in Betty's name (<https://sanibelmuseum.org/donate/>). A celebration of a life well lived will be held on Green Turtle Cay later this year. In the meantime, raise a toast (best done with a martini), toss a feather boa around your neck, smile and say, "Whoopee!"**

Memorial Fund Opened For Teen

A memorial fund for William "Willie" Jenkins, the Fort Myers teen who died while shark fishing off the Sanibel Causeway, has been established at Sanibel Captiva Community Bank by the staff of Broadway Palm Dinner Theatre, where both of Jenkins' parents are employed.

Donations can be made at any Sanibel Captiva Community Bank location to the William Jenkins Memorial Fund. After the bank made a corporate contribution to the memorial fund, a number of bank employees decided to challenge colleagues to match the bank's donation through individual donations. Those efforts have resulted in nearly \$1,500 contributed to the memorial fund by the bank and its employees. Broadway Palm Dinner Theatre has promised to match every donation, dollar for dollar.**

From page 1

Conchologists

backyard. Anne DuPont will speak about Mollusks in Medicine, and Tom Annesley will tell how the study of venomous cone snails led to the discovery of a powerful painkiller that is now FDA approved. The convention will feature topics from tree snails to fossils, shelling in Jamaica, to a NOAA Okeanos scientific cruise and a presentation titled Silence of the Clams.

The convention will also be a celebration of Dr. R. Tucker Abbott's life. This year marks what would have been the 100th birthday of this renowned conchologist and malacologist. Abbott was to shell collectors as Audubon is to birders. He was the driving force behind the Bailey-Matthews National Shell Museum on Sanibel, and was the museum's first director. Regretfully, he did not live long enough to see the completion of his

dream. Dr. José Leal, science director and curator at the museum, will present the first program of the conference, titled Building a Shell Museum from Scratch: The Many Contributions of R. Tucker Abbott. The convention will close with a birthday party for Abbott with banquet speaker Dr. Henry Chaney of the Santa Barbara Museum of Natural History sharing interesting stories about Abbott's life.

On Saturday, June 22, Paul Callomon of Drexel University will be introducing the new book by Wolfgang Grulke, *Beyond Extinction: The Eternal Ocean. Climate Change and the Continuity of Life*. After his introduction, attendees will travel live via satellite to Dorset in the United Kingdom to meet Grulke. He will then lead a behind-the-scenes tour of his museum and show items from his collection on which the book is based. A live question-and-answer session with Callomon and Grulke on matters arising from the challenges raised by his book will follow. Fifty limited edition and signed copies of the book will be for sale later in the day at The Bourse.

Registration fees are the same for members and non-members alike. Although registration is required to attend the lectures and social functions, two events are open to the public free of charge. These are the auction and the book signing.

An auction of shells and shell-related items is held each year to raise funds for the Conchologists of America Scholarship Fund. The auction offers a variety of rarely seen and highly desirable specimen shells. For most people, this is a chance in a lifetime to see some of them. It will be held on Thursday, June 20 in the Captiva Ballroom. The auction preview begins at 6 p.m. with the auction following at 7 p.m. Attending the auction is free, but you must register to be able to bid.

The word "bourse" goes back to the 1570s in France and means "an exchange." However, at COA, it means "the largest shell market ever" with shell dealers coming from all parts of the world to participate. Many of the shells are beyond description. The Bourse will be open Saturday, June 22 from 1 to 8 p.m. and Sunday, June 23 from 9 a.m. to 3 p.m.

For more information, contact Anne Joffe, convention chair, at 472-3151.**

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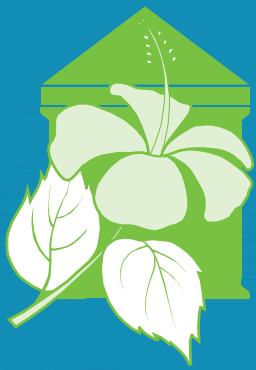
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On Tuesday, the Florida League of Cities Home Rule HERO Award was presented to Sanibel Mayor Kevin Ruane, Vice Mayor Mick Denham and Councilwoman Holly D. Smith by FLC Legislative Director Scott Dudley. Pictured from left are Smith, Dudley, Ruane and Denham.

photos by Logan Hart

Council Considers Leaf Blower Restrictions

by Jeff Lysiak

During Tuesday’s Sanibel City Council session, discussions regarding the use of fuel-powered leaf blowers on the island continued.

Back on March 19, Councilman Jason Maughan initiated talks about whether the city should consider a ban of fuel-powered leaf blowers. According to Maughan, a number of concerned citizens contacted him with complaints about the devices, which they claimed are bad for the environment and are a source of noise pollution. Following a lengthy discussion, council directed city staff to bring back some information regarding municipal regulations of fuel-powered leaf blowers.

On Tuesday, Maughan himself complained about being awoken on Memorial Day at “half-past seven” by the sounds of a leaf blower.

Keith Williams, director of the city’s department of community services, presented his staff report on research related to gas-powered leaf blowers. He explained that while local ordinances do

not directly regulate their use, regulations related to noise disturbances do limit their use to between the hours of 8 a.m. and 9 p.m.

“Community services staff compiled research on 15 communities both in and outside of Florida, focusing on legislation, implementation process, public education and penalties associated with gas-powered leaf blower use,” the staff report reads, in part. “Four of the 15 municipalities researched – including the Village of Key Biscayne – enacted a ban of all gas powered leaf blowers. Other municipalities researched – including the City of Naples and Town of Palm Beach – implemented restrictions on the hours of allowed usage, maximum noise sound level (decibel) and required noise mitigation methods. All of the municipalities researched determined that violations fell upon the operator of the gas-powered leaf blower, not the property owner.”

Williams presented both the 76-page staff report along with a 101-page public education memorandum, which presents in great detail how the Village of Key Biscayne implemented its gas-powered leaf blower ban.

“There are quite a few things that we’ll have to digest,” said Mayor Kevin Ruane, who requested that discussions on the subject be continued until next month’s



Presenting a proclamation honoring the 40th anniversary of the Sanibel-Captiva Optimist Club Road Rally, taking place on July 4, is, from left, Mayor Kevin Ruane and club members Richard McCurry, Dani Howard, Stan Howard, Randy Carson and Alaina Howard

council meeting. “We need to take some time to form more substantial opinions on this so we can come up with a way to roll this out.”

Following some additional deliberations, the audience was asked to weigh in on the matter. Barbara Cooley said that Sanibel’s current 8 a.m. to 9 p.m. seven days per week noise regulation was “not very restrictive.” Ruane called the regulation “absurd.”

Later, resident and Planning Commissioner Karen Storjohann questioned if anybody from the city had reached out to some of the local landscaping companies themselves, inquiring about the impact having to convert to electricity-powered leaf blowers would have on their companies.

The subject of considering an island-wide ban on gas-powered leaf blowers will be added to the council’s July 16 agenda.

In other business, four Employee Dependent Scholarship Program awards were handed out. Receiving scholarships this year were Jacob Crandon, son of Lt. Frank Crandon of the Sanibel Police Department; Amber Schweitzer, daughter of Steve Schweitzer of the community services department, public works division; Haley Upchurch, daughter of Jocelyn Upchurch of the finance department; and Alissa Vetter, daughter of Holly Vetter of the community services department, building division.

Also, a pair of sponsorship awards to attend the 2019 Junior Sailing Summer Camp at the Captiva Island Yacht Club was given to John Kelly, son

of Scotty Lynn Kelly of the community services department, support services supervisor; and Landon Woolfe, son of Veronica Runge of the natural resources department.

Council Honors Former Mayor

At the conclusion of Tuesday’s meeting, members of the council, city staff and the audience gathered at MacKenzie Hall took time to honor former Sanibel Mayor Mike Klein, who will celebrate his 100th birthday on June 17. A proclamation was read in recognition of his service to the community.

Klein served as mayor from December 1982-83 and December 1987 to November 1988, during which city council adopted 61 ordinances and 227 resolutions. Among the legislation adopted during his tenure were numerous ordinances concerning implementation and development of land use and building codes.

Originally from Rochester, New York, Klein worked for Eastman Kodak Company before enlisting in the United States Army. He was involved in the early attempts to build infra-red night vision telescopes. This work resulted in present-day night vision binoculars used by the United States Armed Forces.

In 1979, Klein – alongside Ikki Matsumoto, Polly Matsumoto and Pete Smith – formed the nonprofit organization Barrier Island Group for the Arts (BIG ARTS). Currently, he lives at Shell Point Retirement Community in Fort Myers, where he is an active participant in pottery classes.*

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Mike Terry

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Bob Petcher

Graphic Arts & Production

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Amanda Hartman
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Reporter

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Diana Nyad, center, poses for a picture with fans Kelle Covington and Joyce Matthys during her visit to Captiva last week

photos by Jeff Lysiak

From page 1

Historic Vessel

with subsequent attempts occurring in 2011 (twice) and 2012.

Brady, who lives on Anna Maria Island, Florida, brought *Voyager I* to Captiva last week, where she and co-owners Kate and Jeff Davis were to transfer ownership of the vessel to John and Pauline Berry. During each of Nyad's last four attempts at completing

the Cuba-to-Florida swim, Brady had stopped at Jensen's Marina to stay overnight and refuel.

"I remember getting a call from John Bartlett, who told me that some woman wanted to hire the boat to accompany her from Cuba to the United States," said Brady. "But when he told me the name Diana Nyad, I was like 'Are you kidding me? That's not just some woman!'"

According to the boat's owners, the *Voyager I* is a catamaran that has a



Diana Nyad celebrated the occasion by playing *Reveille* on her bugle

water-level access on her stern side for kayaks and other smaller vessels. "It's perfect for swimmers... almost an ideal boat made just for her," they said.

"That boat's pure magic," added Nyad.

Among the small crowd of admirers attending the ownership transfer ceremony was Merni Libonate, a Captiva resident who first met Nyad more than 44 years earlier.

"I remember back in 1975 when she swam around Manhattan," Libonate recalled. "That was a really big thing back then because the women's movement was going on. We went down to meet her at the end of her swim at Battery Park. It was enormous... so empowering!"

On October 6, 1975, Nyad became the first woman to swim around the island of Manhattan, completing the 28-mile course in seven hours, 57 minutes.

"The mayor of New York, Abe Beame, gave me the key to the city," Nyad added.

Also on hand was Kelle Covington of Bonita Springs. Her son, Dr. Derek Covington, was one of the 35-member team that accompanied Nyad during her historic 2013 swim. She brought a photograph of Nyad and her son for the swimming icon to autograph.

While addressing the 25 or so onlookers gathered underneath the chickee hut at Jensen's, Nyad discussed that her Cuba-to-Florida journey represented a lifelong dream fulfilled. As a youngster in the early 1960s, she remembered standing on the beach in Fort Lauderdale with her mother.

"I was fascinated with Cuba, and my mother pointed out towards the ocean and told me that Cuba was just beyond the horizon," said Nyad. "I told her 'I can't see it,' and she said, 'You could almost swim there if you tried really hard.'"

In August 2011, Nyad swam for 29 hours in rough seas before the Cuba-to-Florida attempt was halted. Another try one month later ended after 41 hours due to strong currents and both jellyfish and Portuguese man-of-war stings. Storms and jellyfish stings thwarted her fourth attempt in August 2012.

But after her fifth attempt, which was hailed as one of the world's great athletic achievements, Nyad shared three poignant messages with the crowd that greeted her on the Key West shoreline:

It looks like a solitary sport, but it's a team.

You're never too old to chase your dreams.

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Residential Hurricane Re-entry Permit
images provided

City Reusing 2016 Hurricane Re-Entry Permits

The hurricane season in the Atlantic Basin (Atlantic Ocean, Caribbean Sea and Gulf of Mexico) runs June 1 to November 30. A storm can occur any time, however the busiest period is from mid-August to mid-October.

The City of Sanibel is still using the purple (residential) and tan (commercial) 2016 passes for 2019. People already issued those passes do not need to apply.

Used after an evacuation, the passes aid security, speed re-entry and provide traffic control at a time when traffic must be kept to a minimum.

Owners and residents who have not been issued a 2016 pass can request one at Sanibel City Hall, located at 800 Dunlop Road. Do not wait until a storm threatens to get your pass. The pass program is all about safety and security, therefore getting a pass requires a short application and specific documentation.

For more information, visit www.mysanibel.com/emergency-management or call 472-3111.*



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Parade Entry Form

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Number of Participants: _____

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Other? _____

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

Name Email & Phone # of Person Attending Meeting on 6/28: _____

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



The bright red pulp on the seeds attracts birds
Plant Smart

Tree Of Life

by Gerri Reaves

Tree of life is one of Florida’s most beautiful native trees. This evergreen’s natural habitat is rockland hammocks of the southernmost part of Florida. The Latin name *lignum vitae* translates as “wood of life.” The tree is also called holywood (a reference to “sanctum”) *lignum vitae* and roughbark *lignum vitae*. This member of the caltrop family can reach 25 feet high with a crown of equal width, but usually reaches only 15 to 20 feet high.

photos by Gerri Reaves

A spreading canopy and dense foliage provide good cover for birds. The whitish bark is fissured or gnarled. The leaves of about four inches long usually consist of three or four pairs of glossy lance-shaped leaflets. Each leaflet is about an inch long and unequally divided at the mid-vein. The conspicuous blue flowers are the tree’s most celebrated ornamental characteristic. They bloom singly or in clusters at the branch ends, sporadically throughout the year but peak in spring. They measure less than an inch across and have five spoon-shaped petals. The yellow five-angled, egg-shaped fruit opens to reveal black-brown seeds



Tree of life, also known as *lignum vitae*, produces blue flowers year ‘round. The tree is endangered in Florida.

covered by brilliant red pulp. This species is the host plant for the rare lyside sulfur butterfly. The flowers attract a variety of bees, and the seeds are eaten by birds. Tree of life is listed as an endangered species in the State of Florida and as critically imperiled in South Florida by the Institute for Regional Conservation. This dire state is at least partially a result of over-collection by early plant explorers. Its extremely slow growth exacerbated the problem. Early Europeans attributed the resin with significant medicinal properties (e.g., a cure for syphilis), thus adding to the demand. In addition, the tree was over-harvested for its hard durable wood that is so dense that it will not float. It was used for building ships and machine parts, including by the U.S. Navy. Tree of life is a beautiful addition to the landscape as an accent specimen or even as a patio or container plant.

Give it rich moist soil in sun to partial shade. It has medium drought and fire tolerance and high salt and wind tolerance. Propagate with the seeds. Sources: *500 Plants of South Florida* by Julia F. Morton; *Florida Gardener’s Guide* by Tom MacCubbin and Georgia B. Tasker; *Florida, My Eden* by Frederick B. Stresau; *Florida Plants for Wildlife* by Craig N. Huegel; *A Gardener’s Guide to Florida’s Native Plants* by Rufino Osorio; *National Audubon Society Field Guide to Florida* by Peter Alden et al.; *Native Florida Plants* by Robert G. Haehle and Joan Brookwell; *Trees of Everglades National Park and the Florida Keys* by George B. Stevenson; *Waterwise* by SFWMD; <https://edis.ifas.ufl.edu>; www.fnps.org; and www.regionalconservation.org. Plant Smart explores the diverse flora of South Florida.✽

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From page 1

Cartoon Series



JN "Ding" Darling published some 15,000 editorial cartoons that chronicled the history and trends of the nation for more than 50 years

Stamp program in 1935.

Titled *What Does Mere Man Know about the Perils of Non-Stop Flight?*, the cartoon recognized the need to create resting places for migratory birds. Considered prophetic in his time about issues that would affect our nation and the world, Darling later laid the foundation, as chief of the precursor to

the U.S. Fish & Wildlife Service, for the national wildlife refuge system, which today oversees more than 560 refuges.

To learn more about Darling, his work and his legacy, watch future *Island Sun* issues for this new monthly feature. For more information about the refuge's 75th anniversary celebration, visit www.ding75.org.

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Useppa Tarpon Tournament



by Capt. Matt Mitchell

This week was the Useppa Island Izaak Walton tarpon tournament. This historic tournament has been going on for over over 100 years. The format is a two-day event fishing for tarpon in the afternoon then again the following morning. This year's field was 15 guided boats, each with a team of two anglers that blindly draw their captain.

The first afternoon, I started by running out to the barrier island beaches and sightfishing strings of tarpon as they crossed a shallow shoal gulf side. High sun and clear water made this the perfect setup as we could see fish approaching us from almost a hundred yards. Seeing so many tarpon and taking shots at them, we finally managed a hook. Watching this fish gulp a bait in shallow clean water is what tarpon fishing is all about. Unfortunately, this fish came right at the boat going airborne within 20 feet, and we could do nothing but gasp as it came loose.

As the beach side sea breeze picked up, we ran back inside to the sound looking around without success. With a hill tide in full swing, it was time to head to the chaos of Boca Grande Pass. I don't fish this pass very often,

though if you ever want to fish it, the hill tides of May and June are as good as it gets. Heading into the pass, it was loaded with a few hundred boats, not only fishing but dip-netting crabs. These "Hill Tides" happen when a big two-foot or greater tide falls out to a minus tide. All this water flow flushes out the pass sucking out the swimming crabs as the waiting tarpon feed.

Coming up towards the huge pack of boats, we followed the weed line and quickly dip-netted a few dozen crabs. Crabs were everywhere along with hundreds of tarpon coming up and gulping air. Rigging the rods with a large split shot up from the circle hook, we got in on the drift, lowering our freshly caught crabs to the bottom. We did manage a few bites but had both fish break off.

The spectacle of tarpon fishing in this pass is like nothing you will ever see anywhere else. Old time Boca Grande inboard boats, along with every other kind of boat you can imagine, all drifting gunnel to gunnel as captains back down into the tide keeping the lines straight up and down. Looking through the many boats, you would see anglers fighting fish as they tried to keep the boat over the hooked tarpon in order to move it out of the pack. Day one of the tournament, 25 fish where caught with almost all of those fish coming out of Boca Grande Pass.

Day two of the tournament was an early start and a much slower bite. Finding a few fish here and there, we did find one hungry group on North Captiva that, once we got in casting range, quickly ate our bait. Chasing our hooked fish down on the trolling motor, we got



Sideways jumping tarpon

photo provided

our leader touch within 10 minutes. Only five tarpon were caught the second day of the tournament even though most captains sat in rolling fish all morning long. As suspected, these fish were waiting for that hill tide buffet later in the day.

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

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Dave Doane

CROW Case Of The Week:

Northern Mockingbird



by Bob Petcher

The northern mockingbird (*Mimus polyglottos*) is the only mockingbird regularly found in the continent. There is no such thing as a southern mockingbird. The northern songbirds

move south during the winter.

Northern mockingbirds are distinguishable by their long tail. Their short wings make their tails look longer, especially in flight. Adults have gray backs and white underbellies.

Mockingbirds mimic sounds from other birds, various animals and even environmental sounds like car alarms and creaky gates. Each song is a series of phases that are repeated several times before the singer moves on to another song.

Males are more vocal than the female species. A male can learn close to 200 songs during its lifetime. In an act of courting, unmated males may even sing at night, especially when there is a full moon.

While they are not known to visit feeders, you can spot a northern mockingbird on poles, utility lines or tall

shrubs. These New World passerine birds like to live by farms and woodland areas. They will dine on berries while perched on shrubs and trees or hop to the ground to capture insects.

At CROW, a northern mockingbird was admitted from a Fort Myers parking lot after it had fallen from a nest. Upon its initial exam, veterinarians noticed that the patient's right leg was not positioned correctly and was unable to be properly used by the bird. X-rays revealed that the patient had a right tibiotarsal (shin) fracture. Veterinarians placed the injured limb in a splint to help the fracture properly heal.

"The splint is made of medical tape and pieces of a wooden tongue depressor. This was applied under general anesthesia and guidance using radiographs," said Dr. Kyle Abbott, CROW veterinary intern. "The patient will be in the splint somewhere between 10 and 14 days. At that time, the fracture will be stable enough to not require a splint."

The young mockingbird will spend time with other youthful members of its species once its leg is better.

"Once the splint is removed, the patient is monitored for progress while being raised with other baby mockingbirds prior to release," said Dr. Abbott.

The patient was given pain medication as well as a course of antibiotics to treat a series of small wounds found on its body.

"The patient will be on antibiotics until the skin can be assessed under the splint," said Dr. Abbott. "The patient was



Patient #19-2021 is recovering from a shin fracture and, due to its age, will not be released until it is older and able to fend for itself
photo by Megan Barry

placed on antibiotics due to some small wounds on the legs from the trauma it underwent."

The release of the juvenile northern mockingbird will be judged upon the growth of the young patient. It will also need flying and eating skills prior to release to survive.

"The mockingbird is doing well, growing and gaining weight," added Dr. Abbott. "Release occurs once the patient is old enough and eating well on its own

in an outside enclosure. The fracture will be stable long before the patient has reached an age where it can be released."

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

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Shell Of The Week

Striate Tellin



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

Measuring at most 20 mm (about 0.8 inch), *Serratina aequistriata* (Say, 1824) is one of

the smallest species of the diverse family Tellinidae occurring on the coast of Southwest Florida. Its shell is thin, delicate, with a sculpture of equally spaced commarginal (“concentric”) lines. As with other tellins, the shell typically has radial ridges on its posterior end, two on the right valve and one on the left. The shell in the photo was collected by Susan J. Hewitt in December 2014, at Blind Pass on Sanibel. Read more about local mollusks at www.shellmuseum.org/southwest-florida-shells and www.shellmuseum.org/blog.

Shell Museum Events

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The Striate Tellin, *Serratina aequistriata* or call 395-2233. The Bailey-Matthews National Shell Museum is located at 3075

photo by José H. Leal

Sanibel-Captiva Road. Call 395-2233 or visit www.shellmuseum.org✱

Shell Found



Andrew Sager photo by A. Ziehl

Andrew Sager, visiting from Nashville, Tennessee, found an alphabet cone on the beach while staying at King’s Crown. Sager was introduced to Sanibel three years ago by his wife Heather while on their honeymoon. Heather has been coming to the island for over 30 years. “Andrew is an avid fisherman and is now a pretty good sheller,” she said.✱

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

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CROW Calendar Of Events

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

For reservations, contact the Visitor Education Center at 472-3644 ext. 229 or reservations@crowclinic.org. Hours are 10 a.m. to 4 p.m. Monday through Friday. Daily presentations and Wildlife Walk hospital tours are offered Monday through Friday at 11 a.m. CROW is located at 3883 Sanibel-Captiva Road.

Friday, June 7, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment 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 7, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Species Profile: Snakes of Southwest Florida (daily presentation).

Florida is home to 46 species of native snakes, only six of which are venomous. Although there is a widespread fear and misunderstanding of this animal, most species are harmless to humans and form vital links in the ecosystem. Snakes are extremely



valuable because they are efficient at monitoring pest populations without relying on chemical pesticides which can degrade the environment and harm other animal species. One of CROW's animal ambassadors will be present

Monday, June 10, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment 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.

Monday, June 10, 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 11, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

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Photography opportunity following the tour with an animal ambassador.

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Wednesday, June 12, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment 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 12, 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 13, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment 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 13, 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.*

Royal Shell Sponsors Artificial Reef Initiative

Royal Shell and Royal Shell Port Sanibel Marina are sponsoring the Ocean Habitats, Inc. Thousand Reef Challenge, an effort to rebuild Florida's living coastline with the installation of artificial reefs.

On Friday, June 7, eight miniature reefs will be placed in the water at Port Sanibel Marina – located at the intersection of McGregor Boulevard and Port Comfort Road – to commemorate World Oceans Day on June 8.

Mini Reefs are 24 inches by 36 inches and support over 500 fish and crustaceans per year, hold six to 10 large fish all year, hold 20 to 30 panfish, and filter between 25,000 and 35,000 gallons of water per day. This helps improve the marine environment and improves the water quality as the animals on the Mini Reef remove plankton from the water.

Ultimately, the Mini Reef develops a community of fish, including grouper, snapper and barracuda, as well as stone crab, shrimp and spiny lobster, in and around it. The Mini Reef is alligator-proof and lasts for 10-plus years.

"Royal Shell and Royal Shell Port Sanibel Marina are proud to rally behind the Thousand Reef Challenge. As a real estate company, Royal Shell handles an array of properties, many of which are surrounded by bodies of water that further enhance the properties' beauty and make for quality waterfront living. Before we proceed, we must make it our business to protect our coastline with as much passion as we have for real estate," said Michael Polly, president and managing broker.

Ocean Habitats' Thousand Reef Challenge kicked off last month on Fort Myers Beach. Throughout the summer, the environmental nonprofit will continue to look for sponsors to fund the installation of the remaining Mini Reefs in local waters.

For more information, call 800-674-2593 or visit www.oceanhabitatsinc.com.*



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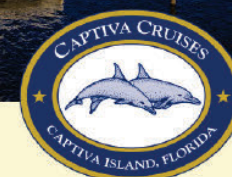
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Former Sanibel School Students Now Graduates

As the 2018-19 school year came to a close, seniors at Fort Myers High School gathered for their Senior Breakfast. Among the crowd was a group of students that left The Sanibel School as members of the class of 2015 and claimed their place in the Fort Myers High School Class of 2019.*

ATTENTION High School Graduates

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



From left, Julia Coin, Jacob Lemmon, Hannah Caroll, Maria Angelino, Jenna Kjoller, Julia Holston, Dahlia Dry, Jake Mann, Grant Ireland, Carson Towle, Ruben Perez and Hunter Borman photo provided



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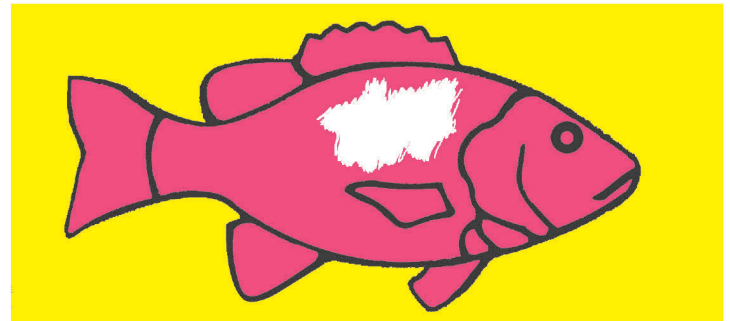
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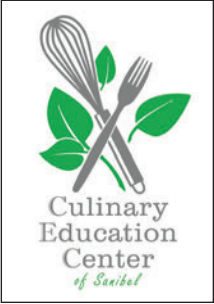


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The Community House
Edamame



by Resident Chef Jarred Harris

Edamame (ed-ah-MAH-may) are a type of soybean that is harvested in its pod while green and immature. They are a variation of the yellow and black field soybeans that are used in the production of tofu, miso and soymilk.

Edamame originated in China more than 2,200 years ago. They were introduced to Japan and developed especially for eating out of the pod. The word edamame means “beans on a branch.” Edamame was introduced to the United States in 1902 but didn’t gain popularity until the organic food movement started in the 1970s. Edamame wasn’t grown commercially in Europe until 2008. The beans were sold in grocery stores as an alternative source of protein.

Edamame are a good source of fiber, magnesium, potassium, phosphorus,

calcium and manganese. They also contain omega-3 fatty acids, B vitamins, vitamin C and vitamin E. Edamame are an excellent source of protein. In fact, edamame is the only vegetable that contains all nine essential amino acids, which makes it a complete protein source.

The health benefits of edamame include maintaining healthy skin and repairing damaged skin, strengthening the immune system, improving cardiovascular health, maintaining a healthy digestive system and also inhibiting tumor growth in certain types of cancers.

Edamame are rarely found fresh but can be found frozen in many supermarkets year-round. The most common preparation of edamame is to boil or steam the pods and eat them warm. Shelled edamame can also be found frozen and used in soups, salads and stir-fry.

Here is a simple recipe to try;

Asian Cucumber Pepper and Edamame Salad

Ingredients

For the salad:

- 4 English cucumbers (thinly sliced)
- 2 cups frozen shelled edamame (thawed)
- 1 large red bell pepper (finely diced)
- 1 large yellow bell pepper (finely diced)
- 1 jalapeno pepper (seeded and chopped)
- 4 scallions (thinly sliced)

For the vinaigrette:

- ¼ cup vegetable oil
- ½ cup rice wine vinegar
- ¼ cup sesame oil
- 1 ½ tbsp. soy sauce
- ½” piece of fresh ginger (minced)
- 2 cloves of garlic (minced)
- 1 ½ tsp. Dijon mustard
- ½ tsp. red pepper flakes

Method

Place the salad ingredients in a large mixing bowl and toss.

Place all the vinaigrette ingredients in a mixing bowl and whisk until well blended.

Drizzle all the dressing over the salad and toss. Garnish with sesame seed.

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.*

Overeaters Anonymous

If food is a problem for you, Overeaters Anonymous can help. Meetings are held in Room 130 at Sanibel Community Church on Tuesdays at 5:30 p.m. and on Fridays at 4 p.m.

For more meeting information, visit www.southwestfla.org.

Sanibel Community Church is located at 1740 Periwinkle Way.*

American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken this Sunday, June 9 from noon to 8 p.m. The following Sunday, June 16 is Father’s Day, and a prime rib dinner is on the menu from noon to 8 p.m.

The general meeting will be held on Wednesday, June 12 at 6 p.m.

There will be a retirement of flags ceremony at 6 p.m. on Flag Day, Friday, June 14.

Every third Thursday of the month is Open Mic Night from 6 to 9 p.m. All are welcome.

The 9 Ball Pool Tournament begins at 5 p.m. on Monday nights.

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

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

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



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A young angler with a red snapper
photo provided

Recreational Red Snapper Season Starts June 11

The recreational red snapper season will begin June 11 in gulf state and federal waters and remain open through July 12, closing July 13.

Anglers fishing from private recreational boats will need to sign up as a Gulf Reef Fish Angler to target red snapper and several other reef fish in gulf state and federal waters (excluding

Monroe County), even if they are exempt from fishing license requirements. Sign up as a Gulf Reef Fish Angler at no cost at www.GoOutdoorsFlorida.com or by visiting any location you can purchase a license.

For-hire operations that do not have a federal reef fish permit may also participate in this 32-day season but are limited to fishing for red snapper in state waters only. These operators must have State Gulf Reef Fish Charter on their license to target red snapper and other reef fish in gulf state waters (excluding Monroe County). This can be done at no cost at a local tax collector's office.

Gulf Reef Fish Anglers might receive a questionnaire in the mail regarding their reef fish trips as part of Florida's Gulf Reef Fish Survey. The Gulf Reef Fish Survey was developed specifically to provide more robust data for management of red snapper and other important reef fish, and has allowed FWC the unprecedented opportunity to manage gulf red snapper in state and federal waters.

For anglers who want to share catch information with FWC electronically, the Angler Action Foundation has developed a smartphone app for logging red snapper fishing trips. This app is available on your phone's app store by searching for iAngler Gulf Red Snapper for private anglers or iAngler Gulf Red Snapper Charter if you are a charter operation. By using iAngler to log catches during red snapper season and beyond, anglers can provide FWC researchers with valuable insights about their trips.

Learn how to use this app in a webinar led by the Angler Action Foundation at 6 p.m. on Monday, June 10 at www.FWC.AdobeConnect.com/mfm.

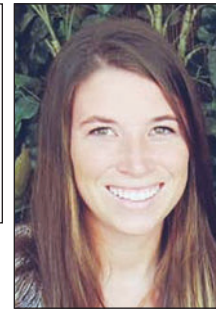
Whether you use the iAngler app, provide data dockside to FWC staff or receive a Gulf Reef Fish Survey in the mail, the data you provide helps everyone learn more about the fisheries we all enjoy. If you receive a survey in the mail, please respond whether you fished this

season or not.

To learn more about the recreational red snapper season in gulf state and federal waters, including season size and bag limits, visit www.MyFWC.com/Marine and click on "Recreational Regulations" and "Snappers," which is under the "Regulations by Species - Reef Fish" tab.

The federal season for for-hire operations with federal reef fish permits is June 1 through August 1.*

Wind Versus SUP



by Kealy McNeal

Weather, and particularly wind, can be unpredictable in Southwest Florida. The last thing a paddler wants while on the water is a change of wind direction or speed, but you should always be prepared. You never want to exhaust yourself by fighting the wind if you don't have to, so one of the most important techniques to learn as a stand up paddler is how to lay down and paddle against the wind, surfer-style.

If the wind picks up, and you can no longer move forward, lay down, put the paddle under your chest, and paddle with

your hands using alternate strokes - left then right. This method is similar to swimming freestyle, and should decrease wind resistance enough to help you move slowly towards your destination.

An alternative option is to get down on your knees, paddling your board like you would a canoe. Bring your hands down the paddle, so they're much lower than you're used to. Then, use your normal paddling technique in this modified position.

The most dangerous wind that Southwest Florida paddlers might face is the offshore variety, blowing from the shore to the gulf. If you get caught in a strong offshore wind, and are getting pushed farther away from the beach than you want to be, get as low as you can on the board and paddle back in. Do whatever you can to avoid becoming a human sail.

Ocean Tribe Paddlers is a branch of Sanibel Sea School that helps the local paddling community better explore, enjoy and understand the ocean. Visit www.oceantribepaddlers.org, or follow on Facebook or Instagram to learn more.*



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Grouper and Roasted Vegetables

- 4 (4-6 ounce) grouper fillets
- 1 zucchini, chopped
- 1 carrot, chopped
- 1/2 bell pepper, chopped
- 8-10 cherry tomatoes, halved
- 1 medium onion, chopped
- 1 tablespoon ketchup
- 1/2 cup tomato juice
- 1 tablespoon natural sugar
- 1 lemon, juiced
- 1 tablespoon seasoning blend (your favorite)
- 3 tablespoons olive oil
- Sea salt and fresh ground pepper, to taste

Preheat the oven to 350 degrees. In a large pan, saute the chopped vegetables with the seasoning blend in one tablespoon olive oil, just until soft. Place the fish fillets on a baking sheet, drizzle with remaining olive oil, salt, pepper, and lemon juice. Place the softened vegetables over the fillets. Combine the



Grouper and Roasted Vegetables

ketchup, sugar, and tomato juice and drizzle desired amount over the vegetables and fish. Cover and roast in the oven

photo courtesy Fresh From Florida

for about 10 minutes or until completely cooked. (Tip: 1 inch of thickness will require 10 minutes cook time).*

LIVE ON THE ISLANDS

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

The Jac Sanibel Island Bar & Grille has live entertainment on Friday with the David Christian Duo. Renata Band plays on Saturday and Wednesday. On Sunday, it's Tony G. and The Doc. Ray and Natasha perform on Monday. Sol Rydah plays on Tuesday. On Thursday, it's James Prather.

Traditions on the Beach at Island Inn has live entertainment on Friday with Woody Brubaker and Marvilla Marzan. Dusk Duo performs on Saturday and Wednesday. On Thursday, it's Jazz Night with Woody Brubaker.

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

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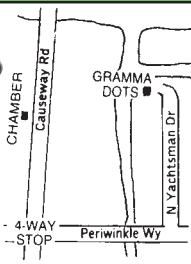
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Sheldon the gopher tortoise, a former animal ambassador, grazing on the grounds of CROW
photos by Jeff Lysiak

Gopher Tortoise Defined A Keystone Species

by Jeff Lysiak

Last week at the Clinic for the Rehabilitation of Wildlife (CROW), a 40-minute presentation on gopher tortoises offered some educational and entertaining information about the slow moving, hard shelled reptiles. Federally listed as threatened, gopher tortoises are often seen on Sanibel and Captiva

walking along the side of roadways, which oftentimes contributes to their frequent visits as patients at the wildlife hospital.

"In most cases, we treat gopher tortoises after they've been struck by a car while crossing the road," said Missy Fox, certified veterinary technician at CROW. "They're pretty good at staying parallel to the road, but if you see a gopher tortoise trying to cross the road, you should carry them safely across. And always take them to the side in the direction they're heading."

On May 29, Fox shared her knowledge of gopher tortoise anatomy,



Informative sign about gopher tortoises, located along Sanibel-Captiva Road

habitat and range, what they eat and why they are so important. The expert diggers live in burrows that average six feet deep and 15 feet long, but their homes can be found at depths of more than 10 feet and greater than 40 feet in length. Because their burrows are shared with up to 420 different animal, reptile and insect species, gopher tortoises are considered a keystone species.

According to the Florida Fish & Wildlife Conservation Commission (FWC), gopher tortoises originated in North America some 60 million years ago. They can be found in well-drained sandy areas with a sparse tree canopy with

abundant low growing vegetation. They feed on grasses, saw palmetto berries, fruits and prickly pear cactus as well as other succulent vegetation.

Female gopher tortoises are slightly larger than males. They average between 25 and 30 centimeters in length and weigh an average of nine pounds. Sexual maturity is reached at approximately 15 to 20 years. Currently in the middle of their breeding season, gopher tortoises are especially active between the hours of 10 a.m. and noon. Their eggs will incubate for a period between 80 and 100 days, meaning that newborn

continued on page 36

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Trapper Alfredo Fermin with one of the iguanas he caught recently on Captiva
photos courtesy AAA Wildlife Trapping & Removal Services

Captiva Testing Iguana Removal Program

by Jeff Lysiak

A pilot program funded by the Captiva Community Panel (CCP) is addressing the iguana problem currently plaguing the island.

“The (iguana) issue came up at one of our panel meetings, and it’s been a topic of conversation for a while,” said Dave Jensen, CCP board member. “People have been seeing iguanas on their properties, and they can do some damage.” According to Jensen, he called the City of Sanibel to investigate how the neighboring community addresses their invasive species issue. The city’s department of natural resources put him



More than 50 iguanas have been removed from the island over the last month

in touch with Alfredo Fermin of AAA Wildlife Trapping & Removal Services, a professional trapper based in Cape Coral. “Iguanas are very aggressive... they have a nasty bite and their tails can hurt you, too,” said Fermin, who has more than 10 years of experience trapping wildlife. “They can tear up your garden, they burrow near seawalls which causes a lot of damage, and their poop is dangerous because they carry diseases like salmonella. You wouldn’t want your pet or your child walking in that and spreading their feces all around.”

Iguanas, which can grow up to six feet long, have no natural predators. One female may lay between 40 and 70 eggs at a time, and the species is a direct threat to burrowing owls. One month ago, the CCP agreed to hire AAA Wildlife Trapping & Removal Services to come to Captiva, trap and remove nuisance iguanas. The pilot program requests that island residents give permission to Fermin to access their property and remove iguanas.



Four iguanas lounging on a boat dock

On his first visit to Captiva on May 7, Fermin visited 20 properties and removed 21 iguanas. Since then, he has returned to more than 50 properties and had eliminated 56 iguanas. “If you don’t know what you’re doing, it can be nearly impossible to catch them,” said Fermin, who uses a noose bar to snare the iguanas. “It’s still too early to give an estimate on the number of iguanas there are on Captiva, but I’ll be out here every Tuesday until the funds run out.” Jensen added that if AAA Wildlife Trapping & Removal Services determines that there is an overpopulation of iguanas on Captiva, the CCP will request that Lee County assist with the funding of the removal program. To give permission for AAA Wildlife Trapping & Removal Services to access your island property, call Dave Jensen at 470-5389. For iguana-specific questions, contact Alfredo Fermin via email at AAAwildlife1@yahoo.com or by calling 440-7783.*



Traps filled with five iguanas

THIRD THURSDAY OF THE MONTH

A circular logo with a microphone in the center. The word "OPEN" is at the top, "Mic" is in the middle in a red script font, and "NIGHT" is at the bottom.

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Highlights From CHR Give Back Wednesday At The Grog Shop



From left, Bailie, Calli and Richard Johnson with Rich Bennett, manager of The Grog Shop
photos provided



Laura Schaffer



Mona Strasser with Five Farms gift basket



Maryanne Daly and Jerry Edelman



Deb Lester



From left, Haley Carter, Elizabeth Boone, Dan Schuyler and Melissa Rice

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Book Review

The Guest Book



by Di Saggau

The Guest Book is a fabulous read, an epic novel spanning three generations of a powerful family that owns a small island off the coast of Maine. In 1935, Kitty and Ogden

Milton seem to have it all: an apartment on the Upper East Side, two beautiful little boys, and a love that is the envy of everyone. When a terrible tragedy occurs, Ogden comforts Kitty as only he knows how. They go sailing, picnic on the small island and buy it. On a summer porch in 1936, Kitty utters a simple word, No. It will haunt her for the rest of her life. Its consequences will ripple through the Milton family for generations.

The world is changing in 1959. Ogden's firm hires a Jewish man, Len Levy, who earns the admiration of his boss and the boss's young daughter Joan. While Len captures the attention of Joan, the other man makes everyone question what the family stands for. The new generation knows times are changing, and in one night, everything does.

In the present day, the dawn of the 21st century, the third generation of Miltons doesn't have enough money to keep the island in Maine. It's up for

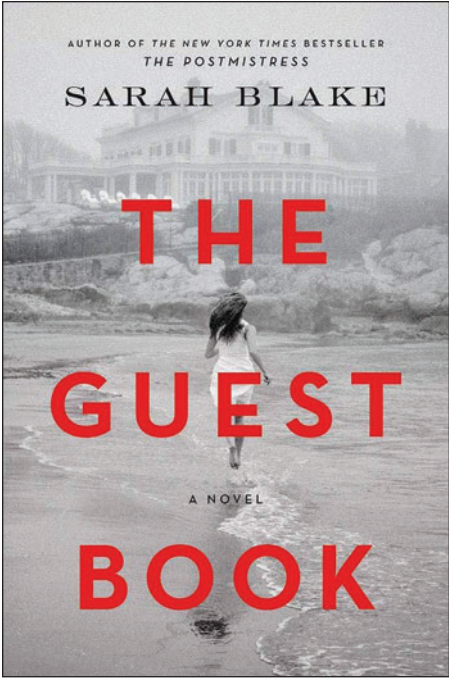


image provided

sale. Returning for one last visit, Kitty's granddaughter Evie uncovers disturbing evidence about her family's wealth. As she digs into her mother's and grandparents' history, she finds a story that is unsettling, one that threatens the foundation of the Milton family myth.

The book moves through three generations and back and forth in time. The Guest Book asks how we remember and what we choose to forget. It reveals untold secrets that are inherited and passed on, echoing parents and

grandparents. It explores the heart of a country whose past is based in prejudice. The island is a main character throughout the book. Praise is high for The Guest Book. Author Paula McLain wrote, "Sarah Blake is such a beautiful writer she can make any world shimmer, but The

Guest Book is particularly fascinating, an intergenerational exploration of memory, identity, love and family loyalty, of what it costs to inherit a name, a place and a difficult alignment with history. Powerful and provocative storytelling." It's a great book club read.✧✧

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, My almost 11-year-old daughter will be going to a sleepaway camp for the first time in July, and although she wants to go very much, she is quite

anxious about it. How can I help calm her anxiety?

Marielle P, Sanibel

Marielle,

The summer camp brochure photos typically show us the sun-splashed children playing sports, swimming and having a great time. What we never see pictured is any sign of anxiety that most kids experience and is a natural reaction to a new adventure and a family separation. All children experience a mixture of excitement and nervousness when summer camp approaches, and for most, the excitement exceeds the nerves. But for some children, the anxiety interferes in what should be a fun, formative experience.

Children are typically ready for sleep-away camp around ages 10 to 12, given individual skills, experiences and temperament. Summer camps help kids develop many skills important for future success: resilience, self-reliance and social adaptability. The camp experience being away from home and among peers can help kids develop social skills, separate in a healthy way from parents and develop independence. Camp activities can help them build confidence by enjoying success in their chosen activities.

The key to helping your child get over pre-camp nerves is to acknowledge her feelings and give her tools to help her tame them.

Help your child get excited about camp – Take her shopping for new gear and focus her on fun things about camp that she can anticipate.

Avoid focusing on what makes children anxious – Instead of asking leading questions like, "Are you nervous about horseback riding?" ask open-ended questions like, "How are you feeling about the horses?"

Don't trivialize her concerns or offer glib reassurances – "There's nothing to worry about!" or "Everyone loves camp!" may discourage your child. Instead, show that you have empathy and acknowledge her concerns.

Go through "rehearsals" – A shorter-term sleepover or a night at Grandma's will make it easier for your child to be away from home.

Make communication easy and accessible – Pack envelopes and stamps, outline a schedule for phone calls or emails if they're part of the camp's routine, and

make sure your child understands how easy it will be.

Help your child formulate realistic, goal-oriented plans for making friends or passing a swimming test – Having a framework for completing these plans can give your child a feeling of success and take his/her mind off anxiety.

What you want to share is your confidence in your child and the summer experience – Keep the goodbyes short, as delaying just causes more mixed feelings. Do not communicate your own anxiety. Kids can pick up on your feelings even if you don't verbalize them.

If your child has psychiatric, medical or learning issues, make sure the staff and counselors know anything they need to know to head off problems and maximize her experience – And let your child know that counselors are there to support her, whether she has a simple question or a larger problem.

Summer camp is a unique situation where your child engages with a large community of peers and learns how to interact socially in a less-structured environment than school. This is a time for her to actively make decisions for herself and develop a sense of self-reliance. Even though you may be concerned and want to intervene, give your child the space to take ownership over the experience herself and watch her grow.

Shelley Gregg 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.✧✧

Top 10 Books On The Island

1. Little Fires Everywhere by Celeste Ng
2. Peacock Emporium by Jojo Moyes
3. Guest Book by Sarah Blake
4. Night Tiger by Yangsze Choo
5. Huntress by Kate Quinn
6. Overstory by Richard Powers
7. Clock Dance by Anne Tyler
8. Past Tense by Lee Child
9. Lost Roses by Martha Hall Kelly
10. Sanibel Flats by Randy Wayne White

Courtesy MacIntosh Books and Paper.✧✧

Sanibel Graduate

Laura Hatfield, a resident of Sanibel, graduated with a master of health science degree from Saint Francis University, located in Loretto, Pennsylvania, during the May 12, 2019 commencement.✧✧

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Qualifiers for the \$5,000,000 Shootout, from left, Cheryl Perrero, Thomas Wagner, Joseph Mason and Ted Abiva photo provided

Songs And Stories For Soldiers Fulfills Promise

submitted by Dan Perkins

Songs and Stories for Soldiers, a national veterans service organization, started here on Sanibel, made a commitment to the Florida Department of Veterans Affairs (FDVA) to raise the money to supply custom designed and robust content loaded MP3 players to 1,000 veterans in their seven nursing home facilities.

The FDVA operates seven nursing homes in the state, specifically for veterans suffering from dementia and Alzheimer's. Songs and Stories did a pilot project in the Port Charlotte nursing home last year, and the patients and staff loved the results so much so that FDVA wanted to expand the program.

The MP3 comes to the vet loaded with two novels and an eight-hour custom designed sleep audio to help vets deal with sleep deprivation, which is a big problem for millions of vets of all ages. To raise the money, Songs and Stories along with The Dunes Golf and Tennis Club co-sponsored a Veterans Memorial Outing on May 19.

With a shotgun start at 9 a.m., 44 golfers teed off to raise money for Florida vets. The highlight came at the end of the outing when four golfers each had a shot at winning \$1,000,000. At the end of the day, \$11,000 was collected for the veterans.

While nobody won the million dollars, all had fun. "We are so proud of all the people who worked hard to make this event happen," said Gerri Perkins, president of Songs and Stories for Soldiers. Please go to our website,

www.songsandstoriesforsoldiers.us, and see what we have been doing for veterans all over the country. Our MP3 program is now in over 130 facilities, and with this delivery of 1,000 players, it will take us to 19,500 MP3 players that have been given to veterans free of charge. The vet has access on the website with three million songs, 100,000 audiobooks, 30,000 old time radio shows and three additional eight-hour sleep audios.

We were excited about the fact that we had 40 tee and green sponsors. What was interesting is that we had sponsors from: Los Angeles, California; Fort Worth Texas; Columbus and Cincinnati, Ohio; Katonah, New York; Savannah, Georgia; and all over Florida. The website will build a Veterans Memorial Virtual Wall of Honor and the names of the 40 veterans celebrated for their service will be the first to be on the wall.

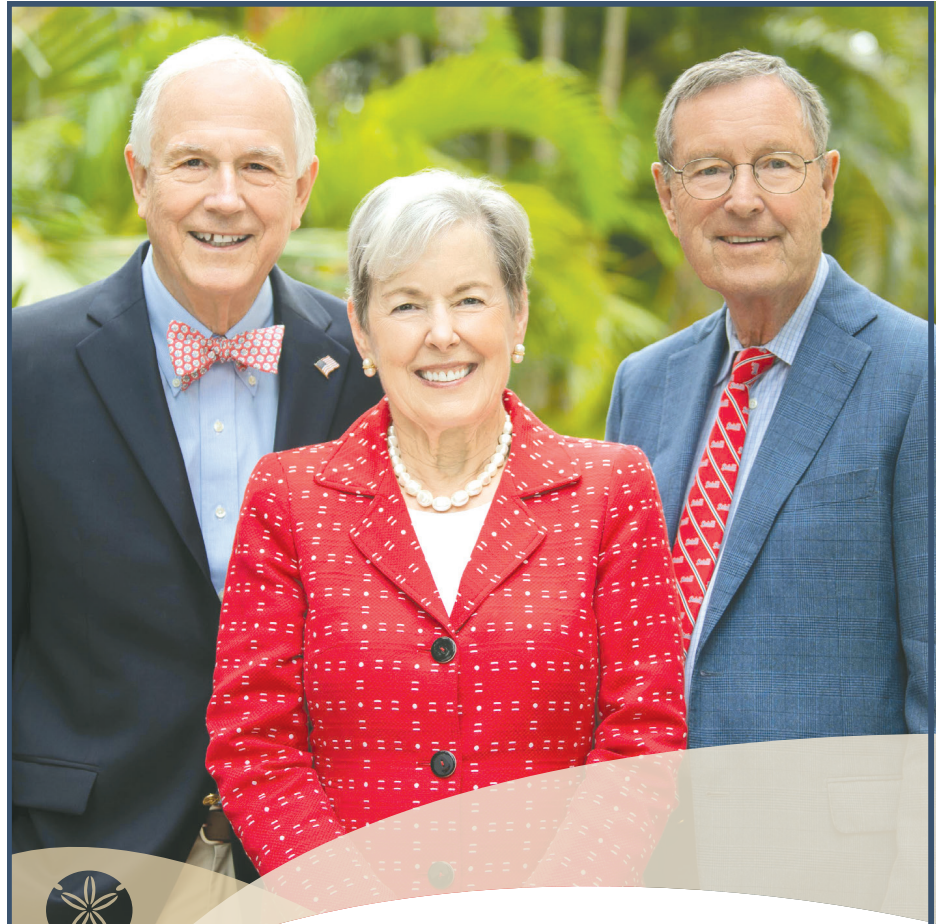
Thanks again to all of those who sponsored a hole or a tee or came and played. You improved the lives of over 1,000 Florida vets.✱

Help For Drug Addiction

Narconon reminds families that drug abuse is on the rise in almost every community nationwide. Many families don't know where to turn or what to do about their loved one who is suffering from addiction.

To learn more about how to help your loved one, visit www.narconon-suncoast.org/blog/a-letter-to-any-family-dealing-with-addiction.html.

Narconon can help you take steps to overcome addiction in your family. Call today for free screenings or referrals at 877-841-5509.✱



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Rotary Happenings

submitted by Shirley Jewell

What a timely speaker we had this week at Rotary: Lee County Undersheriff Carmine Marceno was in the house. Law enforcement officers are certainly tasked with enormous responsibilities to keep our communities safe these days from everyday crime, school shooting attacks, lone-wolf shooters, gun violence, terrorists and the country's drug/opioid crisis.

Born and growing up in the Bronx, New York, Marceno grew up in a neighborhood where everyone looked after each other, especially the kids. The neighborhood patrol police were always looking after the kids, one policeman in particular – Tom Fascillo – would drive up to the kids in the neighborhood and really talk with them, he listened to them. That personal exchange made a difference in respect for the police and what they did. It made such an impression on Marceno that it inspired him to become a policeman himself. He loved his job and grew in the ranks but when his father bought a vacation home in Naples and Marceno experienced the warm weather, tropical breezes and beautiful beaches, he said to himself, “I could make Southwest, Florida my home and still work in law enforcement.” And that he did.



Carmine Marceno photo provided

He transitioned to the Collier County Sheriff's department and stayed there for 10 years, until his good friend and fellow law enforcement officer Lee County Sheriff Mike Scott used some persuasion to have him join the Lee County Sheriff's office in 2013. Marceno served as Scott's second-in-command with responsibilities including supervising department operations. Following in the footsteps of Sheriff Scott and always trying to improve his knowledge base and experience in law, Marceno attended and graduated from the prestigious FBI National Academy Session 267 in 2017. In 2018 upon the retirement of Sheriff Scott, Sheriff Marceno was appointed Lee

County's 13th Sheriff by then Gov. Rick Scott in September 25, 2018. Marceno has already kicked off his 2020 election campaigning for the continuation of his position as Lee County Sheriff.

Information from the Lee County Sheriff's website states: “The Lee County Sheriff's Office is a multi-faceted law enforcement agency primarily responsible for law enforcement services in unincorporated Lee County, plus the City of Bonita Springs, the Village of Estero and Town of Fort Myers Beach. Deputies have countywide jurisdiction and provide secondary law enforcement services within the city limits of Fort Myers, Cape Coral and Sanibel. Other responsibilities include the operation of Lee County's correctional facilities and protection of its courtrooms. LCSO has approximately 1,600 sworn law enforcement personnel and civilian support staff to meet the needs of the county's nearly 700,000 residents.”

The county is growing, and every day has its challenges. Recent headlines brought to light the ever-present need for fighting drug trafficking right here in our county neighborhoods. On May 30, Lee County Sheriff's deputies netted nine guns and seven arrests in a Wednesday night operation at Pine Manor in Fort Myers. According to a news release, the deputies served a search warrant in response to recent gun violence in the area. The release noted, they confiscated three firearms, \$21,696, 7.1 pounds of marijuana, 817 grams of liquid THC pens, 34 grams of Methamphetamine, 95 grams of cocaine, 77 grams of Xanax, and 17 grams of Oxycodone/Hydrocodone.

“Dangerous drugs will not be tolerated in Lee County,” said Marceno.

Marceno is keenly focused on the safety of our county's kids and he has made it a department priority. Sheriff Department officers are in all 120 schools in his area of command. Safety issues also are concentrating on kids from the time they head for school and after. Bus stop safety... how to focus on that has come to light recently and a high-priority green light has been given to this matter. From his early childhood experience with Bronx Officer Fascillo, Marceno knows the influence police officers can have at an early age and hopes to inspire that kind of influence on the children of Lee County.

He believes in educating the public about safety and listening to public concerns for safety and having healthy thriving neighborhoods. Seeing, saying, make the call – that's the mantra for the public. Call the sheriff's department, let them know about suspicious unlawful activity in your neighborhoods. Let them do their job and serve you. Drugs, child safety, domestic violence, home invasions, animal abuse, etc. Here's a little factoid about animal abuse from the Sheriff, “Seventy one percent of animal abusers go on to hurt people.” Let's not let that happen, pick up the phone and report unsavory characters and activities, join forces with the Lee County Sheriff's department and reduce crime and increase safety here in Lee County.

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

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Winning golf team, from left, Bill Robinson (presenting prizes), Trent Peake, Gary Matter, Rinn Newmeyer and Eric Pfeifer photos provided

Realtors Hold End Of Season Party And Golf Outing

On May 8, the Sanibel & Captiva Islands Association of Realtors (SCIAR), held their annual end of season golf outing, party and auction.

Each year, the event begins with a 9-hole round of golf at The Sanctuary

Golf Club and finishes up with both silent and live auctions with items donated by the islands' local businesses, nonprofit organizations and association members. Everything from gift baskets and yearly memberships for activities around Sanibel, to vacation packages were bid on by attendees.

This year, funds from the auction were raised to support the Realtors Political Action Committee (RPAC). These funds will go to advocate for water quality, private property rights,



Bill Robinson with the last place golf team from Rosier Insurance

the National Flood Insurance Program, and many more issues that are vital to real estate and the local community.

SCIAR would like to thank the following businesses for their support this year:

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836 Donax St.



This 3 BR/2 BA family home overlooks the Sanibel River and allows for weekly rentals. Living room, dining and kitchen combo have French door access to the screened back porch with lush vegetation. Community pool; easy walking distance to beach access.

\$575,000

4156 West Gulf Drive



This 3BR/2BA has been updated with cathedral ceilings, an inviting kitchen and dining/living room combo. The master bedroom with en-suite has private access to the rear porch. The beautifully designed guest bath includes an etched glass enclosed walk-in shower. Relax on the large rear porch or play a game of tennis or pickleball on your private court.

\$1,329,000

Sandalfort #3C1



Beautiful 2 BR/2 BA unit with walk-out to the pool and beach. Updated, the kitchen features custom cabinetry, granite counter tops and stainless steel appliances, both bathrooms have been remodeled and the unit has an open floor plan.

\$699,000

Sandpiper Beach #303



Beautifully updated 2BR/2BA corner unit with vaulted ceilings and gulf-front and pool views. Fully outfitted for rental with great rental income history.

\$785,000

678 Durion Ct.



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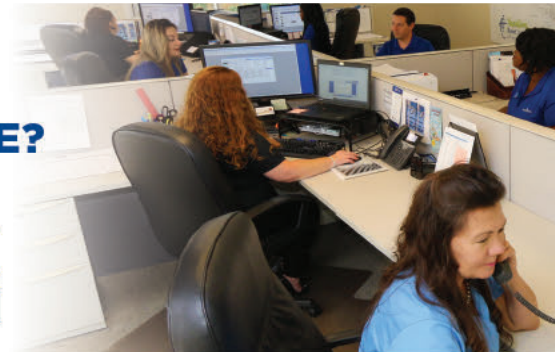
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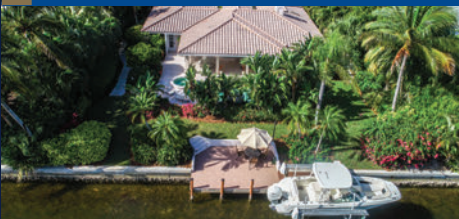
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SATURDAY
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High: 87 Low: 81




SUNDAY
Mostly Cloudy
High: 86 Low: 80




MONDAY
Mostly Cloudy
High: 87 Low: 81



TUESDAY
Partly Cloudy
High: 88 Low: 82



WEDNESDAY
Mostly Cloudy
High: 87 Low: 81



THURSDAY
Scattered T-storms
High: 89 Low: 79

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	3:52 pm	11:58 pm	None	None	Fri	2:57 pm	None	None	None	Fri	6:00 am	10:26 am	4:14 pm	None	Fri	6:02 pm	2:18 am	None	None
Sat	4:56 pm	None	None	None	Sat	4:01 pm	12:00 am	None	None	Sat	6:50 am	12:02 am	5:43 pm	11:25 am	Sat	7:06 pm	3:14 am	None	None
Sun	8:50 am	12:54 am	6:16 pm	12:02 pm	Sun	7:55 am	12:56 am	5:21 pm	12:04 pm	Sun	7:37 am	12:59 am	6:59 pm	12:46 pm	Sun	11:00 am	4:10 am	8:26 pm	3:18 pm
Mon	9:19 am	1:48 am	7:55 pm	2:00 pm	Mon	8:24 am	1:50 am	7:00 pm	2:02 pm	Mon	8:19 am	1:58 am	8:10 pm	2:14 pm	Mon	11:29 am	5:04 am	10:05 pm	5:16 pm
Tue	9:49 am	2:38 am	9:39 pm	3:34 pm	Tue	8:54 am	2:40 am	8:44 pm	3:36 pm	Tue	8:58 am	2:49 am	9:16 pm	3:19 pm	Tue	11:59 am	5:54 am	11:49 pm	6:50 pm
Wed	10:18 am	3:22 am	11:12 pm	4:46 pm	Wed	9:23 am	3:24 am	10:17 pm	4:48 pm	Wed	9:37 am	3:34 am	10:25 pm	4:17 pm	Wed	12:28 pm	6:38 am	None	8:02 pm
Thu	10:48 am	4:01 am	None	5:44 pm	Thu	9:53 am	4:03 am	11:37 pm	5:46 pm	Thu	10:19 am	4:17 am	11:38 pm	5:14 pm	Thu	1:22 am	7:17 am	12:58 pm	9:00 pm

Island Seniors At Center 4 Life

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

Donations Needed For Trash & Treasures Sale – The center is now accepting donations for the fall Trash & Treasures Sale. Whether you are refreshing your home before returning in the fall or doing some spring cleaning, donate your clean, gently used items. A tax deductible receipt will be provided. Bring your donations – excluding books, clothes, shoes, computers or TVs – to the center Monday through Friday between 8 a.m. and 3 p.m. If you have any questions, call 472-5743.

Kayaking on Tuesdays – June 18 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.

Gelli Printing with Bea Pappas – Fridays, June 7, 14, 21 and 28. Cost is \$20 for members and \$25 for non-members.

All levels are welcome to do monotype or make papers for collage use. Bring paper towels, acrylic paints, water container and one-inch brush. The instructor will provide all other supplies. Call 472-5743 for more information.

Page Turners with Louise Fitzgerald and Ann Hartman – If you would like to be on the list for Page Turners book discussions, email oceann@comcast.net or contact the center.

The featured book for Wednesday, June 12 is *Midnight in the Garden of Good and Evil* by John Berendt. The movie will be shown at noon and a book discussion will be held at 2:30 p.m. Bring your lunch.

First published in 1994, *Midnight in the Garden of Good and Evil: A Savannah Story* is a memoir-thriller by writer and *Esquire-New York Magazine* editor John Berendt. Based

in Savannah, Georgia in the early to mid-1980s, the story follows a colorful cast of local characters as they live their daily life during a nationally infamous murder trial. *Midnight in the Garden of Good and Evil* was adapted to a movie in 1997 and was on *The New York Times* Bestseller list for over four years, setting the record for most time spent on the list. The book was also a finalist for the Pulitzer Prize. Many critics praised it for its atmospheric portrayal of an American city. The work uses more than eight years' worth of interviews Berendt had with residents of Savannah. – *SuperSummary.com*

Lunch at Malia Island Fusion Cuisine – Monday, June 10.

Try unique, authentic dishes and fresh flavors prepared by a culinary team of experts. The owner/chef will talk to the group about their approach to food and cooking style. Separate checks will be provided. Advance registration required. Register at the center.

Marina Jack's Lunch Cruise on Sarasota Bay and Shopping at St. Armand's Circle – Thursday, June 20. Cost is \$99 for members and \$109 for non-members. Includes round trip transportation, sightseeing cruise on Sarasota Bay with buffet lunch, shopping time on St. Armand's Circle and a stop at Der Dutchman Amish Bakery. Bus departs from Fort Myers location at 9:30 a.m.

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. Game begins at 1:30 p.m.

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

Hand & Foot – Thursday at noon.
Hearts – Friday at 12:30 p.m.

Fitness Classes – Island Seniors, Inc. members pay \$4 per class, visitors pay \$10 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.*



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Just Listed

1558 Sand Castle Road, The Dunes

A diamond-in-the-rough with amazing views. Custom split-plan 3 bedroom with pool. Overlooks lake & golf course to preserved land & sunsets. High ceilings, family room with fireplace, wood floors, elevator, & more. \$749,000



1238 Isabel Drive Sanibel Harbour

Renovation nearing completion at bay-front pool home. Stunning views. Bright modern updated living spaces with elevator, 4 or 5 bedrooms, 2 fireplaces, wood floors, 3-car garage, & dock with lift at boat basin. \$3,495,000



842 Limpet Drive Shell Harbor

Bright ground-level split-plan 3 suite home with upper loft. High ceilings with wall of windows in great room overlooking expansive pool. Boat dock & lift. \$2,295,000 with new decorator furnishings available too



1351 Middle Gulf Drive Moonshadows #2C

Beach-front home in small community with shared pool & tennis. Expansive views of sunrises over gulf. 2-stories including legal ground-level living spaces. Priced ~\$500K less than assessed value. \$1,495,000 furnished



1050 White Ibis Drive Gulf Shores

Expanded near-beach ground-level home. Kitchen opens to great room with sliders to pool, spa, & outdoor kitchen. 4 bedrooms, 3.5 baths, utility room, & garage too. \$849,000 with furnishings available



556 Chert Court East Rocks

Originally ground-level 3-bedroom 2-bath home. Now with beautiful screened pool, 4th bedroom, 3rd bath, & spectacular Florida room surrounded by tropical vegetation. A special home. \$799,000 well furnished for seasonal rentals



9448 Begonia Court Gumbo Limbo

Privacy plus & easy 1-level living (semi-raised) end of cul-de-sac overlooking lake. Great room with high ceilings opens to large screened deck. Family room with fireplace & wood floors. New roof, 3 bedrooms 2.5 baths. \$699,000



898 Rabbit Road Windrow

Single-family home lot neighboring church. Gulf beach access path at other end of street. Similar in size to home next door where an olde-FL-style beach home was built. Handy to Sanibel Center & bike path. \$170,000



9270 Kincaid Court Belle Meade

Midway down private sandy lane & with natural preserved land across the street, this single-family home lot is convenient to school, rec center, wildlife refuge, & bike paths. Very well-priced at \$149,000



Gulfside Place #222

Gulf-facing 2nd floor 2 bedroom with den, this view. Recently remodeled & reconfigured by Tradewinds Custom Homes. Now with modern updates, bright neutral palette & expanded storage. Parking & additional storeroom below. \$1,429,000



Pointe Santo #C43

This view from 3-bedroom penthouse with private roof-top deck, bright open kitchen, & screened balcony too. Excellent rental income. Final phase of Pointe Santo's building restoration project includes a new roof on this building soon. \$995,000 furnished



Sanibel Arms West #E2

Beach-front 1st level 2 bedroom with 2 new baths, open kitchen, washer/dryer, 2nd screened lanai off master suite, some of the lowest condo & rental fees on island. Easy on-site rental program has excellent reputation. \$849,000 with future bookings



Signal Inn #4

Investor's delight at small pet-friendly complex of just 19 units on beach, tucked away on Olde Middle Gulf Dr. Updated 1/2-duplex with peek of gulf, bright updated kitchen & bath. Has grossed ~\$60K/yr. \$499,900



Captains Walk #F4

Canal-side 1st level corner 2-bedroom 2-bath condo with full-sized washer & dryer. In residential east-end community. Pets allowed. Assigned carport & several docks with canoe/kayak racks. \$349,000

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

A client of mine, Sandra, often complained about how much money she had to lend (give?) her daughter, Donna. “It’s one thing after another,” she would say. “She lost her job and can’t make her mortgage payment. Then she got divorced. Then her car broke down.” With each successive tragedy, Sandra stepped in and wrote a check. One after the other. Year after year. Don’t get me wrong. Sandra had the money. It didn’t really affect her lifestyle to continue making the gifts. She called them “loans.”

And she would often have to compose promissory notes including a stated interest rate at the lowest “applicable federal rate” that the IRS allows. Even if the borrower doesn’t pay the interest, in related-party loan transactions the IRS expects the lender to impute interest on her tax return. If the lender doesn’t impute the interest, then there’s a chance that the IRS reclassifies the loan as a gift resulting in the use of the lender’s gift/estate tax exemption. Over the years, Sandra made loan after loan, bailing Donna out from one financial disaster after another. Then Sandra died. In her will, the loans/gifts that she made were to be treated as counting against her daughter’s share. There were four other children, so the estate was to be divided into five shares. The other children weren’t so understanding of their sister’s situation. When they computed the outstanding balance of the loans, along with the unpaid interest compounded over the years, and applied that against her one-fifth interest of the estate, she didn’t inherit much. So there Donna was. Nearly 60 years of age. Jobless. No savings to speak of, and very little inheritance coming her way. I therefore ask this question: Did Sandra help her out over the years or did she enable her to continue to make poor choices? It’s difficult for a parent to resist helping a child. I’m a father of three daughters, and I hope that I never find myself in Sandra’s predicament. When we see our children suffering, we want to do something to help. If it’s within our means, why not write the check?

Seeing what I see from behind my desk, I would suggest that sometimes writing that check only makes the situation worse. And it starts at a place well before our children become adults. When your daughter calls from high school and asks us to bring the essay to her that she forgot from home – should we do it or allow her to suffer the consequences of not turning in her assignment on time? When your son wants to quit the recreational basketball team because he discovers practices are hard and he isn’t having as much fun as he’d hope, do we make him keep his commitment to his team or allow him to find something he considers to be better? Where should the parent step in to buffer his offspring from life’s disappointments, and where should the parent step away and let the offspring experience the consequences of his or her choices? I’m not smart enough to tell you the answer to those questions. I suppose that it depends largely on the facts and circumstances of each individual situation. A kid who otherwise is an exemplary soul but who finds herself in a tough situation might and probably should be treated differently than the “serial offender.” But I do know this. Sandra’s situation is a no-win situation for everyone involved. One of her sons said it best, “We can all be hard on her now, but she’s going to show up on our doorsteps now that Mom is gone. What are we going to say then?” ©2019 Craig R. Hersch. Learn more at www.sbshlaw.com.✧

Special Needs Storm Season Tips

If you or a loved one have special needs such as life support, now is the time to prepare for temporary power outages that may happen this storm season: Have a plan in place to ensure the continuity of any life-support needs. This may include making special arrangements to spend time with a friend or relative during an outage or using a back-up generator. If you use a back-up generator, be responsible for the safe installation, use and maintenance of any back-up power. Keep phone numbers of emergency

response agencies, such as the hospital, fire department and police, in a convenient location, in the event emergency assistance is needed. Ensure that you have a back-up telephone if you use a cordless or other telephone that is dependent on electricity. Have a battery-powered radio on hand and a supply of fresh batteries to remain aware of news and other information. Keep a flashlight and extra batteries handy. Those needing assistance can apply for special needs programs which provide shelter and transportation free of charge during tropical storms and/or hurricanes. Applications can be found online according to what county you live in. For more information, visit www.lcec.net.✧

Community Housing & Resources is excited to continue our fundraising series **GIVE BACK WEDNESDAYS #GBW**

SUPPORT CHR
SUPPORT LOCAL
THIS SUMMER

The following Sanibel & Captiva businesses will be offering a donation to Community Housing & Resources that is funded by you walking through their door and shopping local! Each participating business—including amazing restaurants, resorts, retailers and your community grocer—has selected a date that they will be hosting the GBW fundraiser and donating a portion of their proceeds to CHR.

So, make plans to eat out, shop and play at these generous local businesses on Wednesdays and support CHR.

MAY 8 	MAY 22 	JUNE 5
JUNE 19 	JULY 3 	JULY 17
JULY 31 	AUG 14 	AUG 28

MAY 1, JUNE 5, JULY 3 AND AUG 7

JOIN US FOR WINE WEDNESDAYS
On the first Wednesday of each month,
a portion of all Wine Sales at Bailey's General Store will be donated to CHR!

Congress Receives Rotary Service Award

submitted by Shirley Jewell

Sanibel-Captiva Rotarian Scot Congress was the recipient of the 2019 Rotary District 6960 Vocational Service Award.

Congress routinely finds ways to apply his vocation in service to others. His contributions are many and varied. Through his business, he has made substantial financial donations to charities throughout this region.

Community Leadership – Congress has always taken the role seriously that he and Congress Jewelers play in Sanibel's welfare. His involvement in so many island and professional organizations speaks to his leadership and fine reputation in the community.

Rotary Leadership – Congress joined Rotary in 1985 and served the club as president for three terms. He served as treasurer of the trust fund board for several years helping with new innovations such as investment strategies for our endowment fund.

As chairman of the committee for several years of our major fundraiser, the annual Rotary Arts and Crafts Festival, Congress has demonstrated great innovation and problem-solving skills on many occasions.

Congress enthusiastically supports new initiatives and joins in with much gusto.

Rotary Ideals – "Is it the Truth?" is one test that many on Sanibel would say Congress passes with highest



Scot Congress

photo provided

honors. This is reflected by his counsel so many seek. He is respected and liked by the people with whom he interacts.

"Is it Fair to all Concerned?" –

Congress is circumspect, always seeing the bigger picture and believes that each person on Sanibel is an important player in the community. His personal and professional life demonstrate his ability to build goodwill and better friendships.

"Will it be Beneficial to all Concerned?" – His ability to work with the city, the vendors, club members and patrons of the arts and crafts festival attest to his aptitude for finding the optimal solution which generally works for all stakeholders.

"Service Above Self" – Congress gives long hours and much effort to his volunteer activities. Most would say he exemplifies the meaning of the motto.*

them to measure and improve their overall sales performance."

Cost on or before Friday, June 7 is \$30 for members and \$38 for non-members. After June 7, the cost is \$35 for members and \$40 for non-members. Lunch is included in the price.

The event sponsor is Texter. Yearly sponsors for the Above Board Chamber of Florida are Tri-Town Construction LLC, Conditioned Air, CONRIC PR & Marketing, Creative Business Coaches, Spada Salon and Day Spa, Your Walking Billboard LLC, Charlie McDonald Photography, Lady in Pink Photography LLC and Signarama Fort Myers (North).

Crowne Plaza Fort Myers at Bell Tower Shops is located at 13051 Bell Tower Drive in Fort Myers. For more information or to register, visit www.aboveboardchamber.com or call 910-7426.*

Zonta Seeking Early Applications For 2020 Grants

The Zonta Foundation of Southwest Florida, the nonprofit arm of the Zonta Club of Sanibel-Captiva, is seeking applications from 501(c)3 organizations in Lee County and Southwest Florida for a 2020 grant. The grant cycle is under way, with

distribution of grants in January 2020, and these preliminary applications will be screened and will move forward based on meeting certain criteria.

The mission of Zonta International is to empower women and girls through service, advocacy and funding. To this end, Zonta focuses on education, economic self-sufficiency, safety, and health for women and girls. Successful applications will be based in one or more of these aspects of empowering women; they will also be specific, with measureable outcomes. Committee co-chair Diane Chesley said, "We encourage former grant recipients to develop a program that expands on prior results or that introduces new initiatives, and we will also welcome collaborative projects involving two or more nonprofits."

The deadline for preliminary applications is July 26, 2019. For those that meet the identified criteria, a final, detailed application will be distributed at the beginning of October, with a

submission deadline of October 25. Please note:

Since Zonta is non-sectarian, applications from organizations with a faith-based or religious connection are not eligible;

Submitting a preliminary grant application does not ensure that the organization will be invited to submit a more detailed application, and submitting a final application does not ensure that the organization will automatically receive funding in the 2020 grant cycle;

Applicants who submit a final grant application will be expected to work collaboratively as needed with a liaison from Zonta.

To download an application, visit www.zontasancap.com and find the link on the Home page. Email the completed application to info@zontasancap.com, as well as to Grants Committee co-chairs Janine Boardman, janinesanibel@yahoo.com, and Diane Chesley, dhchesley@gmail.com.*

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Panel To Discuss Sales Plans For Local Businesses

The Above Board Chamber of Florida is offering area businesses a chance to learn how to create or enhance their own sales plans at a luncheon seminar at the Crowne Plaza Fort Myers at Bell Tower Shops on Thursday, June 13 from 11:30 a.m. to 1 p.m.

Sanibel Mayor Kevin Ruane will serve as master of ceremonies. He will lead a discussion with the following Southwest Florida business representatives:

Valeria Zanella Voisin, restaurateur and Hospitality Group Holdings partner.

Susan Ryan, founder and CEO of Creative Business Coaches.

Carrie Ann Texter, HVAC (heating, ventilation, and air conditioning) planned maintenance sales engineer for Conditioned Air.

Ivy Brown, sales manager for Waterman Broadcasting.

"Sales plans lay out your sales team objectives, your sales process and your sales strategies, and they define how you will measure success," said Jeanne Sweeney, founder of the Above Board Chamber of Florida. "But many small businesses don't have a sales plan or fail to address the key elements that make a sales plan most effective, making it hard for

Frankly Speaking



by Howard Prager

What difference does a key player/leader/hot team/coach make in sports? Ask the Golden State Warriors. Despite being overwhelming favorites, the Raptors took game 1 of the 2019 Finals when once again the Warriors were without Kevin Durant, who did not play and is scheduled to come back “midway” through the playoffs. In game 2 of the NBA Finals, it was the team play and especially the defense that brought the Warriors back while setting two records: longest stretch of unanswered points – 20 – and longest number of series with at least one road win – 23. In game 3 of the Stanley Cup Finals for the Bruins Saturday night, it was a team effort with Bergeron winning the faceoffs, Coyle doing some great scoring, and the outstanding power play of Boston. Usually it’s a hot goalie that propels a team but this year the Bruins

are excelling all over the ice. So what causes excellence in a team – is it one player, one coach, one leader, or a team that crests at just the right time? Who was most responsible for the Cubs winning their first World Series in 108 years, Manager Joe Maddon – who has kept them performing well but not getting back to the series – President Theo Epstein, who won it both with the Cubs and Red Sox while breaking two long time curses – the Goat and the Bambino – or the right team chemistry? The late great John Havlicek was an amazing player and legend for many Celtic teams, winning 8 NBA titles and a 13-time all-star. Yet he was the sixth man (and first off the bench) on teams with many stars from Bill Russell to Larry Bird. Was he the key piece to the puzzle? That final season his team won just 32 games. What about Michael Jordan, the greatest player to play the game? His brilliance on the court and off the court in marketing is legendary. Yet was it how he made “the supporting cast” better as Bulls sportswriters called them, or his incredible ability and will to win? The story goes that on the final timeout against the Jazz in Salt Lake City, Phil Jackson asked Jordan who was open and he says Kerr. That’s the play. “If you’re not open feed off to

Steve Kerr,” and Kerr shot the buzzer beater to win a game against the Jazz in the 1996 Finals. Aaron Rodgers goes down for the Packers and they become a mediocre team. Was he a key player? Albert Pujols seemed to make a huge difference for the Cardinals, because as soon as he was traded they’ve been searching for the magic formula. What about the coaches? Coach K of Duke has his team in the tournament every year despite a regular inflow and outflow of players. Nick Saban from Alabama keeps his team high performing, despite a couple of losses to Clemson in the national championship. Same with Muffett McGraw, coach of the Notre Dame Women’s team. Here’s the Bleacher Report’s Top Five Coaches and most distinguished records: 1) John Wooden (UCLA – 10 NCAA titles), 2) Vince Lombardi (Green Bay Packers – three championships and the first two super bowls), 3) Dean Smith (North Carolina, 879 victories, two national titles, 11 final four appearances), 4) Bear Bryant (Alabama, six national championships, 13 conference championships, 232-46 record), 5) Stanley Bowman (record nine Stanley Cups with three teams: Canadiens, Penguins and Red Wings). Not to forget Don Shula who came in at six and still holds the record for the only perfect season in the NFL. And with sports, the minute you think you’ve found a trend, the opposite happens. So do you believe it is a team effort or a key player that puts a team over the edge? There’s a case to be made

both ways. As a long time Cubs fan, in Theo I trust. And who do you believe is the most influential person for your favorite team when they are winning – a superstar, a key player, the team or the coach? Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments or questions to press@islandsunnews.com.✴

Captiva Community Panel To Meet

The next meeting of the Captiva Community Panel is set for Tuesday, June 11 beginning at 9 a.m. in the Cone Rooms on Chadwicks Square at South Seas Island Resort. This meeting is open to all interested islanders and the public. Among the agenda items will be an update on the iguana control program; an update on the wastewater committee and the Captiva Drive walkway; plus committee reports and updates from other island organizations. Public participation is invited and encouraged. The next Captiva Community Panel meeting tentatively will be July 9. Information and background documents are available online at www.captivacommunitypanel.com.✴

SPORTS QUIZ

- 1. Since 1970, five college baseball teams have won back-to-back College World Series. Name three of them.
- 2. True or false: Although Hall of Fame pitcher Jim Palmer gave up 303 home runs during his 19-year major league career, he never surrendered a grand slam.
- 3. Who is the only Florida State football player to be the No. 1 overall pick in the NFL Draft?
- 4. Name the player who holds the NBA record for most playoff games played?
- 5. Who was the last NHL player before Calgary’s Johnny Gaudreau in 2019 to have a six-point game?
- 6. Who holds the record for most career medals in Olympic speedskating?
- 7. In 2019, golfer Dustin Johnson became the fifth player in the past 50 years to reach 20 career PGA wins before the age of 35. Name two of the other four to do it.

ANSWERS

- 1. Southern Cal, Stanford, LSU, Oregon State and South Carolina.
- 2. True.
- 3. Quarterback James Winston, in 2015.
- 4. Derek Fisher, with 259 playoff games.
- 5. Dallas’ Jamie Benn, in 2013.
- 6. Ireen Wust of the Netherlands, with 11 medals (2006-18).
- 7. Phil Mickelson, Johnny Miller, Tom Watson and Tiger Woods.

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From page 23

Gopher Tortoise

hatchlings will begin to appear sometime between July and September. They differ greatly from their distant cousins – turtles – largely because tortoises live only on land; turtles live on both land and in water, some species exclusively so. During her lecture, Fox explained that gopher tortoises are excellent burrowers. One tortoise can dig up to six feet of soil every day. They spend 80 percent of their lives inside their burrows, with the remaining time spent foraging for food or in search of a mate. “They have to burrow to survive,” Fox told the standing room only audience before sharing the story of Shelldon, a gopher tortoise that lived at CROW as one of its animal ambassadors for years. The reptile came to the wildlife clinic in 2015 after it was struck by a vehicle while crossing the road. Shelldon suffered

permanent damage to his plastron and right forefoot, preventing him from being able to burrow. However, after years of physical therapy and adjusting to his permanent disability (having no nails on his front feet and more than half of his plastron removed), Shelldon was determined to be set free. He began digging with his semi-amputated claws, creating scrapes... then divots... and eventually holes. “He obviously wanted to be out in the wild, doing his gopher tortoise thing,” added Fox. After receiving permission from FWC biologists, Shelldon was released in a preserve located in Manatee County last September. CROW’s Patient Profiles presentation on gopher tortoises will be repeated on Tuesday, June 18 starting at 11 a.m. at the Visitor Education Center, located at 3883 Sanibel-Captiva Road (across from The Sanibel School). For more information, call 472-3644 or visit www.crowclinic.org.✴

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Education Intern Joins Refuge

On May 21, education intern Izzy Garcia joined the team at the JN "Ding" Darling National Wildlife Refuge on Sanibel to help with staffing shortages this summer, thanks to funding from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS).

Garcia, a native Floridian originally from Sweetwater, a Miami suburb, and a 12-year Cape Coral resident, graduated from the University of Florida in Gainesville earlier in the month with a degree in wildlife ecology and conservation.

For a previous internship, she conducted research field work as a BioCorps shared intern at Everglades National Park last summer.

"Sanibel is a beautiful island full of amazing wildlife and wonderful people," said Garcia. "What I love about the refuge is how welcoming the staff are and how you can get a close view of nesting birds."

Garcia will assist refuge conservation educator Sara Hallas with summer programming at least through August.

"I am very excited for our Saniverse of Myths program we will be presenting at libraries this summer," she said. "We will be debunking wildlife myths for kids, and I look forward to being a part of that impact."

DDWS provides living stipends and other benefits for about a dozen interns each year. The refuge supports interns



Izzy Garcia

photo provided

with free housing.

"Our interns bring youthful energy, enthusiasm and creativity to the refuge team," said Toni Westland, supervisory refuge ranger. "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 internship programs, contact Westland at 472-1100 ext. 237. To learn about supporting the refuge intern program, contact Lynnae Messina, DDWS associate director, at 472-1100 ext. 233.*

Public Policy Addressed At ABWA Meeting

Alicia Tighe, the new executive director at FISH of SanCap, affirmed that people and the policies that serve them are more important than politics during her presentation, entitled Doing the Right Thing, at the American Business Women's Association (ABWA) Women in Leadership Speaker Series in May. Tighe shared what she learned from 10 years on Sen. Bill Nelson's team and why she was delighted to join FISH last January.

"It all comes down to people," said Tighe. "In Washington, DC, I learned to work for those who voted for us, those who voted against us, and those who did not vote at all. It's public service over politics."

Tighe urged the group to stay engaged in public policy discussions despite the turmoil of politics. "I believe it's not healthy to live without talking to people with diverse opinions," said Tighe. "We don't always have to agree on politics, but we do need to be advocates together for policy that serves people."

"The FISH Hurricane Preparedness Center is an example. It offers a resources packet that can be customized for your family," said Tighe. "The community is welcome to participate as a beneficiary of our services, a donor or volunteer."



Alicia Tighe

photo provided

In the summer, we go from 200 active volunteers to 50, so right now we can use everyone's help – even one day per week or one day every other week would make a difference."

Maggi Feiner, FISH president and CEO, participated in the meeting and praised Tighe's impact on the organization.

"Alicia is a great addition to the team," said Feiner. "Thanks to Alicia, I have been able to take my first vacation in 10 years."

ABWA welcomes the community to participate in the discussion at the Women in Leadership Speaker Series each month

continued on page 38

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FISH Hosting Hurricane Seminar

FISH of SanCap will hold its 2nd annual Hurricane Preparedness Seminar on Thursday, June 20 from 10 to 11:30 a.m. at The Community House, located at 2173 Periwinkle Way. Lance S. Henninger, Sanibel Emergency Management; Debbie Quimby, Lee County Emergency Management coordinator; and Kathy Y. Monroe, program director, FISH of SanCap, will provide information and stress the importance of making an evacuation plan, gathering emergency supplies, creating lists of contacts and medicine, and other preparations. This seminar is open to the community and will include a question and answer period as well as the opportunity to pick up the FISH Hurricane Preparedness Resource Packet.

"We learned so much from our last major storm, Hurricane Irma, and would like to share that with the community. We would also like to provide our Hurricane Preparedness Resource Packet, updated annually, to anyone in the community and discuss how FISH can help before, during and after a storm through our hurricane program," said Monroe.

The FISH Hurricane Resource Packet provides detailed information on where to go, what to do and how to prepare in the event of an approaching storm. Each

year, FISH and a team of volunteers verify evacuation routes, flood zones, hotels with generators and other details to update the packet. Packets may be picked up at the seminar, the FISH Walk-In Center or mailed to individual homes by request. "The safety of our neighbors is of utmost importance. We want to make sure everyone has reliable information on hand in case we get a storm. Just knowing what to pack and where to go can help alleviate stress and confusion during an emergency situation," said Monroe.

The FISH Hurricane Program is a collaborative effort between FISH, City of Sanibel officials and emergency management teams. FISH maintains a list of those most vulnerable such as elderly, those with health and medical conditions, and those who are alone. "The list, our 'active list', contains detailed information about health conditions, out-of-state contacts, and the individual's emergency plan. Our volunteers can visit with folks at their home, if requested, to discuss plans. FISH shares information gathered, with the individual's consent, with officials and out-of-state family members should a storm become a concern for our area," said Monroe.

When a storm is approaching, FISH staff, committee members and volunteers gather at the FISH Walk-In Center to connect with those on the active list, confirming evacuation plans and making sure supplies are on hand. FISH relays this information to out-of-state relatives, giving peace of mind that their loved

one is prepared. Should the islands be evacuated, FISH will, to the extent possible, track those on the active list until they return to Sanibel or Captiva. FISH Hurricane Resource Packets are available at the Walk-In Center, located at 2430-B Periwinkle Way, Monday through Friday from 10 a.m. to 4 p.m. Home visits may be arranged for those who would like more detailed discussion on how to prepare during hurricane season. If you or someone you know would like additional information on the FISH Hurricane Program and/or the Hurricane Preparedness Resource Packet, contact Kathy Y. Monroe or Anthony Morales at 472-4775. For additional information, please visit www.fishofsancap.org.

Employees Pledge Funds For United Way

Lighthouse of Southwest Florida employees celebrated their collective pledges of \$5,265.25, an increase of 43 percent from the previous year, to United Way of Lee, Hendry, Glades and Okeechobee counties as part of their 2018-19 partner agency campaign.

As part of the two-week in-house campaign to raise funds for the United Way, Lighthouse staff conducted daily "FUNdraisers," including bake sales, blind trivia games, Bring Your Dog to Work Day and an office decorating contest. All of the funds raised go to the United Way to help provide funding for programs to the more than 80 partner agencies in Lee, Hendry, Glades, and Okeechobee counties. Of those partner agencies, Lighthouse of SWFL is one of five that is a 100 percent giving agency, meaning 100 percent of the staff gave to the campaign.

Dotty St. Amand, chief executive officer of Lighthouse of Southwest Florida said, "United Way funds are essential in assisting us to fulfill our mission of enabling people of all ages who are living with blindness or vision impairment to achieve independence. From babies to older adults, our programs positively impact the quality of their lives at each stage of life's journey. We couldn't make it happen

without the generosity of United Way donors." The United Way raised \$10.4 million, exceeding its goal of \$10 million this year.

Free Autism Screening For Young Children

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free monthly autism spectrum disorder screening for toddlers 18 months to 5 years of age on the Ronald McDonald Care Mobile at Family Health Center on Friday, June 14 from 9:30 a.m. to 2 p.m.

It is estimated that one in every 59 children is diagnosed with some form of autism spectrum disorder, making it more common than childhood cancer, juvenile diabetes and pediatric AIDS combined.

Medical consultants for the project stress that an early diagnosis can make a vast difference for toddlers and their families. They say early intensive behavioral intervention can make an immense difference not just in the development of the child, but in their families as well.

The ASD screening is conducted by the Golisano Children's Hospital of Southwest Florida. The screenings are administered by an advanced practice registered nurse, who has extensive training and experience in typical child development and developmental disorders.

Family Health Center is located at 2256 Heitman Street in Fort Myers. A physician referral is not required. To schedule a screening, call 343-6838.

From page 37

Public Policy

at Sundial Beach Resort & Spa. The next luncheon meeting will be held on Tuesday, June 25. Networking starts at 11:30 a.m., with lunch and speaker from noon to 1 p.m. Cost is \$25. RSVP at info@ABWASanibelCaptiva.org or register online at Eventbrite at <https://ABWASanibelCaptiva.Eventbrite.com>.

For more information, visit www.ABWASanibelCaptiva.org.

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Hormone Strategies For Menopause



by Suzy Cohen, RPh

Dear Readers: Many times, when a woman is fatigued and experiencing post-menopausal symptoms, practitioners are quick to recommend hormone replacement therapy, referred to as HRT.

This can mitigate the symptoms of menopause, and particularly serves as a quick first-line defense against hot flashes, usually the most troubling of all menopausal symptoms. HRT seeks to bring your estrogen (and sometimes progesterone) levels back up, to a higher level, which is what you had when you were more youthful.

Estrogen is typically provided as a prescription called "estradiol." You can receive prescription hormones via pills, patches, pellets and creams. Estradiol is one of the three sisters of estrogen... remember, estrogen refers to a combination of estradiol, estrinol and estrone.

Unfortunately, many physicians prescribe the one "sister" by herself, meaning they just give you "estradiol" and not the other two estrogens. They also do not always give you progesterone with the estrogen medication. This is a mistake in my opinion. The estrogen prescribed all by itself, is termed "unopposed estrogen." Despite progesterone's far-reaching impacts on health, many doctors still wrongly assume its only job is to protect the uterus, and they don't usually prescribe it with estrogen. But there are receptors everywhere in your body for progesterone, so you need it whether or not you still have a uterus.

Taking estrogen and/or progesterone doesn't always help because you might

also be deficient in pregnenolone or DHEA, two hormones that are higher up on the chain. Certain HRT medications come with an increased risk of breast and uterine cancer as well as the small, but potential, risk of heart attack, deep vein thrombosis and stroke. HRT medicines are potent drug muggers and capable of suppressing nearly every mineral in the body as well as your B vitamins. Take synthetic HRT long enough, and you'll have even worse fatigue, depression, hypothyroidism, confusion, memory lapses, anxiety, insomnia and weight gain.

You can choose bio-identical hormone therapy if traditional HRT doesn't improve your post-menopausal symptoms. Doing so provides your body with estrogen and progesterone in forms that are biologically identical to what was naturally produced in your youth. That means you experience more of the benefits, and fewer side effects. These therapies are usually created in compounding pharmacies as topical creams, and the dose is customized for you. The dose is determined by the amount that you make, as well as your response.

It's a trial and error thing, so when you start with bio-identical hormones, you should ask the pharmacy if you can purchase just a week or two at a time, so you can test it and be sure that adjustments to the levels of hormones can be made before you buy a 90-day supply. Oftentimes, the bio-identical hormones used in the cream include some or all of the following: DHEA, testosterone, estrinol, estrone, estradiol and progesterone. Estrinol is hardly ever mentioned but it's a fun fact that the placenta produces this estrogen in large amounts during pregnancy. Find a physician in your city that specializes in reading labs and prescribing hormones, rather than just asking your general practitioner for a one-size-fits-all pill.

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

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Is there a difference between subconscious and unconscious?

A: These two words are often used interchangeably because there are subtle differences

in their meaning. This is similar to the words brain and mind as they are used interchangeably as well. Unconscious can be referred to as passed out, sleeping, even drugged. It can also refer to being unaware, not conscious, or unenlightened.

When you are in a subconscious state, you are actually not sleeping. When you are accessing the subconscious, you are in a relaxed focused concentration state. The subconscious is known to operate 95 percent of the time. It's our default mode, and know it or not, you use your subconscious brain all the time. It processes information rapidly, effortlessly and automatically. I use the example of driving from point A to point B. You reach point B and ask, how did I get here? I don't remember crossing over that bridge. You were on automatic, and your subconscious was doing the driving. That is why hypnosis is so effective because

the subconscious mind is accessed, and the information that the subconscious mind is receiving, retaining, absorbing and accepting is to help facilitate positive change to occur. The subconscious does include hidden memories, desires and drives.

Research using brain scans show that actual physical brain structures get turned on or off by activating the subconscious. You also witness the wisdom of your subconscious through a memorable dream, or had situations when you "felt it in the gut," you were using your intuition. These situations are all involving using your subconscious. Your subconscious can help you understand and learn parts of your life in a new way.

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.

Grants For Nonprofits

Nonprofit organizations in Lee County are invited to apply for Public Service Grants, valued up to \$15,000, from the Lee County Injury Prevention Coalition. Grants are being offered through the auspices of Lee County Emergency Management.

The grants awarded will be directed
continued on page 40

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Doctor and Dietician

Vinegar And Diabetes



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

High levels of blood sugar (hyperglycemia) play a substantial role in the development of metabolic disorders and, over time, this can lead to diabetes, heart disease, kidney disease, stroke and blindness. Cells need insulin to take glucose from the blood and use it for energy. But when too much insulin is released too frequently, the body becomes less sensitive to it, resulting in a condition called insulin resistance, and it can lead to type 2 diabetes. Improving your diet, even in small ways, is the first place to start to combat metabolic disorders. Vinegar, for instance, is often hyped as a type of miracle food, but not all of it is hype. Vinegar does have some healing benefits, including help with glycemic control.

A study from the Nutrition and Metabolic Diseases Research Center in Iran concluded that vinegar can be effective at reducing both glucose and insulin levels in healthy individuals and those with glucose disorders, and could be considered as an adjunctive therapy to improve glycemic control. Elevated postprandial glucose levels (after a meal) are considered an early risk factor for cardiovascular disease, as are elevated fasting glucose and Hemoglobin A1c levels. Vinegar consumption during meals helps control glucose levels after meals. Two teaspoons of vinegar ingested during meals composed of complex carbohydrates reduced postprandial glucose levels by 20 percent.

Apple cider vinegar is popular, partially due to its mild flavor and numerous other health claims, such as improved gut health. Give others a try too, like raspberry vinegar. You can make a simple vinaigrette dressing of two parts oil/one part vinegar and add in some salt and herbs to your liking. Use it as a salad dressing, and make extra to use as a marinade. Nothing beats the fresh taste, and health benefits, of homemade salad dressings. *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@caringmedical.com.**

Beautifulife:

Dream And Achieve



by Kay Casperson

This is such an exciting time of year for so many people of all ages as spring comes to an end and summer begins. Graduations are happening for all ages, from preschool to kindergarten, elementary school to middle school, middle school to high school, high school to college and college to this vast big world, and making lifelong decisions for your future. Wow, so much to think about and to celebrate. Parents are celebrating their children, and kids and teens are celebrating their accomplishments as well as looking forward to their next goal to be achieved. It seems in life that as soon as the achievement is made, the next goal is waiting to be conquered. So today, I want to encourage you to take the time to celebrate your successes, take a deep breath and a nice break before jumping right into the next goal. Dreams are so important, and so are goals and next steps, but equally

as important is taking the necessary time to recognize and celebrate the achievements along the way. Either big or small, they all deserve recognition. Even as adults, we are continually achieving things in our lives from work to health, wellness, finances, education, and so much more. There is always a goal that we are striving for, and that is extremely important as it is the fuel that keeps us all moving forward. But, many times, we forget the extreme importance of celebrating and recognizing our achievements along the way. How wonderful is it to see a young person graduate and the excitement surrounding the ceremony and recognition. Then, there is usually a celebration of some kind that follows so that everyone can enjoy the moment. It is so much fun, and it makes everyone feel great. So, my thoughts this week have been that we should make sure to keep those dreams alive every day and when we accomplish something, celebrate it! What are you dreaming about? What are some of the things that you have been wanting to achieve? And the next question is, what are some of the things that you have accomplished so far? Have you taken the time to celebrate those achievements? Have you given yourself credit for what you have already done and recognized those achievements? I encourage you to not only help young people follow their dreams and

celebrate their achievements, but to take the time to do the same for yourself. You just might be the only person to give yourself a pat on the back, and that's OK because this is an essential step in the direction of enjoying your most balanced and beautiful life. My affirmation for you this week is: "I will continue to dream and achieve while celebrating all of my

accomplishments along the way." Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva islands and manufactures beauty and lifestyle products sold across the country. To stay inspired, visit www.kaycasperson.com or follow on social media @kaycasperson.*

Superior Interiors

How To Style Your Shelves



by Trinette Nelson

Shelves can be a very tricky aspect when it comes to home design and decor. Using them strictly for storage can be convenient, but it can also be unappealing when they're out in the open for guests to see. Incorporating the right amount of accessories and personal style into the bookcases, floating shelves, etagere and other shelving systems in your home can help you accentuate the space and make your rooms feel more comfortable and put together. Consider these tips if you need a little guidance when it comes to shelf-styling.

As with any other redecorating task, it's always important to start with a fresh, clean slate, free of clutter. Dedicate time to donating items that you don't use anymore and throw away the mess that's merely taking up space. Once you have empty shelves, you can get serious about how you want them to look and what accessories will look best. Instead of throwing random objects and accessories on your shelves, designate a theme around the rest of the room. For instance, if your bedroom emphasizes white, you may choose black objects to place on the shelves for a monochromatic look. Once you choose a theme, you can have fun with colors and accessories like vases and artwork. You may even consider completely redecorating a room based on the theme you want to use for your shelves – don't be afraid to let this piece of decor transform your living space. Most people use shelves for books, and with good reason, but styling your shelves doesn't mean you have to eliminate them from the space. Instead, take advantage of them. Stack novels, magazines, cookbooks and other reading material horizontally or vertically to add dimension to the shelves. You can even place objects on top of stacked books to give them additional purpose. Once the books are in place, have fun with the accessories. Plants and candles make gorgeous traditional options for most shelves, but you can also place vases, artwork, photos, paperweights and other trinkets that flow with the overall theme of the room. Don't be afraid to branch out and place a variety of accessories among the shelving that you normally wouldn't think to put on display, such as your own personal photography or vintage trinkets

you've held on to for years. When it comes to decorating shelves, less is more. Just because you have the room to place objects, it doesn't necessarily mean you have to. Empty space on shelves is just as important as the used area. In this scenario, it's all about balance. Use a variety of sizes when it comes to picking accessories, but always make sure there's space for these objects to breathe. Styling shelves can be intimidating if you've never done it before, or you've had trouble trying in the past. To ease the stress, contact a design professional to evaluate your living space and discuss your options based on your shelves. From there, you can discuss these tips and other ideas that you have in mind based on your personal style and preferences. Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindceden.com.*

From page 39

Nonprofits

toward a project that is directed at a clearly defined audience and a documented injury or safety issue within the county. Grant funds are not for the continuation of a current program, but for advancing or expanding a current effort. The receiving organization's history of successfully completed prevention efforts will be considered. Applications for the grants must be received by August 1, 2019, and should include the issue and the prevalence of the problem, how the organization plans to achieve its objectivities, and how the funds will be used. A budget and timeline for distribution of the funds should be included as well as how the project will be sustainable. Applications are available through the Injury Prevention Coalition at ipcleecounty@gmail.com. Organizations who would like assistance in preparing their applications are invited to send a representative to the coalition's July 17 meeting, where an experienced grant writer will be available to answer questions. The meeting will be held at 10 a.m. at the Lee County Emergency Operations Center, located at 2675 Ortiz Avenue in Fort Myers, rooms B, C and D. The Lee County Injury Prevention Coalition serves as a collaborative effort or partnership whose function is to facilitate partners' work and act as a catalyst for injury prevention initiatives. Its mission is to prevent injury, disability, and death through advocacy, education, legislation and partnerships. For more information, contact Brian Raimondo at ipcleecounty@gmail.com or 330-2240.*

PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Goose And Star

Hello, my name is Goose, and this 'Goose' is looking for his 'Maverick' to come and find me. I am a 2-year-old male black mouth cur. Is the *Top Gun* lifestyle for you? Then I am your guy. Nothing but first class with this handsome fellow. You'll get good looks, charm and manners all for one small adoption fee. And don't let my size fool you. I am very easy to walk on the leash.



Goose ID# A779562

My adoption fee is \$20.

Hi, I'm Star. I am a beautiful and petite girl that is shy at first but will curl up in your lap for some love and attention with a little encouragement. I am a six-month-old female domestic medium hair who has a beautiful silver coat and fox-like tail. I am told that I am not going to get much bigger and will probably stay somewhat kitten-size. I am just a small, bundle of sweetness.



Star ID# A779353

My adoption fee is \$20, and you can get another kittle at no additional charge.

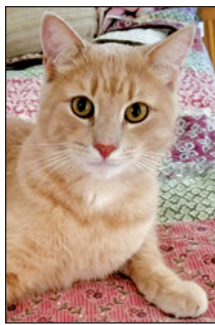
Lee County Domestic Animal Services wants people to know they can adopt a canine (or feline) friend to celebrate National Take Your Dog to Work Day on Friday, June 21, at a discounted rate for the first three weeks in June. Adoption fees will be \$20 from June 1 through June 22. Take a picture of the new furry family member on the job and share it to Domestic Animal Service's Facebook page to celebrate. The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. That is a \$500 package. A team of staff and volunteers are waiting to introduce a new four-legged family members.

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 www.leegov.com/animalservices or call 533-7387.*

Haven on Earth Animal League

Chester And Dallas

Hi, I'm Chester and I'm a sweet, quiet guy. I'm very good with other cats and only about 3 years old. I'm looking for a home to call my own. Come see me at Petco in Gulf Coast Town Center. I'm up-to-date on vaccines, neutered and have a microchip. My adoption fee is \$100.

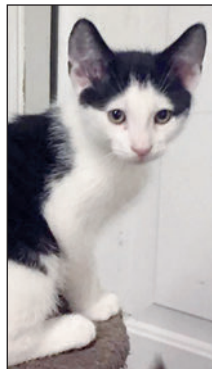


Chester

Hello, I'm Dallas. I'm only 3 months old and I'm

looking for someone to love me forever. I'm a cute little black-and-white boy and I look like I'm wearing a hat. I'm neutered and up-to-date on vaccinations. I'm currently staying at Petsmart on Six Mile Cypress. Come see me and take me home. My adoption fee is \$125.

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.*



Dallas

PAWS Of Sanibel

Four Kittens And Momma



Four kittens

PAWS has five beautiful kittens up for adoption. Four are 9 weeks old, and their momma is only 7 to 12 months old. Momma has had her shots, combo-tested negative, treated for fleas, wormed and had spay surgery.

The kittens, three females and one male, have had their first FVRCP immunization, wormed, treated for fleas and completely checked out by



One of the kittens with momma, Sweetie

the vet. Take two kittens, if at all possible. It's so important for them to have a companion when their people aren't around to entertain them. There is very little additional work to care for two.

Call Pam at PAWS at 472-4823 to see these beautiful babies.*

PAWS Of Sanibel

Paris



Paris, formerly Perry Winkle

PAWS has a 6- to 12-month-old kitten at Coral Veterinary Clinic in Fort Myers. Paris was captured using a humane trap at Periwinkle Park.

She weighs 6.5 lbs, has no microchip and appears to be in good health, just very frightened. She was given injections for rabies and FVRCP, and tested negative for FIV/FelV. She was spayed on May 22. If you recognize this kitten, or you would consider fostering or adopting her, call Pam at 472-4823.*

Island Sun

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COTI Committee of the Islands	coti@coti.org
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PUZZLES

Answers on page 47

Super Crossword

BYLINES

- ACROSS**

1 Persian monarch

5 Navigator Vasco —

11 Mark Twain, e.g., religionwise

16 Locale for hydro-therapy

19 Architect Saarinen

20 Relative key of C major

21 Egg-shaped

22 Rat-a- —

23 [Ordeal] [Blaze]

25 Supply with a new staff

26 City in Brazil, for short

27 Particle made of quarks

28 [Stolen] [Tempest]

31 Observing

35 Many a CPR giver

36 Several eras

37 [Ashen] [Analogy]

44 Nasty sort

47 Actor Thicke

48 Award for "Moonlight"

49 Follows by radar, as a target
- 51 Supporting musician

54 [Triumph] [Preset]

58 Very rarely

59 Poor review

61 Mined stuff

62 Andean country

63 Ending for propyl

64 Of a junction point

66 Exact lookalikes

69 Russia's — -TASS

70 [Obligated] [Covenant]

73 "Qué —?"

76 AM/FM receivers

77 Monte —

78 Clerk on "The Simpsons"

81 Extremist

83 London loc.

84 Beast of burden

85 Native of Islam's spiritual center

87 [Discover] [Performing]

91 Extremist

92 Prince Andrew's younger daughter

93 Old Aegean Sea region
- 96 Brooklet

97 Proofer's "let it stand"

98 [Captured] [Revelation]

104 Educ. org.

106 Beatified Mlle.

107 Finch variety

108 [Govern] [Edict]

114 Nasty sort

118 Hollywood's Thurman

119 Brand of kitchen appliances

120 [Oliver] [Mae]

124 Maxwell Smart, e.g.

125 More timid

126 — uno

127 Opera song

128 Ending for seer

129 Some bridge sides

130 Judge the value of

131 Royals manager Ned
- 6 Poehler of "Sisters"

7 PC image file

8 Folk singer DiFranco

9 Comic Sahl

10 Region

11 Musical scale start

12 Evite listings

13 Metrical foot

14 Stick around

15 On edge

16 Skill at which one excels

17 Couple

18 Quark site

24 Singer Lisa

29 Prefix with plunk

30 Lost money in the stock market, say

32 Holy image

33 Rejections

34 SUV maker

37 Out of date

38 Otherworldly

39 Big spoon

40 Lowly chess piece

41 MSNBC host Melber

42 Out of date

43 San Francisco's — Valley

45 City near central Missouri

46 Sign up for
- 50 Ozone-depleting compound, in brief

52 Prefix with unsaturated

53 Love, to Yvette

55 — contendere

56 Wild horses

57 Meddling types

59 Containing cushioning

60 Many a white animal

65 Genetic info holder

66 IV dosage amts.

67 Be off base

68 Hollywood's Hayek

70 Hair clip

71 Jellystone Park bear

72 Film director Joel or Ethan

73 Whimpers

74 Alaskan native

75 Many Broadway productions

78 Second part of 75-Down

79 Beach toys

80 Popeye, to Pipeye
- 82 Wilson of Heart

84 Tons (of)

86 Haul off

88 Ballpoint brand

89 Pro vote

90 Young louse

91 Man-goat

94 SoHo locale

95 "When — good time?"

99 Early online forum

100 Some hot rods

101 That girl

102 One-man-army types

103 Victim

105 Degrade

108 Bit of trickery

109 Ref relatives

110 Jewish youth gp.

111 Squares on calendars

112 City in central Sicily

113 Suffix with gas or right

115 First-century emperor

116 Nile goddess

117 French political division

121 Hotel units: Abbr.

122 Casual shirt

123 Divs. of 111-Down

1	2	3	4		5	6	7	8	9	10		11	12	13	14	15		16	17	18	
19					20							21						22			
23					24							25						26			
27									28		29						30				
			31			32	33	34		35					36						
37	38	39							40	41				42	43		44		45	46	
47						48							49		50						
51				52	53				54		55	56	57								
58							59	60			61					62					
63					64		65				66				67	68		69			
				70					71							72					
73	74	75			76							77						78	79	80	
81					82			83				84				85		86			
87					88	89				90				91							
92										93		94	95				96				
97																					
					98		99	100	101							102	103				
			104		105			106					107								
108	109					110	111				112	113			114				115	116	117
118					119						120			121	122	123					
124					125						126							127			
128					129						130							131			

King Crossword

- ACROSS**

1 Cookie con-tainer

4 Pen point

7 Castle protec-tor

11 Quite eager

13 Bobby of hockey lore

14 Ames' state

15 Curtain-like membranes

16 Name in China's history

17 Masticate

18 Extemporize

20 19th Hebrew letter

22 Arrest

24 Stay informed

28 Waistband material

32 Aircraft

33 Mary's pet

34 Twitch

36 Helper

37 Prom-goers' rides

39 Desert

41 Mail units

43 Droop

44 Solemn pledge

46 Border shrub-bery

50 — En-lai

53 Be sick

55 Lounge

56 Ladder step
- 57 Doctor's due

58 Individuals

59 "Why not?"

60 Med. approv-al agcy.

61 Witness

8 Reaction to fireworks

9 Emotion elic-it-ing 8-Down

10 Caught sight of, to Tweety

12 "Blue Boy" artist

19 Cudgel

21 Energy

23 Morsel

26 Loosen

27 Hammerhead part

28 Right angles

29 Cafe au —

30 Bullets et al.

31 U.S. spy org.

35 Letterman's network

38 Sailor's domain

40 "That feels so good!"

42 Workers

45 Hastened

47 Puts on

48 Merriment

49 Otherwise

50 Weep

51 Coloration

52 — budget

54 Meadow
- DOWN**

1 Coffee

2 Elderly

3 Hot dog hold-er

4 — de plume

5 Mideastern nation

6 Stream

7 "Pieta" artist

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

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

- Abyssal

Combat

Comfort

Danger
- Drop

End

Enterprise

Euro
- Frigid

No-fly

Temperate

Time
- Torrid

Twilight

War

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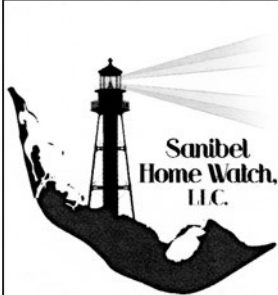
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"Taking up bird-watching, or our new

_____?"

answer on page 46

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!

Steer
SHURE

Escort
ADRUG

Mild
GINBEN

Sense
SOENAR

TODAY'S WORD

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

SUDOKU

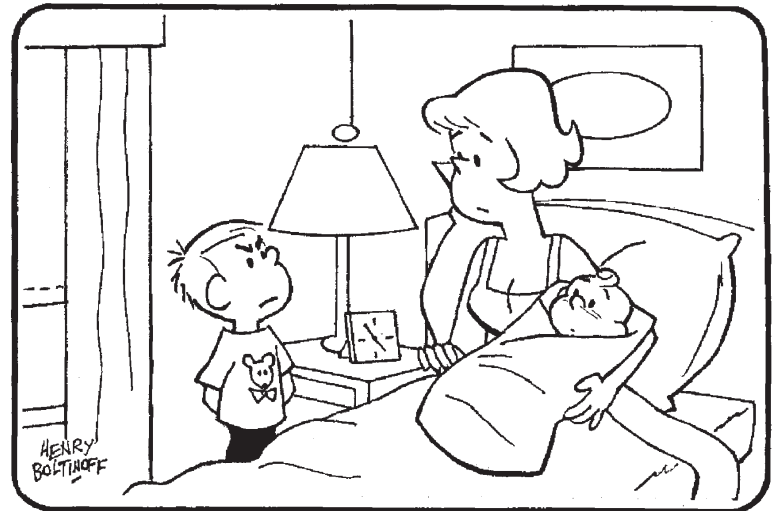
To play Sudoku:

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.

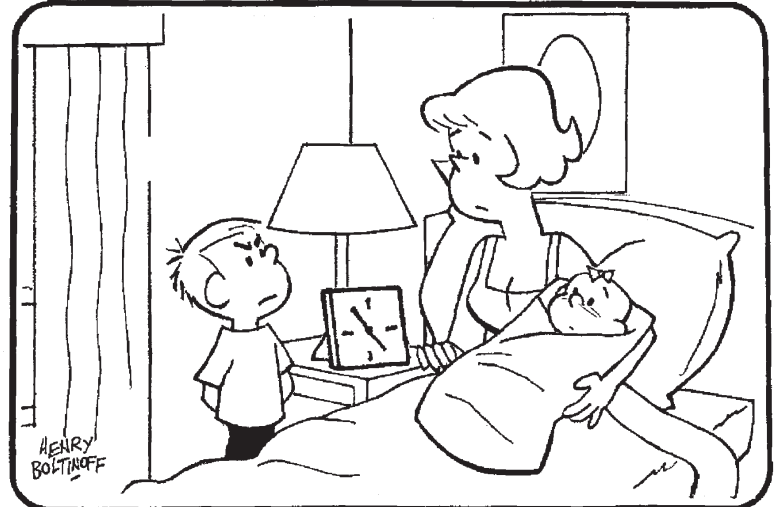
answer on page 47

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Picture is hanging vertically. 2. Clock is bigger. 3. Picture on boy's shirt is missing. 4. Baby's hair has bow. 5. Drapes are wider. 6. Knob is missing from lamp.

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My Stars ★★★★★

FOR WEEK OF JUNE 10, 2019

Aries (March 21 to April 19) Try using that Aries charm to warm up the usual set of workplace naysayers, and then back it up with a solid block of facts and figures to sell your idea to your colleagues.

Taurus (April 20 to May 20) While nothing can deter a determined Bovine from following a course you believe in, it helps to have some supporting data and statements by trusted colleagues to make your case.

Gemini (May 21 to June 20) Take advantage of new information that could help make your career transition easier. The weekend is a good time to re-establish relationships with people you haven't seen in a while.

Cancer (June 21 to July 22) Personal matters demand your attention as onces-table situations begin to shift. Quick action to shore things up is called for in order to avoid more problems down the line.

Leo (July 23 to August 22) Although your financial picture begins to brighten, "thrif" and "caution" are still the watchwords for fiscally astute Leos and Leonas to live by. Expect news about a family matter.

Virgo (August 23 to September 22) Before you try to blame a colleague for a workplace problem, make sure you have the proof to back you up. Make some quiet

inquiries on your own to try to solicit more information.

Libra (September 23 to October 22) Trying to cheer up a depressed friend or downcast family member can be difficult. But keep at it, and your efforts should soon pay off in ways you might have never expected.

Scorpio (October 23 to November 21) Taking a new look at an old and frequently recurring problem might lead you to consider making some surprising changes in the way you had been handling it up till now.

Sagittarius (November 22 to December 21) Despite what the naysayers might say, setting your sights on a new goal could be one of the smartest things the typically sagacious Sagittarian has done in a long time.

Capricorn (December 22 to January 19) Rebuilding an unraveling relationship won't be easy. But you can do it, if you really want to. Just remember to keep the lines of communication open between the two of you.

Aquarius (January 20 to February 18) A new friendship could develop into a close relationship. Meanwhile, reassure an old friend who might be feeling neglected that he or she is still an important part of your life.

Pisces (February 19 to March 20) You might be feeling that you're still in over your head as you continue trying to adjust

to your new situation. But the pressures ease by week's end, giving you time to come up for air.

Born This Week: You have a gift for sensing the feelings of others. You might consider a career in some aspect of counseling.

MOMENTS IN TIME

• On June 13, 323 B.C., Alexander the Great, the young Macedonian military genius who forged an empire stretching from the eastern Mediterranean to India, dies in Babylon, in present-day Iraq, at the age of 33. Alexander had received a classical education from famed philosopher Aristotle.

• On June 15, 1215, following a revolt by the English nobility against his rule, King John puts his royal seal on the Magna Carta, or "Great Charter." It guaranteed the king would respect feudal rights and privileges, uphold the freedom of the church and maintain the nation's laws.

• On June 10, 1752, Benjamin Franklin flies a kite during a thunderstorm and collects a charge in a Leyden jar when the kite is struck by lightning, demonstrating the electrical nature of lightning.

• On June 14, 1922, President Warren G. Harding, while dedicating a memorial site for the composer of *The Star Spangled Banner*, Francis Scott Key, becomes the first president to have his voice transmitted by radio.

• On June 11, 1963, President John F. Kennedy issues presidential proclamation 3542, forcing Alabama Gov. George Wallace to comply with federal court orders allowing two black students to register at the University of Alabama.

• On June 12, 1987, in his famous Cold War speech in West Berlin, President Ronald Reagan challenges Soviet leader Mikhail Gorbachev to "tear down this wall." The Berlin Wall was a symbol of the repressive Communist era in a divided Germany. Germany was officially reunited on Oct. 3, 1990.

• On June 16, 1999, Kathleen Ann Soliah, a former member of the Symbionese Liberation Army, is arrested near her home in Minnesota after evading authorities for more than 20 years. The SLA, a small, radical American paramilitary group, made a name for itself in the 1970s with a series of murders, robberies and other violent acts.

STRANGE BUT TRUE

• It was beloved American author Ursula K. LeGuin – perhaps best known for her "Earthsea" series – who made the following sage observation: "What sane person could live in this world and not be crazy?"

• The skateboard was invented in California in the 1950s by surfers who wanted to continue their favorite activity even when they weren't in the water.

• It's hard to imagine what life was


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Landscaping Project,
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individuals, with open availability
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**2 WOOD FINISH
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Best offer
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FOR SALE

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6/7 ★ 6/7

SCRAMBLERS

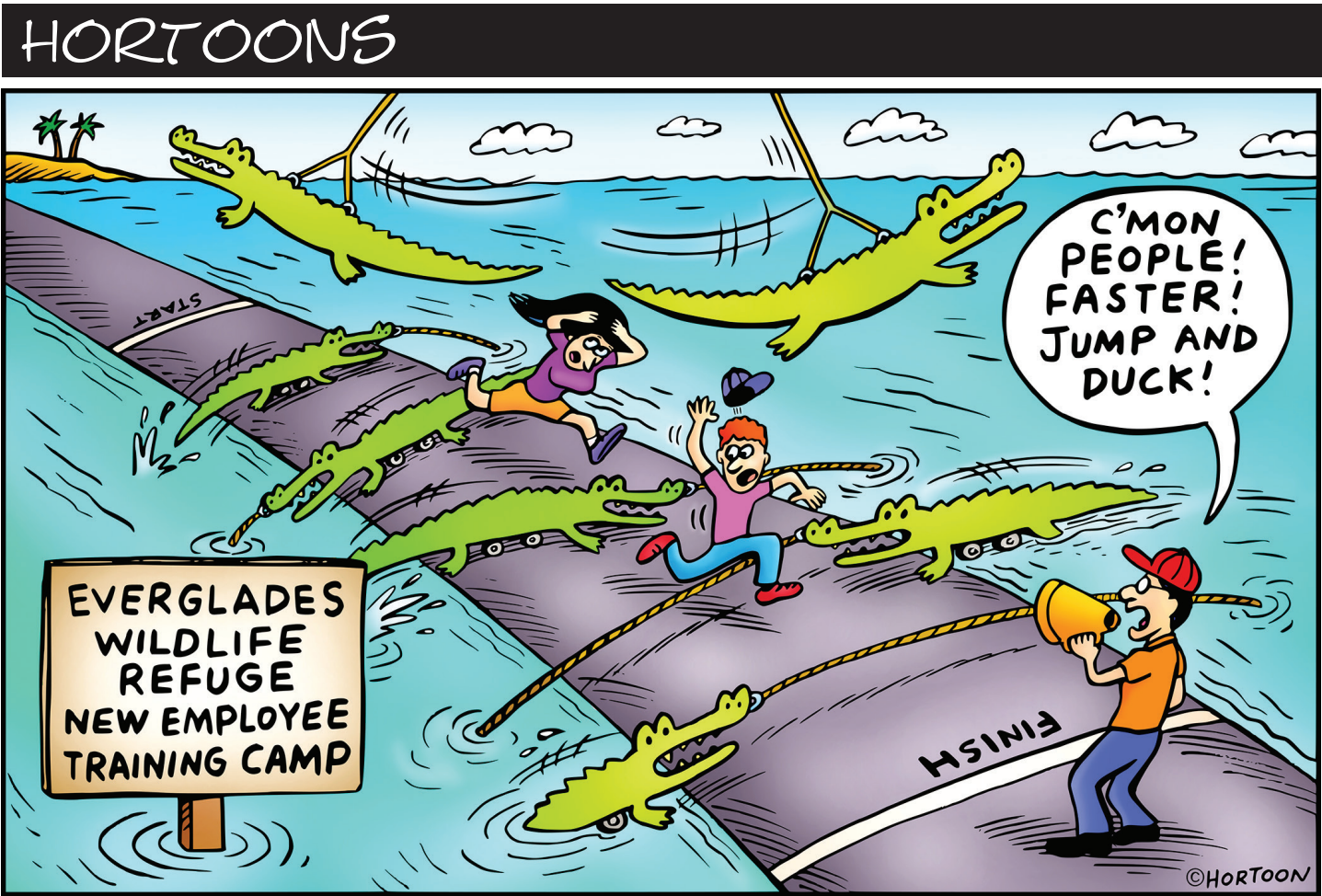
1. Usher; 2. Guard;
3. Benign; 4. Reason
Today's Word
NEIGHBOR

like before the widespread availability of refrigeration, isn't it? Some people have decided to find out – and you might be surprised at how many. Although 99.5% of all households in the United States have a refrigerator, that still means that more than 1.5 million households are fridge-less.

- What we call coffee beans are actually the pits of the coffee beans.
- With an area of less than 1,000 square miles, the tiny Western European nation of Luxembourg is one of the smallest countries in the world, and it is the world's only remaining sovereign Grand Duchy. Considering the country's longstanding adherence to tradition, it is perhaps unsurprising that the national motto is "We want to remain what we are."
- Those who study such things claim that the hair on people of European descent tends to whorl in a counterclockwise fashion, while on most Japanese people it whorls in the opposite direction.
- Statistics show that for every 71,000 skydiving jumps made, there is only one fatality. That might not seem surprising until you put it in context: You have a one in 20,000 chance of dying from a regular fall right here on solid ground.

THOUGHT FOR THE DAY

"The problem with being sure that God is on your side is that you can't change your mind, because God sure isn't going to change His." – Roger Ebert



PUZZLE ANSWERS

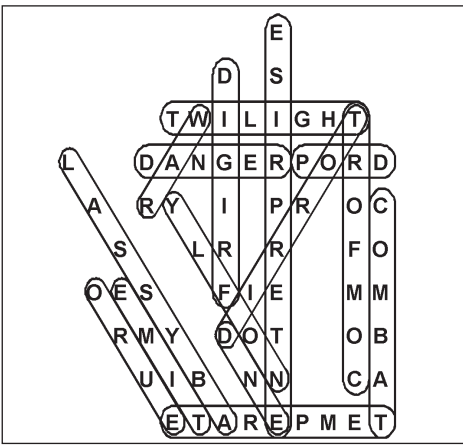
SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	2019	5,760	\$6,850,000	\$6,625,000	27
Southport On The Bay	Bonita Springs	1998	6,445	\$2,695,000	\$2,620,000	12
One	Fort Myers	1973	4,591	\$2,200,000	\$1,675,000	39
Cape Harbour	Cape Coral	2003	3,678	\$1,899,000	\$1,675,000	52
Town And River	Fort Myers	2007	4,167	\$1,649,000	\$1,525,000	105
Sanctuary At Wulfert	Sanibel	1994	4,736	\$1,595,000	\$1,525,000	9
Marina Isle	Bonita Springs	1999	3,526	\$1,495,000	\$1,250,000	75
Cape Coral	Cape Coral	2006	4,160	\$1,369,900	\$1,335,000	101
Shell Harbor	Sanibel	1971	1,935	\$1,295,000	\$1,140,000	96
Northridge	Estero	2007	4,184	\$1,280,000	\$975,000	64

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GulfShore Magazine



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