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SANIBEL & CAPTIVA ISLANDS, FLORIDA

APRIL 24, 2015

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## Sanibel Man's Gift Funds HealthPark Surgery Center

**L**ee Memorial Health System has announced the creation of The Shipley Center for Cardiothoracic Surgery Innovation, Education & Research to advance the care and treatment of heart and lung disease.

The center expands upon the health system's current cardiac care expertise by establishing an innovation hub focused on patient care optimization, research and learning opportunities for surgical teams worldwide.

A multidisciplinary team of physicians, nurses and allied professionals in the specialty areas of cardiothoracic (CT) surgery, anesthesiology, pulmonology and cardiology will provide an advanced level of comprehensive and coordinated care to patients throughout Southwest Florida. The center will be located in a 10,000-square-foot space on the first floor of HealthPark Medical Center.

The Shipley Center for Innovation is made possible by a \$2.5 million gift by the Shipley Foundation, which is headed by Richard C. Shipley of Sanibel.

"We are incredibly grateful for the generosity of the Shipley Foundation," said Paul DiGiorgi, MD. "Their gift helps us build on an already strong foundation of cardiothoracic care in our community, allowing us to introduce a new concept of what is possible for patients and their families, and establish a new standard of quality care."



From left: Jim Nathan, president and CEO of Lee Memorial Health System; Dr. Stephen Brown, Lee Memorial Health System board member; Donna Giannuzzi, chief administrative officer of HealthPark Medical Center; Dr. Paul DiGiorgi, cardiothoracic surgeon with Lee Physician Group; Kandy DeWitt, associate director of nursing services at HealthPark Medical Center; Cindy Brown, vice president of patient care services at HealthPark Medical Center; and Richard Shipley

The goal of the Shipley Center is to improve patient outcomes through an in-depth understanding of an individual patient's risk factors, co-morbidities and personal health needs prior to surgery and then share outcomes research with the medical community locally, nationally and internationally through medical journal publications and scientific presentations.

Of special interest will be research into frailty screening to identify patients who are deconditioned and provide prehab therapies that decrease the risk of complications or death. The center will also include a component of health education to help patients understand how to stay healthy and potentially avoid surgery. An education hub will

continued on page 13

## Captiva Fire Station Nears Completion



A brand new fire station for the Captiva Island Fire Control District is nearly complete, with the grand opening of the state-of-the-art facility expected before the end of May

photos by Jeff Lysiak

by Jeff Lysiak

**A**fter nearly five years of discussion, planning and construction, a brand new, state-of-the-art headquarters for the Captiva Island Fire Control District is nearing completion.

The facility, located at 14981 Captiva Drive, replaces the fire station originally constructed in 1980. After breaking ground on the station on April 10 of last

continued on page 36



Nature photography is part of the curriculum and fun at "Ding" summer day camp

photo by Sanibel School middle school student Kirsten Dunavant

## Deadline Approaching For 'Ding' Darling Summer Day Camp

**T**he deadline for the inaugural Nature Explorers Day Camp at JN "Ding" Darling National Wildlife Refuge on Sanibel is May 1. Four consecutive weeklong Nature Explorers Day Camp sessions will start on June 15 and run through July 17. Campers can attend only one session.

Each session will be limited to 14 middle school students (who have completed

continued on page 36



# Lily's Birthday Bash!

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Looking Back:

# Crop Picking On Carter Homestead



Visit the History Gallery to learn more about the unique and diverse history of Captiva. Interpretive panels and touch screen access to historic photos are featured. Step aboard a wooden replica of the old mailboat, *Santiva*, to capture the spirit of the island. The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane and open during library hours. This week's image is crop picking time on the Carter Homestead. The Carters were the first homesteaders of the property that is now the South Seas Island Resort. They planted vegetables and a grapefruit grove on their 160 acres.  
photo archives of the Captiva Island Historical Society

## Library Programs

### Hurricane Seminar At Captiva Fire Station May 7

A Hurricane Preparation and Response seminar will be held at 3 p.m. on Thursday, May 7 at the Captiva Island Fire Station, located at 14981 Captiva Drive. Members of the Captiva Hurricane Preparation and Response Committee, the Captiva Island Fire Control District, Lee County Emergency Operations Center, the Lee County Sheriff's Office and Captiva Island's Structural Safety Inspection Team, a group of volunteers responsible for conducting damage assessment on Captiva in the event of a severe tropical storm help Captivans to prepare for the 2015 hurricane season. For more information about the seminar, call the Captiva Memorial Library at 533-4890. A sign language interpreter is available with 5 business days notice to library staff.✧

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Jack Graham, designer of a lighthouse located on Sullivan's Island in South Carolina, discusses the unique design of the triangular-shaped Charleston Light during Lighthouse Day at the Sanibel Historical Museum & Village

photos by Jeff Lysiak

## Lighthouse Architect Speaks At Sanibel Historical Museum & Village

by Jeff Lysiak

An annual tradition at the Sanibel Historical Museum & Village, Lighthouse Day was celebrated last Wednesday with a lecture conducted by architect Jack Graham, who designed the last lighthouse built by the United States Coast



A photographic assortment of structures designed by Jack Graham



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**Jack Graham, right, spoke in front of a capacity crowd at the Old School House**

Guard – on Sullivan's Island, South Carolina – in 1959.

Speaking to a standing room only audience that filled the Old School House at the village, Graham shared details of his upbringing, his years of service with the Coast Guard, his career as an architect and his dedication to the preservation of American lighthouses.

According to Graham, the first lighthouse in recorded history dates back to around 300 B.C. in Alexandria, Egypt. However, with the advent of electronic technology (i.e. GPS, radar and sonar) for most navigation in the modern era, Graham thinks that it is unlikely that another lighthouse will be built.

"The days of lighthouse construction are probably over," said Graham, who claims to be the only living lighthouse architect in the country. "The next phase for them is preservation."

After studying architecture at the University of Pennsylvania and following his first job in Wilmington, Delaware, Graham enlisted in the Coast Guard in 1958 and was stationed in Cape May, New Jersey. There, he was assigned to design a new master plan for the base before being transferred to USCG headquarters in Washington, D.C.

One of the final assignments he started – though never officially completed – was to design a new lighthouse for Sullivan's Island, located north of Charleston Harbor in South Carolina. The unique structure of the Charleston Light has a triangular shaft with hexagonal base and lantern level. It is also the only lighthouse with an elevator.

"Over my career, I must have done over 500 projects, including schools and hotels and parks," said Graham. "But the items I'll be known for only took me two and a half weeks to do."

Graham's wife, Martha, noted that the lighthouse project cost the Coast Guard "about \$60" – based upon her husband's \$30 per week salary at the time – for the initial designs.

Graham has been involved in historic preservation for 55 years, restoring more than 20 historic houses and commercial buildings. He is a past president and for 45 years a volunteer architect of Furnace Town Living Heritage Museum, on the eastern shore of Maryland.

Graham has designed three historical museums and most of the buildings in the Chesapeake Bay Maritime Museum. Several years ago, he designed a replica steamboat housed in the Delmarva Discovery Center. Currently, he is working on an addition to the Lifesaving Museum in Ocean City, Maryland.

Comparing the unique aspects of Charleston Light's triangular shape to the Sanibel Lighthouse's open steel frame, Graham said both structures were built in order to withstand the high winds associated with hurricanes and tropical storm-like weather.

"Why nobody had ever thought of creating a triangular lighthouse in the 22 centuries before I just don't know," Graham added. He noted, "Lighthouses have really become loved by the communities they're located in."

Also part of the Lighthouse Day lecture, one of Sanibel's legendary lighthouse keepers, Henry Shanahan (portrayed by Hal Theiss) entertained the crowd by sharing some insight of his days tending to the island icon. Shanahan served as the assistant keeper of the Sanibel Lighthouse from 1888 to 1892, then assumed head keeper duties from 1892 to 1913.

"The lighthouse was about 12 (years old) when I took over," he recalled gleefully. "And I made \$240 per year, which was pretty good money back then."

During his tenure, Shanahan enjoyed life on the sparsely populated island, collecting sea shells just a few steps from his front door. He also enjoyed the company of his family, which included a total of 13 children.

"It was kinda crowded... but we were comfortable," he added.✧



**Henry Shanahan, portrayed by Hal Theiss, talked about serving as keeper of the Sanibel Lighthouse**

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Ruby Sanders, daughter of the former captain of the *Santiva*, with local filmmaker Rusty Farst prior to last Wednesday's Captiva Island Historical Society event celebrating the history of the island's legendary mailboat

# Historical Society Hosts Mailboat Celebration

by Jeff Lysiak

The Captiva Island Historical Society hosted a screening last Wednesday evening of documentary filmmaker Rusty Farst's short film, *Our Mailboat Santiva*, celebrating the history of the island's legendary mailboat.

The event, held at the Captiva Community Center before a capacity

crowd, also featured a question-and-answer session with Ruby Sanders, daughter of the former captain/owner of the *Santiva*, and Tom Smoot, who worked on the historic vessel as a teenager.

"Not only was the *Santiva* an iconic mailboat, but it was also used to transport food and supplies as well as people," said Jim Pigott, CIHS board president.

The 15-minute film, directed and narrated by Farst, opened with a flashback sequence showing a group of people – portrayed by local residents dressed in 1920s period costumes – taking a trip aboard the *Santiva*. Among them are Piggott, Sanibel Historical Museum &



Ruby Sanders and Tom Smoot shared their memories of the *Santiva* at the Captiva Community Center



A capacity crowd had wine, cheese and fruit prior to the start of the April 15 event

Village manager Emilie Alfino and Sanibel Historic Preservation Committee member Deb Gleason.

According to *Our Mailboat Santiva*, the history of official mail delivery to Sanibel and Captiva began with the Kinzie brothers, who operated steam-powered ferries from the mainland until the mid-1930s. Capt. Ray Singleton – along with his sons Ray, Jr. and Cleon – took over the mail route in 1936, operating two gas-powered vessels: *Trailblazer* and *Rambler*.

In 1940, the Singletons purchased

a new diesel-fueled, 44-foot boat which they dubbed the *Santiva*.

On Sanibel, the boat dropped off mail at an east end dock, which was then delivered via Jeep to the old Bailey's General Store. Other mail drops along the route included Wulfert Point (in care of postmistress Jennie Doane) and Captiva (in care of postmistress Pattie Gore).

Also featured prominently in the documentary, in addition to Sanders, is local historian Betty Anholt and education director for the Sanibel-Captiva

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An image of the *Santiva* from the documentary film

Conservation Foundation Kristie Anders.

In addition to making their scheduled mail deliveries six days per week, the Singletons also picked up groceries, building supplies and other sundries for island residents and businesses, charging a nominal fee of five cents to 25 cents per item.

“They were penalized three days pay if they missed their schedule, which only happened a couple of times,” said Anders.

“People said that they could set their watches by the time the *Santiva* passed by,” added Sanders.

In 1955, the Singletons sold their vessel to Palmer Ladd, who continued operating the *Santiva* – no longer used to transport mail – from the Fort Myers Yacht Basin to Sanibel. The round-trip ticket cost \$3.

The Singletons bought the boat back



A postcard of the *Santiva*



**Paul McCarthy, far right, moderated the question-and-answer session following the screening of Rusty Farst’s documentary**

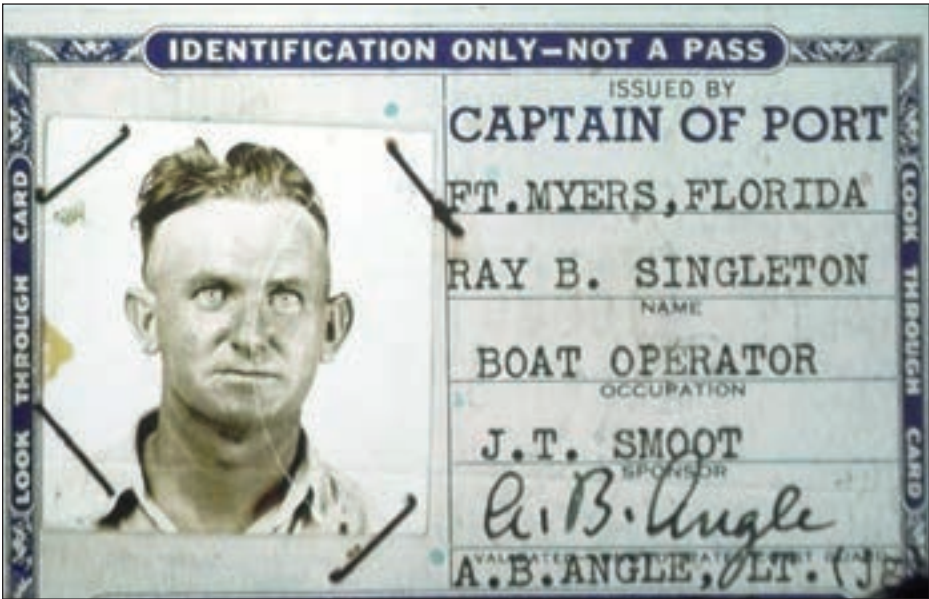
from Ladd in December 1963, operating a similar tourist-based business. However, they renamed the *Santiva* the *Island Queen*, which they run for two more years until the opening of the Sanibel Causeway made traveling to the islands by boat nearly obsolete.

“This story is less about a boat than it is about an American family,” said Paul McCarthy, who moderated the Q&A following the film.

As to the whereabouts of the legendary mailboat, according to Farst, the *Santiva* was sold to a marina near Myrtle Beach, South Carolina. Its vessel identification number is not currently registered.

The Captiva Island Historical Society thanked a number of sponsors for supporting their events this season, including the Captiva Island Yacht Club, Sanibel-Captiva Trust Company, Tween Waters Inn, The Sanctuary Golf Club and South Seas Island Resort.

Copies of Rusty Farst’s DVD, *Our Mailboat Santiva*, are available for \$25 at the Captiva Memorial Library, 11560 Chapin Lane, or by calling 472-2323.✴



Captain Ray Singleton’s boater credentials

# American Legion Post 123

On Sunday, April 26, American Legion Post 123 will serve barbecued ribs and chicken from 1 to 8 p.m. Cost is \$12 to \$14. The following Sunday, May 3, the legion will serve a meatloaf dinner.

Nine-ball pool tournaments are played every Monday starting at 5 p.m.

“Hump day” specials are served all day on Wednesdays.

On Fridays, a six-ounce ribeye steak sandwich is available all day. There are daily specials as well as the popular half-pound burgers. Food is served from 11 a.m. to 8 p.m. The public is welcome.

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

Hours are Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m.

American Legion Post 123 is located at Mile Marker 3 on Sanibel-Captiva Road. For more information, call 472-9979.✴



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# Lions Club Visits Preschool To Give Free Medical Check-Ups



Dylan Stevens has his “picture” taken, while they are really checking his eyes and all he has to do is smile

The Sanibel-Capitva Lions Club visited the Children’s Education Center of the Islands to conduct free vision, hearing and BMI (Body Mass Index) screenings. This is a free service provided by the Lions Club that allows parents to be proactive in the event that a problem is detected.

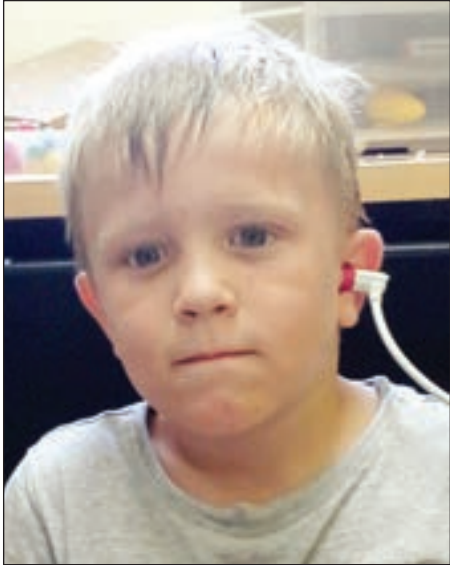
Lions Club International is a service club organization that helps people with programs for sight, health, diabetes, hearing, and community and environment. ✨



Kai Schwartz has a nice conversation with Mr. George



Emma Spencer proudly displays how big she is in inches



Riley Sullivan waits patiently as his hearing test is conducted



Joshua Schwartz is happy to have his weight checked.

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1. *Cuba Straits* by Randy Wayne White
2. *Sanibel Flats* by Randy Wayne White
3. *The Girl on the Train* by Paula Hawkins
4. *The Hypnotist’s Love Story* by Liane Moriarty

5. *The Boys in the Boat* by Daniel James Brown
  6. *Still Life with Bread Crumbs* by Anna Quindlen
  7. *The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer and Annie Barrows
  8. *The Art of Racing in the Rain* by Garth Stein
  9. *Lowland* by Jhumpa Lahiri
  10. *Gift from the Sea* by Anne Morrow Lindbergh
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# Island Cotillion Final Dinner Of Season



James and Maggie Davis with Carmen and Mike DeTommaso

Island Cotillion members celebrated their final dinner dance of the season on April 9 at The Sanctuary Golf Club with a masquerade theme. One-eyed phantoms and feathered masks graced the dance floor to the upbeat music provided by Cahlua & Cream. Dance hosts Mike and Carmen DeTommaso and James and Maggie Davis created a magical atmosphere with beautiful masks and outstanding table decorations. New members and guests were introduced and welcomed into the group by steering committee chair Andrea Gainer.

The next Island Cotillion dance will be held in December. ✨

# Veteran Honored On Captiva



Karel Aster photo by Jonathan Tongyai

Karel Aster, the last survivor of 14 veterans who volunteered for the United States Army, was presented the Gratiast Agit Award of the Ministry of Foreign Affairs by Czech Ambassador to the United States HE Petr Gandalovic on Thursday, April 23 on Captiva.

Aster, at the age of 21, along with 13

other Czech nationals, volunteered for the war effort of the United States Army in the Philippines. Subsequently, all 14 Czech nationals became prisoners of war under the Japanese in 1942. Like so many others, the crew of 14 participated in the Japanese "Victory March." Those who survived the march were placed in "hell ships" for weeks on end where they were held like rats in wretched conditions. Following the journey in the hell ships, Aster and his fellow shipmates still alive were encamped in the coal mine camps operated by the Japanese Army until the end of the war.

Prior to the war, the Bata Shoe Company employed Aster when he was sent to the Philippines to help establish a production facility for the company.

Aster was unable to attend the original presentation ceremony in Prague this past June. "The Gratiast Agit Award is the highest honor the Czech minister of foreign affairs bestows on an individual," said Gandalovic. "I am honored to hand deliver the award to Karel, a true member of the greatest generation."

The Gratiast Agit has been awarded since 1997 to acknowledge prominent personalities and non-governmental organizations who have committed themselves to working for the benefit of society, for the promotion of friendship among nations and for the promotion of the Czech Republic in the world. At present, it is the only statutory prize awarded by the Ministry of Foreign Affairs of the Czech Republic. ✨

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# Six Sites Due For Prescribed Burns



Members of the Sanibel Firewise Task Force following Monday's information session held at the JN "Ding" Darling National Wildlife Refuge's Visitor & Education Center  
photos by Jeff Lysiak

## Six Sites Due For Prescribed Burns

by Jeff Lysiak

On Monday, a public information meeting was held at the JN "Ding" Darling National Wildlife Refuge Visitor & Education Center, with refuge personnel, city and conservation staff and officials from the U.S. Fish and Wildlife Service discussing the plan for prescribed burn locations on Sanibel this spring and summer.

Currently, six locations on the island are being targeted for burns this year. They include:

- The refuge's Botanical Site, located south of Sanibel-Captiva Road across from The Sanibel School
- SCCF's Center Tract, located between Sanibel-Captiva Road and Lake Murex Circle
- The Postell Tract, located between Rabbit Road and the Lake Murex subdivision
- Sanibel Gardens Preserve, located off Island Inn Road
- Frannie's Preserve, located off Tarpon Bay Road
- Gulfside City Park, located between Algiers Lane and Casa Ybel Road



Cecile Derovin, a resident of Gulf Pines, speaks with Supervisory Refuge Ranger Toni Westland

"These spots include not just what we're planning this spring and summer, but what our partners are planning to do," Refuge Manager Paul Tritaik told the crowd. "What we want to have is a safe and effective burn for us and for the local wildlife."

Fire is a natural part of Florida's ecosystem, historically set by lightning. Because of this history of periodic fires, many of Florida's natural communities are adapted to burning.



Fire personnel, refuge, city and conservation foundation staff members huddle after the meeting ended

"Many plants and animals are dependent on and benefit from fire. Without fire, native plants and animals have a much harder time surviving in these habitats," added Tritaik.

According to Jeremy Conrad, the newly-appointed refuge biologist, fire removes dead vegetation, promotes new growth of native vegetation and sup

presses exotic plants. In the absence of fire, many plant communities are displaced by dense woody vegetation, which can reduce plant diversity and eliminate foraging opportunities for several of the island's wildlife. In addition, animal species such as the gopher tortoise, eastern indigo snake and the Sanibel rice rat all depend on a fire-maintained ecosystem.

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Constance Clancy, ED.D.  
Suzy Cohen  
Linda Coin  
Tim Drobnyk  
Marcia Feeney  
Ed Frank  
Jim George  
Shelley Greggs  
Marion Hauser, MS, RD  
Ross Hauser, MD  
Bryan Hayes  
Craig R. Hersch

Tanya Hochschild  
Jane Vos Hogg  
Shirley Jewell  
Audrey Krienen  
Dr. Jose H. Leal, Ph.D.  
Patricia Molloy  
Capt. Matt Mitchell  
Gerri Reaves Ph.D.  
Angela Larson Roehl  
Di Saggau  
Karen L. Semmelman  
Jeanie Tinch  
Mark "Bird" Westall



## Rotary Selects Outstanding Local Leaders For Highest Honors

The Sanibel-Captiva Rotary recently voted to recognize each year a non-Rotarian community leader with the club's newly created Vocational Excellence Award. Considerations for receiving this award were a nomination from Sanibel-Captiva Rotary members with each candidate demonstrating exceptional vocational performance in the community.

The club's 2015 Sanibel-Captiva Rotary Vocational Excellence Award recipient is Maggi Feiner, president and CEO of FISH (Friends In Service Here).

And Rotarian John Grey was nominated by the club for the prestigious Rotary District #6960 2015 Vocational Service Member of the Year award.

FISH of Sanibel-Captiva, is a non-profit, non-sectarian, human services organization focused on "neighbors helping neighbors" on the islands. Their mission is to lend a helping hand to those in need who live, work or visit here. Their objective is to make a social investment in the community that assists neighbors to live independently with dignity in their homes.

Feiner administers six core programs and actively fosters community partnerships, such as Aging in Place with the Zonta club.

She has been recognized many times for her leadership throughout Lee County. Since her first term as president of the FISH board in 2006, she has excelled not only in leadership, but in administration, as attested to by the growth and accomplishments of multiple programs under her supervision.

Along with receiving the Sanibel-Captiva Rotary Club 2015 Vocational Excellence



**Maggi Feiner, winner of the Rotary Vocational Excellence Award, with Rotary president Bill Rahe**

Award, Feiner was also awarded the distinguished Rotary Paul Harris Award and medallion by Sanibel-Captiva Rotary Club President Bill Rahe. This Paul Harris Fellow recognition acknowledges individuals who contribute, or who have contributions made in their name, of \$1,000 to The Rotary Foundation of Rotary International. To honor Feiner, Rotary International has received a financial donation from the club in her name.

Grey is owner and operator of John Grey Painting Company, Sanibel. He has demonstrated high ethical standards in the conduct of his business and continually gives back to the community through both in-kind and financial support for many non-profits in Lee County.

His remarkable record of service to the Sanibel-Captiva Rotary Club has brought high standards for involvement for the club. He and his business have been an active force in the Sanibel-Captiva and regional community not only in his service to Rotary but in other community organizations. He is on the boards and committees of Sanibel Sea School, Community Housing and Resources, Sanibel, and Harlem Heights Foundation, Fort Myers. On the International level he has personally funded and participated in six trips to Guatemala, Jamaica, Trinidad and Haiti, promoting a variety of projects, many of them partnerships between the Rotary and other charitable organizations. They include the distribution of wheelchairs from the Wheelchair Foundation; Haiti St. Marks School Sanitation Project; Miracles in Action; Coffee

continued on page 23



**John Grey, nominated for the Rotary District #6960 2015 Vocational Service Member of the Year Award**

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## Churches/ Temples

### ANNUNCIATION GREEK ORTHODOX CHURCH:

8210 Cypress Lake Drive, Fort Myers  
Reverend Dr. Elias Bouboutsis. Orthros  
Service Sunday 9 a.m. Divine Liturgy  
Sunday 10 a.m. Fellowship Programs,  
Greek School, Sunday School, Bible Study  
www.orthodox-faith.com, 481-2099

### BAT YAM-TEMPLE OF THE ISLANDS:

The Reform Congregation of Bat Yam  
Temple of the Islands meets for Friday  
night services at 7 p.m. in the Fellowship  
Hall of the Sanibel Congregational United  
Church of Christ, 2050 Periwinkle Way.  
Rabbi Myra Soifer. For information call  
President Martin Pokedoff at 239-395-2544.

### CAPTIVA CHAPEL BY THE SEA:

The Reverend George E. Morris  
Services every Sunday 11 a.m. through  
April 26, 2015. 11580 Chapin Lane on  
Captiva. 472-1646.

### FIRST CHURCH OF CHRIST, SCIENTIST:

2950 West Gulf Dr., Sunday 10:30 a.m.;  
Sunday School 10:30 a.m., Wednesday  
evening meeting 7:30 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).  
472-8684.

### NEW SANIBEL BAPTIST CHURCH

Join us for worship Sunday mornings  
9 a.m. Bible Study and 10 a.m. Worship  
Service at The Community House,  
2173 Periwinkle Way. 239-671-5502.

### SANIBEL COMMUNITY CHURCH

1740 Periwinkle Way, Sanibel, 472-2684  
Dr. Daryl Donovan, Senior Pastor  
Sunday Worship Hours:  
8 a.m. Traditional in historic Chapel. 9 a.m.

Contemporary and 11 a.m. Traditional in main  
Sanctuary. 10:15 a.m. Courtyard Fellowship.  
9 and 11 a.m. Bible classes. Childcare avail-  
able at all services.

### SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST:

2050 Periwinkle Way 472-0497  
The Reverend Dr. John H. Danner, Sr.  
Pastor. The Reverend Deborah Kunkel,  
Associate Pastor. 7:45 a.m. Chapel, 9 and  
11 a.m. Full Service with Sunday school  
and nursery care provided. Elevator access.

### ST. ISABEL CATHOLIC CHURCH:

3559 San-Cap Rd., 472-2763  
Pastor Reverend Christopher Senk,  
Saturday Vigil Mass 5 p.m., Sunday Mass  
8:30 and 10:30 a.m., Daily Mass Wed.  
Thurs. Fri. 8:30 a.m. Communion Service  
Mon. and Tues. 8:30 a.m. Holy Days call.

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

2304 Periwinkle Way. Reverend Dr. Ellen  
Sloan, Rector. Saturday Eucharist 5 p.m.,  
Sunday Eucharist 8 and 10:30 a.m.,  
Sunday School 10:30 a.m., Tuesday  
Morning Prayer 9 a.m.,

Wednesday Healing Eucharist 9 a.m.,  
Wednesday Evening Service – 6 p.m.  
(Followed by Potluck Supper on the 1st  
Wednesday) For more information call 472-  
2173 or visit www.saintmichaels-sanibel.org  
**UNITARIAN UNIVERSALISTS**

### OF THE ISLANDS:

Meets on the first Sunday of each month  
from December through April at the Sanibel  
Congregational Church, 2050 Periwinkle  
Way at 5 p.m. A pot luck is held at a mem-  
ber's home on the third Sunday of each  
month. For more information call 433-4901  
or email ryi39@aol.com.✽

are Barbara Clemons of Port Clinton,  
Dawn Clemons and husband William  
S. Thompson of Jupiter, Florida, Paul  
E. Clemons, Jr. of Oak Harbor, Ohio  
and Susan Clemons Freeh and husband  
Lonnie J. Freeh of Castalia, Ohio. She  
is also survived by her four grandchildren  
Amanda Herrera, Ashlee Mincer and her  
husband Craig Mincer, Nicholas Clemons,  
and Lindsey Daup, and three great-grand-  
children Daniella Herrera, Lily Mincer,  
and Landon Mincer.

Pat graduated from Port Clinton High  
School and attended Ohio University.  
She was a past president of the Magruder  
Hospital Woman's Auxiliary, and past  
president of the Port Clinton Jr. Woman's  
Club and was an avid bridge player. While  
raising her four children, Pat also was  
assistant manager of the Island House  
Hotel for 11 years and owner of Old  
Island House Gift Shop for 12 years.

Pat and Paul retired to Sanibel in  
1986 where they enjoyed the leisure of  
retirement and developed many treasured  
friendships. Along with Paul, Pat was a  
member of The Dunes Golf and Tennis  
Club for 30 years and also volunteered  
with the Sanibel-Captiva Conservation  
Foundation Native Plant Nursery.

A memorial mass in celebration of  
Pat's life will be held on Thursday, April  
23 at 11 a.m. at St. Isabel's Catholic  
Church, 3559 Sanibel-Captiva Road,  
Sanibel Island, Florida.

In lieu of flowers, the family requests  
donations in Pat's memory to the Alvin  
A. Dubin Alzheimer's Resource Center,  
Fort Myers, FL www.alzheimersswfl.org✽

## Church Holds Labyrinth Workshop

Nationally renowned expert Zara Renander, will lead an introductory workshop  
on labyrinths at St. Michael and All Angels Episcopal Church on Saturday,  
April 25.

Born in India, with a British background, Renander brings her knowledge of the  
world and experience in crossing cultures to her work in pilgrimage, conflict reduc-  
tion and reconciliation. For four years she was director of a center for Pilgrimage &  
Reconciliation in Alabama, expanding her awareness of ways to engage in healing and  
deepening our approach to conflicted situations. She has been a trusted companion  
and guide for many.

She received a masters degree in theology from the University of St. Catherine, St.  
Paul, Minnesota, and trained as a nurse at Abbott Northwestern Hospital, Minneapolis,  
and Westminster Hospital, England.

The public is invited to learn about and walk the sacred labyrinth. Light refresh-  
ments will be served following the walk.

RSVP to the church office 472-2173.✽

## Island Seniors At The Center 4 Life

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

**Trash & Treasures Sale** will be  
back in November. The center is currently  
accepting donations of your clean gently  
used items. All items are tax deductible.  
You may bring them to the Center 4 Life  
Monday through Friday between 8 a.m.  
and 3:30 p.m. Please, no books, clothes,  
shoes, computers or old TVs. If you have  
any questions, call 472-5743.

### Page Turners with Ann Rodman

– If you would like to be on the Page  
Turners list, email annrodman@aol.com  
or contact the Center 4 Life.

The featured book on Wednesday,  
May 13 is *Sophie's Choice* by William  
Styron. Bring your lunch and watch the  
movie at 12:30 p.m., followed by a dis-  
cussion on the book and movie at 2:30  
p.m.

### Games

**Bridge** – Monday and Wednesday  
at 1 p.m. Cost is \$2.50 for members  
and \$5 for non-members. Prizes will be  
awarded.

**Mahjongg** – Thursday at 1 p.m. Cost  
is \$2.50 for members and \$5 for non-  
members. Prizes are awarded.

### Tuesday and Thursday Kayaking

– April 28 and 30, May 5 and 12 (weath-  
er permitting) at 8:30 a.m. There is  
space for 16 people on eight two-person  
kayaks and limited space for those who  
own their own kayaks. Island Seniors will  
provide kayaks, paddles and life jackets.  
Bring water, a small snack, sun lotion,  
bug spray, sunglasses, towel, hat and  
change of clothing. Cost is \$5 for mem-  
bers and \$10 for non-members. Advance

registration is required.

### Fitness Classes

Classes are available and all ages are  
welcome. Cost is \$3.75 for members and  
\$6.75 for non-members. Annual mem-  
bership is \$20. Sanibel Recreation Center  
members must show their membership  
card to attend.

**Happy Hour Fitness** – Monday,  
Wednesday and Friday at 8 a.m. This  
class keeps your brain fit and your heart,  
lungs and muscles strong with a combina-  
tion of aerobics and muscle conditioning  
exercises and balance. Hand weights,  
stretch cords and your body weight will  
be used. Class begins with a joke and  
ends with a positive thought for the  
day. Athletic footwear required. Silvia  
Villanueva is the instructor.

**Essential Total Fitness** – Monday,  
Wednesday and Friday at 9:30 and 11  
a.m. Cardio, muscle strengthening and  
flexibility training with hand weights,  
stretch cords, chairs and stability balls.  
Athletic footwear 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 bal-  
ance. 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 align-  
ment and circulation. Mats are used to  
meet the needs of varying experience  
levels. Bring a towel. Kim Kouril is the  
instructor.

**Chair Yoga** – Tuesday and Thursday  
at 11 a.m. Available through April 30.  
Similar to Gentle Yoga but all poses are  
done in a chair. Kim Kouril is the instruc-  
tor.

For more information, call 472-5743  
or stop by 2401 Library Way.✽

## OBITUARY



**PATRICIA CLEMONS (PRICE)**

Patricia Clemons (Price) of Sanibel,  
Florida and Port Clinton, Ohio  
died peacefully at Barrington  
Terrace Assisted Living in Fort Myers,  
Florida on April 16, 2015. She was born  
in Toledo, Ohio to Alice McDowell Price  
and Lester Andrew Price on November,  
26, 1928.

Pat, as she was known to her friends,  
lived most of her life in Port Clinton,  
Ohio. In 1948, she married and is  
survived by her long-time husband,  
Paul E. Clemons. Her beloved children

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**The Shipley Center for Cardiothoracic Innovation, Education & Research at HealthPark Medical Center**

From page 1

## HealthPark Surgery Center

provide live-case teaching, simulators, and destination and distance learning opportunities for healthcare professionals.

The Shipley Foundation benefits numerous charities in Florida and elsewhere, with particular emphasis devoted to supporting veterans, education, medical research and conservation.

"We support people and organizations who are passionate about their mission and open to using innovative methods and technologies to accomplish their goals," said Richard Shipley. "We are very proud to partner with Dr. DiGiorgi, Dr. Hummel and their team in this endeavor."

The Shipley Center will be led by Dr. DiGiorgi with the support of fellow cardiothoracic surgeons Brian Hummel, MD, George Comas, MD and Randall Buss, MD. The center's work will be enhanced by an Innovation Committee comprising national and local clinical and administrative leaders, working and retired, with expertise in the pharmaceutical, medical devices, technology and finance areas of healthcare who are interested in leading-edge care, research, education and patient care optimization.

The HealthPark cardiothoracic team is already well known in medical circles for minimally invasive procedures. They were the first team in Florida to perform

a trans-aortic valve replacement (TAVR) after clinical trials were completed and were among the first to perform the procedure with conscious sedation. The team has extensive experience, performing more than 800 heart surgeries and 400 lung surgeries a year. HealthPark Medical Center has welcomed more than 100 visiting surgical teams and has hosted national meetings of CT experts both nationally and internationally.

Heart disease is the number one cause of death in the U.S. with more than 375,000 deaths per year and heart surgery is the most common major surgery performed in the U.S.

Financing of the Shipley Center is to be provided by private philanthropy efforts. Shipley's donation will be supplemented by endowments established for Education & Training and Patient Care Optimization.

Shipley expressed the hope that area residents and businesses will join him in supporting this initiative.

"The innovative approach to heart disease, combined with the research and educter will be a life-changing benefit for many in the community and will improve the quality of life for our friends, families and neighbors for generations to come. I hope my gift will motivate and inspire others in the community to consider supporting this worthwhile effort."

Those who are interested in making a donation may contact the Lee Memorial Health System Foundation at 343-6058 or [Foundation@leeMemorial.org](mailto:Foundation@leeMemorial.org).

minimize inconvenience to the public. The public is reminded to please drive slowly and cautiously through the area when workers are present. This work is expected to continue through Friday, April 24.

Additionally, as a result of the project, the beach in this area will be closed to public access. The city anticipates the beach will reopen to the public by 5 p.m. on April 24.

For more information or questions regarding this work, contact the City of Sanibel's Public Works Department at 472-6397. ✱

## St. Isabel Women's Guild Spring Luncheon



**Francine Dale, Dottie McGovern, Brenda Segura, Liz Clark, Kathy Lear, Jan Vap, Ann Marie Sprotte, Lori Schultz, Annette Hendrick, Margaret Curtin and Karen Sartoris**



**Guild member Lillian Gailus provided background music**



**Longtime guild members Jacquie Boyce and Carol Buckley**



**Father Christopher Senk, St. Isabel pastor**

Nearly 100 members of the St. Isabel Women's Guild recently attended the annual spring luncheon at the Captiva Island Yacht Club. They were joined by Father Christopher Senk, pastor of the church, who gave a blessing and stayed to have lunch with the ladies. A good time was had by all. ✱

## Classic Musical Coming To Evangelical Christian School

The beloved classic film turned musical hit, *Mary Poppins* lands on the Evangelical Christian School stage April 30 through May 2 at 7 p.m. each evening, with an additional show at 2 p.m. on Saturday. Adapted from the stories of P.L. Travers and the Walt Disney film, *Mary Poppins* features music and lyrics by Richard M. Sherman, Robert B.

Sherman, George Stiles and Anthony Drewe, with a book by Julian Fellowes (of *Downton Abbey* fame). The original West End production was co-created by Cameron Mackintosh.

The talented cast of 47 students and support cast of more than 60 students and adults have been working diligently to make *Mary Poppins* a wonderful experience. Evangelical Christian School is located at 8237 Beacon Boulevard, in Fort Myers. Tickets can be purchased online at [goecs.org](http://goecs.org) or by calling 936-3319. ✱



**Mary and Michael in the musical *Mary Poppins***

## Beach Maintenance Project Begins

On April 21, a beach maintenance project began on the public beach near the intersection of Sanibel-Captiva Road and Pine Avenue. There will be temporary and intermittent disruption to traffic in this area. The work will not result in a full road closure and every effort will be made to



# Zonta Hosts Ice Cream Social At Casa Mariposa



Centerpiece winners Charles and Phyllis Kelleher

In the spirit of welcoming spring and providing an afternoon of entertainment and socializing for the residents of Casa Mariposa, members of the Zonta Club of Sanibel-Captiva recently hosted an ice cream social in the outdoor gazebo. Sanibel musician Danny Morgan again played his guitar and



Zontian McKenzie Millis and musician Danny Morgan provided the program

sang to an audience of nine residents. Morgan commented, "What a great asset Casa Mariposa is for our community – I love playing for this appreciative group."

Casa Mariposa is a Community Housing & Resources (CHR) property on Periwinkle Way across from St. Michael's Church; the majority of the residents are senior citizens. Casa Mariposa is an especially appropriate service opportunity for Zonta, whose mission is to empower women through service and advocacy, since many residents are older women, some of them in their nineties and one over 100 years of age.

Bailey's Catering Services provided the "main attraction," with Queenie's home-made vanilla ice cream, chocolate and caramel sauce, sprinkles, whipped cream and cherries. A centerpiece from Floral Artistry of Sanibel, donated by Zontian Sally Ennis, was won by residents Charles and Phyllis Kelleher.

Also in attendance were members of the CHR staff and Zontians Robyn Moran, Nancy Dreher, Kris Ritts and McKenzie Millis. Millis, healthcare marketing specialist at Shell Point

Retirement Community, gave a brief talk on ways for the residents to live healthy lives, including important self-care and services available locally.

Zonta president and Sanibel realtor

Robyn Moran is a long-time supporter and advocate for CHR. She formerly served on their board and has contributed many hours helping rewrite the landlord/tenant handbook, performing rental unit inspections and identifying residents in need of special help.

"We are all better served when our community is a diverse one, with compassion and consideration for those who have lived on the island for many years and have done their part in serving us," she said.

CHR is a 501(c) (3) organization dedicated to providing affordable housing for families and individuals who work full-time on Sanibel and for long-time or disabled residents of Sanibel.

CHR executive director Kelly Collini has said she is delighted to have ongoing support from the Zonta club, support which has included grants for women in CHR properties interested in furthering their education, and for helping women purchase a home through CHR's limited equity ownership program.

For information on Zonta, visit [www.zontasancap.com](http://www.zontasancap.com).✧



Residents and guests listening to Danny Morgan's music

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## Kids Ready For Kindergarten



Jackson Williams and Brooks Selby construct a dinosaur zoo while Daniel Tison builds his own creation at Summit Christian Preschool at Sanibel Community Church

Jackson Williams and Brooks Selby proudly displayed their dinosaur zoo during Dinosaur, Lizards and Snakes Week. Both 5-year-olds have been attending Summit Christian Preschool's Voluntary Preschool Program (VPK), which means they have had a Christ centered, educational, quality early learning experience for free. Children who are turning 4 by September 1 are eligible for free preschool next year. Summit Christian Preschool at Sanibel Community Church is currently enrolling children who will be 3 and 4 for the fall. For more information, contact the main campus at 482-7007 or stop by the church and talk with Preschool Director Leslie Celestin.✧



Fish Caught



**John Kelley**  
John Kelley of Fort Myers caught and released this 37-inch “very fat” snook on Tarpon Bay Road Beach on April 12. “I got him on a gulp shrimp,” Kelley said. “It took me about two hours of casting before I got this one to bite. The weather conditions were perfect!”✱✱

Shark Caught



**Elliot Sudal and his latest shark catch**  
From local angler Elliot Sudal: “Just sending over a few pictures from the last few days – the big sharks have been showing up along Sanibel’s beaches! This shark in the photo is a 9.5-foot lemon shark caught and tagged off West Gulf Drive. I tag almost all my catches with NOAA apex predator tags, which gives back data on where the sharks travel. One tagged shark I caught last month had been tagged in the exact spot off Sanibel three years ago; pretty interesting some come to the same spot every year. Many nurse sharks caught over eight feet in length, a few large lemons and bulls, including a 350-pound bull, with some sandbar, spinner, blacktip, sharp nose and hammerheads in the mix.”✱✱

To advertise in the *Island Sun* Call 395-1213

Fish Caught



**David Moson**  
David Moson, 15, visiting from Hinckley, Ohio caught two snook during the first week in April. “We were vacationing at Villa Sanibel and they were both caught and released



from shore,” reported grandmother Beulah Grindle.✱✱

Fish Caught




**Jacob Gordon**  
Jacob Gordon of Alpharetta, Georgia caught his first snook on April 6 in Tarpon Bay. He was on a Sea Reed Charters fishing trip with family. Jacob is the grandson of Sanibel resident Anne (Nana) Kuhnle.✱✱

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Amy's Something Special 472-4421  
Needful Things 472-5400  
Pak-n-ship of Sanibel 395-1220  
Macintosh Books 472-1447

Three t-shirt designs are shown. The first has a palm tree and a lizard with the text "Sanibel Island Florida Fast Food!". The second has a triathlete with the text "Florida Triathlon". The third has a cat and a lizard with the text "Goodbye Kitty Sanibel Island, Florida".


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[Shellmuseum.org](http://Shellmuseum.org)

## Shell Islands Garden Club Luncheon



Lisa Cochrane, right, and her mom, with Dottie Mount, Left

The Shell Islands Garden Club hosted a luncheon and hibiscus program on April 14 at the Captiva Island Yacht Club. The featured speaker was Wanda Schmoyer, president of the James E. Hendry chapter of the American Hibiscus Society. The Fort Myers chapter was officially organized in 1952. Joined by chapter director Nancy Kopp and hybridizer Frank Heffernan, the team brought a magnificent display of various hibiscus blossoms, many of which were hybrids. Schmoyer and Kopp provided great tips on propagation, mulching, pruning, fertilizing and remedying common pest problems. Heffernan demonstrated sexual hybridizing, which is creating a new species by cross-pollination.



Pollination demonstration presented by Wanda Schmoyer



Members of the Shell Islands Garden Club listening to the presentation



Frank Heffernan demonstrating propagation

The process involves dusting pollen of the father plant anther on to the stigma of the mother plant. After five weeks, a pod may form containing seeds which may be carefully taken for planting.

For more information on hibiscus growing and upcoming shows, visit [www.hendrychapterahs.com](http://www.hendrychapterahs.com).✱



One of many gorgeous varieties of hibiscus blossoms



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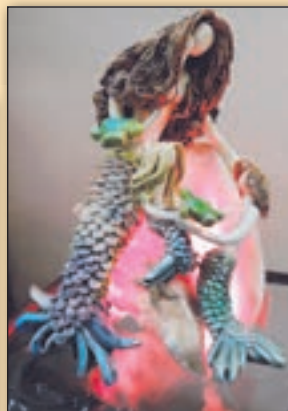
Regards,  
Jerry's of Sanibel  
1700 Periwinkle Way,  
Sanibel Island, FL 33957

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## Tarpon Fishing Heats Up



by Capt. Matt Mitchell

**A**pril fishing action just keeps getting better with a wide variety of species on the menu. Main targets have been tarpon and snook. With snook season coming to an end,

May 1 time is running out if you want to get that one last keeper of season. Tarpon are getting more and more widespread every day, with it hard to go anywhere in the sound without seeing at least a rolling fish or free jumper.

With more charters for tarpon as the fever of May quickly approaches, it sure feels good to be chasing silver again. Of the four trips I took for tarpon this week, we had at least one hook-up per trip, with the best morning being four jumpers. Although I have not closed the deal

with a client landing one yet this season, we have been in the middle of rolling fish and getting bites. By mid morning most days, winds have kicked up and made it tough. Basically, get it done early or not at all.

The closest we came to getting a release was having a 120-pound-plus tarpon within 20 feet of the boat after roughly a half-hour fight. This particular fish, after the first few crazy jumps and runs, chose to stay close to the boat slugging it out and lulling the angler into a false sense of security. After warning the client that this fish was still very green and to be ready for the unexpected, it happened – one huge jump without any warning, 20 feet in front of the boat and it was all over. This tarpon had just been sizing us up, resting and toying with us before parting ways with this spectacular exit move.

With the prevailing south winds we have been experiencing, all the tarpon fishing I have been doing has been in the sound. Good numbers of fish can be found from the southern sound all the way up to Cabbage Key. Baits of choice for me this week have been live crabs and cut mullet. Locating rolling fish has



Jack McGurin with a slot-sized redfish caught while fishing with Capt. Matt Mitchell

been the key to getting a bite so which ever side of the sound has been calmer is where to look and spend my time on the anchor. These bay tarpon seem to move around a little bit but generally are not far from where you located them the day before.

Snook fishing in the passes during the low incoming tide was the fastest paced action again this week. Most of these snook are on the small side of the slot but there are some bigger ones in the mix. The first few hours of the low incoming tide or the last few hours of the outgoing tide has been the best bite with 30-plus snook trips being common along with lots of keeper-sized trout in the mix. Free lined live shiners and pinfish are what they are eating.

Trying for redfish on the higher day-time tides a few times this week was pretty much a bust for me with what seems like some of my favorite redfish areas just not happening yet. With near perfect high tides, I don't understand what the problem is. Many of these areas luckily held some bigger mangrove snapper for clients looking for dinner, and generally a few snook. With big high water, I plan on trying some different areas in the search for some consistent redfish action in the afternoons when not tarpon fishing this week. After talking with a few other fishing guides, it seems we are all experiencing the same slow to no redfish action in the southern sound.

Every angler at sometime or another has to take the hook out of a catfish. This week I got a little complacent and while taking the hook out of a large sail cat, somehow got stuck, with the spine breaking off deep in my right index finger. The point of entry was by my knuckle and the tip of the spine was almost to my fingertip. After canceling an afternoon charter, I headed off to urgent care which was then followed by a trip to the ER to have the inch long spine removed and stitched up. I handle catfish often, ones caught in the castnet and ones accidentally caught and have been stuck many times in the past, just never like this. Be careful, catfish spines are no joke!

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](mailto:captmattmitchell@aol.com).✱

## Send Us Your Fish Tales

**T**he *Island Sun* would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include photographs with identification. Drop them at the *Island Sun*, 1640 Periwinkle Way, Suite 2, Sanibel, or email to [press@islandsunnews.com](mailto:press@islandsunnews.com); or call 395-1213.

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Dave Doane



From page 10

# Prescribed Burns

"The rice rat is being investigated as being a species of concern," noted Conrad.

"These are good rats – a good species and we want to protect them and keep them around for a while," added Tritaik.

Carefully planning and conducting managed burns can prevent the likelihood of catastrophic wildfires and help preserve the natural ecology of the area. Fire managers evaluate environmental conditions – including temperature, relative humidity, recent rainfalls, wind speed and direction and soil moisture – in order to determine the type of burn that can be conducted.

"We're looking at weather and all of the conditions, and what we're hoping to find is the perfect prescription," said Greg Suszer of the U.S. Fish and Wildlife Service.

Prescribed fire burn plans have been approved by regional fire experts from the U.S. Fish and Wildlife Service (USFWS) and authorization will be obtained from the state of Florida immediately prior to conducting prescribed burns. The refuge will implement prescribed burning as soon as the proper conditions are present. USFWS firefighters from the Southern Florida/Caribbean



The refuge property scheduled to undergo a prescribed burn this spring is located across from The Sanibel School

Fire District and other agency partners – including the National Park Service and Florida Forest Service – will be conducting the burns along with assistance from local agencies, which include the Sanibel Police Department, Sanibel Fire & Rescue District, the City of Sanibel and Sanibel-Captiva Conservation Foundation.



Refuge biologist Jeremy Conrad

The first unit refuge and USFWS officials are looking at, the Biological Site, is comprised of 355 acres, which could be burned as a single unit or divided into four individual units. The prescribed burn planned for the site is planned to take place over two consecutive days.

"We're not going to be burning more than one location at a time," Tritaik assured residents attending the meeting.

Prescribed burns have been conducted for many years at JN "Ding" Darling National Wildlife Refuge and have demonstrated to be a cost-effective tool for reducing the risk of serious wildfires. Due to difficulties in predicting weather, the refuge is not able to notify the public of the exact day the prescribed burn will be

continued on page 37

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Southern Wax Privet



Non-native southern wax privet is one of the most common landscape shrubs in the southeastern U.S. The flowers emit an unpleasant fragrance and are a severe allergen for some people.  
photo by Gerri Reaves

by Gerri Reaves

Southern wax privet (*Ligustrum japonicum*) was introduced to the United States more than 150 years ago as an evergreen ornamental shrub and hedgerow. It is extremely common in the southeastern U.S. and California and is considered invasive in some states.  
A member of olive family and native


to Japan and eastern Asia, it is also called Japanese privet and Japanese wax-privet. It can be pruned to grow as a multi-trunked tree of 15 to 20 feet tall. It develops an almost equally wide spread. A fast grower, it will grow in full sun or partial

shade, and is salt and drought tolerant. The dark-green ovate leaves of two to four inches long are leathery with lighter colored undersides and are somewhat wavy. In spring, numerous tubular white

flowers appear in clusters at the branch ends. The four petals are curved back and the stamens quite prominent. The flowers have an unpleasant scent and can be a severe allergen for some  
continued on page 35


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Deidre Marie Capone signing books

## Capone Family Member Shares Stories

by Di Saggau

Deidre Marie Capone was born into one of the most notorious crime families in American history. On Monday, April 17, she shared stories of her family with 135 people who attended a special luncheon at the Sidney and Berne Davis Art Center, where she was the featured speaker. Jim Griffith, executive director of the center, introduced Capone. She regaled

the audience with her take on her famous Uncle Al Capone. She said he was a mobster, not a monster. She also said that no Capone had anything to do with the famous Valentine's Day Massacre. Al Capone died January 25, 1947 on her 7th birthday and yes, she really knew him. It wasn't easy being a Capone. Two weeks after he died, she received her first Holy Communion. When it was announced that her name was Capone, she was no longer invited to birthday parties, nor did any classmates come to hers.

In 1958, she worked for an insurance company using a different last name. She was offered a free life insurance policy and had to sign it with her legal name of Capone. The insurance company couldn't risk having their investors think they were connected to the mob so she was fired. However, she met her husband there and they will celebrate their 52nd wedding anniversary this June. Her children were not told the truth about her family connections until they came home from school one day and said they were studying about Al Capone in history class. She and her husband sat her four children down and told them she was a Capone. In unison, all four said, "Cool Mom."

Capone was there to promote her book *Uncle Al Capone - The Untold Story from Inside His Family*. She said this is the only book written by someone who knew him. She promised not to publish the book until all original family members had passed. During a Q&A session

continued on page 39

## Master Gardeners Lecture

The 73rd Master Gardener Lecture Series continues on Thursday, May 7 at the Sanibel Public Library, beginning at 10 a.m. The speaker will be Doug Caldwell, PhD. His topics will be pruning and trimming palms, trees and shrubs, and recent insect problems in the area. Dr. Caldwell is an expert (BS, MS and PhD) in entomology (insects), an internationally certified arborist (care of trees and palms) and director of the University of Florida Extension for Collier County (Naples). As a certified, nationally recognized horticulturalist with 30 years of experience, he is a prolific author and speaker with over 50 published papers over the past decade. He has appeared in hundreds of public programs, TV programs and newspaper articles, and has his own website. He also has identified 11 new significant pests in Lee and Collier counties.

Dr. Caldwell has directed the University of Florida Extension in Naples for the past 13 years and is connected to the public via newspaper articles, TV programs, over 50 fact sheets and meetings in parks and libraries. He has certified over 1,500 landscapers and 192 companies in proper use of fertilizer, pesticides and proper pruning techniques.

He has conducted one-third of the 30 different programs in Spanish to increase the number of Hispanic workers certified, from 18 to 180.

Dr. Caldwell presents his program with a sense of humor and high quality digital images. Take home material will be provided.

The meeting is free and open to the public but seating is limited.

The Sanibel Public Library is at 770 Dunlop Road.✱

From page 11

## Rotary Honors

farmers micro financing; the distribution of smokeless stoves and water filtration systems for use at the village level.

Grey can digress at length on the benefits of each of these projects. For example, the distribution of smokeless stoves helps combat rampant environmental lung disease that develops at a very young age in villagers who cook in their homes using open flame stoves. In addition to lung disease, severe burns are an ever-present risk in such homes. The morbidity and mortality from these burns is increased if the only source of water is polluted. The water filtration systems introduced on some of Grey's visits helped not only to provide potable water, but also clean water for cleansing burns and other wounds.

All nominees have made great contributions through their devoted service to community nationally and globally.✱

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# Preschool Children Learn About Wildlife

Dr. Heather Barron, hospital director at CROW (Clinic for the Rehabilitation of Wildlife), visited Sanibel Christian Preschool on Friday April 10. Dr. Barron oversees patient care, student teaching and wildlife research at CROW on Sanibel. The 2-, 3- and 4-year-old students were fascinated as she used puppets and stuffed animals to teach about some of the different types of wildlife that are on the island, what to do if they see one, and what to do if the animal is sick or injured. Dr. Barron also talked to the students about how human beings can sometimes unintentionally harm wildlife by getting too close or incorrectly trying to help. The students learned how to respect and care for the birds and animals of Sanibel.

The students and teachers thank Dr. Barron for taking the time to come to



Dr. Heather Barron uses an owl puppet as part of her presentation on wildlife

their school to share her expertise and teach them how to respect wild animals on this barrier island.✧



Students hold onto some of the puppets and stuffed animals from Dr. Barron's presentation as they wait to see what she will show them next

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## Shell Of The Week

## Angulate Wentletrap



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

The Angulate wentletrap, *Epitonium angulatum* (C.B. Adams, 1830), is the most prevalent

(and variable) within the many species of the family Epitoniidae present on Sanibel and other parts of the eastern Gulf of Mexico. The species may reach up to 25 mm in length (about an inch). Again, as it is true for other local species of wentletraps, including the one presented in this column last week, the Humphrey wentletrap, it is found most abundantly on the eastern half of the island, from the Lighthouse to Gulfside City Park beach. Wentletraps are known to feed on soft corals, and these are known to live in the relatively calmer waters of that part of the island. The live angulate wentletrap in the picture was collected by Rebecca Mensch on April 1, 2015, and photographed by José H. Leal. Angulate wentletraps feature sharp sculptural blades that sometimes form “hooks” near the junction of two adjacent whorls. Unlike the Humphrey wentletrap, which has dark, almost black, operculum (the “trapdoor” that helps seal the shell shut after the animal pulls into it), the angulate wentletrap has a translucent golden-yellow operculum. Learn more about the species at <http://shellmuseum.org/shells/shelldetails.cfm?id=64>.

## Shell Museum Events

Daily at 11:30 a.m. and 3 p.m. – Live Mollusk Tank Talk: Learn more about the shell makers from one of our marine biologists!

Mondays, 2 p.m. – Carolyn’s Collection: a fun and engaging look at gem-quality shells of a private collector.

Tuesdays, 2 p.m. – What is a Mollusk? A marine biologist offers a fun and informative introduction to mollusks found throughout the world.

Wednesdays, 2 p.m. – Mollusk Matiné: Environmentally-based presentations by guest speakers, ranging from historical changes in waterways to learning about cephalopods. Visit [shellmuseum.org](http://shellmuseum.org) for details.

Thursdays, 2 p.m. – Shell ID: Get mysterious finds identified by an expert.

Fridays and Sundays, 2 p.m. – Shelling 101: Learn how and where to shell our local beaches.

Saturdays, 2 p.m. – Giant and Colossal Squids: An expert’s insights into the lives of these mysterious creatures.

Daily Island Inn Morning Beach Walks: Join our marine biologist for a beach walk near Island Inn on Sanibel. Walks depart daily from the Island Inn lobby at 9 a.m. The cost is \$10, and parking at Island Inn is free for beach walk participants. Space is limited; book online



Angulate wentletrap, shell and animal at [shellmuseum.org/events](http://shellmuseum.org/events) or call 395-2233 to make a reservation. All beach

photographed by José H. Leal.

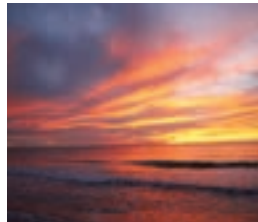
walk participants receive half-off museum admission. (Current Island Inn guests:

Please book through the Inn).

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit [www.shellmuseum.org](http://www.shellmuseum.org).

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# An Inside Look At Wildlife Recovery



**Baby loggerhead shrike**  
photos courtesy of CROW

The CROW Picture Show presents informative anecdotes about the native and migratory wildlife species brought to the Clinic for the Rehabilitation of Wildlife, along with photos of patients admitted to the facility.

In 2014, CROW's wildlife hospital cared for 3,410 sick, injured or orphaned animals. Of the 200 different species, 57 percent were birds, with 37 per-



**Baby wood duck**

cent mammals and six percent reptiles. CROW is not permitted to display its patients to the public, so this hour-long presentation offers the next best thing: numerous candid snapshots of current and past patients, with commentary by Claudia Burns, a veteran clinic volunteer.

The next CROW Picture Show will take place on Friday, April 24 at 11 a.m. in CROW's Visitor Education Center at 3883 Sanibel-Captiva Road, across from The Sanibel School. Admission is \$5 for adults, \$3 for teens and free for members and children 12 or under. The entry fee also includes access to the Visitor Education Center, which exhibits CROW's efforts to save wildlife through care, education and collaboration.

For more information, call 472-3644 ext. 228 or visit [www.crowclinic.org](http://www.crowclinic.org).

## Fish Caught



**Britney Carlson**

Britney Carlson, age 24, from Lakewood, New York, caught a 25-inch redfish while on a trip with Sea Reed Charters. Her grandfather, Ed Shultz, is a Sanibel resident.

## Shell Found



**Ellie Sparks with her junonia**

Ellie Sparks, 7, of Indianapolis, Indiana, found a junonia toward the Sanibel Lighthouse, past Sanibel Moorings, where she was staying.

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## CROW Case Of The Week:

## Great Horned Owl



by Patricia Molloy

The great horned owl (*Bubo virginianus*) is the largest species of owl native to Florida. With a wingspan of four to five feet, it is easily identifiable by its size and the feather tufts atop

its head that resemble horns. A fierce hunter and strict carnivore, it is often referred to as "the tiger of the sky" due to its aggressive nature and ability to capture prey much larger than itself. The great horned owl owes its skill as a predator to its ability to fly silently and its superior senses of hearing and sight.

The owl's large ears are located behind the facial dish feathers and covered by special feathers. Remarkably, this raptor is able to hear even faintest sounds, like that of a mouse squeaking, up to 900 feet away.

The great horned owl, like all owls, has eyes that are much larger than a human's. In fact, they are so large that they cannot rotate in the socket. In order to look up, down or to the side, an owl must move its entire head and is able to turn its neck 270 degrees, left to right.

An adult male great horned owl, patient #15-0377, was admitted to CROW last month after being found down and depressed. Upon presentation, it was discovered that the raptor had suffered from a head trauma that had damaged its left eye. Emergency surgery was performed.

"Overall, the stitches came out OK, but his eye still has a corneal ulcer," explained Dr. Brittany Stevens, DVM intern. "It's much improved, but it's been 10 days which should be enough time (for full recovery). It's slowly resolving, other than his cornea." Unwilling to give up on the majestic bird, the patient was treated with a combination of medications for nearly two more weeks in an attempt to shrink the ulcer in a non-evasive manner.

After rounds of antibiotics and anti-inflammatories did little to alleviate the ulcer, Dr. Heather Barron, hospital director, anesthetized the patient and performed another ophthalmic surgery, this one even more difficult than the first. Fortunately, the risk paid off.

Earlier this week, Dr. Heather proudly reported, "He is now doing great and should be released soon."

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](http://www.crowclinic.org).



The great horned owl, patient #15-0377, was suffering from an eye ulcer upon arrival. Known as "the tiger of the sky," these owls rely heavily on their superior eyesight to hunt.



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Shell Found



Parents Eric and Jennifer McKenzie, back, with their children, front, Anna and Karoline and middle, Sophie, Emelie and Molly

The McKenzie family from Dunstable, Massachusetts, and their children Anna, Karoline, Sophie, Emelie and Molly, found a junonia at Blind Pass. They were visiting Sanibel while staying in Fort Myers. The junonia was found at high tide on their first day looking for shells.

'Ding' Darling Wins Chrysalis Award



Supervisory Refuge Ranger Toni Westland, right, accepted the refuge's Chrysalis Award. With her are, from left, Steve Tutko, formerly of Babcock Ranch and last year's Eco-Innovation winner; Colleen DePasquale, Greater Fort Myers Chamber of Commerce; and Tamara Pigott, VCB executive director.

JN "Ding" Darling National Wildlife Refuge received the Chrysalis Award for Eco-Innovation from the Lee County Visitor & Convention Bureau (VCB) and Greater Fort Myers Chamber of Commerce on April 16 in a special ceremony at the Harborside Event Center in Fort Myers.

"The nomination was based on our new, innovative Discover Ding game app, which we debuted last fall – the first of its kind in the nation," said Supervisory Refuge Ranger Toni Westland, who accepted the award. "The refuge was announced as the winner with a special video made in our honor. It was so exciting!"

The 6th annual Celebration of Business & Tourism Awards Luncheon and Trade Show paid homage to the value of tourism as a major economic engine in the county.

continued on page 39

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# Southern Comfort Benefits CROW



Charity darts

The Clinic for the Rehabilitation of Wildlife (CROW) hosted Southern Comfort on Sanibel on Saturday, April 11 from 6 to 10 p.m. at The Dunes Golf & Tennis Club.

The event featured a buffet of Southern food by Madame Mac and Radical Rations and complimentary Southern Comfort drinks. DJ David Flory from Island Ballroom supplied the evening's music and got the party going with some eager attendees willing to learn and show off their line dancing skills.

The event featured a number of island "shacks" that offered a variety of activities including darts, silent auction and raffle. All proceeds will benefit direct patient care at CROW's wildlife hospital.

The Clinic for the Rehabilitation of Wildlife is a 501 (c) (3) organization established in 1968, whose mission is Saving Wildlife Through, Care, Education and Collaboration. CROW's facilities, located on Sanibel Island, include a visitor education center and a state-of-the-art hospital where ill



David Flory of Island Ballroom was the DJ



Southern Comfort Committee members



Line dancing



Madam Mac served up Southern food

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## CROW Calendar Of Events

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

For reservations, contact Rachel Rainbolt at [rrainbolt@crowclinic.org](mailto:rrainbolt@crowclinic.org) or 472-3644 ext. 229 to register. New hours will begin May 1 and run through December 14: Monday through Friday, 10 a.m. to 4 p.m.; closed weekends. CROW is located at 3883 Sanibel-Captiva Road.

**Friday, April 24, 11 a.m. and 2 p.m.**, \$5 included with admission – Why Animals Come to CROW, presented by a CROW volunteer.

Have you ever wondered why or how animals wind up at the Clinic for the Rehabilitation of Wildlife? From fishing line entanglement, to abducted babies, CROW's presenter will address the most likely reasons patients are admitted to the hospital.

**Friday, April 24, 12 p.m.** – Lunch and Learn with Dr. Heather Barron, hospital director, \$30, advance registration required.

This interactive lunch with Dr. Barron will include an intimate discussion about CROW's mission of saving wildlife through state-of-the-art veterinary care, research, education and conservation medicine. It concludes with a tour of the CROW hospital from 1 to 1:30 p.m.

**Saturday, April 25, 11 a.m.**, \$5 included with admission – CROW Case of the Week, presented by a CROW rehabilitator.

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 are share their favorite patient stories.

**Saturday, April 25, 2 p.m.** \$5 included with admission – Baby Care at CROW, presented by a CROW volunteer.

Wildlife parents are devoted to the care of their young and rarely abandon them, and juveniles found "abandoned" might actually be in a natural stage of development. Those that need assistance are placed in a specialized wing of the wildlife hospital and provided supportive care around the clock until they are old enough to care for themselves.

**Monday, April 27, 11 a.m. and 2 p.m.**, \$5 included with admission – CROW Case of the Week, presented by a CROW student.

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.

**Tuesday, April 28, 11 a.m. and 2 p.m.**, \$5 included with admission – Patient Profiles: Sea Turtles, presented by CROW staff.

CROW is the only licensed sea turtle

facility from Sarasota to Miami on the southwest coast of Florida. One of CROW's team members describes why they are admitted and how the medical staff treats this species.

**Tuesday, April 28, 2:30 p.m.** – Wildlife Walk with Rehabilitators and Staff.

Following the 2 p.m. presentation in the Visitor Education Center, visitors will be escorted to the rehabilitation grounds for an exclusive look at what it takes to rehabilitate more than 3,500 wildlife patients per year.

**Wednesday, April 29, 11 a.m. and 2 p.m.**, \$5 included with admission – Wildlife Rescue 101, presented by a CROW volunteer.

CROW hospital treats over 3,500 patients a year, but not all of the animals admitted need our assistance. Facilities like CROW should be an animal's last resort, not their first one. This presentation uses past case studies, rescues and releases to teach you about safe interactions with wildlife in the community.

**Thursday, April 30, 11 a.m. and 2 p.m.**, \$5 included with admission – Patient Profiles: Gopher Tortoises, presented by a CROW volunteer.

The life of a gopher tortoise revolves around its burrow. These tortoises are found digging from Southern Georgia to Southeast Florida. Because of its contributions to the ecosystem, it is classified as a "Keystone Species." CROW's presenter describes why they are admitted and how the medical staff treats this species.

**Thursday, April 30, 4:15 p.m.**, April Speakers Series – All About Manatees, presented by Nancy Kilmartin, Lee County Parks & Recreation.

Learn all about the biological characteristics and habitats of the Florida manatee. Discover where they live, what they eat and the challenges they face in the shallow coastal waters of Florida.

**Friday, May 1, 11 a.m.**, \$5 included with admission – CROW Case of the Week, presented by a CROW student.

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.\*

## Fish Caught



Linda Arnold

**L**ast week, Linda Arnold, while on her annual visit with Nancy Carlile of Sanibel, pulled this sea trout out of the bay.\*



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# To Sod Or Not To Sod



Coontie, *Zamia floridana*  
photo by Ruth Brooks,  
Vegetation Committee Member

Water conservation is one of the most critical issues facing Florida today. Best Management Practices (BMPs) promote the most efficient use of water by addressing the establishment and care of grass and landscape plants in a way that reduces fertilizer and pesticide use and conserves water.

Grass can be useful for erosion control or in a play area for children and may remind you of your northern lawn. However, to keep grass healthy and



Mimosa, *Mimosa strigillosa*  
photo by SCCF

green here in South Florida, lawns need endless maintenance, additional nutrients, regular pesticide applications to control weeds and insects, and frequent irrigation.

In a place as lovely as Sanibel, why would we choose to spend so much time and money to maintain sod?

Native groundcovers or mulched landscaping beds, which require little or no additional water, could be used to serve the same purpose. Mulch releases moisture slowly, unlike bare soil or grass and provides free weed control, fertilizer, and acts as a soil amendment.

Native plants have adapted to the wet and dry periods of Florida. They have developed defenses to most diseases

and insects found here. Well placed native plants will remain healthy with minimum care. Groundcovers that are appropriate for South Florida gardeners include, but are not limited to, Ambrosia (*Ambrosia hispida*), Dune sunflower (*Helianthus debilis*), Golden creeper (*Ernodea littoralis*), Coontie (*Zamia floridana*) and Mimosa (*Mimosa strigillosa*). All have low nutritional requirements and medium to fast growth rates. They also have a high tolerance to salt and drought.

Native plants, when used properly, planting the right plant in the right place, are also the best choice for attracting and nourishing wildlife. Native plants bloom and fruit when native species need them, providing food and shelter for birds and butterflies as well as beneficial insects.

Although grass and sod seem to be the standard of nearly every Southwest Florida landscape, it is never too late to make a better choice for water conservation, for water quality, and for wildlife. If you're not ready to give up sod altogether, consider beginning with a small section of your landscape. Visit a local native plant nursery, consult with the city's Natural Resources Department or join the City Vegetation Committee on a Native Plant Walk at City Hall to see plants, including ground covers, grown without fertilizer or additional water.

The Natural Resources Department section of the city's website ([www.mysanibel.com](http://www.mysanibel.com)) offers information and photos of native plants, a listing of licensed contractors, Sanibel's vegetation standards and codes, and the Environmental Reference Handbook prepared by the city's vegetation committee. The vegetation committee also offers free native plant tours of the grounds at city hall at 10 a.m. on the second Wednesday and fourth Saturday of the month from November to April. For more information, contact the Sanibel Natural Resources Department at 472-3700.✽



Dune sunflower, *Helianthus debilis*  
photo by Ruth Brooks,  
Vegetation Committee Member



Golden creeper, *Ernodea littoralis*  
photo by Ruth Brooks,  
Vegetation Committee Member



Ground cover  
photo by City of Sanibel

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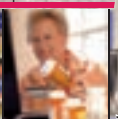
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# Record Crowd Turns Out For SCCF's Beer In The Bushes



SCCF's Jenny Evans and Jeff Siwicki chat with Fort Myers Brewing Company's Gary Kruse and Fred Malone at Saturday's Beer In The Bushes fundraiser on the conservation foundation's grounds



SCCF Executive Director Erick Lindblad, left, introduces Dick Pyle of The Sanibel Captiva Trust Company



The Sluetown Strutters performed the opening set



Point Ybel Brewing Company's Walt and Amy Costello



Kristie and Red Anders



From left, Wendy Schnapp, Debi Almeida, George Schnapp, Pat and Mike Boris



Fay Carney paints a fish



From left, Darla Letourneau, Chris Andrews, Barry Lifofsky, Paul Andrews and Paul Tritaik



Holly Maiz and Gini Jones



Caroline Semerjian and Kip Buntrock





Paul Gulbrandsen, Birgie Miller and Marty Harrity



Scythian entertained event-goers with their Irish-flavored folk rock



Lisa and Bruce Cochran with Dee Serage-Century



More than 500 people attended Beer In The Bushes on April 18, the event's highest attendance ever

From page 22

## Plant Smart

people.

Birds eat the black or blue-black semi-fleshy fruit and help spread this species, which can be invasive in Florida, although it is not yet formerly listed as such.

Both the leaves and berries are poisonous if ingested.

Common pests of this species are scale, white fly, nematodes, sooty mold and mushroom root rot.

Sources: *Florida, My Eden* by Frederic B. Stresau; *The Shrubs and Woody Vines of Florida* by Gil Nelson; floridasnature.com; floridata.com; hort.ifas.ufl.edu; invasive.org; and plantbook.org.

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



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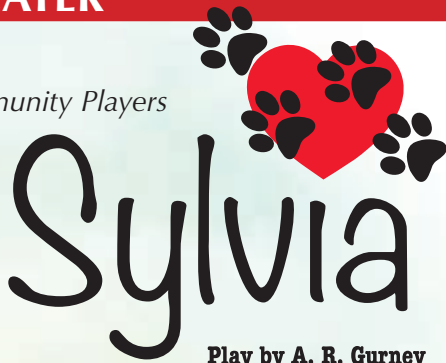
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From page 1

# Captiva Fire Station



The artist's rendering of the new Captiva Fire Station, located next door to The Bubble Room

year, Captiva Fire Chief Rich Dickerson and Deputy Chief Jeff Pawul completed a walk-through of the building on Monday morning.

"We still have to complete the final inspections and go over our punch list before we get our CO (Certificate of Occupancy) from Lee County," explained Pawul.

Captiva's new 6,110-square-foot facility includes three bays for fire trucks and emergency vehicles (the previous station had two bays), an administration building with living quarters, offices, reception area, treatment rooms, a training room and break rooms.

"After Hurricane Charley, we didn't have a place for all of the emergency personnel we had out here," said Dickerson. "We had talked about a remodel (of the old facility), we wanted a building that could serve this community for the next 50 years."

For the past 35 years, Captiva's previous fire station – located adjacent to Chadwicks Square on South Seas Island Resort property – functioned well. However, over the past few years, local growth and an increase in emergency service calls triggered a need to construct a larger, modern facility.

During Dickerson and Pawul's inspection, they showed off a number of key amenities contained within the new building. They include:

- First Floor
  - Entrance and reception area
  - Training and fire commissioners meeting room
  - Offices for the chief, deputy chief and fire inspectors
  - Break room with kitchen amenities
  - Patient treatment room
  - Bunker gear room
  - EMS room (which will also house paramedic supplies)
  - Work room
  - Bathrooms
- Second Floor
  - Seven bedrooms



Captiva Deputy Chief Jeff Pawul stands in the new bunker gear room



The kitchen area features three stainless steel, two-door refrigerators, a pair of sinks, oven and cooking range, and extra cabinet space



One of the seven bedrooms on the second floor of the new station

- Three bathrooms
- Work station with computers and radios
- Exercise room (includes treadmills, stair-climbers, free weights and dumbbells)
- Kitchen area features three stainless steel, two-door refrigerators, a pair of sinks, oven and cooking range and extra cabinet space
- Dining room
- Living room with TV and multiple recliners
- Screened lanai

According to Dickerson, the total cost for the project is estimated between \$3 million and \$3.5 million, depending upon construction costs (to be calculated upon completion) and equipment purchased to fill the facility.

"The building was constructed to withstand 170 mile per hour winds, which is above the Miami-Dade code requirements," he added. "This facility was built to serve this community for the next 50 years. After a storm, this is going to be the staging area for people and businesses coming back to the islands."

Over the next few weeks, crews will finish trimming out all plumbing and electrical fixtures and perform the final paint and trim work.

Pawul estimated that a grand opening for the new station would take place before the end of next month.

"This new fire station will serve our community as the hub and principal loca-



The rear stairwell, which will be used for training purposes, features an open design to allow maximum sunlight penetration

tion for all emergency responses to medical emergencies, fires, and natural disasters such as the hurricanes that routinely threaten our area," Dickerson added on the CIFD website. "We would like to thank all the residents of the island for their continued support of this project."✱✱



A worker powerwashes one of the station's three bay doors on Monday morning

From page 1

## 'Ding' Summer Camp

fourth, fifth or sixth grade) from the Lee County and surrounding school districts or homeschool equivalent. Students attending Title 1 schools will receive preference. Lottery drawings will determine the remaining spots. Cost per one-week session per student is \$50.

The camp program was made possible by a \$15,000 grant from an anonymous donor to the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). The donation will cover the costs of lunch and transportation for day campers, scholarships, T-shirts, digital cameras and other program materials. It will also underwrite stipends for one education intern to assist with the program. A donation from the Gardner Families will go towards backpacks for the campers. Tarpon Bay Explorers will be assisting with water-related activities.

"The refuge feels that our new Nature Explorers Day Camp fills an urgent need in our community," said Ranger Becky Larkins, a refuge education specialist who will oversee the program. "Existing day camps fill quickly, so we felt we could provide an excellent alternative that gets kids out in nature. By targeting Title 1 schools, we hope to reach children who cannot otherwise afford summer camp."

Larkins designed day camp programming to reflect the mission and objectives set by the National Wildlife Refuge System. Weekly activities will include nature photography, wildlife observation, saltwater fishing, kayaking, a beach walk, nature sketching, archery, biking and nature crafts.

Students interested in applying for Nature Explorers Day Camp should visit [dingdaringwildsociety.org/day-camp](http://dingdaringwildsociety.org/day-camp) for a printable application. To receive an application by mail, call Larkins at 472-1100 ext. 236.✱✱



## A Dog's Life At The Strauss

by Di Saggau

You don't have to be a dog lover to love the BIG ARTS Community Players production of *Sylvia*, now showing at the Herb Strauss Theater. The play by AR Gurney is hysterical and it's mostly due to Bianca De Sanctis who plays the lead role.

*Sylvia* is a stray dog brought home from the park one day by Greg (Patrick Day). He falls instantly in love with her, much to wife Kate's (Anne Dodd) dismay. The more Kate insists that there's no room for *Sylvia* in their lifestyle, the more the dog becomes the center of the household and of Greg's world. Greg is a little too obsessed with his new dog and keeps blowing off work to take her for walks and teach her tricks. Both Day and Dodd are well cast in their roles.

*Sylvia* wears regular feminine clothing, simple at times and fancier at others depending on how well-groomed she is that day. Two small pony tails on top of her head resemble dog ears. Her movements are canine, she carries on normal conversation in English and she's amusingly foul-mouthed, especially when she's in heat or cussing out a cat. De Sanctis gives a priceless performance. She's infectiously boisterous, upbeat and eager to please and she loves her master unconditionally.

From page 19

## Prescribed Burn

### Reducing The Risk Of Wildfires

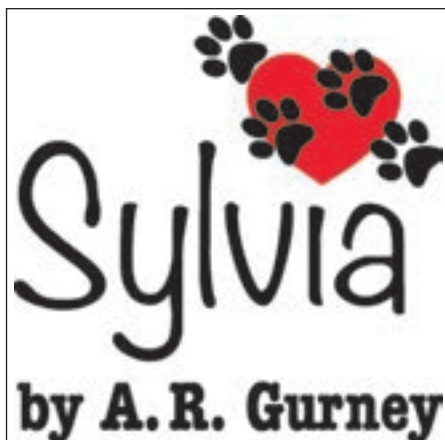
As a homeowner, there are many things that you can do to reduce the wildfire risk around your home. Suggestions include:

- Trimming dead palm fronds from trees
- Trimming any tall grasses near the home
- Pruning large, leafy hardwood trees so the lowest branches are 6 to 10 feet high
- Removing combustible materials such as gasoline containers, firewood and building supplies from being stored underneath or around the home
- Keeping mulch and other landscaping material well watered.

conducted. However, landowners adjacent to the burn areas and local fire departments will be notified as soon as conditions warrant the scheduling of a burn (usually with 24 to 48 hours advanced notice).

According to Supervisory Refuge Ranger Toni Westland, burn managers and partners will staff an information booth at the Sanibel Recreation Center to answer questions before and during a prescribed burn. Mailbox hangers with valuable information about these burns will be distributed prior to the start of each burn and plans are to bring an illuminated warning sign to Sanibel, stationed near the causeway entrance.

"We work well with all of the partners



Adding more humor is Tera Nicole Miller in three roles. She plays Tom, a gum-chewing chatty guy in the park with a dog named Bowser, a posh society dame with AA tendencies and a marriage counselor who's allegedly androgynous. Her roles are broadly entertaining. Directed by June Koc, *Sylvia* is a play not to be missed.

The set is minimal with a couch, chair and desk. Various backgrounds are projected onto three screens shifting from New York skyline to brownstones and airport terminal.

For an evening of laughs and great entertainment, make plans now to see *Sylvia* at the Strauss Theater. It plays through April 26. Tickets are available at the box office, 2200 Periwinkle Way, or by calling 472-6862.✴

### Health Matters: What Should You Do?

On the day of a prescribed burn, people who may be negatively affected by health issues triggered by smoke should consider doing the following:

- Stay indoors
- Close your windows and turn on your air conditioning unit
- Make sure you have all of your medications on hand (i.e. asthma inhalers, oxygen tanks, pills, etc.)
- Bring your pets indoors
- If possible, leave the island for the duration of the prescribed burn

in our Sanibel Firewise Task Force," said Westland.

During prescribed burns, portions of the refuge may be closed to public access. Members of the public are asked to please abide by all signs, road closures and instructions about closed areas provided by law enforcement and fire personnel. Questions about the prescribed burns can be directed to the refuge office at 472-1100 ext. 237. A public information officer will be available on the day of the burn, at a location to be determined.

For additional information regarding fire and prescribed burning on Sanibel, contact the city's Natural Resources Department at 472-3700.✴

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Children create marble mazes in the makerspace of Sanibel Library's children's area

## Sanibel Public Library Celebrates National Library Week

Sanibel Public Library joined libraries in schools, campuses and communities nationwide in celebrating National Library Week, a time to highlight the changing role of libraries, librarians and library workers.

Libraries today are more than warehouses for books. Instead, libraries are change agents within their com-



Janine Brinkerhoff was one of the "swag bag" winners, chosen at random for National Library Week

munities – transforming lives through innovative educational resources and forward-thinking programming. Libraries are doing their part to close the digital divide and level the playing field by providing free access to information and technologies that many in their communities would be hard pressed to find elsewhere. Whether through offering e-books and cooking kits, music, games and puzzles, local librarians listen to the community they serve, and they respond.

The Sanibel Public Library serves visitors and residents of Lee County by providing not only books but also movies, foreign language education, downloadable resources, and programs for children and adults in a variety of topics.

The new FabLab is an area for school-age children to try their hand building things with Strawbees, LEGOS, Magformers or Keva planks. Kids can create with Snap Circuits, K'NEX and other interactive kits in the FabLab on weekdays during normal library hours.

"Libraries have always been places of unlimited possibilities," said library director, Margaret Mohundro. "Whatever your interest or need, the library and the library staff are here to provide you the resources you need to accomplish your goals and dreams."

Islander and library volunteer Nancy Carlile shared an essay she wrote about her childhood love



Children build a marble roller coaster in the children's area

of books and love for a librarian, Mrs. Reynolds, in the Benson Branch of Omaha Nebraska's Library System. When Carlile was 11 years old she had read all the books in the children's section. "No one else had recognized that my mind was developing faster than my body. Still in pigtails and dresses with sashes tied in the back, I looked the little girl, but I had exhausted the card catalog in the children's department. It was the 1940s and there weren't as many books of varied subject matter for young adults as there are today," Carlile said. Mrs. Reynold helped her select appropriate books in the adult fiction section, and expanded her checkout privileges.

She adds, "To this day I also treasure the memory of the marvelous Mrs. Reynolds for I can still remember her in her dark skirts, white blouses, hand-knit cardigans and rubber-soled shoes; hair upswept and glasses on a ribbon around her neck. Most of all I remember her quiet assurance and the confidence she had in me – and the confidence she gave me."

First sponsored in 1958, National Library Week is sponsored by the American Library Association and libraries across the country each April.

Ongoing Sanibel Public Library weekly children's programs include Toddler Time and crafts on Mondays, activities for preschoolers and school-age children on Thursdays, as well as a lap-sit program for babies on Wednesdays. Summer reading programs for grammar-school-aged children and teens start Saturday, June 6.

A complete list of programs and times are listed on the library's website. Residents as well as non-residents are invited. No registration is required and there is no additional cost to participate in these programs.

The Sanibel Public Library is located at 770 Dunlop Road. For more information call 472-2483 or visit online at [www.sanlib.org](http://www.sanlib.org).



## GOOD NEWS. THE DOCTOR WILL SEE YOU SOON.

Good news, Sanibel and Captiva — despite construction delays, **Dunavant Medical Group** is making great progress and anticipates opening around mid-May, 2015.

Even better, **Scott Dunavant, M.D.** is now able to accept patients. Contact your current provider and request that your medical records (every member of your family) be forwarded to **Dunavant Medical Group** at the address below.

Just as exciting, **Dunavant Medical Group** has been approved by more than 25 insurance providers, including Medicare, and anticipates accepting virtually all insurers.

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## Poet's Corner



We invite submissions from local poets. Anyone interested may submit their work via email to [tutsie@comcast.net](mailto:tutsie@comcast.net). Each week, individual work will be showcased.

selected by Tanya Hochschild

### Treesnake In Our Driveway

by Tanya Hochschild

Green and yellow snake  
slender limb  
in green and yellow tree,  
your dagger head,  
ready to strike.

Sinister guest, my eyes trace your  
body  
speckled diamond scales disappear,  
blend into foliage sunlight,  
silky sleek.  
My tree is fraught with snake.

Steady as an acrobat on a high wire,  
your body sways in the breeze,  
Mesmerized, I feel betrayed by the  
tree  
who wraps you round,  
gently rock-a-byes.

Perhaps I could welcome you to our

garden,  
stroke your perfect form  
drape you round my neck...  
your golden glinty eye appalls

I know you are lethal  
Slit-eyed, gnarling venom,  
bullet for a head...  
and yet,  
you look old;

down to your last skin.

Tanya Hochschild is a member of Writer's Group 4. She has published two books. Tanya Hochschild is member of a Sanibel Writers Group, has participated in Artpoems and Writer's Reads on the island, and had two books published.✧

From page 28

## Chrysalis Awards

Chrysalis Award nominees in seven categories were judged on innovation in their respective category, how they have distinguished themselves in the community, the results of their efforts to promote the destination, their contributions to business and tourism partnerships for the overall benefit of the county, and their work to foster growth and sustainability.

Honorees were recognized for their commitment to excellence in improving community growth, creating job opportunities for the citizens of Lee County, and enhancing the tourism experience.

"Thanks to all who made this award

possible," said Westland. "It's a long list, starting with our anonymous nominator, Refuge Manager Paul Tritaik, the "Ding" Darling Wildlife Society-Friends of the Refuge, and our wonderful partner, the VCB."✧

From page 23

## Capone



Sally Reiman, Cleo Current, Elaine Cabot and Pam Zapf were among those in attendance

with the audience she was asked if she was ever afraid growing up that a competing mob would put her in danger. She said, "I was never afraid with my family, I was afraid when I was not with them." She shared several stories including one about her Uncle Al and other family members making too much noise on the lake outside their Florida home. Their next door neighbor was JC Penney. He asked them to be quiet because President Hoover was there as his guest and the noise bothered him. The Capones invited them over for drinks. When Penney told Hoover that Al Capone had extended the invited, Hoover replied, "Who's Al Capone?" Apparently, he wasn't too well known outside of Chicago.

I look forward to reading her book.✧

### Monday Night Movie

## A Model For Matisse

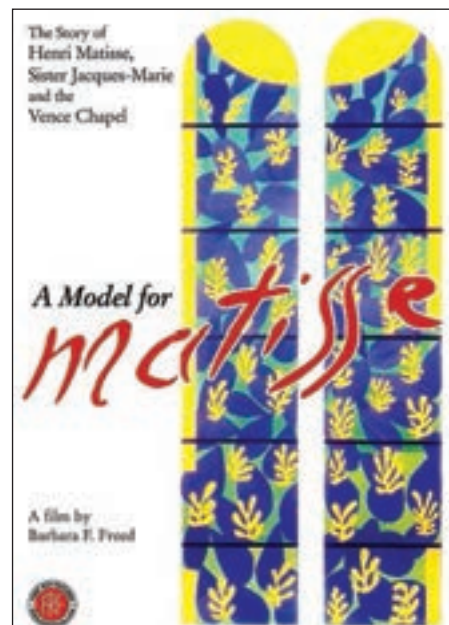


by Di Saggau

The BIG ARTS Movie for Monday, April 27 is the last film of the season. *A Model For Matisse*, is a documentary about a young nun's chaste but powerful influence on artist Henri Matisse's

crowning achievement: The Vence Chapel. The film documents the association between Sister Jacques-Marie and Matisse. Their relationship began when she started working for him as a personal nurse, but soon she began posing for the painter. Eventually, she played a central part in Matisse designing the Chapelle du Rosaire de Vence, one of the greatest accomplishments in Matisse's remarkable career. The chapel remains a sacred art monument, unique in the world.

From 1947 to 1951, Matisse drew up the plans for the edifice and all the details of its decoration: stain glass windows, ceramics, stalls, stoup, cult objects, altars and vestments. It was the first time that a painter entirely designed every detail of a monument, from the architecture to the furniture. Matisse himself said, "This work is the fruit of my whole working life. In spite of all its imperfections, I consider it



as my masterpiece."

This is the first film directed by American socio-linguist Barbara Freed. It is entertaining, educational and of interest to anyone curious about the intersection of art, architecture, faith and gossip in the mid-20th century. Through interviews with Sister Jacques-Marie, we discover a refreshingly down-to-earth woman who had never heard of Matisse when she agreed to pose for him in 1942 while she was a young nurse. The painter was deeply distressed when she decided to become a Dominican nun in 1946 because he appreciated her honest responses to him and his work. She

endured major conflict with her Mother Superior to aid the elderly Matisse as he worked on every aspect of the chapel.

In the film, Sister Jacques-Marie's genuine humility and humor come shining through. She was amazed at the French press' speculation about an alleged romance between the young nun and Matisse. She firmly rejected such innuendos. "I never really noticed whether he was in love with me," she said in a 1992 interview in *Paris-Match* magazine. "I was a little like his granddaughter or his muse, but he was always a perfect gentleman." Sister Jacques-Marie died in September of 2005 at the age of 84.

Matisse's good friend Pablo Picasso objected to him lending his talents to a religious building. But the beauty of the Vence Chapel, with its brilliant use of light, space and color, is a house of worship people of all faiths can appreciate. Standing inside the chapel, one feels as if they are inside a painting created by Matisse.

*A Model For Matisse* runs 67 minutes.

Admission to BIG ARTS Monday Night Film Series is \$8 and all screenings begin at 7 p.m. in Schein Performance Hall. Each film is followed by a complimentary reception and discussion in Phillips Gallery. Series Sponsors: Bank of the Islands, Stan and Visnja Gembicki, John R. Wood Properties, Penny Wilkinson. Series Supporters: Sanibel Taxi, Jerry's Foods of Sanibel.

BIG ARTS is located at 900 Dunlop Road. Tickets are available at the door or by calling 395-0900.✧

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The Boler Family with Kathryn Kelly, founder and CEO of The Heights Foundation, fourth from left

## Heights Education Hall Is Named For John And Mary Jo Boler And Family



Children from The Heights Center perform a song for the Bolars

**T**he Heights Foundation honored John and Mary Jo Boler and The Boler Family Foundation on March 31 by naming The Boler Education Hall at The Heights Center.

The Bolars and their foundation were instrumental in funding the completion of construction of the 14,000-square-foot community center in Harlem Heights that opened in 2013.

The Heights Center, supported by The Heights Foundation, is a place for education,



Victor Mayeron and Jo and Manny Fernandez

opportunity and enrichment. The Heights Foundation works to build strong, self-sufficient families in the Harlem Heights neighborhood. As a 501(c)3 grassroots organization, its

continued on page 6B



Charles Klucka, Daniel Zeugin, Bill and Caroline Bloomhall and Kathy Mayeron



Vee Yerrid and John Grey



# Inaugural Fundraiser Brings In \$50,000 For Area Children



Laurie Stanley, Elly Hagen and Kathryn Kelly

The Heights Foundation’s inaugural Blues By the Bay event raised \$50,000 for School Success programs for at-risk children in the Harlem Heights neighborhood in Fort Myers. Lily & Co. Jewelers was the Presenting Sponsor. Additional sponsors included RE/MAX of the Islands, Comcast, *The Sanibel-Captiva Islander/Island Reporter* and Stilwell Enterprises.

The evening of live music, food and drinks was held at the waterfront Sanibel home of Sandy Stilwell. Guests were treated to samplings from some of Sanibel and Captiva’s finest restaurants including Blue Coyote Supper Club, Cantina Captiva, Il Tesoro, Keylime Bistro, Sanibel Catering Company by Bailey’s, SS Hookers and The Timbers. Fine wines and a signature Blue Bay Martini were served courtesy of E&J Gallo Winery. The champagne sponsor was The Lighthouse Resort & Tiki Bar. Live music was provided by The Marty Stokes Band, and Lori and Randy Thomas with Rob Robinson.

Guests had the opportunity to bid on auction lots including a \$5,000 gift certificate to Lily & Co. Jewelers, A Lux Life package including a week in a premium Jaguar courtesy of Jaguar Land Rover of Fort Myers, \$1,250 in designer clothing and a \$1,000 premium jewelry gift certificate, a Sanibel-Captiva staycation showcase featuring lodging at the Captiva Island Inn, meals and golf at some of the best the islands



Ron Fitzgerald, Debbie Ringdahl, Wayne Wiles and Randy Mercer



Dan Schuyler and Karen Bell



Linda and Owen Glantz

have to offer, a sunset cruise courtesy of Captiva Cruises for up to 20 guests with gourmet hors d’oeuvres and wine, and a dinner for eight guests in the winning bidder’s home created by top local chef Brian Roland of Crave Culinaire. Sponsors and auction winners received a pair of custom-etched wine glasses by Luc Century, designed specifically for the event.

“We are appreciative that the residents and businesses of Sanibel and Captiva opened their hearts and made this event a success, especially Sandy Stilwell and Lily & Co.” said Kathryn Kelly, president and CEO of The Heights Foundation. “Our School Success programs include academic tutoring, after school and summer camp programs, scholarship and college access assistance, school supplies and tuition support. Each program is geared to meet the specific needs of children and young adults who seek to further their education. We look forward to growing Blues by the Bay into an annual music event.”



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# Ribbon Cut At Refurbished Sundial Beach Resort & Spa



After months of renovations and amenity upgrades, Sundial Beach Resort & Spa held a ribbon-cutting ceremony last Tuesday evening, attended by more than 150 island residents, business owners and community leaders. Among the changes highlighted at the facility include the Slice of Paradise poolside pizza and ice cream parlor, Kay Casperson's Lifestyle Spa and Boutique, a satellite campus for the Sanibel Sea School and Bailey's Marketplace convenience store. During the grand opening party, guests mingled and sipped champagne while touring the Middle Gulf Drive resort.

photos by Jeff Lysick

## American Red Cross Lifeguard Certification Course

An American Red Cross Lifeguard Course will be held at the Sanibel Recreation Center on Friday, May 15 from 3 to 8 p.m., Saturday, May 16 from 7:30 a.m. to 5:30 p.m. and Sunday, May 17 from 7:30 a.m. to 5:30 p.m. Upon completion of the three-day course, participants will be certified in lifeguarding, first aid, as well as adult and pediatric CPR/AED for the professional rescuer.

The American Red Cross now offers course manuals online. Participants must bring a printed copy of the *Lifeguarding* manual to all class sessions. For step-by-step instructions for downloading and printing the course manuals, contact the recreation center at 472-0435. Course cost is \$210 for recreation center members and \$275 for non-members. You must be at least 15 years old to register and able to attend all class sessions. Call the recreation center for swimming ability prerequisites. Class size is limited so early registration is recommended.

ited so early registration is recommended.

The City of Sanibel is in the process of hiring lifeguards. Individuals completing this Lifeguard Certification Course who are subsequently hired by the city will be reimbursed for the cost of the training.

For more information, contact Tasha Maddix, aquatics supervisor at Tasha.maddix@mysanibel.com or call the Sanibel Recreation Center.✪

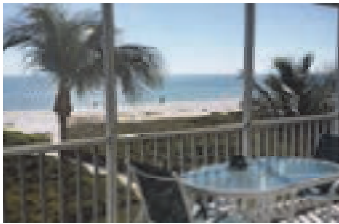
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SCCF's Erick Lindblad with Men's 4.0 Doubles winners the Koehn brothers with runners-up Michael Angstadt and Ed Bonkowski

# Winners Of SCCF's 23rd Annual Tennis Tournament

Perfect weather complemented the competition at the 23rd annual SCCF Tennis Tournament, played at The Blackwood Tennis Academy at The Dunes Golf and Tennis Club on April 11 and 12. Support from all our sponsors helped make this memorable weekend possible.

Tournament play kicked off Saturday morning and continued through Sunday, with a break for socializing at Saturday's Courtside Happy Hour and a chance to cheer on the players at the Pro Exhibition Match. Thank you to the pros from The Sanctuary and Sundial. Tournament winners received an etched wine glass created by Lucas Century. Tournament proceeds support SCCF's programs and mission to conserve coastal and aquatic habitats on Sanibel and Captiva and in the surrounding watershed.

SCCF deeply appreciates the support of our major presenting sponsors, Wayne and Linda Boyd, Dave Alban, and Barbara Chappell; and all of our sponsors and auction and raffle donors.

Championship Sponsors: Bill and Tory Burch, Robin Kirk, Lisa and Nathaniel Bradley, Sanctuary Golf Club, Karen Bell VIP Realty, Sundial Beach Resort and Spa, Dunes Golf and Tennis Club, Blackwood Tennis Academy, Dorado Property Management and Lucas Century Glass.

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Men's 4.5 Doubles runners-up Ryan Martinson and Lucas Century, winners David Petrick and Stephen Shreiner with SCCF's Erick Lindblad



Erick Lindblad with Women's 4.0 Doubles winners from Team Lily, Holly McIntosh and Michelle Rygiel and runners-up Nancy Day and Irmingard Markusch

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A very special thanks to tournament director Nick Blackwood of Blackwood Tennis Academy and to The Dunes General Manager Leilani Sivsov, Jean Crenshaw from the Tennis Pro Shop and staff. Organizers added that they could never have pulled it off without the time and dedication of master volunteers Lisa Cochrane of Dorado Property Management, Warren Schwab and Lucas Century.✧

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Shell Point is located just off Summerlin Road in Fort Myers, 2 miles before the Sanibel Causeway.

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From page 1B

# Heights Named For Boler Family

mission is to promote family and community development, support education, health and wellness and provide the benefits of enrichment, expressive and cultural arts.

Harlem Heights was originally settled as a rural agricultural community. Approximately 780 children live in a mixture of single-family homes and multi-family apartments. Demographically, the population is approximately 70 percent Hispanic, 20 percent African-American, and eight percent Caucasian. The poverty rate for children in Harlem Heights is more than twice the county average, with family income 40



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**Mary Jo and John Boler with Kathryn Kelly**  
percent below the county average. Families are not able to easily access family support services located in downtown Fort Myers and benefit greatly from programs located within the neighborhood. For more information about The Heights Center visit [www.heightsfoundation.org](http://www.heightsfoundation.org) or call 482-7706.✧

## Board Member Inducted Into Hall Of Fame

On March 24, Governor Rick Scott and the Florida Cabinet announced that Major General James L. Dozier, U.S. Army retiree, will be inducted into the Florida Veterans Hall of Fame. General Dozier was one of five distinguished veterans selected and he will now have the honor of seeing his name on the new Florida Capital War Memorial in Tallahassee.

General Dozier was born in Arcadia, Florida and graduated from the U.S. Military Academy at West Point. He



**Major General James L. Dozier**  
served for 35 years in the U.S. Army in the United States, Europe and Asia. While on active duty, he was awarded the Silver Star for heroism and the Purple Heart for wounds received in combat in Vietnam. He retired as a major general in 1985 and became involved in agribusinesses until his second retirement in 2004. General Dozier now serves as an anti-terrorism consultant to various government and private agencies as a result of his kidnapping by the Italian Red Brigades terrorists in Italy in 1981. He is an active member of the Southwest Florida community, including serving as vice-chairman of the board of directors of Disabled Veterans Insurance Careers.✧

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Sanibel Island Golf Club

## Men Play A Little Different Game



**Jerry Mader, winner of the President's Cup**

submitted by Jack Tukey

On Saturday, April 18, the Sanibel Island Golf Club Men played a two-person best ball with 90 percent handicap applied for scoring. This was a little different for a two-person event because members were allowed to



**Winners Jim Bartkowski and Will Marvel**

pick team partners rather than the random computer pairings usually used.

The winners were the team of Will Marvel and Jim Bartkowski. Amazingly, this was the first event they ever played in on Saturday and had just joined the SIGC men's group. And even more unlikely, they both have to leave Sanibel next week and will not be able to play again until next season. They tied with Buddy Long and Bjorn Olsson as both twosomes ended up with scores of 55. A scorecard playoff on the back nine was used to determine the winners and Marvel and Bartkowski had one less stroke and thus were awarded the win. They said that they thought they were playing so badly on the front nine that they almost decided to quit after nine holes, but they hung in

and finished for the win, making several putts and no bogies.

Olsson and Long were very consistent and reached many of the greens in regulation. Olsson left his driver at home and used a three wood off the tee which helped him stay in the fairway and Long was long off the tee and also managed some good putting and chipping around the greens. They were awarded second place. In third was the team of Bob Hummel and Tom Rathbone with a score of 56. Their consistent play with one or the other providing a low net score on each hole. Hummel holed a 50-foot putt on number 10 from off the green and Rathbone had several chips near the pin for short putts. Because it was only two-man teams, a fourth place was awarded



**Second place winners Bjorn Olsson and Buddy Long**

to Roger Triftshouser and Rene Lohser who had a score of 58. Lohser continued to putt from off the green and got the ball close to the pin and Triftshouser had some good long drives.

On Tuesday, April 14, the men held their annual awards and year-end cocktail party at the Blue Coyote. Jerry Mader was awarded the President's Cup which goes to the player earning the most points during the year. Points were given for wins in the major events and for overall participation. Skipp Tutor won the Club Championship and the Match Play Championship from the white tees and Dick Codair won the Club Championship and the Match Play Championship from the gold tees.✴

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# Have Some Fun With Color



by Jeanie Tinch

Today's home furnishings, fabrics and designs are often color coordinated to help you take the guesswork out of your next decorating project. Fabrics, wall coverings, area rugs, bed

linens, accessories and yes, even lampshades, feature a wide variety of motifs and patterns... all designed to work in harmony as you work to create your room's new "look."

However, no matter the design, motif or pattern; the common denominator in successfully creating the look you want to achieve is color.

So, how do you begin selecting color for your next project? Why not start by playing favorites – and selecting colors your comfortable with. Even if your favorite colors might not work as a major player in your new room, you could pos-

sibly consider using that favorite color as an important accent shade.

Here are some tips for helping you "hone in" on your perfect color selection:

1. Take a look in your closet. What colors do you see in your wardrobe that you particularly enjoy? Pastels? Dark jewel tones? Neutrals? Bright, lively shades?

Doesn't it stand to reason that the very colors you're attracted to in your wardrobe, might just be the perfect shades to consider in re-coloring a room?

2. Take a look around your room. Is there an accessory, piece of art, even an area rug that "speaks" to you? Entire room designs have been beautifully accomplished by focusing on one simple multi-colored vase.

3. What's your personal style? Do you enjoy a more casual lifestyle? Perhaps the contemporary style is more "you." Knowing your style will give you an important clue as to the color options you might want to consider.

Once you've done your homework and decided on your perfect color palette, be sure to select one dominate color, a maximum of three adjacent hues, and a dramatic accent color to complete your overall color scheme.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at [jeanie@coindeden.com](mailto:jeanie@coindeden.com).✧

# Student Gets Disney Grant For Trash Prevention Community Service Idea

Elinor Rienzo, a third grade student at Canterbury School and a Sanibel Sea School camper from Fort Myers has been awarded a Disney Friends for Change Youth Grant through YSA (Youth Service America). The grant will support Elinor in leading a community service project for Global Youth Service Day (GYSD). Elinor is one of 125 children and teens across the country who were awarded grants to lead projects that make a positive, lasting change in the world.

Service activities will take place on Global Youth Service Day, April 17 – one of the largest volunteering and service events in the world.

On April 17 Elinor will be speaking to fellow Canterbury School elementary students about her Trash Stash project. On April 26 Elinor and Sanibel Sea School, a local marine conservation nonprofit, will host a table at the Sanibel Island Farmers market distributing Trash Stashes and reaching out to people regarding the importance of land and marine debris prevention.

Elinor's Trash Stash program is creating reusable, personal-sized trash bags that will allow people to store their trash so it doesn't accidentally enter the environment. These bags can clip to bikes, beach bags, backpacks and lots of other places. The Trash Stash is important to Elinor, she said, "Because it is just the right thing to do."

Elinor joins millions of other young people around the world as part of Global Youth Service Day, now in its 27th year, Global Youth Service Day provides an opportunity for young people to find their voice, take action, and make a positive impact in their communities. The day is celebrated in more than 135 countries and all 50 states.

continued on page 10B



Elinor Rienzo

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Will Power

# Are The Words ‘Choose’ And ‘Decide’ Synonymous?



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

Roget’s Thesaurus lists the words “choose” and “decide” as synonymous with one another. But are they?

Dan Sullivan, the founder of the Strategic Coach program, insists that they’re not. He adds that understanding the clear distinction between the two is important.

“These are actually very different words that mean entirely different things,” Sullivan says. “The word ‘decide’ is actually dependent upon the word ‘choose’. First you have to choose. Only after you have chosen do you then decide upon what actions you should take in the future relative to what you’ve already been doing.”

Sullivan states that the word ‘choose’ can only be related to the future while the word ‘decide’ is only related to the past. Choosing always comes from the inside; it comes from something that you create from your imagination. You choose something based upon your passion for a bigger and better future. No one else knows what future you want for yourself.

“Think about choosing as creating,” Sullivan says.

Once you’ve chosen a particular future – after you have defined it, described it and then written it down – then examine your past to decide what part of your past doesn’t qualify for this future that you have imagined. While some parts of your past won’t qualify, other parts will actually be very helpful in creating this future that you want to create.

“So that’s where the decision comes in,” Sullivan teaches. “What part of your past is going to be useful in realizing this future that you’ve chosen and what parts you throw away. It is very liberating to throw away parts of your past that don’t help you attain a bigger future. Once this decision has been made, then it becomes clearer what steps you take to maximize the present.”

He describes this as a three step process: 1. Create the future; 2. Simplify the past – only bringing forward those things that are appropriate and useful to your future; and 3. Embark on the now clear direction you will have in what you are supposed to be doing now, in the present.

I’ve found that this exercise can help people when choosing what provisions to put into their estate planning documents when they are torn between two choices. Sometimes a child has not lived up to expectations, or has a problem resulting in the client considering whether to disinherit the child. Other times there’s a concern that the

beneficiary is going to waste his or her inheritance in a way that the client wouldn’t want, so they consider whether or not to impose a third-party trustee such as a bank or trust company to both handle the investments and control the distributions.

In these situations I ask the client to choose the future that they want for this particular beneficiary. Do they envision the inheritance that they are leaving this individual to be used for specific purposes, and if so, what might those purposes be? Education? Retirement? Philanthropy? Some combination?

The next step would include an examination of the past to decide what elements hinder this decision and what elements might be useful in making the choice at hand. Is the client remembering something from the long ago past that is no longer relevant to the situation? One example may be a troublesome spouse that the adult child is no longer married to. The client can decide to jettison this past experience when making choices relevant to how the estate plan will work. On the other hand, there is likely some useful information about the tendencies of a particular beneficiary when choosing how to best implement a bigger and better future for him or her.

Certainly this exercise can also be used to maximize the client’s future rather than that of the client’s heirs. Almost everyone wants greater freedoms when it comes to their time, money, relationships, and purpose. People tend to become dissatisfied when their lives feel routine – as if they are on autopilot with little or no progress being made. When this happens, imagining the creation of a bigger and better future can move one out of the doldrums.

Once one envisions a bigger and better future, then the decisions have to be made. What activities are you currently doing that don’t qualify towards the progression of that future? What relationships work and what relationships don’t work in striving towards greater freedoms and purpose? I believe that these are important questions to ask oneself regardless of one’s age.

I agree with Sullivan in that when you begin to use the words “choose” and “decide” in their proper context, then what you should be doing in the present becomes much simpler and clearer.

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From page 8B

## Disney Grant

“Elinor is a true Friend for Change,” said Steven A. Culbertson, president and CEO of YSA (Youth Service America). “She has found her voice, and is taking action to make an impact on the vital community issue of marine debris! We are so proud of her creativity and leadership.”

“Young people have an incredible amount of power to make our world a better place,” said Dr. Bruce Neill, executive director of Sanibel Sea School. “The future of our ocean is in their hands, and we are so proud of Elinor for setting such a great example for her peers and even the adults in our community.”

Disney Friends for Change is a multi-continued on page 20B



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# Chamber Hosts Ribbon Cutting At Sanibel Plumbing & SanCap Electrical



Joel Goodman cuts the ribbon with partners Mitch and Melisa Pezzi

The Sanibel & Captiva Islands Chamber of Commerce held a ribbon cutting to celebrate the new ownership and rebranding of Sanibel Plumbing and SanCap Electrical Companies of Sanibel.

Sanibel Plumbing has been in business for more than 67 years and its new sister company, SanCap Electrical Company, for 34 years: an impressive total of 101 years' service to the islands of Sanibel and Captiva. For over a century between them, they have been providing quality electrical and plumbing installation and service to local residents and businesses.

"We are delighted to mark our official launch with a Chamber of Commerce ribbon cutting ceremony," said owner Joel Goodman. "Many islanders know our work and our teams under previous company names. We are pleased that our rebranding enables us to identify closely with our island customers. We look forward to building on our long history by providing our new combined plumbing and electrical service to Sanibel and Captiva."

Local chamber business members joined owners and staff to tour the newly renovated offices and celebrate the occasion.

"We welcome Sanibel Plumbing and SanCap Electrical to the chamber and wish them continued success in future years" stated Ric Base, chamber president.

Sanibel Plumbing and SanCap Electrical are located at 2244 Periwinkle Way, Suite 13 on Sanibel. For more information on Sanibel Plumbing, call 472-1101 or visit

[www.SanibelPlumbingCompany.com](http://www.SanibelPlumbingCompany.com). For SanCap Electrical, call 472-1841 or visit [www.SanCapElectricalCompany.com](http://www.SanCapElectricalCompany.com).✪

## Dunes Women's Team Wins Award



From left, Barbara Chappelle, Nancy Orr, April Tzanis, June Muench, Jane Ranieri, Elsie Jerozal, Diane Silhavy, Jody Hawkins, Mary Jane Vinson and Irmingard Markusch

The Dunes Women's 4.0 Tennis Team won the Lee County Women's Tennis League Sportsmanship Award last week. This is the second year in a row that the group has been recognized for their amazing sportsmanship.✪



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# ISLAND FARE

## Dine Your Way Around Sanibel And Captiva With Anne Mitchell

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In this column, each week you will be able to stay updated on our local dining establishments and what they're offering and get the scoop on the island dining scene, whether it's fine or casual, take-out or frozen desserts.

#### AMONG THE FLOWERS CAFE

Among the Flowers Cafe features local and organic vegetarian/vegan fare. Some of the featured items are fresh pressed juices and smoothies, fresh organic coffee and an espresso drink bar, fresh house-made nut milks, raw protein gems and chocolates, organic egg sandwiches and salads, Queenie's local ice cream, local beers and organic/sustainably farmed wines, gluten free bakery with custom layered cakes and complete party catering. You'll also find original art with uplifting messages as well as salt lamps, sage wands, handmade jewelry, T-shirts and gift-baskets.

Open 7 days a week for breakfast, lunch and early dinner until 6 p.m. Call-ahead for to-go orders, or sit outside under a covered deck.

#### BAILEY'S GENERAL STORE

Bailey's General Store has a full deli, bakery, daily lunch specials, take out and catering for cook-outs, picnics and parties. This is the oldest supermarket on the islands, established long before a causeway linked Sanibel to the mainland.

The bakery has freshly made donuts, scones and breads. The deli offers a variety of hot foods for breakfast, lunch and dinner, as well as catering services for special events. Services include shopping for your groceries and delivering them to your home or vacation destination. If you are on a gluten-free diet, pick up the extensive list of gluten-free products near the entrance to the supermarket.

The Coffee Bar at Bailey's serves espresso based drinks, hot chocolate, smoothies and specialty coffees.

#### BEACH PIEZ

Beach Piez New York style pizza offers carry out and delivery on Sanibel and Captiva. Hours are Monday through Saturday from 11 a.m. to 9 p.m. and Sunday 12 p.m. to 8 p.m. With fresh ingredients, mouth watering mozzarella, "secret recipe" dough and homemade pizza sauce, Beach Piez will deliver the best pizza the island has to offer. Stop in for the slice of the day.

#### BENNETT'S FRESH ROAST

Bennett's Fresh Roast at 1020 Periwinkle Way prides itself on its fresh-from-scratch doughnuts made daily and being the only Southwest Florida doughnut shop offering fresh roasted coffee from the finest beans. They also offer fresh desserts including praline bread pudding and lemon bars, packaged whole bean or ground coffees, breakfast muffins, oatmeal, breakfast sandwiches, strata (a layered baked breakfast dish) and a large variety of Harney & Sons Fine Teas. Lunch offerings including paninis, soups, sandwiches, signature salads and Bennett's Chicken & Donut, Donut Dog and a Lobster Roll are available Monday through Sunday from 11 a.m. to 2 p.m.



Tony LaVigne at IL Tesoro

#### BLUE GIRAFFE

Blue Giraffe serves breakfast, lunch and dinner from 10 a.m. to 9 p.m. This restaurant offers casual island dining seven days a week from a menu featuring fresh local seafood, chowders, salads and steaks. Besides dessert choices, you can get hand-dipped Edy's Grand Ice Cream.

Dine outside on the boardwalk or inside at hand-painted tables decorated by a local artist, or sit at the full liquor bar for a mixed drink, glass of wine or cold beer.

#### CIP'S PLACE

Cip's Place is named for the late Jimmy Cipriani, a longtime islander and owner of the property on which the restaurant sits. Jimmy always made time for a good conversation, good company and great food. In Jimmy's memory, Cip's styles itself as a local watering hole. A mural that takes up an entire wall shows lots of islanders through the ages – including Cip – and if you don't recognize them all, ask to see the "key."

Food choices range from "comfort" to culinary with some Caribbean and island favorites as well. And do try the home-made potato chips, the fried buttermilk chicken with sage gravy and the snapper tacos.

Choose between the outdoor garden patio or front porch. Indoor seating and full bar are also available. Hours are 11:30 a.m. to 9:30 p.m. daily with happy hour from 4 to 6 p.m.

#### CHIP'S SANIBEL STEAKHOUSE

Chip's Sanibel Steakhouse has many great options for locals and tourists alike. It is open seven nights a week with daily happy hour from 5 to 6 p.m., featuring two-for-one drinks and \$4.95 appetizers. For early diners, there's a three-course prix fixe menu for \$35 including a cocktail. In addition to an updated

wine list, seasonal house-infused liquors such as strawberry-jalapeño tequila, blood orange vodka and cucumber gin are available.

The menu features steaks and seafood, including a six-ounce filet mignon topped with jumbo lump crabmeat finished with Hollandaise and served with of asparagus and choice of potato; Parmesan-crusted seabass served with mushroom risotto and finished with a creamy dill sauce. Save room for dessert though, because whether you are a chocolate lover or Key lime pie fan, Chip's has something for every sweet tooth.

#### CROW'S NEST AT 'TWEEN WATERS INN

The Crow's Nest at 'Tween Waters Inn is a more casual place than its sister the Old Captiva House. It's home to the famed Captiva Crab Races on Mondays and Thursdays and is a popular venue for live entertainment on Fridays and Saturdays.

There is a nightly happy hour.

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

Doc Ford's Rum Bar & Grille is named for the Doc Ford character in local author Randy Wayne White's best-selling mystery novels.

In addition to its Sanibel restaurant, Doc Ford's has a Captiva location in Chadwick's Square.

It's a well known gathering place and tropical theme sports bar with indoor and outdoor patio seating. The combined menu offers all the lunch and dinner items from 11 a.m. until closing. It includes cedar plank salmon topped with a mango chipotle glaze or a marinated grilled chicken sandwich. The fish tacos are an island favorite and there's a well provisioned raw bar. Tropical drinks are a specialty, notably the signature rum drink, Island Mojito.

#### THE DUNES RESTAURANT

The Dunes Golf & Tennis Club is open to the public and serves lunch daily from 11 a.m. to 3 p.m. Chef specials include an assortment of salads, wraps and sandwiches, soup buffet Monday through Friday, and the popular the Shrimp Po' Boy.

Featured monthly events include Trivia Night, Corks & Canvas, Comedy Night, dinner, dancing and live entertainment, and bridge. There is a Friday a la carte dinner menu with featured selections each week such as fish fry, prime rib, seafood and pasta nights.

Take in the sunset views while sipping on your favorite drink. Happy hour is every day from 3 to 6 p.m.

#### GEORGE & WENDY'S SEAFOOD GRILLE

George & Wendy's Seafood Grille features live music Fridays and Saturdays and Karaoke on Thursdays. Specials include barbecued ribs on Monday for \$18, prime rib on Tuesdays for \$18, crab legs on Wednesdays for \$18, steak lovers special on Thursdays for \$18 and Friday night fish fry for \$15.

There is a live jazz brunch buffet on Sunday from 10 a.m. to 1 p.m.

Happy hour is from 11 a.m. to 6 p.m. The full bar has an extensive wine list, 20 beers on tap, local, domestic and craft beer, mojitos, martinis and tropical favorites.

Football food and drink specials are available in the bar area only during all NFL and Saturday college games. There are free Jello shots with each Chicago or Buffalo touchdown.

Hours are 11 a.m. to midnight seven days a week.

#### GRAMMA DOT'S

Gramma Dot's, the only dockside dining on Sanibel, offers a lunch and dinner menu seven days a week from "Sanibel's only Seaside Saloon" where you can leisurely dine at the Sanibel Marina in view of luxury yachts and modest fishing boats and watch the comings and goings of seagoing folk and fishermen. The menu features a full line of "only fresh" seafood, salads, sandwiches and more. Appropriate dress is required.

If you're arriving by boat, check in with dockmaster for a lunch slip, monitor VHF 16. You can tie up for a night or two at the available dockage if you wish. Gramma Dot's is open daily at 11:30 a.m. For dinner, arrive before 8 p.m.

#### GREAT WHITE GRILL

The Great White Grill is a sports bar featuring 29 beers on tap and a good wine list. It's home of The Steel Curtain Pizza. There's free pizza delivery too. The Great White carries the TV Baseball package and the NFL package for sports enthusiasts and has arcade games for kids of all ages.

The regular menu includes hand-cast fresh dough pizza, wings, fries, chicken fingers, salads, gyros, sandwiches and burgers. Check out the Pittsburgh Salad, which consists of grilled chicken, French fries, cheddar cheese, cucumbers, tomatoes and onions on a bed of lettuce.

#### GREEN FLASH

The Green Flash has marvelous waterfront views of Captiva's bayside and Pine Island Sound. The Green Flash was built on the site of the historic Timmy's Nook, opened in 1950. Fittingly, seafood dominates the menu, although other options are offered as well. The Green Flash is easily navigable by boat and is located southwest of Marker 38 on the Intracoastal Waterway.

Hours are daily from 11:30 a.m. to 3:30 p.m. for lunch and 5:30 to 9:30 p.m. for dinner.



Island Fare

GREENHOUSE GRILL

The Greenhouse Grill has happy hour daily that includes \$2 off house wine, \$1 off draft beer and half price special of the day appetizer from 4 to 6 p.m. There are vegan and gluten free options available. Fresh, local, seasonal ingredients are used to flavor steaks, seafood, pasta, salads and burgers. The signature Bouillabaisse is a seafood lover's delight with fresh shrimp, mussels, clams, scallops, grouper and calamari. Homemade lemonade and green tea with pomegranate are a favorite among guests. Grand finales include Chocolate Fondant, Tiramisu, Crème Brule, Cannoli and other delectables. Pet-friendly patio seating available.

The Greenhouse Grill is open daily from 10:30 a.m. to 9 p.m. Reservations are appreciated and carry out orders are welcome.

IL TESORO

Il Tesoro serves authentic Italian food “with the taste and feel of a Tuscan holiday,” according to owner Chef AJ Black. He infuses flavors from the old world to the new world of cooking using only fresh seasonal ingredients to bring his dishes to life. Daily specials focus on pairing authentic meals with a bold array of fine Italian wines.

Il Tesoro (The Treasure) serves dinner seven nights a week from 5 to 10 p.m.

ISLAND COW

The Island Cow is a family favorite with its colorful indoor and outdoor seating and live entertainment. “Come as our guests... leave as our friends!” is the motto. The Cow serves breakfast, lunch and dinner featuring fresh local seafood and meats and has an extensive children’s menu. Starbucks coffee is also on the menu.

Breakfast is served between 7 and 11 a.m. Hours are 7 a.m. to 10 p.m.

JACARANDA

The Jac, as it is known to regulars, has been serving excellent seafood for three decades and offers the best of two worlds: dining room seating or dinner under the stars in the screened garden patio. The patio lounge is home to some of the best nightlife on the islands, seven nights a week. Bands include Renata, Wildfire, and Cruzan Vibes’ reggae on the weekends.

The patio lounge menu includes a selection of “happy apps” for \$5.95 and half price drinks during happy hour, 5 to 7 p.m.

Dinner reservations are suggested.

JERRY’S RESTAURANT AND DELI

Jerry’s Restaurant and Deli in Jerry’s Market is the next best thing to dining in a tropical garden. This family-style restaurant has large windows to view the lush garden with caged tropical birds that are favorites with visitors and residents. Daily specials are offered in the spacious restaurant and you can order a sandwich or hot food from the deli or help yourself at the well-stocked salad bar to take out.

The restaurant is open for breakfast, lunch and dinner from 6 a.m. to 8:30 p.m.

LAZY FLAMINGO

The Lazy Flamingo is a famed island hang-out with two Sanibel locations: one at 1036 Periwinkle Way, the other – the original – at 6520 Pine Avenue, near Blind Pass. “If our seafood were any fresher, we would be serving it under water!” is the Flamingo’s motto. And that includes, shrimp, grouper, oysters, conch fritters and chowder as well as chicken.

The Flamingo Bread and the Caesar Salad are signature items. Pull up a stool to the rustic bar or take a high or low table. The interior feels like the inside of an old pirate ship with its portholes and hewn wood surfaces. The atmosphere is definitely casual and beer is available by the bottle, on draft or by the pitcher.

LIGHTHOUSE CAFE

Sanibel’s popular breakfast and lunch restaurant on the east end also serves dinner from December 15 until the end of April. Owner Mike Billheimer, Sanibel native and member of a family operating one of Sanibel’s first restaurants back in the 1950s, took over this legendary cafe in 1988 and has been mentioned in *Gourmet*, *Bon Appetit*, *Country Living*, *Southern Living* magazines for their outstanding food quality and service. Try one of the selections of eggs Benedict, homemade wholewheat granola hotcakes or one of the three-egg omelets.

The French toast is made with a rich custard batter and real French bread. Breakfast is served until 3 p.m. The most popular lunch item is the fresh, local grouper sandwich served crunchy fried, chargrilled, blackened, sautéed or broiled. Open 7 days. Call ahead seating for breakfast and lunch, and reservations accepted for dinner.

MATZALUNA ITALIAN KITCHEN

In the mood for pizza? Matzaluna Italian Kitchen has a wood-fired oven to bake authentic pizzas, including gluten-free ones. That’s in addition to a big selection including over 20 combinations of pasta dinners from \$11.95 (including soup or salad and fresh baked bread), affordable veal, tender chicken, choice steaks and seafood (Italian style) in a casual market-like setting. Gluten-free pizza is also available.

Matzaluna has craft beers on tap. On Wine Wednesdays, every bottle priced \$25 and over will be discounted by \$8 all evening. Hours are 4:30 to 9:30 p.m. daily and happy hour is from 4:30 to 6:30 p.m.

MUCKY DUCK

The Mucky Duck may well be the most famous restaurant on Captiva due to its longevity and quirky name. Then there’s the fabulous sunsets. Patrons gladly wait on the beach for tables. This place draws crowds – sipping cocktails and beverages until they can take their seats. Reservations are not accepted.

The Duck is open for lunch and dinner, serving fresh seafood, pub-style food, sandwiches, steaks and other items.

OLD CAPTIVA HOUSE AT ‘TWEEN WATERS INN

Old Captiva House at ‘Tween Waters Inn, Captiva, offers romantic sunset dining in an historic setting with live piano music. Executive Chef Jason Miller prepares New Florida island favorites, tropical seafoods, classic meats and daily fresh-baked breads and pastries, served with an extensive selection of wines, liquors and coffees.

First built as a one-room school for children of Captiva’s pioneer settlers, the Old Captiva House still reflects much of its original charm – from white French doors to hardwood floors to the Gulf of Mexico sunset that streams through the western windows. Its collection of famed cartoonist JN “Ding” Darling’s 1930s whimsical vacation illustrations has led to its designation as a landmark in Southwest Florida.

OVER EASY CAFÉ

Over Easy Café is a pet-friendly place with indoor and outdoor dining for breakfast and lunch. The covered patio is a popular spot. Choose from 22 different Eggs Benedict, scramblers and omelettes, 11 pancakes and French toast choices, 15 egg specialties and wraps, eight salads and 26 sandwiches and burgers, plus baked goods. Beer and wine is available.

Breakfast is served all day. Hours are 7 a.m. to 3 p.m.

PECKING ORDER

The Pecking Order, features tender, juicy, broasted fried chicken and the fixins. The chicken is marinated and seasoned, and the high-pressure deep-frying system produces a crispy coating and holds in the juices without allowing the fat to penetrate.

Homemade sides include slow-cooked collard greens, sweet and spicy baked beans, cheesy shell mac, rice and beans, cole slaw, red mashed and gravy, fried pickles and veggie chili. Try the Black Betty, a warm, dark chocolate cupcake filled with liquid dark chocolate, sprinkled with sea salt flakes and confectioners sugar.

Take out and outdoor dining available. .

POCOLOCO

Need a pick-me-up? Looking for some downtime? Either way, your best bet is PocoLoco on the tropical courtyard at Jerry’s Center. Indoors or out you will savor gourmet coffee, tea, signature sandwiches, pastries, or a cone of the region’s most popular ice cream, Love Boat. PocoLoco is the Sanibel source for this ice cream and always features a couple dozen delicious favors. Stop by, sit in the sunshine and chatter with six cheerful parrots for a unique and memorable experience.

RC OTTER'S, CANTINA CAPTIVA, SUNSHINE SEAFOOD, KEYLIME BISTRO AND CAPTIVA PIZZA, YOGURT & GIFTS

Five Captiva eateries under the same ownership – RC Otter’s, Cantina Captiva, Sunshine Seafood, Keylime Bistro and Captiva Pizza, Yogurt & Gifts – offer a fun and casual dining experience with a tropical flair reminiscent of Key West.

RC Otter’s and Keylime Bistro have live music outdoors most of the day. Cantina Captiva serves Mexican food. Sunshine Seafood Cafe Wine Bar specializes in fine dining with a very respectable wine list. You have your choice of dining inside or outdoors.

ROSIE’S CAFÉ & GRILL

Rosie’s repertoire includes crab cakes, grouper and shrimp entrees and steaks with all the trimmings, Southwestern dishes such as burritos and fajitas, soup and sandwich combos, and salads. Among the most popular items is Rosie’s Famous Cheese Steak made from shaved rib eye, grilled mushrooms, onions and green peppers, Ultimate Cuban and Classic Reuben, home-made muffins and cinnamon rolls and Key lime pie, root beer floats and banana splits. A children’s menu and carry-out are also available and outdoor seating is available.

Breakfast is served from 8 a.m. to 3 p.m. and happy hour is from 3 to 6 p.m. seven days a week with two-for-one draft beer and wine and a menu that starts at \$4.50 for items such as nachos with cheese and salsa and \$5.50 wings and chicken tenders. The ice cream bar has 20+ flavors of locally made Royal Scoop ice cream.

SANDBAR

Currently serving happy hour from 4 to 5:30 p.m. every day in the lounge only, and dinner from 5 to 9 p.m. Since opening in 2013, The Sandbar has become known for its fresh seafood and choice cuts of beef and pork.

SANIBEL BEAN

The Sanibel Bean coffee shop is java central on Sanibel Island. With its indoor and outdoor seating and free wi-fi, it’s a popular venue for laptop-toting coffee lovers to relax and check their inboxes, have breakfast or lunch or recharge the batteries in the afternoon.

Besides a big selection of coffee from around the globe and a variety of coffee drinks, The Bean has tea and other beverages and a variety of hearty sandwiches, pastries and muffins, plus other light fare.

SANIBEL DELI & COFFEE FACTORY

Sanibel Deli & Coffee Factory offers a gluten free menu in addition to regular choices, along with pizza and wings, Boar’s Head meats, frozen yogurt and ice cream. There is indoor seating as well as outdoor tables shaded with umbrellas, and free wi-fi.

SANIBEL FISH HOUSE

Find out why Sanibel Fish House is such a great addition to the list of Sanibel restaurants. We offer a wide range of fresh seafood as well as our great alternative choices at reasonable prices.

Come and see us in our delightful tropical island setting. Open 11 to 10 daily with excellent lunch and dinner specials. Don’t miss the best happy hour on the island 11 to 6 daily and all day on Saturdays and Sundays in The Lounge! The Lounge opens 11 to 10 Sunday through Thursday and until 1 a.m. on Fridays and Saturdays.

SANIBEL GRILL

The Sanibel Grill has 19 big screen TVs with satellite TV tuned to every televised sporting event. The Grill shares a kitchen with The Timbers, serving the same fresh seafood, along with burgers, sandwiches, pizzas and salads. Crunchy Grouper and Crunchy Shrimp are signature dishes.

SANIBEL SPROUT

The Sanibel Sprout is the island’s only vegan cafe and organic juice bar. There is comfortable seating for friends to socialize and taste Chef Nikki’s extended menu of plant-based gourmet cuisine. The soups – lentil, Vietnamese Pho, etc. – are popular year-round, as are vegan lasagna, Mexican taco salad, kale salad with avocado chipotle dressing and numerous desserts. The extended menu is posted on the Sprout’s Facebook page.

The organic juice bar is popular with locals and visitors of all ages. Kids love the Strawberry Kiss or the Chocolate Bliss Smoothie, whereas adults favor the Coffee Sproutaccino or the green Emerald Mermaid Smoothie. Those are just a few of the juice bar favorites from an extensive menu.

The Sprout is open for breakfast, lunch and dinner 8.30 a.m. to 7 p.m. Monday through Saturday.

SUNDIAL BEACH RESORT & SPA

The Sea Breeze Café at Sundial Beach Resort & Spa is open 7 days a week, from 7 a.m. to 10 p.m., serving breakfast, lunch and dinner. Dine indoors or al fresco, overlooking the gulf. Choose from classic tavern fare, fresh seafood, innovative entrees, salads and sandwiches. There is a daily happy hour from 4 to 6 p.m. with drink specials and bar menu. Every Monday is Margarita Monday with \$5 margaritas from 4 to 10 p.m. and live island-style entertainment from 5:30 to 8:30 p.m.

Turtle’s Pool & Beach Bar serves imported and domestic beer, wine and tropical drinks in a casual outdoor island setting just steps from the gulf. A full menu is available at the poolside dining patio from 11 a.m. to 7 p.m., including seafood, award-winning burgers and fresh salads. Happy hour is 3 to 5 p.m. every day.

Create your own custom pizza or grab a quick snack at Slice of Paradise, Sundial’s newest poolside dining option, featuring slices, specialty and custom pizzas, grab and go salads, hot dogs and hand scooped ice cream, including Sundial’s signature flavor, Island Delight. Open daily from 11 a.m. to 9 p.m.

All restaurants and bars are open to the public.

TIMBERS RESTAURANT & FISH MARKET

The Timbers Restaurant & Fish Market and the adjoining Sanibel Grill are mainstays of the island dining scene, boasting 35 years of fresh fish on Sanibel Island. The restaurant offers 13 dinners for \$15 daily before 5:30 p.m. plus a large selection of local seafood such as grilled shrimp, fried grouper, oysters, clams and crab cakes.

Besides specializing in fresh local seafood, the restaurant has a seafood market that opens at 11 a.m. (except Sunday, when it’s 2 p.m.)

TRADITIONS ON THE BEACH

Traditions on the Beach is one of the few Sanibel restaurants with beachfront dining. Located in the historic Island Inn, the recently updated restaurant sits on 10 acres with gulf views, perfect for watching the sunset over the water while you dine. The menu features Italian and Mediterranean cuisine prepared by Chef Aziz and his team. Traditions’ dishes are made with fresh ingredients, from seafood and meats, to produce from local vendors. On the menu you will find the classics and specialties including Moroccan lamb, roast duck, lobster and veal. Pasta, grilled items and a raw bar are also available. In addition to the regular menu, specials are offered daily. There’s an attractive bar and lounge area that also serves food and an extensive wine and cocktail list. Dining begins at 5 p.m. and continues until late. Reservations are suggested.



## ZEBRA TREATS

This bold and bright cafe/store offers a variety of frozen yogurt flavors – try the caramel sea salt pretzel – with more than 50 toppings such as strawberries, blueberries, chopped candy and sprinkles. Other offerings include milk shakes, smoothies and frappes.

Zebra has indoor and outdoor seating.

The store recently added frozen yogurt to go, by the pint and quart.

## LIVE ON THE ISLANDS



**George & Wendy's Seafood Grille** has live music Friday with **Busted Stuff**, playing rock, Irish and blues

**The Crow's Nest Beach Bar & Grille at Tween Waters Inn** has live entertainment with The New Vinyls on Friday and Saturday; Taylor Stokes plays on Sunday, Tuesday and Wednesday. Crab shows are on Mondays and Thursdays.

**George & Wendy's Seafood Grille** has live music Friday with Busted Stuff, playing rock, Irish and blues. Saturday is Roy Schneider and Kim Mayfield, playing folk music. Saturday is Ladies Night with half-price drinks for the ladies from 9 p.m. to midnight. On Sunday, it's Jeff Lyons on guitar and vocals. There is a live jazz Sunday brunch from 10 a.m. to 1 p.m. Monday is Rex Bongo Band, playing blues and rock variety. On Tuesday, it's open mic night from 8 to 11 p.m. Wednesday is Bryan Huling on guitar and vocals. Karaoke is Thursday from 9 p.m. to midnight.

**The Jacaranda** has live entertainment on Friday and Saturday with Midlife Chryslers, playing classic rock and dance. Sunday is Jamaica Dave & Co., playing reggae and dance. On Monday, it's Renata, playing jazz, funk and contemporary; on Tuesday, it's The New Vinyls, playing classic rock and dance; Wednesday is Barbara Dexter, playing contemporary, top 40s and dance; Thursday is Eric Malibu, playing contemporary, reggae and dance.

**The Mucky Duck** on Andy Rosse Lane, Captiva features music by Gary Earle on Thursday and Friday; Gene Federico plays on Saturday; Gary Earle plays Sunday; Mark Dupuy plays on Monday; Perry English plays on Tuesday; and Gene Federico plays on Wednesday.

**Sea Breeze Café at Sundial Beach Resort & Spa** features Margarita Monday from 4 to 8:30 p.m. every Monday with \$5 margaritas and island style entertainment. Happy hour is daily from 5 to 7 p.m. with drink specials.

**Traditions on the Beach at Island Inn** has live music Friday and Saturday with Joe McCormick and Marvella Marzan, playing jazz, Latin, pop and R&B. On Sunday, it's Dusk Duo, playing classic pop, R&B, country and jazz. Mike Arnone, "The Jersey Kid," performs selections from Motown to the Rat Pack on Monday. Woody Brubaker and Barbara Smith play dance hits on Tuesday and Wednesday. Joe McCormick and Marvella Marzan play on Thursday.

**The Island Cow** on Periwinkle Way has live entertainment on Friday with Gene Federico; Saturday, Jay Helt; and Sunday, Dan Confrey.

**RC Otter's** on Andy Rosse Lane, Captiva, has live music daily with dining inside and out.

*Restaurant owners/managers, please email or fax any changes to your entertainment schedule to [press@islandsunnews.com](mailto:press@islandsunnews.com) or 395-2299.*

# Former Florida Star Tebow Back In NFL, Signs With Kelly's Philadelphia Eagles

by Ed Frank



The glory years of Florida football when Tim Tebow led the Gators to a national championship while becoming the first sophomore to win the Heisman Trophy brought back fond memories this week when the often-

maligned quarterback signed a one-year contract with the Philadelphia Eagles.

His signing shocked the football world, as Tebow hadn't taken a snap with an NFL team since 2012. It was the latest move by Eagles' coach Chip Kelly who has made a number of off-season roster changes to revamp his squad.

It's only a one-year deal and the odds are not good that he will make the team as he is now one of five quarterbacks with the Eagles – and that's even before the NFL Draft. At best, he could end up No. 3, according to the experts.

But let's look at it from the positive side:

Many still think Tebow is a better runner than a quarterback and his skills could fit into Kelly's spread offense style that emphasizes quarterback runs. Tebow has made no secret that he wants to get back to the NFL and reportedly has been training to get in shape.

His signing is really a no-brainer for the Eagles as his salary is probably at the NFL minimum, and presumably the Eagles are prepared to deal with the distractions that Tebow has brought in the past over his proclaimed religious beliefs.

We all remember the excitement that Tebow stirred with coach Urban Meyer's Gators. When he left Gainesville in 2010, he owned SEC records in career passing efficiency and total rushing touchdowns.

He was selected in the first round of the 2010 NFL Draft by the Denver Broncos. He started three games for Denver that first season, but it was 2011 when he took over as the starter, directing the Broncos to a number of improbable comebacks.

His greatest triumph was a 29-23 playoff win over Pittsburgh when he tossed an 80-yard winning touchdown in overtime.

After the Broncos signed Peyton Manning in 2012, he was traded to the New York Jets where he was played sparingly, completing just six passes. He was later picked up by New England, but was released prior to the start of the 2013 season.

Tebow's throwing motion has always been criticized, but working with quarterback expert Tom House, that problem reportedly has been minimized.

We will wait and see if Tebow can bring to the Eagles the excitement he once brought to Gatorland.

## Everblades Off To A 2-0 Lead In First Round Of Playoffs

By the time you read this column, the Florida Everblades hockey team may have already advanced to the second round of the ECHL Kelly Cup Playoffs.

The Everblades swept the Orlando Solar Bears, 3-2 and 5-1, last weekend at Germain Arena to take a commanding lead in the best-of-seven series. Games three and four were Tuesday and Thursday in Orlando with game five, if necessary, also in Orlando.



Tim Tebow

photo by [hailfloridahail.com](http://hailfloridahail.com)

If the series goes that long, games six and seven would be back on home ice at Germain on Monday and Wednesday.

## Miracle Begin Homestand Sunday

The Fort Myers Miracle baseball team began the week 5-6 but only two games out of first place in the Florida State League South Division.

The Miracle returns to Hammond Stadium this Sunday for a three-game series with the Palm Beach Cardinals. The first pitch is 4:05 p.m. Monday and Tuesday games begin at 7:05 p.m. First-place Charlotte will be here next Thursday.✪



Biking on Sanibel's shared use paths

## Learn To Walk Wise At Sanibel Library

WalkWiseLee is a new pedestrian safety program to make Lee County a safer place to take a stroll. A joint undertaking by the Center for Urban Transportation Research (CUTR) at University of South Florida and the Florida Department of Transportation (FDOT), WalkWiseLee is presenting an informative, interactive 15- to 30-minute presentation which is scheduled at the

Sanibel Public Library. WalkWiseLee will cover the rules of the road for pedestrians, cyclists, and motorists at 10 a.m. on Tuesday, May 5. The presentation at the library, (intended for adults) actively engages the audience through an electronic feedback system. Participants will receive lightweight reflective backpacks.

Traffic safety affects everyone, since we are all part of it at some point during our day – particularly as pedestrians when we walk for practical purposes, exercise or recreation. Lee County is one of 10 counties in Florida being targeted due to its poor traffic crash, injury and fatality record.

WalkWiseLee presenter Dan Moser is a long-time bicycle/pedestrian advocate and experienced traffic safety professional who cycles, runs, and walks regularly for transportation, recreation, and fitness. Moser is also a cycling education instructor for CyclingSavvy and League of American Cyclists as well as a State of Florida Certified Driving Instructor specializing in driving assessments.

The public is invited to attend this program. There is no registration required and no cost to participate. The Sanibel Public Library is located at 770 Dunlop Road. For more information, call 472-2483 or visit [www.sanlib.org](http://www.sanlib.org).✪



# PREMIER SOTHEBY'S INTERNATIONAL REALTY

Sanibel, Captiva, Fort Myers & Surrounds



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**16151 Captiva Drive**  
Stephanie Bissett 239.292.3707  
Web ID 214064054 \$9,900,000



**CAPTIVA**  
**15172/174 Wiles Drive West**  
Jane Reader Weaver 239.850.9555  
Web ID 214068122 \$7,000,000



**CAPTIVA**  
**16910 Captiva Drive**  
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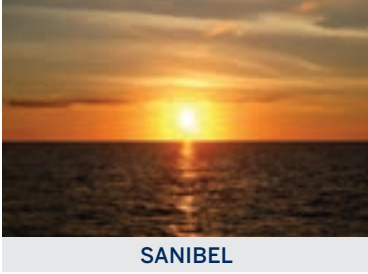
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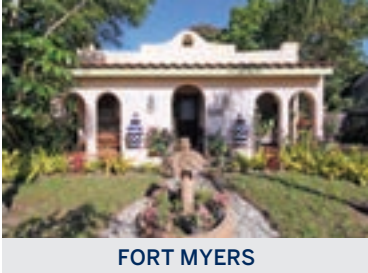
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### Blueberry Pancakes

Stack of pancakes topped with blueberry sauce and whipped cream on a white plate with two bowls of blueberries on the side

#### Blueberry Pancakes

Stack of pancakes topped with blueberry sauce and whipped cream on a white plate with two bowls of blueberries on the side

Whisk together the pancake mix, milk, and ricotta cheese in a large mixing bowl until smooth.

The pancake batter should be thick (you can adjust the consistency by adding more milk or pancake mix).

Gently fold the blueberries into the batter. Preheat a large sauté pan or griddle over medium heat.

Add a small amount of butter to the cooking surface.

Add an even amount of pancake mix to the cooking surface, making sure not to overcrowd the cooking surface.

Let the pancakes cook until bubbles start to form in the top of the batter.

Flip pancakes and continue to cook until golden brown and cooked throughout.

Repeat process until all the pancake batter is used.

Keep cooked pancakes warm in a 250-degree oven until ready to serve.

#### Honey Butter

1/2 cup butter, softened

1/3 cup Florida honey

In a small mixing bowl, combine honey and butter.

Stir ingredients until combined and creamy.

Serve at room temperature.

#### Blueberry Compote



### Blueberry Pancakes

4 cups fresh Florida blueberries  
3 tablespoons sugar  
1/2 lemon, juiced

In a medium-sized saucepan, combine 2 cups blueberries, sugar and lemon juice.  
continued on page 19B

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## Doctor Expects To Open In May



Dr. Scott Dunavant

be accepted. Dunavant Medical Group will open offices around mid-May, on Tarpon Bay Road.

Persons who desire to change their primary care physician to Dunavant Medical Group can contact their current primary care provider and ask that their medical records (and those for each member of the family) be mailed to Dunavant Medical Group, 695 Tarpon Bay Road, Suite 2, Sanibel FL 33957. Upon receipt of these, Dunavant Medical Group will contact patients to begin the relationship and, if needed, begin scheduling appointments following the medical office opening.

To date, more than 25 insurance providers, including Medicare, have approved Dunavant Medical Group for patient coverage, Dr. Scott Dunavant said. The medical practice anticipates being approved by all, and accepting all forms of medical insurance.

"I'm so pleased that we're able to provide quality healthcare to so many residents and visitors, now that many major insurances have approved Dunavant Medical Group," he said.

The practice specializes in family health, urgent care, adult care, wellness initiatives, sports medicine and also offers walk-in clinical care.

For more information, visit [www.DunavantMedicalGroup.com](http://www.DunavantMedicalGroup.com).✱

Dunavant Medical Group, the new medical practice on Sanibel, is now accepting patients, with the anticipation that most insurances will

## Bank Transfers Norris To Myerlee

Allison Norris, a Sanibel Captiva Community Bank teller since 2011, has transferred from Sanibel to the new Myerlee location. She is responsible for assisting customers with personal and business transactions, including check cashing, deposits, transfers, wire transfers and cash advances, as well as vault and ATM balancing, and processing loan and credit accounts.

A Cape Coral native, Norris earned an associate degree with honors in political science from Florida SouthWestern State College and bachelor of arts in legal studies from Florida Gulf Coast University. She is a member of the FGCU Alumni Association and volunteers with the Gulf Coast Humane Society and Naples Zoo.✱



Allison Norris

From page 18B

## Pancakes

Place the pan over medium-high heat and bring to a simmer while stirring.

Cook blueberry compote for 6 to 10 minutes until thickened.

Transfer blueberry compote to a bowl and add the other 2 cups of fresh blueberries.

Serve at room temperature.

**Blueberry Cream**

2 cups fresh Florida blueberries

1 lemon, juiced

6 tablespoons sugar, divided

¼ teaspoon sea salt

2 cups heavy whipping cream

In a medium-sized saucepan, combine blueberries, 3 tablespoons sugar, salt and lemon juice.

Place the pan over medium-high heat and bring to a simmer while stirring.

Cook blueberry compote for 6 to 10 minutes until thickened.

Let cool slightly and puree in a food processor or blender. Strain blueberry mixture through a sieve and refrigerate until cool.

In a large mixing bowl, whisk cream and 3 tablespoons of sugar until soft peaks form.

Add the blueberry mixture and carefully fold in, making sure not to over-mix.

Serve cold.✱

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# Got A Problem? Dr. Connie Is In



by Constance  
Clancy

**Q:** Can you give me some ideas for natural remedies for my depression? I would like to ween off of my anti-depressant.

**A:** Being depressed can give you a sense of

feeling helpless, yet you have so much that you can overcome through a little guidance. Along with therapy and weening off medication with the help of your physician, there's a lot you can do on your own. Changing your behavior – your physical activity, lifestyle and even your way of thinking – are all natural depres-

sion treatments. The following suggestions are from Dr. Ian Cook, director of the Depression Research and Clinic Program at UCLA:

1. Get in a routine. If you're depressed, you need a routine, says Ian Cook, MD. Depression can strip away the structure from your life. One day melts into the next. Setting a gentle daily schedule can help you get back on track.

2. Set goals. When you're depressed, you may feel like you can't accomplish anything. That makes you feel worse about yourself. To push back, set daily goals for yourself. "Start very small," Cook says. "Make your goal something that you can succeed at, like doing the dishes every other day." As you start to feel better, you can add more challenging daily goals.

3. Get into an exercise routine. It temporarily boosts feel-good chemicals called endorphins. It may also have long-term benefits for people with depression. Regular exercise seems to encourage the brain to rewire itself in positive ways, Cook says. How much exercise do you need? You don't need to run marathons to get a benefit. Just walking a few times a week can help.

4. Eat healthy. There is no magic diet that fixes depression. It's a good idea to watch what you eat, though. If depression tends to make you overeat, getting in control of your eating will help you feel better. Although nothing is definitive, Cook says there's evidence that foods with omega-3 fatty acids (such as salmon and tuna) and folic acid (such as spinach and avocado) could help ease depression.

5. Get enough sleep. Depression can make it hard to get enough shut-eye, and too little sleep can make depression worse. What can you do? Start by making some changes to your lifestyle. Go to bed and get up at the same time every day. Try not to nap. Take all the distractions out of your bedroom – no computer and no TV. In time, you may find your sleep improves.

6. Take on responsibilities. When you're depressed, you may want to pull back from life and give up your responsibilities at home and at work. Don't. Staying involved and having daily responsibilities can work as a natural depression treatment. They ground you and give you a sense of accomplishment. If you are up for it, consider volunteering.

7. Challenge negative thoughts. In your fight against depression, a lot of the work is mental – changing how you think. When you're depressed, you leap to the worst possible conclusions. Change the negative thinking into a positive thought and then another positive thought until it's contagious.

8. Check with your doctor before using supplements. "There's promising evidence for certain supplements for depression," Cook says. Those include fish oil, folic acid and SAME. But more research needs to be done before we'll know for sure. Always check with your doctor before starting any supplement, especially if you're already taking medications.

9. Do something new. When you're depressed, you're in a rut. Push yourself to do something different. Go to a muse-

um. Pick up a used book and read it on a park bench. Volunteer at a soup kitchen. Take a language class.

10. Try to have fun. If you're depressed, make time for things you enjoy. What if nothing seems fun anymore? "That's just a symptom of depression," Cook says. You have to keep trying anyway. "When we challenge ourselves to do something different, there are chemical changes in the brain," Cook says. "Trying something new alters the levels of [the brain chemical] dopamine, which is associated with pleasure, enjoyment and learning." As strange as it might sound, you have to work at having fun. Plan things you used to enjoy, even if they feel like a chore. Keep going to the movies. Keep going out with friends for dinner. When you're depressed, you can lose the knack for enjoying life. You have to relearn how to do it. In time, fun things really will feel fun again.

*Constance Clancy-Fisher, EdD is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. She can be reached at constanceclancyfisher@gmail.com.\**



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dearPharmacist

## Genes, Methylation And Your Health



by Suzy Cohen, RPh

**Dear Pharmacist:**

My friend came over and we got on the topic of my genes. I showed her my personal report with an MTHFR gene mutation (which affects methylation) and

then playfully said, "I don't drink much alcohol because I have this methylation SNP and don't want to end up dancing naked on the table!"

She giggled because she got the gist of my comment [Suzy doesn't tolerate

alcohol well], but then she asked, "What's a SNP?"

It's pronounced "snip." It stands for Single Nucleotide Polymorphism.

I told her SNPs make up your genetic personality, they are part of your DNA strand from mom and dad and determine genetic traits and personalities. SNPs happen!

SNPs explain why you have blue eyes, brown hair and predispositions to certain diseases. SNPs explain taste preferences. I wrote a comprehensive article (about 4,500 words) which will be sent out via my newsletter, so sign up for that at [www.SuzyCohen.com](http://www.SuzyCohen.com). Here are some SNPs that might be affecting you:

Breast cancer. Who can forget Angelina Jolie's bold move to undergo a double mastectomy in 2013 after finding out she had SNPs in the BRAC1 and BRAC2 gene. She just put herself into menopause by having her ovaries removed recently. These genes were made famous by the actress. If you have a SNP in these genes, your risk is higher

for all kinds of cancer, but remember, many factors have to collide for cancer to express itself.

Sensitive to chemicals or medications? Some of you should stay away from nuts and foods containing pesticides, herbicides or fungicides if you have a SNP in the PON1 gene. It causes poisons to build up and I bet many of you with "multiple chemical sensitivity" disorders have a PON1 gene SNP. You'll have trouble breaking down all synthetic chemicals, including pharmaceuticals. Maybe you don't think of pharmaceuticals as synthetic chemicals, but that's what they are. Drugs don't grow from trees!

Now, if you have SNPs in both PON1 and MTHFR (methylation), heed my advice: Start with very low doses of medicine to make sure you don't over-react.

Thyroid cancer or Hashimoto's? The FOXE1 gene which has been correlated with various thyroid disorders including autoimmune thyroid disease (Hashimoto's) and hypothyroidism. The FOXE1 gene also causes impaired con-

version of beta carotene into vitamin A so you might need pure vitamin A to prevent deficiency. I have this SNP, but luckily, not Hashimoto's.

Panic attacks? These frightening attacks are often tied to magnesium deficiency, or other trace mineral imbalances, but guess what, there could be a SNP for that. A SNP in the COMT gene (short for Catechol-O-MethylTransferase) may slow the normal break-down of dopamine, epinephrine or norepinephrine, so they build up and that causes anxiety and panic attacks.

The actual genetic test is done by specialty labs, using a cheek swab (a.k.a. buccal smear). You can learn more about SNPs, testing and interpretation at my website; sign up for my newsletter and the article will come to your email.

*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](http://www.SuzyCohen.com).*✱

Doctor and Dietitian

## Lessons From The Blue Zones: Live To Be 100



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

Recently, a friend of ours gave us the book, *The Blue Zone* by Dan Buettner. The book is worth the read and uncovers lessons from the lives of people living over the age of 90 and those over the age of 100 (centenarians).

The blue zones are various geographic areas known for enhanced life and include Sardinia, Loma Linda, Ikaria, the Nicoya Peninsula and Okinawa. What is so astonishing isn't just the fact that people in blue zones live longer... they enjoy an amazing quality of life. They work the family farms, walk miles daily up and down hills, and maintain vibrant social and intimate relationships. Take Okinawans for example:

Older Okinawans, like other cente-

narians, have a significant purpose for living. They have responsibilities which foster feelings of being needed. The word "retirement" doesn't even exist in the Okinawan dialect.

Okinawans rely very little on meat consumption, limited only to the occasional holiday. Their diet is plant-based, fresh and not packaged. It includes vegetables, sweet potatoes, tofu and miso, flavored with health promoting herbs and spices.

Gardening is a daily source of physical activity that keeps the older Okinawan outside much of the day, reducing stress, providing fresh herbs and vegetables, while absorbing bone-strengthening Vitamin D from the sunshine. Centenarians lead a simple, yet active life. Okinawans eat their meals and relax on mats on the floors, necessitating getting up and down dozens of times a day, building lower body strength and balance.

As priority, Okinawans form secure social networks surrounded daily by family and friends, thus eliminating financial and emotional stressors, because every member of the family knows someone is there for them.

Okinawa produces high rates of centenarians and those who live longer than anyone on earth. Definitely a people group to learn from!

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

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Eden Energy Medicine

# Tools To Help Negate Jet Lag



by Karen L. Semmelman, Certified EEM, JD, AAML (03-12)

Our ancestors did not evolve to be removed from the electromagnetic frequencies of the Earth for periods of time. The Earth

has meridians just like our bodies, so when we change time zones, our bodies are not in sync with the new time zones where we land – thus that feeling of jet lag.

Since most of us fly, it is helpful to have a tool to cope with jet lag. What creates jet lag anyway? Our 14 meridians (each associated with an organ of the body) acclimate to the electromagnetic environment in the time zone you are in. Each meridian has a specific time of the day with which it is associated. For example, the heart meridian's high tide is 11 a.m. to 1 p.m. When our body is placed into a new time zone, the systems continue to operate in the zone you just left. If we leave Fort Myers at 11:30 a.m., we are in the heart time. When we arrive in California three hours later (which would be 2:30 p.m. Fort Myers time, but California time it is still 11:30 a.m.), our body is still operating as if it has moved



Jet lag chart from EEM book

on to the high tide of small intestine (1 to 3 p.m.). So, our systems experience a lag and sluggishness since they are no longer in sync with the rhythms of the Earth as they seek to find balance. If you travel from California to London, you will pass through five different time zones.

To address jet lag, Donna Eden has suggested several techniques that help. First, she suggests doing the 3 Thumps (part of the 5 Minute Routine) every several hours. K-27 thump keeps the meridians all flowing forward, Thymus thump boosts the immune system and Spleen thump helps balance the blood chemistry. Additionally, do the Connecting Heaven

and Earth exercise several times (page 266 of the EEM book). The following tool resets the meridians so they are in sync with the time zone of your destination. The chart can be used to tap acupressure points on each meridian. Take it with you when you fly.

1. Determine the current time where located and at your destination city. Look at the chart and find the meridian time for the city where located together with the acupressure point on the figure. Do the same for the destination city.

2. With pressure, tap both acupressure points simultaneously or in sequence for one minute. Do one side of the body with both points and then do the other side. Repeat every two hours on the next pair of meridians; i.e. move down the list to the next meridian below the original time for current location and for your destination.

tion.

3. If the flight is eight hours or more, locate the acupressure point for the expected arrival time and for the last four hours of the flight, tap this point simultaneously on both the right and left side of the body for one minute each hour.

Finally, I trace my meridians with the new time zone, which is another way to adjust (see prior columns or the EEM book). Try it, it does work.

Have fun with your energy! Next week's topic is Reader's Request – A Recap Of EEM.

If you have a question, email Karen Semmelman at [SemmEnergyCenter@gmail.com](mailto:SemmEnergyCenter@gmail.com). Learn more at [www.semmelmanenergy.com](http://www.semmelmanenergy.com). EEM does not diagnose or cure illness, but working with subtle energies of the body has been shown to help many conditions.✱

## Mom And Me



by Lizzie and Pryce

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

**Dear Mom & Me,**

I have been living in an assisted living complex for four years. The financial planner said that with my income I would be fine. Well, I'm not!

The value of my estate has taken a nosedive and I cannot afford to stay here. The nice financial planner has long gone and the facility hasn't helped me and they only say that I will have to leave in two months.

I do not know what to do now. Do you have any suggestions?

Hazel

**Dear Hazel,**

I am very sorry that the community will not work with you. The communities I work with try various solutions ranging from reducing the size of the apartment, offering some rent reduction, to arranging companion rooms. These communities also assist with placement if a reasonable arrangement cannot be worked out.

I suggest you contact your local ombudsman to discuss your situation and possible solutions. The ombudsman is a third-party advocate and would be able to provide support and direction for you.

Pryce

**Dear Hazel,**

I am sorry to hear that you are in financial crisis. Pryce has given you some very valuable, up-to-date information, as she is working on a daily basis with people experiencing similar situations.

I would suggest that you seek the advice of an older, very experienced financial planner who may have seen a similar situation with other people not unlike the circumstances you are in.

Retirement complexes are also feeling the effects of this downturn and they don't want their residents to leave.

Lizzie

Lizzie and Pryce's email address is [momandmeaging@hotmail.com](mailto:momandmeaging@hotmail.com).✱

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- Always be courteous

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## School Smart



by Shelley M. Gregg, NCSLP

**D**ear Shelley,  
My 7-year-old daughter is a very picky eater and she hates to eat breakfast. We have many struggles about this and I want to give in to

her even though I know she should eat breakfast. She's doing OK in school, but I think she can do better. Her teacher told me that she is not as attentive as she should be in the morning. Do you think if I continue to force her to eat breakfast it would help her at school?

Lucinda C., Fort Myers

### Lucinda,

The breakfast battle is a tough one, but it is worth pursuing. Research tells us that children perform much better at school – particularly in math, reading and science – when they have a nutritious breakfast. Good nutrition makes a huge difference in academic achievement.

It is important to understand why your child does not want to eat. Is it possible that she is tired and sleepy and just not "awake enough" to face food? Does she eat too much at dinner or afterwards and is still full? Is she in a hurry to catch

the bus? These things affect hunger and desire for food in the morning. Remember that healthy kids generally wake up with an appetite – which is normal and natural – and should be satisfied with breakfast.

If your child just isn't hungry first thing in the morning, doctors suggest that you may want to alter what your child drinks. Most people are thirsty in the morning, so you might have success by providing a tasty, healthy protein shake to drink instead of water, milk or juice. There are lots of healthy morning shake recipes online.

For families who have to leave the house early or for children who sleep right up until the very last minute, find a high-protein or high-calorie snack that can be eaten on the way to school. Giving your child a "to go" option for breakfast may not be ideal, but it's better than starving until lunchtime. There may even be a few minutes for a healthy snack when your child arrives at school and is settling in for the day. Tell the teacher about this issue and ask if s/he would allow a healthy snack to be eaten before class begins.

Remember that solving this problem teaches a valuable life lesson. You are modeling the important behavior of problem solving by suggesting different solutions. This is a wonderful example for your children and will help them to use this technique as they get older and must solve problems independently.

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.✱

## ABWA New Education Grants

**T**he American Business Women's Association (ABWA) Sanibel-Captiva Charter Chapter is accepting applications for two outright grants for 2015 funded through the Stephen Bufton Memorial Education Fund. Two grants will be awarded, each worth \$1,500, to eligible students in July/August of 2015.

The grants are awarded to female students seeking a baccalaureate degree or higher from an accredited U.S. institution authorized to confer those degrees. Applicants must be female; U.S. citizens; and have completed a minimum of 60 credit hours towards their degree with a cumulative GPA of 3.0 or higher. Applicants must provide an official transcript, a biographical sketch and three professional letters of reference dated the same year as her grant application. The

online application must be completed on or before June 1.

The Stephen Bufton Memorial Education Fund, ABWA's National Education Fund, is one of the most highly respected grant and scholarship funds in the country. For over 60 years, ABWA has helped women achieve their business and professional goals through educational scholarships. Since its inception, more than 160,000 women nationwide have benefited by over \$17,000,000 in scholarships given through ABWA.

Eligible women interested in applying should contact Lynda Rubenstein, Education Chair for the Sanibel/Captiva Charter Chapter of ABWA, at lyndar83@aol.com for more information.✱

## Duplicate Bridge

**O**n Tuesday, April 14, there were four tables in play at The Community House. The winners were:

1. Leah Feinman and Jagdish Agarwal
2. Karen and Geoffrey Moss
3. Lois Garrett and Susan Willoughby

There are two ACBL-sanctioned games per week, Tuesdays and Thursdays from 1 to 4 p.m., at The Community House, located at 2173 Periwinkle Way on Sanibel. The games run from January 1 until the end of April.

For further information, contact Susan Willoughby at 281-3258.✱

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# My Stars★★★★★

FOR WEEK OF APRIL 27, 2015

**ARIES** (March 21 to April 19) You still might have to deal with some lingering confusion that marked a recent workplace situation. But for the most part, you should now be on your way to your next project.

**TAURUS** (April 20 to May 20) A new commitment might demand more time than you'd expected to have to give it. But rely on that special Bovine gift for patience, and stick with it. You'll be glad you did.

**GEMINI** (May 21 to June 20) You're earning the admiration of a lot of people who like the way you handle yourself when your views are on the line. Even one or two of your detractors are being won over.

**CANCER** (June 21 to July 22) Taking your responsibilities seriously is what you do. But ease up on the pressure gauge, and make time for much needed R & R. Start by making this weekend a "just for fun" time zone.

**LEO** (July 23 to August 22) Some recently uncovered information might make a change of plans inevitable. If so, deal with it as quickly as possible, and then find out what went wrong and why. What you learn might surprise you.

**VIRGO** (August 23 to September 22) Aspects favor moving carefully and deliberately when making any significant changes. Could be there are more facts you need to know, which you might overlook if you rush things.

**LIBRA** (September 23 to October 22) A problem neighbor might be looking to goad you into an action you don't want to take. Ask someone you both respect if he or she would act as an impartial arbitrator for both of you.

**SCORPIO** (October 23 to November 21) A recent workplace accomplishment hasn't been overlooked by those who watch

these things. Meanwhile, start making travel plans for that much-too-long-deferred trip with someone special.

**SAGITTARIUS** (November 22 to December 21) Those money matters continue to move in your favor. Now would be a good time to start putting some money back into the house, both for esthetic as well as economic reasons.

**CAPRICORN** (December 22 to January 19) A changing workplace environment can create job pressures. But, once again, follow the example of your birth sign and take things a step at a time, like the sure-footed Goat you are.

**AQUARIUS** (January 20 to February 18) Cheer up. You could soon have the funds you need for your worthy project. Your generous gifts of time and effort are well known, and someone might decide it's time to join with you.

**PISCES** (February 19 to March 20) Your inner scam-catcher is right on target, and you're absolutely right to reject that "too good to be true" offer. Meanwhile, something positive should be making its way to you.

**BORN THIS WEEK:** You are generous, and also sympathetic to people who find they need the help of others.

## THIS WEEK IN HISTORY

● On April 29, 1429, 17-year-old French peasant Joan of Arc leads a French force in relieving the city of Orleans, besieged by the English. At the age of 16, "voices" of Christian saints told Joan to aid Charles, the French dauphin, in expelling the English from France.

● On April 27, 1805, in North Africa, a small force of U.S. Marines marches against Tripoli's port city of Derna to depose the ruling pasha. The phrase "to the shores of Tripoli," from the official song of the U.S. Marine Corps, has its origins in the Derna campaign.

● On April 28, 1916, Ferruccio Lamborghini, the founder of the company that bears his name, is born in Italy. After experiencing mechanical difficulties with a Ferrari, Lamborghini decided to start his own rival sports-car company, even hiring a former Ferrari engineer.

● On May 3, 1933, James Brown is born. Known as "The Godfather of Soul," Brown honed his musical talents in prison, where he was to serve 8-16 years for stealing at the age of 15. The Georgia parole board was impressed enough to release him after only three years.

● On April 30, 1945, holed up in a bunker under his headquarters in Berlin, Nazi leader Adolf Hitler commits suicide by swallowing a cyanide capsule and shooting himself in the head. Soon after, Germany unconditionally surrendered to the Allied forces.

● On May 1, 1958, President Dwight Eisenhower proclaims Law Day to honor the role of law in the creation of the United States of America, followed by Congress passing a joint resolution establishing May 1 as Law Day. The idea of a Law Day had first been proposed in 1957 by the American Bar Association.

● On May 2, 1972, after nearly five decades as director of the FBI, J. Edgar Hoover dies. By 1921, the former librarian had amassed a list of 450,000 radical leaders, organizations and publications in the United States. By 1969, Congress had grown suspicious that the FBI might be abusing its authority and passed laws limiting the tenure of future FBI directors to 10 years.

## STRANGE BUT TRUE

● It was 20th-century American author and motivational speaker Leo Buscaglia who made the following sage observation: "Never idealize others. They will never live up to your expectations."

● If you're planning a visit to the Netherlands, try to make time for a stop in Giethoorn. This village has no roads; its buildings are connected entirely by footbridges and canals.

● According to the Global Language Monitor, every 98 minutes a new word is created somewhere in the world.

● You could be forgiven if you've never heard of Pope Formosus, but the details of his career are fascinating. In 872, while serving as Cardinal Bishop of Portus, he was a candidate for the papacy, but due to some political issues, he left Rome later that year. Pope John VIII ordered Formosus' excommunication for, among other things, deserting his diocese without papal permission, despoiling the cloisters in Rome and conspiring with "certain iniquitous men and women for the destruction of the papal see." The excommunication was lifted in 878, but Formosus had to agree never to return to Rome or exercise his priestly functions. This would seem to be a career-killer, but in 883, Pope Marinus I restored the disgraced cardinal to his diocese. Finally, in 891, Formosus' rehabilitation was complete, when he was unanimously elected to succeed Pope Stephen V.

● Neil Armstrong may have been the first human to walk on the moon, but Buzz Aldrin was the first to urinate there (using the system built into his space suit, of course).

● Most people, upon seeing a bunch of deer together, would call it a herd; however, you also could call the group a bunch, a mob, a parcel or a rangale.

## THOUGHT FOR THE DAY

"All progress has resulted from people who took unpopular positions." - Adlai Stevenson

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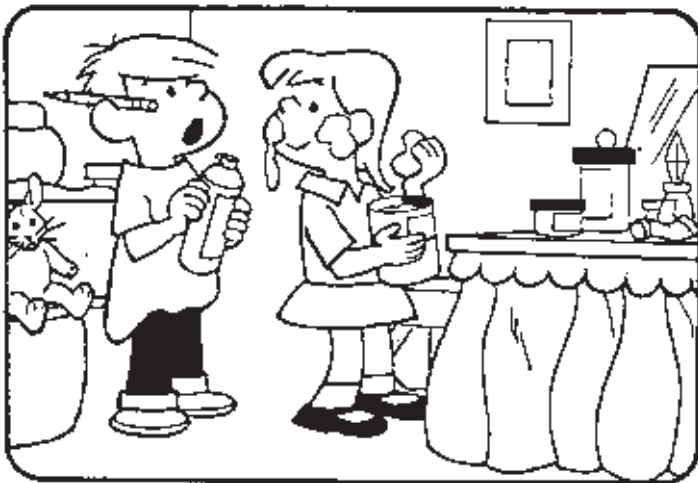
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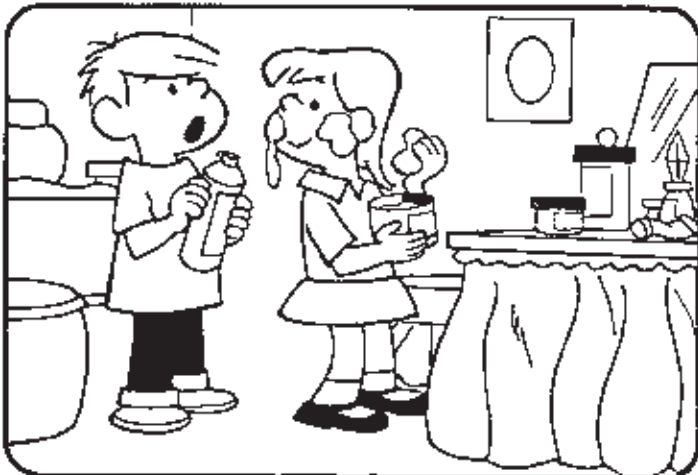
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**HOCUS-FOCUS**BY  
HENRY BOLTINOFF

FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Petrol is missing. 2. Bunny is missing. 3. Shirt is different. 4. Can is smaller. 5. Picture is different. 6. Ruffie is different.



"This may be an extra-long camping trip, Ma.  
Our scoutmaster had a \_\_\_\_\_ with  
his wife."

**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!

Crucial  
**GUNTER**Attempt  
**FROFET**Stature  
**THIGHE**Agile  
**ENLIMB****TODAY'S WORD**

answer on page 27B

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

**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 27B

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NOW HERE'S A TIP

• With garden centers bursting with spring planting supplies, here's a handy and fun twine keeper you can make with your kids using two repurposed clay flowerpots with drain holes. Choose a size that can easily fit a ball of twine or thin rope. Set the ball inside and invert one pot on top the other, threading the line through the drain hole of the top pot. Secure with tape or even hot glue. Now you can pull twine through the hole

without the ball getting all tangled up!

- "If you have a poster that has been rolled up and you want to hang it, try rolling it the opposite way and leaving it overnight. When you unroll it, there will be fewer bumps, and the edges won't curl so much." -- R.L. in Idaho
- The best way to quickly chill canned and bottled drinks is in a mix of ice and water. This works because ice water makes complete contact with the surface of a can or bottle, while ice alone makes only partial

contact. To make your ice last longer and stay colder, pour salt on the ice/water mixture.

- "After too many mornings of rushing to find uniform pieces before a game, we decided to get smart. Now, sports uniforms get hung up with all accessories in the coat closet right after washing. They're ready as soon as it's game time -- no looking under beds or in the back of overstuffed teenager closets!" -- P.P. in Texas
- "To hold all my daughter's bobby pins, I mounted a plastic cup with

double-stick tape right to her vanity mirror. I used to vacuum them up all the time, but now that she has a place to put them, it's better." -- L.E. in New Hampshire

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# PUZZLE ANSWERS

## SUDOKU

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

## SUPER CROSSWORD

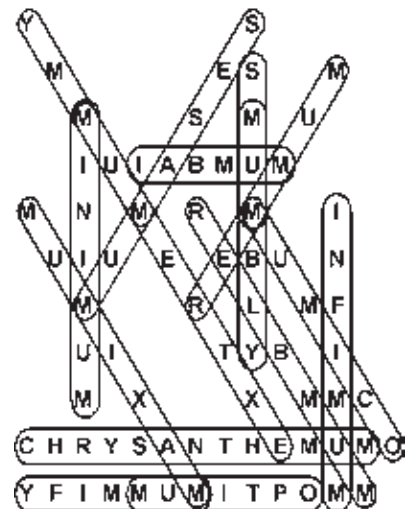
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ROBERT STEVENSON RAOU  
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STEADY CLEAN E ON  
ALANC WILIAVW LLIAMS  
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ABYSS YATRYANS ERECT

## KING CROSSWORD

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COL LAO APHID  
IOU DISK DRIVE  
EFT SCONE  
RAZZ HMO WEPT  
LEI WEALTH  
THROW ALLAY  
ORATES OTT  
ESPY PAL ZING  
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LINEDRIVE AGO  
AROMA OIL PER  
DATUM SAL TRY

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### MUM'S THE WORD



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Offering Personal, Private, and  
Professional Real Estate Services on  
Sanibel and Captiva Islands.  
30 Year Resident of Sanibel.  
Licensed in Florida, New York,  
Pennsylvania and New Jersey.  
\*RS 9/26 CC TFN

**IS A NEW SANIBEL HOME  
IN YOUR FUTURE?**



How about a three bedroom, plus den,  
new home on your lot for \$350,000!  
Give us a call about building a new home  
on your lot for about the same price as  
purchasing an older home. We have lots  
listed from \$244,900 to \$399,900.  
Think of the advantages!  
New kitchen, new roof, new baths,  
New Everything!  
Call us for more information  
239-850-0979  
John Gee Jr., Broker Associate and  
Ann Gee, Broker Associate  
Or email RealtorAnn@hotmail.com  
John Gee & Company  
2807 West Gulf Drive, Sanibel.  
\*NS 4/10 CC 5/1

**FREE REAL ESTATE TOURS**



Every Wednesday 10AM  
Departs from 2300 McGregor Blvd. one  
block north of the Edison Ford Winter  
Estates. FREE Subway lunch included.  
Marc Joseph Realty, Inc.  
Call to register (239) 939-1145.  
\*RS 3/13 CC 6/26

**COMMERCIAL REAL ESTATE**

**OFFICE SPACE FOR RENT**  
Great office space for rent.  
Great location,  
700 square feet on Periwinkle.  
Call Joe Gil 516-972-2883  
or 800-592-0009.  
\*NS 4/17 CC TFN

**COMMERCIAL RENTAL**

**OFFICE SPACE AVAILABLE**



2 units available for rent in the  
popular Sanibel Square property.  
1 unit will have 998sq. inside – the other  
unit will have 840sq. (Formerly Molnar  
Electric). Great place for your  
private office or business.  
Please call Judy @ 239-851-4073  
\*NS 3/6 CC TFN

**VACATION RENTAL**

**Bay to Sea.com**

**FREE VACATION  
RENTAL ADVERTISING!**

**Over 300 rentals  
to choose from!**  
\*NS 9/5 CC TFN

**LIGHTHOUSE REALTY**  
Paul J. Morris, Broker  
VACATION RENTALS  
PROPERTY MANAGEMENT & SALES  
359 Periwinkle Way, Sanibel Island  
**239-579-0511**  
\*RS 1/4 CC TFN



**VACATION RENTAL**

**Island Vacations**  
Of Sanibel & Captiva  
*Million \$ Views Await You!*  
• Cottages • Condos • Homes •  
Miles of Beaches & Bike Paths  
**239-472-7277**  
**1-888-451-7277**  
\*RS 1/4 BM TFN

**SEASONAL RENTAL**

**SUMMER RENTAL**  
3/2 Ground Level. Heated Pool,  
Quiet Boyous Neighborhood, Backs to  
DING Darling. Garage.  
May - Oct. Monthly \$3,500.  
804-338-7559.  
\*NS 4/24 CC 5/1

**SANIBEL COTTAGE  
FOR RENT**  
3B/2B Private mid island location. Walk to  
many island conveniences & easy bike ride  
to bay/gulf beaches. Fully furnished incl  
w/d. Nov-April \$1,300 wk. \$4,000 month  
May-Oct \$800 wk \$3,000 month  
773-507-8095  
\*NS 2/27 CC TFN

**RE/MAX OF THE ISLANDS**  
Putting owners and  
tenants together  
Call Ryan Block  
www.remax-oftheislands.com  
239-472-2311  
\*RS 1/23 BM TFN


**MONTHLY RENTAL**  
East End Captain's Walk Condo  
Second floor, 2 BR, 2 BA,  
Fully furnished, including all utilities, cable,  
and internet for \$1,800/mo.  
Call Jan @ 239-579-0886.  
\*NS 4/10 CC 4/24

**TO PLACE A CLASSIFIED LOG ONTO:**  
**IslandSunNews.com**  
CLICK ON **PLACE CLASSIFIED**

**ANNUAL RENTAL**

**ANNUAL RENTALS  
SANIBEL**

**BAY FRONT RESIDENCE**  
This spectacular Bay Front home  
offers Panoramic Views of the Bay,  
4 bedrooms + maid's quarters, large  
garage, pool on Bay and UF.  
\$5,500/mo.



**472-6747**  
Gulf Beach Properties, Inc.  
Paul H. Zimmerman, Broker/Owner  
Serving The Islands Rental Needs Since 1975  
\*RS 4/17 BM TFN

**ANNUAL RENTAL WANTED**

**ANNUAL RENTAL WANTED**  
Island resident seeks a 2-3 bedroom home  
or condo for minimum one-year rental or  
for purchase directly from owner.  
Please, no brokers, realtors or agents.  
239-395-2956.  
\*NS 4/24 CC 5/15

**ANNUAL RENTAL WANTED**  
Recent island resident/community member/  
many years BIG ARTS employee seeks  
low cost unfurnished annual rental for  
self and small cat. Help us come home?  
Wendy 239-823-2399.  
\*NS 2/13 NC TFN

**ANNUAL RENTAL WANTED**  
Annual rental wanted Island family 2 adults  
1 eleven year old boy. We have lived on  
the island for almost 4 years. Sons attends  
Sanibel school. We would love to have a  
3 year rental. Have excellent references.  
Please call  
239-472-0875  
650-201-2626  
Frank  
\*NS 3/27 CC TFN

**ANNUAL RENTAL WANTED**  
Seeking annual rental of at least 2 bd/2bth  
for 1-2 yr lease. Local working medical  
professional with family of 2 plus toy  
poodle. Excellent local references.  
(810) 471-0025  
\*NS 4/3 CC 4/24



# ★ ★ ★ CLASSIFIEDS ★ ★ ★ CLASSIFIEDS ★ ★ ★

## SERVICES OFFERED

### HOME/CONDO WATCH CONCIERGE SERVICES

Dorado Property Management  
\* Island Resident \* Licensed & Insured  
\* 24/7 \* [www.doradoproperty.com](http://www.doradoproperty.com)  
Call Lisa or Bruce at 239-472-8875  
\*RS 3/21 CC TFN

## SERVICES OFFERED

### AFFORDABLE HOME CARE

Private Duty & Personal Assistant  
Flexible shifts from 4hrs, Live Ins & 24hrs  
Bath Visits, Alzheimer's Care, Bedridden  
Stroke, Parkinson's, Traveling Companion  
Licensed and Insured. 239-444-6914  
\*NS 11/28 CC TFN

## BOATS - CANOES - KAYAKS

### 1998 REGAL DESTINY 200 DECKBOAT 2008 VOLVO PENTA INBOARD 5.0GXI-I ENGINE

Well maintained runs good \$7,500.  
239-395-9159  
or 630-532-4861  
\*NS 4/17 CC 5/1

## AUTO FOR SALE

### 2014 MITSUBISHI I-MIEV 4DR ELECTRIC CAR



GO GREEN ELECTRIC CAR NEVER BUY  
GAS AGAIN NO OIL CHANGES EVER!  
2014 MITSUBISHI I-MIEV 4DR ELECTRIC  
CAR. 8YR/100,000 MILE WARRANTY  
GREAT ISLAND CAR,  
239-466-4423  
[WWW.AUTOBROKERSLLC.COM](http://WWW.AUTOBROKERSLLC.COM)  
\*NS 4/17 CC TFN

CAUTION

**GARAGE •  
MOVING • YARD  
SALES**

### HELLE'S CLEANING SERVICES

Residential Cleaning to Satisfaction  
Sanibel & Captiva • 239-565-0471  
Sanibel Lic. #11412 Lee Co. Lic. #051047  
\*NS 1/4 PC TFN

### SCARNATO LAWN SERVICE

Lawn Service, Shrubs and Tree Trimming  
Weeding, Installation of Plants, Trees and  
Mulch (one month free service available)  
Joe Scarnato (239) 849-6163  
[scarnatolawn@aol.com](mailto:scarnatolawn@aol.com)  
\*RS 1/25 BM TFN

## DOCKAGE

Hourly, Daily, Weekly  
and Monthly.  
Captiva Island 472-5800  
\*RS 1/4 NC TFN

## HELP WANTED

### CASHIERS/BAGGERS

Jerry's Foods is looking for  
Cashiers/Baggers night time hours  
3 to 10 Sunday through Saturday  
29 hrs a week.  
We are also looking for Servers  
in the Restaurant various hours  
7 days a week.  
If interested contact  
Tami or Mark (239) 472-9300.  
\*NS 2/6 CC TFN

### HAIR STYLIST BOOTH RENTAL AVAILABLE

Join our Professionals at the New  
McGregor Salon. Increase your income,  
be your own Boss. Positive, friendly,  
comfortable atmosphere. Close to FMB &  
Sanibel. Located in the busy, McGregor  
Pointe Shopping Center near K-mart.  
For Info call Anita 239-233-9882  
\*RS 3/13 CC TFN

### ROGER NODRUFF ELECTRIC

Lic# EC12002788.  
Call Roger 239-707-7203.  
Aqualink - Motor Controls.  
Office & Store Maint.  
\*RS 6/7 CC TFN

## FOR SALE

### MAINE COON KITTENS

Registered Maine coon kittens  
(CFA and TICA.) Vet checked, all shots,  
parasite free. Big, sweet lovable. Long time  
registered breeder on Sanibel. \$950.  
Amy (c) 239-699-8741.  
\*NS 4/3 CC TFN

### UPHOLSTERY

On Island Free Estimates.  
Over 15 Years Experience.  
Offering Professional Upholstery Services,  
Custom Art and Hand Painted Furniture.  
[Lacy@LacyMcClary.com](mailto:Lacy@LacyMcClary.com) or 918-740-4972.  
\*NS 1/23 CC TFN

### GARAGE SALE - MOVING

Saturday-April 18th and 25th  
9AM-2PM  
No early birds please  
1409 Albatross RD  
Gas saw-Riding lawn mower  
other tools-Furniture-Art  
\*NS 4/17 CC 4/24

### GARAGE SALE

Saturday April 25 9AM to 1PM  
1619 Sand Castle Rd.  
Furniture, Yard equipment, tools,  
household items, original art  
\*NS 4/24 CC 4/24

### SANIBEL HOME WATCH

Retired Police Captain  
Lives on Sanibel  
Will Check Your Home Weekly  
Very Reasonable Rates  
(239) 728-1971  
\*RS 1/4 BM TFN

### MOBILE DOG GROOMING

Self-Contained Trailer  
Up to 40 Lbs.,  
Total Grooming, Package,  
Please call.  
239-313-7140.  
\*RS 3/6 CC TFN

### VOLUNTEERS NEEDED

Volunteers needed for light general  
maintenance. Call (CHR) Community  
Housing & Resources, Inc. 472-1189.  
\*NS 11/1 NC TFN

### HOUSEKEEPER

Luiz Home care servies House  
watch, house house cleaning, laudry,  
ironig,organizing. Miriam or Evelyn  
[miriamluiz@hotmail.com](mailto:miriamluiz@hotmail.com)  
239-878-1416 or 239-368-6458.  
\*RS 4/24 CC 5/8

## PIZZA DELIVERY

### BEACH PIEZ PIZZA

Now delivering to CAPTIVA!  
We also deliver to a beach access  
or job site! Call 239-47BEACH  
(472-3224) or visit [www.beachpiez.com](http://www.beachpiez.com).  
\*NS 3/13 CC TFN

*To those who are hungry, \$20 is a fortune.*



*But \$20 can feed a family of four  
for a week, thanks to the...*

## Harry Chapin Food Bank!

The Food Bank can acquire \$6 of nutritious food  
for every \$1 you donate, turning your \$20 into  
a week's worth of meals for a family of four...

*Thank you for your generosity!*



Scan to  
connect to  
the Food  
Bank!

Mail your tax-deductible donation to:  
**The Harry Chapin Food Bank**  
3760 Fowler Street, Fort Myers, FL 33901  
Call (239) 334-7007  
Or donate online at:  
[www.harrychapinfoodbank.org](http://www.harrychapinfoodbank.org)



Harry Chapin Food Bank  
AND NATHAN BENNETT FOUNDATION





Pets Of The Week

Hi, I'm Slink and I know that every girl's crazy 'bout a sharp dressed man, and you will be too! I'm not only dapper, I'm entertaining to watch. Just check out my moves when I play. You would think I was made from a slinky toy. I love to play with the other dogs here at the shelter and would love to play with you, your pets and family too. My adoption fee is \$40 (regularly \$75) during Animal Services' Catch Spring Fever adoption promotion for dogs 40 pounds and over.

Check me out! I'm Breann and I'm a very cute and friendly little tabby girl. I'm still young and have plenty of kitten energy. I love to play with other cats but my favorite pastime is cuddling. My adoption fee is \$50 during Animal Services' adoption promotion, plus get \$20 off when you donate an item for Animal Services' Kitten Shower throughout April.

For information about this week's pets, call 533-7387 (LEE-PETS) or log on to Animal Services' website at [www.LeeLostPets.com](http://www.LeeLostPets.com). When calling, refer to the animal's ID number. The website updates every hour so you will be able to see if these or any other pets are still available.

The shelter is open for adoptions from 11:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter is located at 5600 Banner Drive, Fort Myers, next to the Lee County Sheriff's Office, off Six Mile Cypress Parkway.

All adoptions include spay/neuter surgery, age-appropriate vaccinations, rabies vaccination and county license if three months or older, flea treatment, worming, heartworm test for dogs six months and over, feline AIDS and leukemia test for cats, training DVD, 10-day health guarantee, and a bag of Science Diet pet food.

The adoption package is valued at \$500.✱



Slink ID# 611492



Breann ID# 616660

PAWS Of Sanibel

Three Kittens Left

Only three kittens are left! These kittens are now vaccinated and are ready for their new homes. Call Pam at PAWS of Sanibel at 472-4823 to complete an adoption application.

PAWS asks for a donation of \$50 for each cat and \$100 for each dog we place. We require that all our adopted cats be always kept indoors. They can spend time on enclosed porches and pool enclosures as long as they are in good repair and there is no way for them to escape. We don't permit declawing of our kitties; good sisal scratching posts and keeping the nails trimmed works really well. If, for any reason, our animals don't work out, they come back to PAWS.

Our expenses have been above average lately, and with this latest group of six, our veterinary and other costs continue to quickly increase. PAWS is a 501(c)3 non profit Florida corporation. If you'd like to help us with these expenses, send your tax deductible donations to PAWS, P.O. Box 855, Sanibel, FL 33957. For more information, contact Pam at 472-4823.✱



Trio of kittens ready to find a new home

Felix The Cat

PAWS of Sanibel is hoping to find a home for Felix The Cat, a wonderful, wonderful cat! He was found at the end of March at Periwinkle Place. His combo test was negative, he's been neutered and had all his shots. Poor guy had a complication with his surgery, but recovered quickly and is ready for a new home. He's a young adult somewhere around 3 to 4 years old. Unfortunately, we are boarding him at Coral Vet as well. To make this little boy all you're own, call Pam at PAWS of Sanibel at 472-4823.

Also, if you can help by fostering a kitty, or if you're interested in adopting, contact Pam at PAWS of Sanibel at 472-4823.✱



Felix The Cat

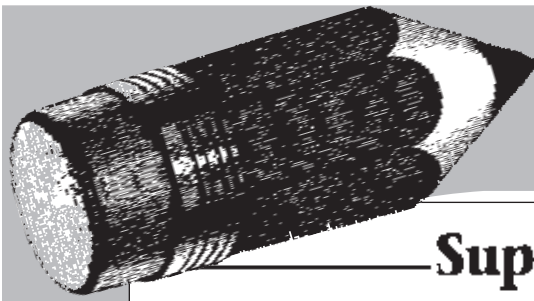


CALLING CARD 239-395-1213

Emergency .....	911
Sanibel Police .....	472-3111
Lee County Sheriff's Office .....	477-1200
On Call Captiva Deputy .....	477-1000
Fire Department - Sanibel .....	472-5525
Fire Department - Captiva .....	472-9494
Florida Marine Patrol .....	332-6966
Florida Highway Patrol .....	278-7100
Poison Control .....	1-800-282-3171
Chamber of Commerce .....	472-1080
City of Sanibel .....	472-4135
Administrative Office .....	472-3700
Building Department .....	472-4555
Community Housing and Resources .....	472-1189
Planning Department .....	472-4136
Library - Sanibel .....	472-2483
Library - Captiva .....	239-533-4890
Post Office - Sanibel .....	472-1573
Post Office - Sanibel (toll free) .....	800-275-8777
Post Office - Captiva .....	472-1674
Sanibel Community Association .....	472-2155
Center 4 Life - Senior Center .....	472-5743
ARTS	
Arcade Theater .....	332-4488
Art League Of Fort Myers .....	275-3970
BIG ARTS - Barrier Island Group for the Arts .....	395-0900
Broadway Palm Dinner Theatre .....	278-4422
Fort Myers Symphonic Mastersingers .....	288-2535
Gulf Coast Symphony .....	472-6197
Lee County Alliance for the Arts .....	939-2787
Naples Philharmonic .....	597-1111
The Herb Strauss Schoolhouse Theatre .....	472-6862
Sanibel Music Festival .....	336-7999
Sanibel-Captiva Art League .....	472-4258
SW Florida Symphony .....	418-0996
CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc. ....	565-7872 or 433-7798
American Legion Post 123 .....	472-9979
Angel Flight SE .....	1-877-4AN-ANGEL
Audubon Society .....	472-3744
Sanibel Bike Club .....	<a href="http://sanibelbicycleclub.org">sanibelbicycleclub.org</a>
Community Foundation of Sanibel-Captiva .....	274-5900
CROW - Clinic For The Rehabilitation of Wildlife .....	472-3644
FISH of Sanibel - Friends in Service Here .....	472-0404
Sanibel Island Fishing Club .....	472-8994
Horticultural Society of the Islands .....	472-6940
Horticulture and Tea Society of Sanibel and Captiva .....	472-8334
Kiwanis Club .....	677-7299
League of Women Voters .....	<a href="mailto:sanibelLWV@gmail.com">sanibelLWV@gmail.com</a>
Lions Club, Tom Rothman .....	395-3248
Master Gardeners of the Islands .....	472-6940
Newcomers .....	472-9332
Notre Dame Club of Southwest Florida .....	768-0417
Optimist Club .....	472-0836
PAWS .....	472-4823
Rotary Club .....	472-7257 or 472-0141
Sanibel Beautification Inc. ....	470-2866
Sanibel-Captiva Orchid Society .....	472-6940
Sanibel-Captiva Power Squadron .....	<a href="http://www.usps.org/localusps/sancap">www.usps.org/localusps/sancap</a>
Sanibel-Captiva Republican Caucus .....	395-1202
Sanibel-Captiva Shell Club .....	395-1770
Sanibel Youth Soccer .....	<a href="http://www.sanibelsoccer.org">www.sanibelsoccer.org</a> 395-2040
MOAA - Military Officers Assc. of America, Alex MacKenzie .....	395-9232
United Way of Lee County .....	433-2000
United Way 211 Helpline 24 hour .....	211 or 433-3900
Zonta Club .....	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews Shell Museum .....	395-2233
JN "Ding" Darling National Wildlife Refuge .....	472-1100
Sanibel Historical Museum & Village .....	472-4648
SCCF Sanibel-Captiva Conservation Foundation .....	472-2329

To be listed in calling card email your information to: [press@islandsunnews.com](mailto:press@islandsunnews.com)





# BEACH CHAIR PASTIME

answers on page 27B

## Super Crossword

TAKING OUT  
THE MIDDLE

### ACROSS

- 1 Musical piece  
6 — you note  
11 Looker's leg  
14 LaBelle with a Grammy  
19 Oak seed  
20 Perfume queen  
21 Pa. to Gigi  
22 One of the Three Musketeers  
23 LOUIS  
26 Painter Dufy  
27 Co. heads  
28 Zero in (cin)  
29 What a white flag signifies  
30 Speed  
35 LLOYD  
37 Make — out of it (toughen up)  
38 Jogger's gait  
39 Pro — (bump, so to speak)  
40 Candle blowers' secrets  
41 CAROL  
44 Caesar of old comedy  
45 Severe  
46 Hides from view  
51 Swan's kin  
56 Copy a bunny

- 57 "Nuts" director  
61 CHRISTIAN  
63 Peculiarly cry  
65 Tarot card reader, e.g.  
66 Singer  
67 Donny  
68 Folk knowledge  
70 JESSICA  
73 In the matter of  
74 Assembly with all members present  
76 Language of Bangkok  
77 Pastor's talk  
79 WASHINGTON  
82 Wren's home  
83 "Mike & Molly" ailer  
86 Adams of photography  
87 Small carpet  
89 "Ulysses" star Milo  
91 Cumulative pay abbr.  
93 JEAN  
97 Cuba's Fidel  
101 Some jeans, familiarly  
105 "No, mein Herr"  
106 Peruvian of long ago  
107 CONAN

- 109 Tropical grassy plains  
111 Kettle output  
112 Brand of fat replacer  
113 University in North Carolina  
114 1836 siege  
115 CARLOS  
122 Justice Ruth — Ginsburg  
123 Highway with a no.   
124 Leek relative  
125 With 59 Down, cruise oil in slang  
126 Deep pit  
127 Sun — sen  
128 "— Hopo" (old ABC soap)  
129 Bulld. as a building

### DOWN

- 1 Paving gunk  
2 Prefix with car or warrior  
3 Unruly thing  
4 District police station  
5 How right turns are often allowed  
6 Mosaic tile  
7 DDE's forerunner

- 8 Lunched, e.g.  
9 It's east of Calif.  
10 Painter Georgia O'  
11 It's removed for a fill-up  
12 Total number  
13 Capital of Belarus  
14 Pheasants' cousins  
15 1980s video game consoles  
16 Despite the fact that  
17 "Clever comeback!"  
18 Florida keys, e.g.  
24 The Lone Ranger's companion  
25 Par for the course  
30 Hindu prince  
31 Mobil rival  
32 Settle the lab  
33 Boozing sort  
34 Fr. ladies with haloes  
36 Early 20th-cen. conflict  
42 Architect  
43 "Stop talking!"  
44 IRS ID  
47 More like a hoarse voice

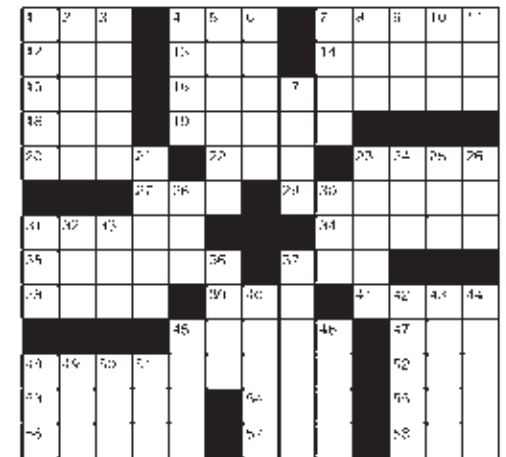
- 48 High on the draft list  
49 Online folks  
50 Grow lim  
52 Financial  
53 Bears, in Buenos Aires  
54 Faxed, say  
55 Prefix with spore  
58 Response to "Who's there?"  
59 See 125-Across  
60 Dentists scrape it off  
62 Houses for students  
63 Music style  
64 Skier Phil  
67 Women's links org  
68 Steinhilber who wrote the 2009 bestseller "The Tourist"  
69 Antique cars  
71 "— Nagita"  
72 Sooner than  
75 Nasty bits of it  
78 Nebraska Sioux  
80 H-bred guy  
81 Barbecue spice mix  
83 Beijing's land

- 84 Judge's seat  
85 Epitaphes  
88 Cottonseeders  
90 Loss  
92 Ontario's capital, on scoreboards  
94 Grass and  
95 Resident maids  
96 Wholly  
97 Melon type  
98 Place to sculpt in school, say  
99 Dependable  
100 English river  
101 "Blaze" actress Davidovich  
102 Tennis shoe hole  
103 Israel's flag carrier  
104 12th grader  
108 Bride's property  
110 Nick of "Cape Fear"  
116 "old way"  
117 Actress Wasikowska  
118 Gained  
119 Firefighter's tool  
120 Freddie  
121 Overtime jet-set jet

## King Crossword

### ACROSS

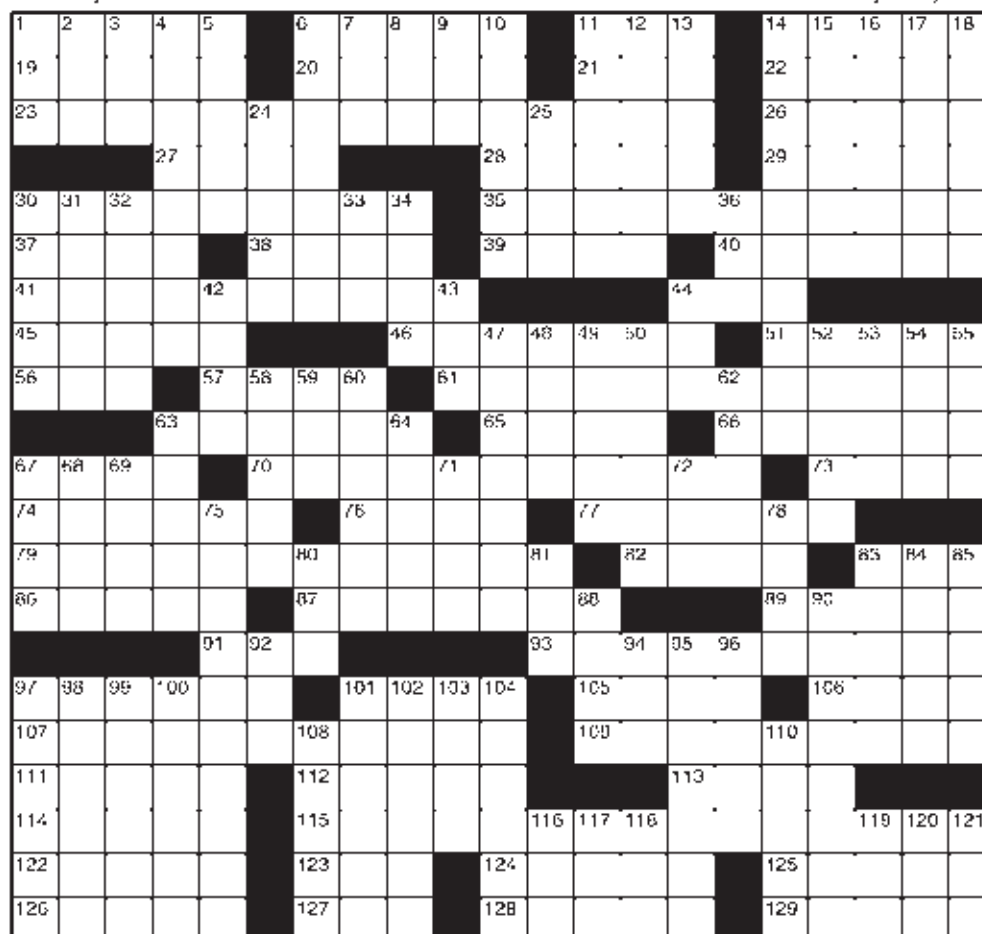
- 1 Sort  
4 Wagerers' site (Abbr.)  
7 PC shortcut  
12 Army rank (Abbr.)  
13 "7 Faces of Dr. —"  
14 Garden invader  
15 Chit  
16 Data reader  
18 Salamander  
19 Teatime treat  
20 Bronx cheer  
22 Med. arrangement  
23 Crud  
27 Mainlander's mento  
29 Affluence  
31 Pitch  
34 Soothe  
35 Speechless  
37 Mel of baseball  
38 Get a glimpse of  
39 Crony  
41 Pizzazz  
45 IRS threat  
47 Zero  
48 Fielder's concern  
52 In olden days  
53 Scent



- 54 Lubricate  
55 Each  
56 Fact  
57 "Erie Canal" mule  
58 Slab  
10 "6 Rms. — Vu"  
11 Praise in verse  
17 Recognize  
21 Polish money  
23 Viennese dance  
24 90 degree angle  
25 School grp.  
26 Your  
28 Ham's mate  
30 Dire  
31 Pirouette  
32 Stomach sign abbr.  
33 Knock  
36 Boot attachment  
37 "Twelfth Night" countless  
40 I a vowel  
42 Unsuitable  
43 Narnia's nation  
44 Magnificence  
45 Leading man?  
46 Snitch  
48 Young fellow  
49 Playwright  
50 "Kidding"  
51 Ostrich's cousin

### DOWN

- 1 Less friendly  
2 Bath sponge  
3 Inept sort  
4 Bygone carmaker  
5 Moderate exercises  
6 Center of emotions  
7 Created  
8 Spring m.  
9 Greek X



## MAGIC MAZE • MUM'S THE WORD

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

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

Chrysanthemum	Minimum	Mummer	Ocimum
Extremum	Mumbai	Mummify	Optimum
Infimum	Mumbler	Mummy	Sesamum
Maximum	Mumbly	Mums	





the  
sanibel  
school  
seahorse  
festival  
2015

saturday  
may 2  
4-8pm  
AT THE DUNES GOLF & TENNIS CLUB

**BLUE RIBBON PARTNERS & SPONSORS**

THANK YOU TO ALL OF OUR BLUE RIBBON PARTNERS AND SPONSORS WHO HAVE DONATED TO THE SANIBEL SCHOOL.  
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