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VOL. 25, NO. 48

SANIBEL & CAPTIVA ISLANDS, FLORIDA

JUNE 1, 2018

JUNE SUNRISE/SUNSET:

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Dedication In Memory Of CHR Supporter

by Jeff Lysiak

A crowd of more than 30 people gathered last Wednesday morning at Centre Place to dedicate a stone with an embossed plaque created in memory of longtime Community Housing & Resources (CHR) supporter Ray Pavelka, who passed away in August 2016.

As a member of CHR's board of directors for 33 years, Pavelka helped shape the City of Sanibel's Below Market Rate Housing (BMRH) program. Along with Peter Valtin, he assisted with the development of a model program based upon affordable rents, subsidies, scope of development and other concepts that CHR continues to operate under today.

"Ray was the longest serving volunteer, board member and officer at CHR," said Dorothy Donaldson, CHR board member, in her opening remarks at the dedication ceremony. "His com-



Last Wednesday morning, Dorothy Donaldson, left, welcomed the group gathered at Centre Place to dedicate a stone in memory of longtime CHR supporter Ray Pavelka

photos by Jeff Lysiak

mitment to affordable housing on Sanibel was complete. We honor him today for his 39 years of dedication and accomplishments."

According to Donaldson, during the



Dorothy Donaldson standing next to the stone

lean years experienced by CHR, Pavelka would provide short-term loans to the group in order to fill gaps in funding the program. She also announced the establishment of the Raymond Pavelka Fund

for families "who need that extra help to qualify for home ownership." While seed money for the fund was provided by the Pavelka family estate, Donaldson delivered her family's contribution to CHR

continued on page 6

Leadership Day At The Sanibel School



JJ Ignac, second from left, talking about some of the STEM (Science, Technology, Electronics and Mathematics) curriculum studied at The Sanibel School

photos by Jeff Lysiak

by Jeff Lysiak

Last Friday morning at The Sanibel School, dozens of community members – including elected officials, business owners and nonprofit organization representatives – were invited to attend Leadership Day, an ongoing

program which aims to instruct students on how to become leaders in their community.

"This is the first time we've held Leadership Day at The Sanibel School," said Principal Chuck Vilardi, who was the first principal in Lee County to bring



From left, Ronan Maughan, Kennedy Hanni, Principal Chuck Vilardi and Lily Lockard

the program to Skyline Elementary School in 2013. "We introduced an initiative this year called The Leader In Me. Today, we'll have the kids take over and show off the school to their community."

During an assembly of all students

and community guests held in the school's cafeteria, music instructor Joey Giangreco led the elementary choir in performing two songs, *A Child Of This World* – with Karsten Schafter as a soloist – and Katy Perry's *Roar*. Later,

continued on page 4

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Isabelle Quillen and Isobel Costello were thrilled to be able to run and play in the rain photos provided

Kaia Keating found it was easier to catch raindrops when she stopped swinging

The Benefits Of Rain Play

submitted by Cindy DeCosta, Director, Children's Education Center of the Islands

Think back to when you were a child and it started to sprinkle. Chances are, you were already outside playing. Did you run into the house screaming that you were getting wet or did you keep on playing,

thinking that a little rain wasn't going to ruin your fun? Now, think of many of our children today – are they outside playing? Do they ever go out and play specifically in the rain? Or are they shooed inside fearful of getting a few rain drops on them? Are they hustled to another activity covered in a rain coat so as to not ruin their clothes and shoes?

Recently, all of our students were out on the playground when it started to rain. Several of the children ran to

teachers to tell us it was raining, others ran for the cover of the gazebo, some ran around trying to catch raindrops on their tongues, and others were not even phased by the rain.

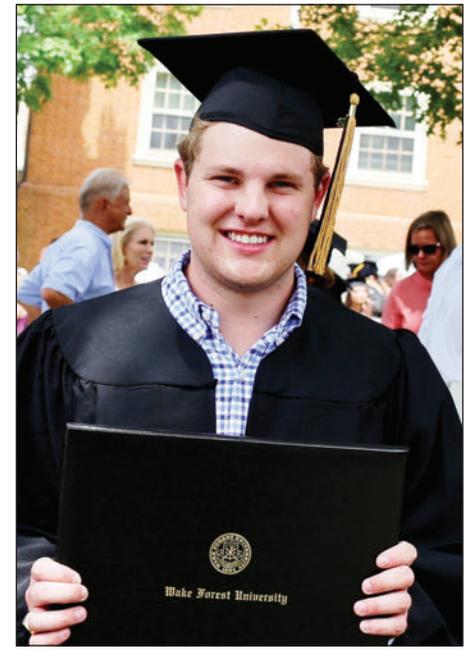
The children who reacted negatively to the rain took several minutes of seeing the teachers having fun getting wet, singing rain songs, stomping in puddles and catching raindrops with the students before they realized that it was okay to play and get wet.

Playing in the rain, getting muddy – in our case, sandy – or jumping in puddles, zipping down a wet slide, catching rain drops on our tongues. Have your children experienced these things? Allowing children time for free play, in the rain, creates a joy of nature. Children are drawn to puddles and when they are allowed to play freely, they form a deeper connection with nature. This connection matures into an appreciation for nature, which in turn matures into an appreciation for conservation, something our island values tremendously; something our world needs desperately.

I challenge all of you, of all ages, next time it starts to rain, go outside and play. Don't worry about your hair, your makeup, your clothes, or any other "adult" things we always get bogged down with. Walk, sing, jump, enjoy and feel alive!

Our bodies are made up of water on the inside; it's good for the soul to feel it on the outside.*

GRADUATION



Porter J. Goss II photo provided

On May 21, Porter J. Goss, II graduated with a bachelor of arts degree from Wake Forest University in Winston Salem, North Carolina. He earned a degree in political science/international affairs with a minor in history. Porter is the son of Allison and Chauncey Goss of Sanibel and is the grandson of Porter and Mariel Goss, also of Sanibel.*

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Kyle Klaric demonstrating a robotic glove created in STEM class photos by Jeff Lysick

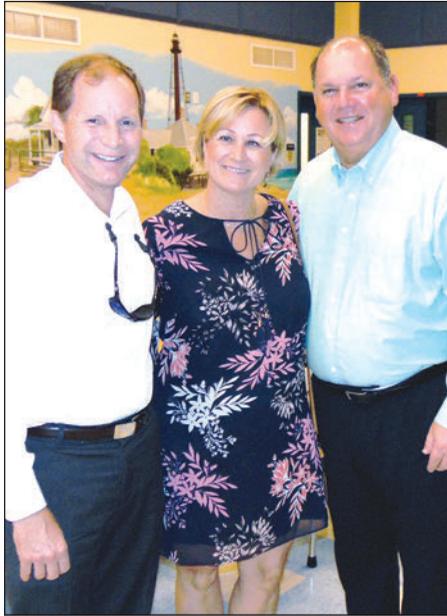
From page 1

Leadership Day

the Seahorse Chorale sang *You Will Be Found* from the Broadway musical *Dear Evan Hansen* and a medley of *Lean On Me/Don't Stop Believin'*.

The brief program also included remarks about becoming a leader from students Grant Kaminer, Tye Robison, Annabella Del Valle, Ven Sampas, Lily Lockard, Preston Hanni and Anna Wells.

"Being a student here at The Sanibel



From left, Chauncey Goss, Holly Smith and Steve Greenstein

School has taught me what it takes to be a true leader," said Wells, who read her award-winning essay from the Sanibel-Captiva Rotary Club's annual eighth grade essay contest.

The seven habits of the school's The Leader In Me initiative include:

- Be Proactive – You're in charge
- Begin With The End In Mind – Have a plan
- Put First Things First – Work first, then play
- Think Win-Win – Everyone can win
- Seek First To Understand, Then To Be Understood – Listen before you talk
- Synergize – Together is better
- Sharpen The Saw – Balance feels best.

"The eighth habit is Finding Your Voice," explained Vilardi. "Our overall goal is to teach all of our students how to become a leader, and then have them serve their communities when they grow up."

Following the program, guests were divided into three groups, where members of the school's Lighthouse Team and Junior Honor Society officers took them on a tour of several classrooms, the Sea-TV production studio and MWA Garden.

"It's all about learning and having fun," said Dr. Terrie Kielborn-Jennings, a middle school gifted/enrichment teacher whose students were sharing



Sea-TV production team members Daniela Montecillo and Ellie Bordiuk giving a tour of the studio



From left, Chuck Bergstrom, Peter Kluge, Darren "DJ" Jenkins, Maggie Goldsmith and Carolyn Tongyai

lessons they learned and projects they completed this year as part of their STEM (Science, Technology, Electronics and Mathematics) curriculum.

One student, Kyle Klaric, demonstrated a robotic glove created in STEM class while classmate JJ Ignac talked about the school's Lego League robotics competitions and local water quality initiatives currently under way on Sanibel.

Inside the Sea-TV production facility, media specialist Libby Payne had her

students Daniela Montecillo and Ellie Bordiuk give guests a tour of the studio. Montecillo explained their process of mixing audio levels for the daily in-school closed circuit broadcasts while Bordiuk described how the cameras and lighting equipment worked.

"Every student has the potential to become a leader," added Vilardi. "My goal is that we'll send our students out into the community and let them go as far as they can in this world." ✨

Show your colors!

This bumper sticker has a green color to emphasize that almost 70% of Sanibel is in conservation land and a whimsical heart to signify our island lifestyle. The peel off back has information about Sanibel that you may not know.

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Alexis Pettinato and Nicole McHale doing prep work at an adult cooking class

The Community House

Parent & Child Cooking Class

A family cooking class will be held on Monday, June 11 from 10 a.m. to noon. In this hands-on class, Chef Jarred will show children and their parents simple recipes that are healthy, fun and delicious. On the menu is Carrot and Orange Cupcakes. Cost is \$35 for the first two family members, each additional family member is \$10. Pre-payment and registration required by noon Monday, June 4.

Farm To Table Dinner

On Friday, June 15 from 10 a.m. to noon, there will be a Farm to Table Dinner hands-on cooking class led by Chef Jarred. Menu includes Fig, Goat Cheese and Caramelized Onion Tart, Traditional Coq Au Vin, and Lemon and Caramel Cream Puffs. Cost is \$40 per person and pre-payment is required by noon Friday, June 8.

Quick And Easy Meals Using 5 Ingredients

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

Summer Kids Cooking Camp

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



From left, Jackson Sprecher, Jonah Costa and Lily Hall preparing pot stickers photos provided

Friday, July 20. Some scholarships are available.

Call for information on summer cooking classes on first Mondays from 2:30 to 5:30 p.m.

Baking Classes

Professional French baker Andre Gratesol is teaching a series of baking classes on Thursdays from 10 a.m. to 1 p.m. Maximum 16 students, so sign up early. Cost is \$50 per session.

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

Preschoolers Get Creative With Recycling

Preschooler Truman Jones, 4, took up birdwatching with his hand-made binoculars last week at Summit Christian Preschool at Sanibel Community Church, located at 1740 Periwinkle Way. He and his classmates spent the week exploring recycling and did some up-cycling as well.

Contact Summit Christian Preschool for registration information for the next school year. The free 4-year-old VBS program and a fee-based 3-year-old programs start in August. Call Andy at 452-7007 to set up a tour at.*

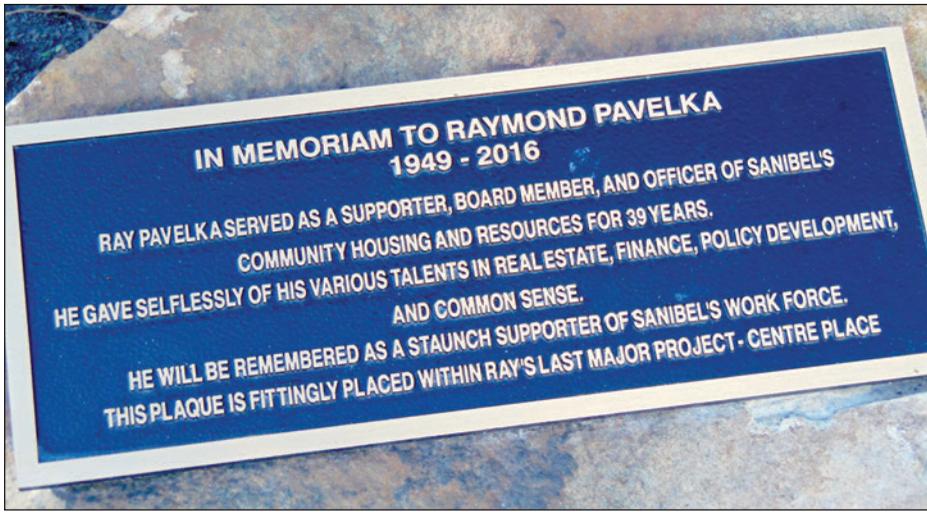


Truman Jones scoping things out with his binoculars photo provided

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The plaque embedded on the large stone located at the entrance to Centre Place photos by Jeff Lysiak

Dedication

Executive Director Melissa Rice at the ceremony.

On the plaque, Pavelka was honored for giving "selflessly of his various talents in real estate, finance, policy development and common sense." Centre Place, a 14-unit workforce housing development opened in 2010, was the last major project he worked on.

Also speaking at the dedication were: Richard Johnson, president of the CHR board; Jason Maughan, Sanibel city councilman and council liaison to CHR; and Judie Zimomra, Sanibel city manager.

During his remarks, Johnson recalled the last time he and Pavelka spoke. "We

had a great conversation and I loved every minute of it," he said. "But it wasn't about Ray. It was about everyone else. He wanted to know how the program was doing."

Maughan shared his admiration for the champion of CHR's mission as "someone who sets the example all of us should follow" while Zimomra stated that Pavelka lived an inspirational life. "From the very beginning, he made a commitment to make the community he served better," said Zimomra.

Following the ceremony, guests mingled and spoke of their memories of Pavelka.

"What you see of me today, much of it is because of Ray," added Johnson, who also commended Pavelka's "leadership with passion and integrity."*



Jason Maughan



Judie Zimomra



From left, Tom Gilhooley, Holly Smith, Jerry Edelman and Ed Ridehoover

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OBITUARY



HOLLIS GARLAND JEFFCOAT

Hollis Garland Jeffcoat, an Abstract Expressionist painter whose elegant, gestural, color-saturated paintings represent a lifetime's pursuit of sharing the beauty and visceral experience of the nature she loved, died on April 30 in Fort Myers, Florida from complications of ovarian cancer. She was 65.

Jeffcoat's sharp intellect, extraordinary color-sense and innate talent made her a great painter. Her sensitivity and generous heart made her a great teacher. Everyone who met her loved her, and she loved them back. Over the years, Jeffcoat developed and taught painting courses in France and in Florida at Florida SouthWestern State College (Edison), her alma mater, Florida Gulf Coast University, BIG ARTS and for three years at SilverTree Art School in Naples, which she co-founded.

Hollis Garland Jeffcoat was born on May 13, 1952 in Fort Myers, Florida. A fifth generation Floridian, Jeffcoat dubbed herself a "true blue Florida Cracker." Her father, Joel Jeffcoat III, managed the family wholesale meat company, often taking his daughter by ferry to Sanibel to visit customers. Her mother, Sherry Carroll,



Through the Mangroves, 2016, oil on linen, by Hollis Jeffcoat

image provided

was the first woman with a commercial real estate license in Southwest Florida.

Jeffcoat's predilection for abstract art surfaced early, when at the age of 5, she announced to her family that she would become an artist "even though I don't color in the lines." She never wavered from that commitment.

Soon after graduating from The New York Studio School, where she studied with some of the great painter/teachers of the time – Philip Guston, Andrew Forge and Jack Tworikov – Jeffcoat moved to France. There, her exceptional talent, commitment to her craft and indomitable spirit earned her the respect and friendship of several renowned artists – Joan Mitchell, Francis Bacon, Jean-Paul Riopelle and Elaine de Kooning, among others.

She strove for perfection not only in her painting, but also in any endeavor she took on. In France, she learned to speak perfect Parisian French by listening; in Canada, she became an excellent ice and fly fisherwoman and experienced hunter. She trained her retriever to hunt with her and because she believed strongly that "you only kill what you eat," she was

known as a superb cook.

Fiercely independent, Jeffcoat forged her own way, because it was always only about "the Paint." As she stated "... it hasn't always been easy, but I would not have it any other way."

While she worked in other mediums, she seldom strayed from her "true love," oil paint, and over the years explored its use on velum, Plexiglas, wood and etchings to wondrous results, creating long series of energetic, color rich work. Distinguished Color Field painter, art critic and essayist Darby Bannard wrote in 2005: "...she has made some changes, which bring her art to the level of the best painting being done anywhere. It is a pleasure to see work like this... Enjoy it. It is the real thing."

After 30 years away in France, Montreal and New York City, Jeffcoat returned in 2008 to Sanibel, her "favorite place in the world" and the nature that was in her blood. It was here that she explored the relationship of color and sound.

For the first time, Jeffcoat consciously employed her gift of synesthesia, a neurological phenomenon that caused her to automatically see color every time

she heard a sound (something she had in common with her mentor, Joan Mitchell), to capture the feelings evoked by the cry of osprey that "brought me to my knees." In the final years of her life, Jeffcoat gave herself over to expressing her own highly personal reactions to nature-based sounds and the ripples of color they evoked. Like other skills, through use, her synesthesia expanded to include the color of smells, taste and feel, enabling her to create a total sensory experience in paint.

In the publication *Arts SW Florida* editor Tom Hall wrote: "...Ms. Jeffcoat's oeuvre affords present and future generations a novel and heretofore-unexplored platform for examining their own relationships with nature, the ecology and the products of their senses, including those of taste and smell. This is Hollis Jeffcoat's legacy. It's why her work is sure to endure."

Jeffcoat had her first solo show at the Theo Waddington Gallery, Montreal in 1981 and her last in January 2018 at Watson MacRae Gallery, Sanibel, Florida, where she exhibited her newly completed Story Series paintings. In between, she exhibited extensively in Paris, Canada, New York City and Florida. Her work is included in the permanent collections of New York's Metropolitan Museum of Art, The Morgan Library, The Brooklyn Museum and The Contemporary Museums of Art in Montreal and in Quebec City, and the Tana and Pierre Matisse Collection, as well as private collections around the world.

Like many late great artists, Hollis Jeffcoat has a large unfinished painting hanging on her studio wall with sketches of its next iteration. When she received the diagnosis of ovarian cancer, she cried, "This can't be! I have too many paintings to paint."

Jeffcoat leaves behind a devoted partner, a loving family and many, many beloved friends who will grieve her loss. She is survived by her life partner, Maureen Watson of Sanibel; mother, Sherry Carroll of Fort Myers; brother and sister-in-law, Joel and Laura Jeffcoat of Seattle; sister and brother-in-law, Lani and John Schwinn of Myrtle Beach, South Carolina; brother, David Jeffcoat; niece, Gieva Jeffcoat; nephew, Taegen Jeffcoat; grand-niece and grand-nephew, Mya and Eric Mandat-Jeffcoat, all of Fort Myers.✱

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USPS 18: Bulk Rate permit paid for at Sanibel, FL, 33957.

Postmaster: Send change of address to Island Sun,
1640 Periwinkle Way, Suite 2, Sanibel, FL 33957.

Published every Friday for the people and visitors of Sanibel and Captiva Islands.

Distribution: 8,000 - 10,000 per week (seasonal).

Mailed free to Sanibel and Captiva residents every Friday. Subscription prices: Third Class U.S. \$60 one year, \$30 six months (Allow 2-3 weeks for delivery). First Class U.S. \$150 one year, six months \$75 (Allow 3-5 days for delivery).

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UNITARIAN UNIVERSALISTS OF THE ISLANDS

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



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Bailey Tract Restoration

The JN "Ding" Darling National Wildlife Refuge announced that it will be closing the Bailey Tract for four to six weeks starting on the afternoon of Sunday, June 3. This closure is for a planned hydrologic restoration project, in partnership with the Florida Fish and Wildlife Conservation Commission (FWC), commencing on the morning of Monday, June 4. To avoid public safety concerns, the Bailey Tract will be closed to all public access for the duration of the restoration project.

In response to public input received by the refuge, parts of the planned restoration

have been modified to leave a part of Ani Pond open and keep a loop trail around it. The refuge and FWC also intend to:

Remove the two artificial levees (approximately 1.5 and 0.5 acres, respectively) along both sides of the Tarpon Bay Slough and restore the footprint to marsh habitat;

Remove the levee road along the northwestern edge of Ani Pond (approximately 0.1 miles) and restore the footprint to marsh habitat, leaving the larger of the two loop trails in place;

Partially fill the Ani Pond and leave the eastern portion of the pond intact. The portion of the Ani Pond extending from the island to the western shore (approximately 1.2 acres) will be filled with excavated material and restored to marsh habitat;

Install a series of up to eight culverts through the surrounding road levees to restore the hydrologic connection between existing fragments of marsh.

This restoration is intended to enhance the hydrology of a portion of the Bailey Tract to benefit a suite of species dependent on the historic cordgrass marsh habitat of Sanibel Island. The restoration will partly restore the hydrology of the affected area by helping to increase groundwater levels, improve surface water capacity, extend the hydroperiod of the marsh, and ultimately restore the freshwater marsh habitat in the affected area.

Contact Refuge Manager Paul Tritaik at paul.tritaik@fws.gov with any questions regarding the project.✪

New Study At Sanibel Church

Sanibel Community Church will offer the study, *The Forgotten God, Reversing the Tragic Neglect of the Holy Spirit* by Francis Chan, beginning on Monday, June 11. Pastor Doug Hummer and Pastor Shelton Gwaltney will lead the study weekly at 6:30 p.m.

Chan challenges people to understand the Holy Spirit as the Bible describes Him and embrace the Holy Spirit's leading in one's life. This is a seven-week course, meeting in Fellowship Hall. All are welcome to attend this free series. Books are available in the Carpenter's Café & Bookstore.

Sanibel Community Church is a non-denominational, evangelical church with the church campus located at 1740 Periwinkle Way. For more information, visit www.sanibelchurch.com or call 472-2684.✪

Community Church Summer Schedule

Sanibel Community Church continues to offer three opportunities for worship each Sunday, even during the summer months. For the early risers, an 8 a.m. traditional service is held in the Historic Chapel, concluding with participation in the Lord's Supper. At 9 a.m., the Contemporary Praise team leads a service of praise, which includes a "kid's church" time for children in third grade and under. Another traditional service is offered at 11 a.m., meeting in the Historic Chapel the months of June through September. Dr. Daryl Donovan, senior pastor gives a practical, Biblical message at all three services.

Cool refreshments, as well as coffee and snacks are offered between services. Childcare is provided for all three services. Feel free to come dressed casually to any of the services. All are welcome.

Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's). For more information, call 472-2684 or visit www.sanibelchurch.com.✪

Amberjack, Gray Triggerfish Harvest Closes

The recreational harvest of greater amberjack and gray triggerfish in Gulf of Mexico state and federal waters closes June 1 and will remain closed through July 31, reopening August 1.

Seasonal harvest closures help conserve Florida's valuable greater amberjack and gray triggerfish populations and improve these fisheries for the future.

Learn more about recreational fishing at www.myfwc.com/fishing by clicking on "Saltwater Fishing" and "Recreational Regulations."✪

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

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Mail/Drop Off: Bank of the Islands, 1699 Periwinkle Way, Sanibel Island, FL 33957

◇◇◇ Additional Information?? Contact Trish Phillips at 239-246-2981 ◇◇◇

◇◇◇ **Mandatory Parade Participant Meeting on Friday, June 29, at Bank of the Islands** ◇◇◇
(10:00 am or 5:00 pm)



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



2018 Parade Categories

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

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

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

Parade Entry Form

Return with Check

"No water to be sprayed by parade participants"

Name of Business or Organization: _____

Contact Person: _____

Mailing Address (required): _____

E-mail Address (required): _____

Daytime Telephone Number (required): _____

Number of Participants: _____

🎵 Music 🎵 Music

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

Other? _____

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

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

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

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Plant Smart

Starrush Whitetop

by Gerri Reaves

Starrush whitetop (*Rhynchospora colorata*) is a member of the sedge family and native to the southeastern U.S. In the wild, it's found in Florida's freshwater wetlands, moist pinelands and prairies, as well as ditches and swales.

Common names include white bracted sedge, whitetop sedge, painted sedge and fine-leaved white-top sedge.

The terminal flowers appear on slender three-angled stalks that grow up to two feet tall.

The very narrow grass-like leaves are erect and four to 12 inches long. Basal leaves are longer, and leaves on the stalk are shorter.

What appears to be large downward curving flower petals are in fact bracts, or leaf-like parts, just below a central flower cluster.

The three to seven slender bracts have white bases, which are usually less than an inch wide. The tips of the bracts look as if they have been dipped in green paint.

White cone-shaped spikelets, or scales, enclose rounded clusters of minute yellowish flowers.

Unlike most sedges, this species is not pollinated by wind. The colorful bracts attract pollinators to the tiny flowers, which bloom year around in South Florida.

Plant this long-lived wildflower it in



Native starrush whitetop has a cluster of minute flowers. The white "petals" whose tips seem to have been dipped in green paint are bracts. photos by Gerri Reaves

a moist area or use it as a groundcover. Give it full sun to partial shade.

It spreads via rhizomes, horizontal root-like stems. Propagate it by dividing the rhizomes or with the seeds.

The beaked achene, or dry seed, inspires the term *Rhynchospora* in the botanical name. *Rhynchos* is Greek for



This semi-aquatic wildflower prefers wet habitats, from moist fields and pinelands to swales and pond sides

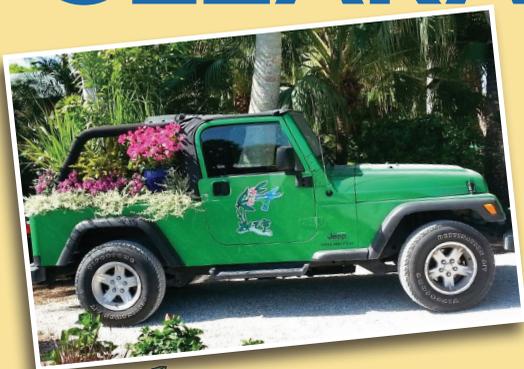
beak and spora means seed.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *The Guide to Florida's Wildflowers* by Walter Kingsley Taylor, *National Audubon Field Guide to Florida* by

Peter Alden et al., *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, www.flawildflowers.org, www.fnps.org, and www.regionalconservation.org.

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Free Summer Programs At Refuge



Hike with a refuge educator along Indigo Trail any Thursday morning this summer
photo provided

Wildlife Wonders talks, weekly walks and nature crafts highlight the free summer programs running June 6 through August 4 at the JN "Ding" Darling National Wildlife Refuge on Sanibel Island.

Summer programming is made possible by support from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). The schedule of weekly activities follows. No pre-registration is necessary.

Reading in the Refuge, every Wednesday at 10 a.m. – Attendees of each 45-minute reading-and-crafts session learn about a refuge animal and make a take-home craft related to it. Meet in the Visitor & Education Center classroom.

Indigo Trail Walk, every Thursday at 10 a.m. – Join refuge naturalists as they lead a one-hour tour to the Wildlife Education Boardwalk to identify and discuss the

ecosystem's plants, mammals, birds and reptiles. This is geared for adults and children. Bring water, sunscreen and bug spray. Meet at the flagpole in front of the Visitor & Education Center.

Family Beach Walk, every Friday at 9 a.m. – The one-hour program convenes at Gulfside City Park to explore the refuge's gulf-front Perry Tract. City parking fees apply. Bring water, sunscreen and bug spray.

Wildlife Wonders, every Saturday at 11 a.m. – Refuge education staff members lead this 30-minute indoor program about the mysteries of manatees, alligators, crocodiles, horseshoe crabs and birds in the Visitor & Education Center auditorium.

For more information, call 472-1100 ext. 237 or visit www.dingdarlingsociety.org/articles/free-refuge-programs.*

Over 15,000 Lionfish Removed From State Waters

More than 15,000 lionfish were removed from Florida waters thanks to several tournaments held across the state focused on targeting the invasive species. Five of those fish were tagged previously by Florida Fish and Wildlife Conservation Commission (FWC) staff as part of the 2018 Lionfish Challenge, a removal incentive program that started May 19 on Lionfish Removal and Awareness Day.

"This is an amazing showing for the fourth annual Lionfish Removal and Awareness Day weekend and surrounding events," said Jessica McCawley, director of FWC's Division of Marine Fisheries Management. "Lionfish were removed via tournaments and the FWC's incentive program, and the public got to learn firsthand about lionfish and what they can do to help at festivals like the one in Perdido Key held by the FWC and Coast Watch Alliance, as well as various other partners."

The Lionfish Challenge runs through September 3. More than 200 people have already registered to participate

in the statewide challenge, which rewards lionfish harvesters with prizes for their lionfish removals, tagged or not. The tagged lionfish component is new this year and includes cash prizes up to \$5,000. Lionfish were tagged at 50 public artificial reefs across the state. Harvesters who caught the five tagged fish took home cash prizes up to \$2,500 and non-cash prizes as well. All five tagged fish were caught off Escambia County.

Sign up and learn more at www.myfwc.com/lionfish.

The FWC thanks all of the sponsors and organizations across the state that helped make this Lionfish Removal and Awareness Day event a success.

Lionfish and other exotic pets that can no longer be cared for should never be released into Florida waters or lands. To learn more about where to surrender an exotic pet for adoption, visit www.myfwc.com/wildlifehabitats and click on "Nonnative Species" and "Exotic Pet Amnesty Program."

Statewide lionfish events removal totals include: 9,606 – Lionfish World Championship, Pensacola; 4,056 – Lionfish World Championship Pre-Tournament, Pensacola; 1,490 – Lion Tamer Tournament, Panama City Beach; 231 – Florida Skin Divers Association Lionfish Calcutta, St. Petersburg.*



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Memorial Day Washout



by Capt. Matt Mitchell

Subtropical storm Alberto put a quick halt for most on getting out on the water over the past holiday weekend. In the days leading up to this rain event, fishing was good unless you were tarpon fishing. The days I targeted tarpon, even though we found and often sat in rolling fish, we just could not get them to go nor did we see another boat hook-up. Switching gears and targeting snook, trout and redfish action was the call, and we were rewarded with some awesome action that made you ask yourself, why am I even trying to catch these tarpon?

Two of the groups I had this week had multiple tarpon trips scheduled with me and, after we had a unsuccessful tarpon hunt, I talked them both into targeting snook, redfish and trout which we did with great results. I was lucky

enough to get on some of the better redfish action I have seen in months, along with big snook in the passes and scattered trout action.

Even when conditions have been near perfect, the tarpon bite has just been tougher most trips than in previous years. The longer I do this the more I really prefer to tarpon fish in the fall when there is very little pressure on these fish that they just eat. This week, every time you found a few tarpon other boats would simply pile in on you and spook the fish. You would see a group of fish come up and roll then they would go down and just never resurface. It was over that quick. After a few days of running many miles looking for tarpon and just not finding any decent numbers of fish, it's brutal as a guide and really just starts to wear you down.

Low incoming morning tides proved a very productive set-up for the passes with a variety of species taking our live shiners. The amount of different species was impressive with snook, trout, grouper, snapper, mackerel and jacks being just part of the bite. As the tide got faster, we added a split shot to our rigs to get the hook down closer to the bottom, and the bite kept on going. South winds added to the high tide and let us mangrove fish by mid-morning



Henry, Ken and Chuck from St. Louis planned on tarpon but got in on a great back country bite this week photo provided

most days. Going mangrove shoreline to shoreline, we caught snook, redfish and big trout with free-lined shiners. Most of these fish on the mangroves were up super tight to the trees, and the best action came right after the tide change as the water began to go out.

We are very lucky to have lots of options, that's one of the things that makes this fishery so incredible. Being able to switch it up and change species was what I had to do this week to keep my clients smiling. Even though they

had tarpon on the brain when tarpon are just not doing it, it was a better choice to go out and catch some of the other quality gamefish that our area offers anglers.

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

Send Us Your Fish Tales

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Dave Doane



Fifth graders with their teachers at Cayo Costa State Park

Fifth Graders Study Shoreline Ecology

submitted by Richard Finkel

Captiva Cruises and the Sanibel-Captiva Conservation Foundation (SCCF) teamed up to conduct a Shoreline Ecology Field Trip for The Sanibel School fifth graders. Aboard Captiva Cruises' motor

catamaran vessel *The Playtime*, the fifth grade students in Ann Franke and Lisa Whalen's classes cruised the waters of Pine Island Sound and the Gulf of Mexico while discussing the importance of the back bay estuary and barrier islands of Southwest Florida.

The students had the opportunity to take a closer look at the shoreline habitats of Cayo Costa State Park. Along the trail to the beach, students looked for mangrove tree crabs, snails and other signs of life within the mangrove swamp. On the gulf beach,

students recorded their observations of shells and other evidence of marine life, dune vegetation and surf zone inhabitants such as coquina clams and mole crabs.

On the beach exploration, to the total delight of the students, a sea turtle's tracks were discovered where a female sea turtle recently deposited her eggs. On the cruise back to McCarthy's Marina on Captiva, a trawling net was used and students were able to observe pinfish, parrot fish, grunts, pufferfish and even a seahorse. The importance

photos provided



Observing a live seahorse discovered in sea grass habitat

of the sea grasses and other habitats within the back bay estuary was evident to the students as they were witnesses to the life within Pine Island Sound.

Captiva Cruises and SCCF have been partners in environmental education for over 25 years. Collaborative programs include conducting school field trips and the No Child Left On Shore Environmental Education Outreach project.

For more information, call Captiva Cruises at 472-5300 or SCCF at 472-2329.*





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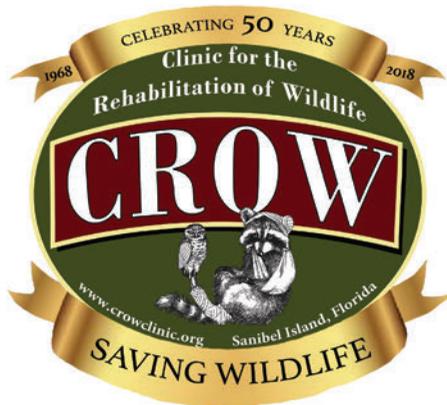


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CROW Calendar Of Events



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

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

Friday, June 1, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Friday, June 1, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Why Animals Come to CROW (daily presentation).

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

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

CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. While on site, students learn the ins and outs of conservation medicine and wildlife rehabilitation, and share their favorite patient stories. One of CROW's animal ambassadors will be present.

Tuesday, June 5, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Species Profile: Snakes of Southwest Florida (daily presentation).

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

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

Wednesday, June 6, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Wednesday, June 6, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – CROW Case of the Week (daily presentation).

CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. While on site, students learn the ins and outs of conservation medicine and wildlife rehabilitation, and share their favorite

patient stories. One of CROW's animal ambassadors will be present.

Thursday, June 7, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

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

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

Gag Grouper Season Opens In Gulf Waters

Gag grouper is now open for recreational harvest in most state Gulf of Mexico waters and all federal gulf waters. The season is from June 1 through December 31.

Franklin, Wakulla, Taylor and Jefferson counties are excluded from this opening because they have their own season from April 1 to June 30 and September 1 to December 31. Monroe County is also excluded from this season because it follows the Atlantic state season.

Gulf state waters are from shore to nine nautical miles. Federal waters begin where state waters end and extend to 200 nautical miles.

The minimum size limit for gag grouper in gulf waters is 24 inches total length, and the daily bag limit is two fish per

person within the four grouper per person aggregate limit.

If you plan to fish for gag grouper in gulf state or federal waters from a private recreational vessel, you must sign up as a gulf reef fish angler (annual renewal is required). To learn more, visit www.myfwc.com/fishing and click on "Saltwater Fishing," "Recreational Regulations" and "Gulf Reef Fish Survey" under "Reef Fish." Sign up today at www.goutdoorsflorida.com.

State for-hire operators that do not have a federal reef fish permit and plan to target gag in state waters must have the State Gulf Reef Fish Charter designation on their license. Learn more at www.myfwc.com/fishing by clicking on "Saltwater Fishing," "Recreational Regulations," "Snappers," and "Learn more." Sign up at no cost by going to your local tax collector's office.

Learn more about grouper at www.myfwc.com/fishing by clicking on "Saltwater Fishing," "Recreational Regulations" and "Groupers."✪

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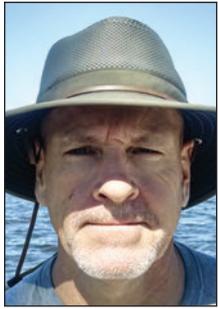
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CROW Case Of The Week:
Barred Owl

by Bob Petcher



The barred owl (*Strix varia*) is the prototypical owl that gets its name from the coloring of its wings and tail, a barred brown and white shade. These large, stocky owls have round heads,

no ear tufts, brown eyes and rounded tails.

Also referred to as a hoot owl, the barred owl has been compared to the spotted owl in appearance, though the spotted owl is smaller in size and has spots rather than streaks.

Barred owls generally live in tree cavities, sleeping mainly in the daytime and hunting by night. That hunting process is mostly a sit-and-wait game from an elevated perch using a sharp panoramic scan with their keen eyesight and hearing. These owls have a recognizable hoot that has been roughly translated as, "Who cooks for you?"

At CROW, an adult barred owl was admitted to the hospital from Lehigh Acres where it was found on the ground near a fire station. When it arrived at the clinic, the owl was severely down and depressed, and it could barely move. An IV catheter was placed to administer fluid therapy for the bird, and it was placed in an oxygen chamber.

"When patients are down and stressed, the additional oxygen can help improve their breathing, as well as ability to transport oxygen throughout their body," said Dr. Malka Spektor, CROW veterinary intern. "The owl was in oxygen for two days before being moved to a regular enclosure."

The intake exam revealed a right wing droop and possible toe injury. The feet were bandaged with ball bandages.

"A wing droop is when the patient is holding a wing in an abnormal, drooped position. This can be caused by orthopedic or soft tissue injuries, as well as weakness or systemic illness," said Dr. Spektor. "In this patient's case, we suspect it was due to weakness. It resolved when the patient became stronger and was able to hold its body up normally."

The owl's mentation did improve three days later, and a full set of x-rays were taken. The radiographs showed the owl had a fractured toe on each of its feet; however they were noted as older injuries that had already mostly healed.

By May 22, just five days after being admitted to the clinic, CROW officials stated the owl had become bright and alert and was moved to an outside enclosure. Its wing droop had resolved, and the owl was cleared for release.

The patient's quick turnaround in health may have been due to the flushing out of a toxin in the owl's system.

"Since radiographs and bloodwork, as well as physical examination, did not show any glaring abnormalities other than mentation, we suspect that it could have been a toxin, or some kind of systemic



Patient #18-1811 was moved to an outdoor enclosure after five days in the clinic

photo by Brian Bohlman

infection that did not show up in the bloodwork. Treating the patient with IV fluids helps flush out any toxins, as well as improving its circulation," said Dr. Spektor. "The patient was also put on antibiotics to treat any infections, either primary or secondary to being down. If we are able to get ahead of the disease process, and support the patient with fluids and food, it can be enough to improve their condition."

The patient was reportedly released successfully by the finder at the same

location it was found on the afternoon of May 24, just one week after being admitted.

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

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Shell Of The Week (Part Two)

Lightning Whelk



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

Last week, I discussed some of the distinguishing features of and cool facts about

the Lightning Whelk, *Sinistrofulgur sinistrum* (Hollister, 1958). Today, I want to explore certain aspects of the reproduction in this celebrated species. As with most of the large, predatory marine snails, Lightning Whelks have separate sexes, and females lay eggs inside protective egg capsules. Each egg capsule may contain a few dozen eggs, and capsules are attached to each other through a string – one string may connect as many as a couple hundred capsules. Mother Lightning Whelk starts the egg-laying process by attaching the first section of the string under the sand; string and capsules are manufactured by a special gland under the mother's foot (photo on left). After a couple of months of confined (but protected) development, the young whelks leave via an “escape hatch” near the edge of each capsule. Learn more about local mollusks and their shells at



Photo by José H. Leal



Photo by Anne Dupont

The Lightning Whelk, *Sinistrofulgur sinistrum*. From left: Female Lightning Whelk attempting to begin laying egg capsules on an aquarium wall; arrow points to capsule-making gland on bottom of foot (photo by José H. Leal); string of egg capsules, at Kice Island, Collier County (photo by Anne Dupont). photos by José H. Leal and Anne Dupont

www.shellmuseum.org/shells/southwest-florida-shells and www.shellmuseum.org/blog.

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

Resident Notice: Mosquito Control On Sanibel Island

The Lee County Mosquito Control District (LCMCD) provides mosquito control for Sanibel and all of Lee County. “Mosquito Season” typically runs from May through October, and mosquito activity increases with rain, particularly after

heavy rains that produce large areas of standing water. Due to the abundance of mangroves, wetlands and salt marshes, Sanibel is a prime breeding ground for mosquitoes.

If you are experiencing a high number of mosquitoes at your residence, make a service request by calling LCMCD directly at 694-2174. If the LCMCD receives complaints from a specific area or neighborhood, the district dispatches personnel to conduct a mosquito count and, if warranted, will fog or spray the area.*

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Blueberry

photos provided

Cherry Blue

Hibiscus Show This Sunday

The James E. Hendry Chapter of the American Hibiscus Society will hold its 67th annual Hibiscus Show and Plant Sale at Araba Shriners on Sunday, June 3 from 1 to 4 p.m.

The free hibiscus show is the oldest, largest and best attended of all Florida's hibiscus shows, attracting several hundred people annually. "The event will showcase hundreds of different hybrid hibiscus blooms in a variety of colors and forms which will be judged in several different classes including amateur, collector, open collector, commercial and seedlings," said Patricia Myers, society president.

In addition, more than 700 hybrid hibiscus plants will be for sale. Free raffle

tickets will be given away every 30 minutes for gift certificates from several local businesses.

Members of the society who are experts in the care and growing of hibiscus will be available to provide advice. There will also be several senior American Hibiscus Society judges available for questions.

To learn more about how to grow, graft and hybridize hibiscus plants, join the James E. Hendry Chapter, AHS at the show. The society meets seasonally at Berne Davis Gardens, 2166 Virginia Avenue in Fort Myers, on the second Sunday of each month at 1:30 p.m. The next meeting will be held on October 14.

Parking and admission to the annual hibiscus show and plant sale are free. Araba Shriners is located at 2010 Hanson Street in Fort Myers. For more information, visit www.hendrychapterahs.com.

Day Trip: Paddling The Turner River

by Ocean Tribe Paddlers

From natural springs to wild, uninhabited mangrove islands, Florida offers an abundance of beautiful paddling destinations. Just an hour and a half from Sanibel, along the Tamiami Trail, is one of our favorite places for a day trip – the Turner River.



Located in the Everglades, the river winds through a variety of habitats and offers an abundance of breathtaking views and wildlife watching opportunities. It is possible to arrange guided tours out of Everglades City, but we prefer to transport our own paddlecraft to the parking and launch site just west of the intersection of Tamiami Trail and Turner River Road.

Paddling trail maps for the area are available on the Big Cypress National Preserve section of the www.nps.gov

website, and you should familiarize yourself before you go. We prefer an in-and-out style trip, because it can be easily adapted to suit your group's energy level and schedule.

Heading south towards Chokoloskee (about 10 miles total distance), you will pass through cypress forest, pinelands, prairie, pond apple trees and mangroves. The gradually changing landscape means there is always something new to look at along the way.

Common sightings include turtles, alligators, numerous bird species, and orchids and bromeliads. On a recent paddle, we spotted a Big Cypress fox squirrel, an orange-colored subspecies of the eastern fox squirrel that is endemic to the area.

If you decide to go, arrive early to ensure that parking is available. Weekdays provide a better opportunity for a quiet paddle than busier weekends. Pack plenty of snacks, water, sunscreen and other necessities, as this is a remote region.

Happy paddling!

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

Snook Closes In State And Federal Waters

The recreational harvest of snook in Atlantic state and federal waters is closed as of June 1. Snook is also currently closed for harvest in Gulf of Mexico state and federal waters, and will reopen for harvest statewide on September 1.

Unique to the region, snook are one of the many reasons Florida is the Fishing Capital of the World. Seasonal harvest closures and anglers using proper handling methods when practicing catch-and-release help

conserve Florida's valuable snook populations and can ensure the species' abundance for anglers today and generations to come. To learn more and see a video about catch-and-release fishing and the best way to handle a fish, visit www.myfwc.com/fishing and click on "Saltwater Fishing," then "Recreational Regulations" and "Fish Handling."

Anglers can report their catch on the Snook and Gamefish Foundation's website at www.snookfoundation.org by clicking on the "Angler Action Program" link in the bar at the top of the page.

Learn more about recreational fishing at www.myfwc.com/fishing by clicking on "Saltwater Fishing" and "Recreational Regulations."

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World Oceans Day kicks off with a free guided beach walk

photo provided

Celebrate World Oceans Day June 8 At Refuge

Take a guided beach walk for free, watch free films and take advantage of free upcycled crafts, Refuge Nature Store specials and handouts at World Oceans Day at the JN "Ding" Darling National Wildlife Refuge on Sanibel next Friday, June 8.

Highlights of the special event

include earth-friendly, upcycled crafts to take home and a ranger-led beach walk and cleanup at the refuge's Perry Tract, accessible from Gulfside City Park. All cleanup participants receive a 10 percent discount coupon for the Refuge Nature Store.

The store will host a special book-signing that day from 11:30 a.m. to 12:30 p.m. with author Charles LeBuff, whose revised second edition of *The Sea Turtles of Southwest Florida* was released this year. He will also be signing copies of his other books, including *Florida's Crocodile* and *The*

Sanibel Island Lighthouse.

An "anti-plastic film festival" features four free film showings starting at 11 a.m. The first 50 attendees seated for the *STRAWS* film receive a free reusable stainless steel straw at the end of the airing.

"My interns and I decided to celebrate the day by drawing attention and educating people about the plight of plastic overload in our oceans," said Refuge Conservation Educator Sara Hallas, whose team is organizing the event.

Below is the full schedule for ocean-friendly and free fun throughout the day:

9 a.m. – Free Beach Walk & Cleanup at Perry Tract (parking fees apply at Gulfside City Park)

11 a.m. to 3:30 p.m. – Free Make-and-Take Upcycled Crafts in the Visitor & Education Center

11 a.m. – Free showing and brief discussion of the film *STRAWS* (32 minutes)

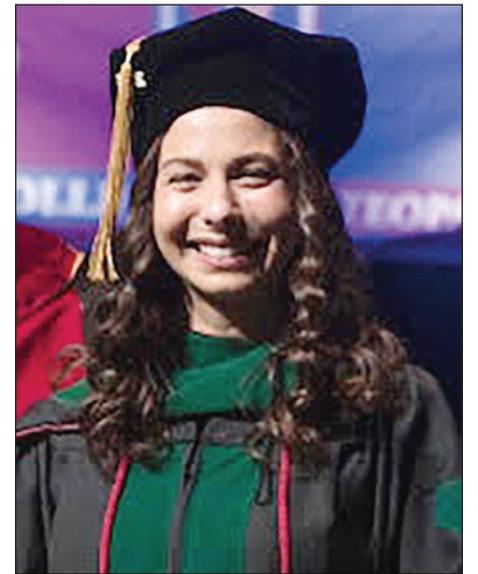
Noon – Free showing and brief discussion of the film *Addicted to Plastic* (53 minutes)

1:15 p.m. – Free showing and brief discussion of the film *Plastic Paradise: The Great Pacific Garbage Patch* (57 minutes)

2:30 p.m. – Free showing of the film *Bag It: Is Your Life Too Plastic?* (45 minutes)

For more information on World Oceans Day at the refuge, call 472-1100 or visit www.dingdarlingsociety.org/articles/events.✧

GRADUATION



Christina Rinaldi

photo provided

Christina Mia Rinaldi, a resident of Sanibel, was among 135 graduates awarded the doctor of osteopathic medicine degree from Georgia Campus – Philadelphia College of Osteopathic Medicine. The ceremony was held at the Infinite Energy Center on May 24.

Dr. Rinaldi is the daughter of Tony and Frankette Rinaldi of Sanibel. She earned a bachelor of science degree in biology from Florida State University in 2014.

Dr. Rinaldi is continuing her medical training in internal medicine at Wake Forest Baptist Medical Center in Winston-Salem, North Carolina.✧

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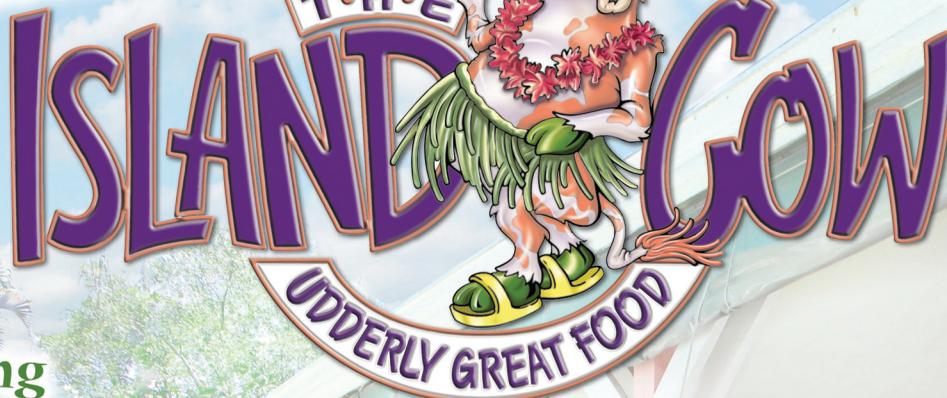
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24 large shrimp, peeled and deveined
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 2 red bell peppers, diced small
 4 cloves fresh garlic, minced
 Hot sauce to taste
 1 tablespoon unsalted butter
 1 lime, juiced
 2 tablespoons fresh parsley, chopped fine
 1/2 cup fresh cilantro
 Olive oil
 Sea salt to taste
 Fresh ground pepper to taste
 In a food processor or blender, add cilantro, half of the minced garlic and 1/4 cup olive oil. Puree ingredients until

smooth. Add juice from half of a lime and lightly season with salt and pepper. Puree ingredients one more time. Remove cilantro oil from blender or food processor.

Preheat a large sauté pan over medium high heat. Add 1 tablespoon of olive oil to the pre heated sauté pan. Pre season the raw shrimp lightly with salt and pepper. Carefully add the shrimp to the sauté pan. Cook the shrimp for about 4 minutes or until they are just done. Remove shrimp from pan and arrange an even amount of them on each plate.

Add the corn and diced peppers to the sauté pan used for the shrimp. Cook corn mixture for 3 minutes and add the rest of the garlic. When the corn is crisp tender, add the lime juice, hot sauce to taste and the butter. Stir the corn mixture to combine. Add an even amount of the corn mixture to each plate. Garnish the dish with the cilantro oil.✱



Shrimp with Corn Sauté and Cilantro Oil

photo courtesy Fresh From Florida

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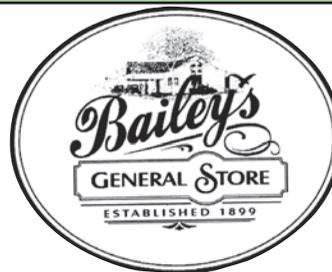
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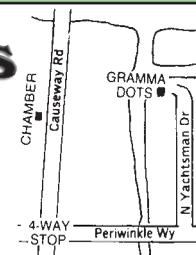


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The 2nd annual Summer Golf Tournament at Spring Run Golf Club in Bonita Springs will be held on Friday, June 8. Enter your foursome for \$350 or enter individually for \$100 and you will be placed on a team. Price includes a round of 18 holes and a barbecue-style lunch, as well as raffle prizes, giveaways, and \$10 mulligans. Anyone can enter a team of four players, but space is limited.

Sponsorship opportunities are still available.

Trophies will be awarded for first, second and third place winners as well as for the individual who is closest to the pin and longest drive. This event is open to the public.

The Spring Run Golf Club is located at 9501 Spring Run Boulevard in Bonita Springs. For more information, download an application at www.fortmyersbeach.org/events/ssgt2/. For questions, call 454-7500 or email Lexie at events@fmbchamber.com.*

Shells Found



Lynn Singer and Ann Petrunak

photo by A. Ziehl

Lynn Singer, visiting from Somerset, Pennsylvania, and Ann Petrunak from Windber, Pennsylvania found four horse conchs on the beach along Middle Gulf Drive while staying at Spanish Cay. "Another great day of shelling on Sanibel Island," they said. "Four nice conchs within the last few days." This was Petrunak's first trip to Sanibel with her husband Jim. Her sister Lynn Singer and brother-in-law Tom Singer have been coming here for years.*

Shells Found



Karen Hager

photo provided

Karen Hager of Follansbee, West Virginia found a junonia right out front of Sanibel Arms Condominiums. She also found a large horse conch. Hager has been a guest at Sanibel Arms for more than 10 years.*



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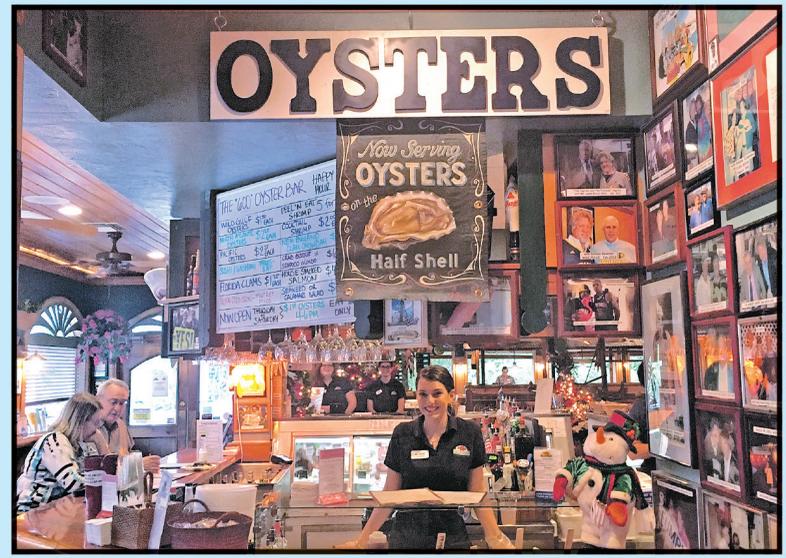
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A nesting pair of Wilson's plovers taken on May 1 at Bowman's Beach. The female is in the front.

photos by Audrey Albrecht

Shorebird Nesting Season Reaches Peak

by Jeff Lysiak

The spring and summer months are a very special time for birding enthusiasts on the islands, as it is considered the most active period for nesting shorebirds and their offspring.

"It's peak nesting season right now," said Audrey Albrecht, shorebird biologist for the Sanibel-Captiva Conservation Foundation (SCCF). "There are birds everywhere and there are babies everywhere."

Last week at the SCCF Nature Center, Albrecht delivered a 45-minute presentation on the three plover species found along Sanibel and Captiva's beaches – snowy plovers, Wilson's plovers and piping plovers – along with a few details about the lesser-seen least terns, offering information on how to identify them, their breeding and nesting habits, and how to protect these diminutive threatened species.

"So far in 2018, we have had six snowy plover nests. One was depredated by crows, two have hatched (three chicks currently remaining, two from one brood and one from another) and three nests are still active," explained Albrecht. "We expect more snowy nests soon."

Often found along the wrack lines, plovers are highly camouflaged and are difficult to spot even for the experienced beachgoer. Adult snowy plovers grow to approximately five and a half inches tall, and weigh between 34 and 58 grams. They eat insects, small crustaceans, mollusks and marine worms. They can be identified by several distinguished markings: the upper body varies from grayish to light brown, with a white belly. Black bands are visible on the forehead, behind the eyes and ears. In males, dark markings are more pronounced. Snowy plovers have a short, thin black bill and gray legs.

According to Albrecht, there are approximately 250 nesting pairs of snowy plovers (*Charadrius alexandrinus*

tenuirostris) in the state of Florida, including an estimated 10 pairs nesting on the islands. These shorebirds live an average of two to three years, however, one of the plovers here on Sanibel lived to age 13.

"Snowy plovers are kinda like our poster child because everybody knows them and loves them," she told the crowd. "The plovers here aren't really migratory, but they do move around in this area of the gulf. We're not really sure why they hang around, but we're glad they do."

In 2017, 14 nesting attempts by snowy plovers were recorded. Of the three chicks that were produced last year, one of them successfully fledged. One dozen nests failed; six were depredated, four were washed over and two were abandoned.

For comparison's sake, only five Wilson's plover nests were attempted in 2017, and only two of them hatched. However, their numbers were more successful than their snowy cousins: four chicks were produced. In 2018, Albrecht reported three Wilson's plover nests, with one active, one depredated by crows and one washed over. "But both pairs are setting up to nest again very soon," she added.

Least terns did not make any nesting attempts on Sanibel or Captiva last year, and as a result no chicks were recorded. But 2018 is a different story, as Albrecht reported that 25 least tern nests have been found at Bowman's Beach. As of March 24, three of those nests had hatched, and there were eight chicks.

"If you get anywhere near their colony, they're gonna let you know," she said, noting that humans who get too close to a least tern nest are often "dive-bombed" or attacked by the protective parents.

During her lecture, Albrecht pointed out the history of Sanibel's snowy plover banding research program, discussing details of Orange/Black (banded as an adult in 2009), Blue/Orange (banded on January 2, 2017) and Green/White (hatched on May 23, 2017 and banded one month later).

"Our fledgling from last year, Green/White, left Sanibel after fledging in July 2017," she explained. "It was seen on



A snowy plover incubating her nest on the east end of Sanibel, taken on May 24



A least tern guarding her chicks at Bowman's Beach, taken on May 24

Caladesi Island State Park on August 23 and survived Hurricane Irma. It was on Honeymoon Island State Park on October 9 and then spent the winter on Siesta Key (November through April). The last sighting was reported on May 25 at Siesta Key.

If people see banded birds, they should send photos and a description to shorebirds@sccf.org.

According to the Florida Fish & Wildlife Conservation Commission's (FWC) *Share the Beach with Beach Nesting Birds* brochure, populations of beach-nesting birds are declining due to significant modification and disturbance of beaches due to human activities. "The fate of each delicate nest is truly critical to the survival of these birds," the brochure reads, in part. "By being a responsible beach-user, you can help beach-nesting birds and their young survive."

The FWC has a number of suggested practices that birding enthusiasts and wildlife photographers can employ in order to protect nesting shorebirds on the beach. Their tips included:

Keep your distance – If birds become agitated or leave their nests, you are too close. A general rule is to stay at least 300 feet from a nest.

Respect posted areas – Avoid posted

nesting and resting areas and use designated walkways.

Never intentionally force birds to fly – When birds are chased or disturbed, they use energy they need to reserve for nesting and migration.

Keep pets away from nesting areas – Even well-behaved pets can be perceived as a threat to birds and will disturb them. If you take pets to the beach, keep them leashed and away from nesting areas.

Keep the beach clean and do not feed wildlife – Food scraps attract predators such as raccoons, coyotes and crows to the beaches. Litter on beaches can entangle birds, sea turtles and other wildlife.

Spread the word – If you see people disturbing nesting birds, gently remind them how their actions may hurt birds' survival. If they continue to disturb nesting birds, call and report their activities to FWC's Wildlife Alert Hotline at 888-404-FWCC (3922).

Upcoming programs at the SCCF Nature Center, located at 3333 Sanibel-Captiva Road, include Turtle Tracks, held every Thursday at 10 a.m. Admission is free for SCCF members and children, and \$5 for non-members. For more information, visit www.sccf.org or call 472-2329.*



Resident Chef Jarred Harris, center, demonstrating how to wrap a Shrimp and Vegetable Summer Roll with two of his students at last week's Healthy Asian Cooking class

photos by Jeff Lysiak

Chef Shares Healthy Asian Cooking Tips

by Jeff Lysiak

Last week at the Culinary Education Center of Sanibel, Resident Chef Jarred Harris shared recipes, food preparation tips and shortcut cooking methods for Asian-inspired dishes before a dozen eager “foodies” and home cooks.

Harris' Healthy Asian Cooking class included a demonstration and tasting for beginners and experienced cooks. Recipes prepared for the group included Chicken Satay, Shrimp and Vegetable Summer Rolls with a Spicy Peanut Sauce, Seafood Pho Noodle Soup, and Coconut and Honey Custard.

“I tried to come up with some healthy recipes that were quick to prepare and easy to follow,” said Harris. “Most of the ingredients we’ll be using are already in your cupboard, and the fresh ingredients are available at Bailey’s (General Store), so anyone will be able to make these dishes.”

To begin his demonstration, Harris showed the group how to prepare ingredients to make a “fresh and delicious” Chicken Satay dish. The recipe called for only 11 ingredients – including lemongrass, vegetable oil, fish sauce, palm sugar, lime, soy sauce, garlic, turmeric, coriander, Sriracha and boneless chicken breast. Once the chicken has been sliced into strips and marinated, they should be placed onto bamboo skewers and grilled until fully cooked.

“Soak your bamboo skewers in water before you cook them,” said Harris. “The water will be absorbed into the skewer, which will make it easier to remove and keep them from burning.”

After Harris completed each course, class participants were invited to sample the finished product.

“The questions I always get are ‘Can I really make this that fast?’ and ‘Can I make that with a different ingredient?’” Harris said prior to the start of the 90-minute session, “I always tell people that they don’t have to use only the ingredients I have in the printed recipe. They can use

any vegetable they want, or as little or as many as they want. There’s no wrong way to make great food.”

With many people preparing their meals with special diets in mind – low sodium, low sugar, low carbohydrates, gluten free, etc. – cooking in the Asian style is very adaptable. “It’s all about eating whole, fresh foods using organic ingredients,” added Harris.

Also during the demonstration, Harris showed the group how to prep a lime for juicing by rolling it underneath your hand, how to use a julienne zester when slicing vegetables, and stressed the importance of wearing gloves when handling fresh chili peppers.

“Cooking Asian recipes is all about clean flavors that are fast to prepare and healthy for you,” Harris explained. “And it’s just so easy to do. You eat like this every day and you will lose weight.”

Upcoming events at the Culinary Education Center of Sanibel include:

Parent & Child Cooking Class – Monday, June 11, 10 a.m. to noon

A hands-on family cooking class, Chef Jarred Harris will show kids and their parents simple recipes that are healthy, fun and delicious. On the menu is Carrot and Orange Cupcakes. Cost is \$35 for the first two family members; each additional family member is \$10. Pre-payment and registration required by noon Monday, June 4.

Farm To Table Dinner – Friday, June 15, 10 a.m. to noon

A hands-on cooking class led by Chef Jarred Harris, the menu will feature a Fig, Goat Cheese and Caramelized Onion Tart, Traditional Coq Au Vin, and Lemon and Caramel Cream Puffs. Cost is \$40 per person and pre-payment is required by noon Friday, June 8.

Quick And Easy Meals Using 5 Ingredients – Friday, June 22, 4 to 6 p.m.

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

Summer Kids Cooking Camp – Week of July 30 to August 3, 9:30 a.m. to 1



Following the preparation and cooking demonstrations, class participants got to taste each dish

p.m. daily

Chef Jarred Harris will continue his tour around the world with young chefs. Cost is \$50 per child per day; sign up for all or any day. Prepaid registration required by noon Friday, July 20. Some scholarships are available.

Call for information on summer

cooking classes on first Mondays from 2:30 to 5:30 p.m.

The Community House, home of the Culinary Education Center of Sanibel, is located at 2173 Periwinkle Way. For more information, visit www.sanibelcommunityhouse.net or call 472-2155.✧



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The Community House

The Nasturtium



by Resident Chef Jarred Harris

The nasturtium, also known as Mexican cress, Peruvian cress and Indian cress is one of the most popular edible flowers in the gardening and culinary world. Nasturtiums are native to Peru and they are easily recognized by their brightly colored flowers and their peppery taste, similar to watercress. In fact, the word nasturtium means “nose twister” in Latin. This refers to the reaction one has when the flower is eaten. The leaves and the seeds of the nasturtium plant are edible as well, and the seeds are commonly used as a substitute for capers.

Not only is the nasturtium edible, but it's also a medicinal plant widely used in folk medicine. Nasturtium contains vitamins C and B, carotene, iodine, potassium and phosphorus. Nasturtium also contains 10 times the ascorbic acid than lettuce leaves.

Nasturtium is used as a pain reliever, immune booster, to strengthen blood

vessels and bones, as a cough suppressant, to slow down aging processes and remove carcinogens from the body. The juice of the nasturtium is often used to treat burns and other skin irritations.

I grow nasturtium in my garden not only for culinary purposes, but to attract hummingbirds and also to protect my garden from pests. The bright flowers repel whiteflies, aphids and cabbage beetles. Nasturtium also helps against viral and fungal diseases of plants.

Nasturtium was one of the favorite plants of the French artist Claude Monet. His garden in Paris was largely planted with nasturtium.

If you are an avid gardener and have access to nasturtium flowers, here is a simple and interesting recipe to try.

Nasturtium Butter

Ingredients

16 ozs. unsalted butter (softened)

32 ozs. nasturtium flowers

Juice and zest of 1 lemon

Method

Place a sheet of parchment on a baking tray and set aside.

Place all the ingredients in a food processor and blend thoroughly.

Remove the butter and place in a piping bag with a decorative tip.

Pipe the butter on the tray and place in the freezer for 1 hour.

Remove the butter from the tray and place in zip closure bags.

Store in the fridge for 4 weeks or the freezer for 3 months.

Use on fish, chicken and game.

Resident Chef Jarred Harris heads the Culinary Education Center at

The Community House on Sanibel. For volunteer opportunities or questions, contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.*

American Legion Post 123

American Legion Post 123 is serving a meatloaf dinner from 1 to 8 p.m. this Sunday, June 3. The following Sunday, June 10, barbecued ribs and chicken are on the menu from 1 to 8 p.m.



The Ladies Auxiliary meeting will be held on Tuesday, June 5 at 6 p.m. The general meeting will be held on Wednesday, June 13 at 6 p.m.

If you have a flag that needs to be retired, drop it off at Post 123. Flags will be retired at 6 p.m. on Flag Day, Thursday, June 14.

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

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

LIVE ON THE ISLANDS

Il Cielo has live entertainment with Scott McDonald on Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday.

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

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

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

Traditions on the Beach at Island Inn has live entertainment on Friday with Woody Brubaker and Marvilla Marzan. Dusk performs on Saturday. Mike Arnone plays on Wednesday. On Thursday, it's Barbara Dexter.

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

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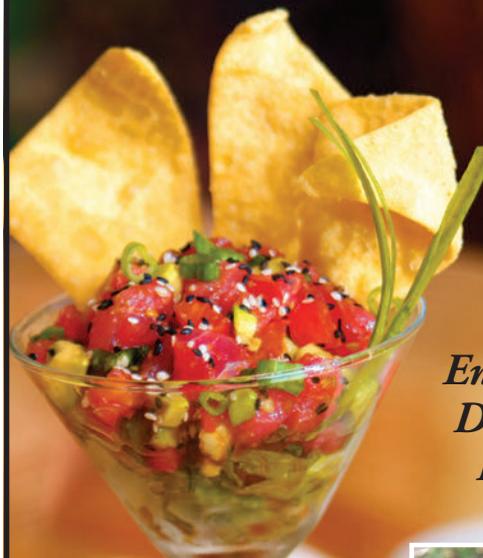
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From left, Marianna Tison, Summer Santoro, Evette Zurbriggen, Lauren Macalka and Lindsay Rizzo photos provided

Celebration Held For Graduates

On May 30, Sanibel Community Church H2O Youth Ministry middle school students celebrated the end of the school year with a night of beach fun, desserts and fellowship with friends.

As the school year closed, Sanibel Community Church parishioners congratulated the eighth grade graduates who attended the youth group activities and Sunday School over the past year. The graduates are: Will Byers, Matt Ciccone, Ben Froelich, Nathan Haas, Luke Jankauskas, Amber LaBorde, Will Lejeune, Mason Macalka, Megan Markle, Amy Martinez, Eric McCrann, Daniela Monteeillo, Brent Patton-Roark, Ella Stroud, Abby Sullivan, Case Vandeveld, Livia vonWowern, Caroline Waite and Anna Wells.

Each student received a devotional called "Jesus Calling" by Sarah Young, and a gift card from Sanibel Community Church at the celebration. These amazing young men and women

have led, supported and become godly role models for their peers in various activities this past school year including Turkey Bowl '17, Camp 737, Super Bowl Bash, Nerf Nights, Renew the City in Miami, 30 Hour Famine, and the *Missionary of Oz* dinner theater. Sanibel Community Church congratulates these students and will continue to pray for each one of them as they begin their high school careers.

H2O Student Ministries is a youth ministry program for sixth grade through 12th grade young men and women. The group meets on Wednesday evenings from 5 to 7 p.m. for middle school students and from 6 to 8 p.m. for high school students (Wednesday night meetings will be on summer break starting June 6) and on Sunday mornings at 11 a.m. at the youth center at Sanibel Community Church. All students on the island and surrounding communities are welcome to attend.

Sanibel Community Church is located at 1740 Periwinkle Way. For more information, call 472-2684 or visit www.sanibelchurch.com.**



From left, Mason Macalka, Will Byers, Case Vandeveld and KJ Patton-Roark



Volunteers for the H2O project 30 Hour Famine

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

COMMUNITY HOUSING and RESOURCES

SUPPORT CHR AT THESE LOCAL BUSINESSES THIS SUMMER

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

MAY 9

MAY 23

JUNE 6

JUNE 20

JULY 11

JULY 25

JULY 25

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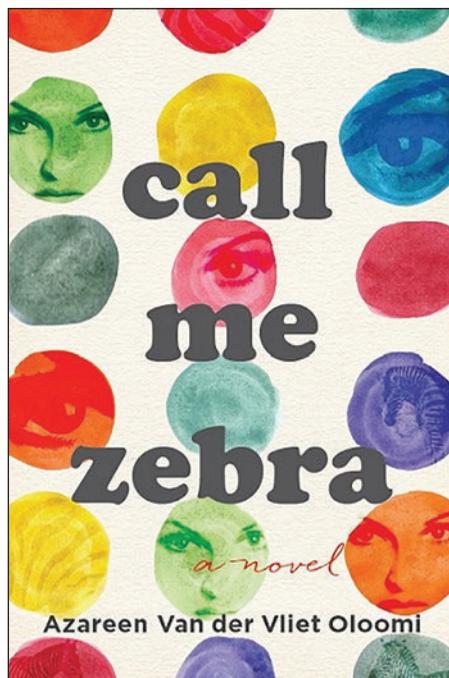
Book Review

Call Me Zebra



by Di Saggau

Call Me Zebra by Azareen Van Der Vliet Oloomi, is a brilliant, demented and bizarre book that demands all the attention a reader might dare to give it, and there are definitely rewards for



a name fit for an outsider, and she takes it as her name.

When she was born, her father whispered to her, "Love nothing except

reading it. In this delightful novel, 22-year-old Zebra is the last in a long line of "Autodidacts, Anarchists, Atheists" exiled from early '90s Iran. As the book begins, her name is Bibi Abbas Abbas Hosseini, a tragicomic heroine who was raised in Iran during the height of the Iraq War. Bibi fled with her parents, and now more than 10 years later, with both her parents dead, Bibi seeks a new mentor, vocation and identity. The Zebra, she muses, is "an animal striped black-and-white like a prisoner of war; an animal that rejects all binaries, that represents ink on paper;" it's

literature." He said, "Literature reveals the lies and the hypocrisy of the world. It is the only true record. After I am gone, you will be the last remaining scribe of the future." Zebra decides to honor her ancestors and make a "Grand Tour of Exile" through the Old World. In Barcelona she confronts the intellectual, spiritual and moral residues of colonialism and capitalism. She meets an Italian philologist named Ludo Bembo who intrigues her. He is someone she sometimes falls in love with. Their love affair forces Zebra to confront the way she uses literature to both separate and connect herself to the world and to others. Her life and mind are stuffed with literature. Her memorization skills are amazing.

Call Me Zebra is fiction but it's full of complex ideas and uses philosophy to clarify and amplify the human story. Zebra says, "More than anything else in the world, I felt the need to record the uselessness of my family's suffering." Saddam Hussein was the despot who ultimately displaced her father and mother. Zebra decides to revisit some of the places where she has lived in order to retrace her family's dislocation and to compose a grand manifesto on the meaning of

literature. Don Quixote is one of her favorite characters. She is obsessed and relentless and in hilarious ways, very hard to handle.

The greatest thing about *Call Me Zebra* is how funny it is. Zebra's ferocious intellect and razor-sharp wit help her survive and keep the reader immensely entertained. She constantly quotes great writers of the past. In fact, almost every time she opens her mouth she is quoting a line from a book. She's the smartest narrator I've encountered this year. *Call Me Zebra* is like nothing else I've read. It's refreshing, funny and an excellent read. ✨

Volunteers Needed For July 4 Parade

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

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

School Smart



by Shelley M. Greggs, NCSP

Dear Readers,

Now that summer is upon us, there is more time to play outside with your children. A typical playground provides lots of opportunities

for great fun as well as for physical and intellectual development of your children. Below is some information about play and the developmental process.

Swinging, a basic playground activity, is one of the very best activities for children's development in many areas. It helps with balance and teaches them to know where their body is in space, which is important for successful vestibular development. It also provides practice with fine motor skills like gripping the chain, gross motor skills such as pumping their legs to swing higher and coordination. Swinging helps the brain to figure out speed and direction.

Climbing playground equipment and even climbing trees can help with children's motor planning and flexible thinking (to think about something in a new way). In order to climb, children need to build an awareness of where their body parts are and what they can do with them. Climbing helps them understand and experience spatial directions like up, down, left and right. Climbing also encourages problem solving and predicting what's going to happen. For example, your child may wonder, "Where should my right foot go next? How will I get down from the top?" This kind of problem-solving can help on the playground and in the

classroom.

Playing on overhead equipment, like monkey bars, helps children develop both fine and gross motor skills. Practicing small movements like gripping the bar as well as big movements such as swinging from one bar to the next develop strength, balance and practice coordination.

Free play from organized games to just running around with other kids is great. Free play helps children learn to communicate with other kids and practice conversation and vocabulary. Playgrounds can teach children how to follow and change rules, share and take turns. Social interactions on the playground can help children learn and practice social cues like body language and tone of voice.

No matter the game, be it kickball, tetherball, or the activity like swinging, climbing or just free play, a great deal of children's development occurs through play. As children figure out how to hold on to and climb playground equipment, manipulate, throw or kick a ball, they are practicing very important fine and gross motor and coordination skills. As they develop strategies about play, where to put their feet next or whether it's time to run to the next base, they're working on critical thinking and problem-solving. Learning through playing is a great way to help your child develop. Have fun at the playground this summer!

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

Poet's Corner



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

by Hannah Star Rogers

How the Captain was Civilized by a Blue Clam

Through buttonwoods' yet fragrant flower the tide at night exposed its tender meat for snails. The pods yet dangle as a weeping chime as through them moves the ochre mangrove crab.

The open shell its tongue unfolds in tide its open whirl the sun pulls back and dries. The ocean curls around the pressing oars, overhead cadence and a flag unfurls.

Collecting ship, we treasure the least rare: the seeds, the hides of creatures large and small, the temperature of parts unknown, the glass holds worlds seen by the microscope alone.

I but a new man, a tabla rasa, my wax now fused to freshly mollusced sands, peeled back the shell, poured in the boiling sea, and from blue flesh yet she a gleaming white.

While ocean touched her brief array she glowed, yet when I packed her in wool cloth she grayed. If time should take me back to those late waves, I would return to that great beach the pearl.

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

Registration Open For Summer Reading Program



Craft a rainstick on Tuesday, June 5 at 3 p.m.

photo provided

As Sanibel Public Library's Your Library Reimagined remodel project continues, half of the facility is open for normal operating hours. Registration for the Summer Reading program is now open for babies, preschoolers, children and teens. Participants will receive a special gift (quantities are limited).

As in years past, children can read to earn books for their home library and for patients at Golisano Children's Hospital of Southwest Florida. Children who participate in the Summer Reading program can receive books they can keep for their own personal library. The Sanibel Public Library Foundation matches each book "earned" with a book for the hospital. Last year 1,810 books were "earned" by island readers for young patients. Since its inception in 2012, young readers have helped to contribute more than 6,000 books to the hospital. The Summer Reading program is funded in part by a grant from the Sanibel Public Library Foundation's Joan Hunt Cory Children's Fund. The fund was established in 2008 to honor longtime library volunteer and supporter Cory, who was also a 20-year Sanibel resident.

Families can register in person or online. Logging reading time and activities can be done via paper or online with

Beanstack (a link is on the children's page at www.sanlib.org). This year, Beanstack is now offered as a smartphone app. Last summer, more than half of readers used Beanstack to track their summer reading and earn awards. The app not only logs reading time, but also delivers personalized book recommendations. Adults who don't have children at home can also use Beanstack to organize their reading and get book recommendations.

Family Storytime is scheduled for 11 a.m. on Wednesdays in June and July. This is a baby-to-age-5 program that encourages the development of pre-reading skills with singing, reading, writing and playing. On Fridays in June and July, stop by the library at 2 p.m. for family-friendly musical movies.

At 3 p.m. on Tuesday, June 5 children can make a rain stick, build a tambourine and decorate a maraca shaker – then make some noise. Program is for ages 5 to 11; no registration is required.

Incoming sixth through 12th graders are invited to VIP After-Hours gatherings on Tuesday evenings in June and July from 6 to 7 p.m. On June 5, the group will be making Shrinky Dinks.

For more information, call 472-2483 or visit www.sanlib.org.✪

current college student enrolled in an accredited professional degree program in architecture.

A \$1,500 award will go to a current or graduating high school senior, or a current college student enrolled in an accredited professional degree program in architecture.

Two \$500 awards will go to a current or graduating high school senior, or a current college student enrolled in an accredited professional degree program in Architecture.

The deadline for applications is June 30. Scholarships will be awarded on merit and need based. Scholarships will be announced at the annual award luncheon in July.

For more information and applications, visit <http://aiaflsw.org/> or contact Art Castellanos, AIA president, at art@castellanostramonte.com.✪

Architecture Scholarships

The American Institute of Architects (AIA) Florida Southwest Chapter is offering financial assistance scholarships to four local students enrolled in a bachelor of architecture or a master of architecture program. These scholarships are funded through local member donations and dues.

Applicants must be graduates of a Lee, Collier, Charlotte, Hendry and Glades counties and a Florida public or Charter High School in the current or past years that demonstrate financial need, outstanding talent and achievement in the field.

A \$2,500 award will go to a current or graduating high school senior, or a

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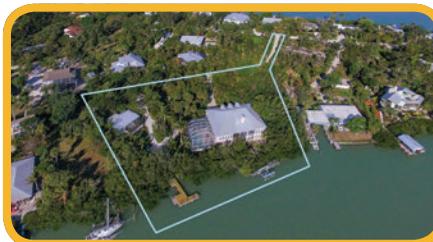
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- Privacy within Captiva Gold Coast
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Sydney Hummel photos provided

Connor Tomlinson

City Of Sanibel Summer Interns

The City of Sanibel recently welcomed two summer interns: Sydney Hummel and Connor Tomlinson. Both will be interning with City Manager Judie Zimomra and the city

administration this summer, working on an array of projects.

Tomlinson, who worked with the city last summer, is returning to work with the city manager. When asked why he returned to work with the city, Tomlinson replied, "Last summer, I learned a great deal from working with the highly professional and

knowledgeable city staff. Not only did I learn how to effectively work in a team, but I also realized my professional potential as an individual. This summer gives me an opportunity to build upon what I have learned over the last year."

Tomlinson recently graduated from the University of South Florida with a bachelor's degree in political science. He is also an honors graduate of Fort Myers High School and The Sanibel School.

Hummel is entering her sophomore year at Hobart and William Smith colleges this fall, where she is majoring

in political science and pursuing Spanish and Hispanic studies. She is a recent honors graduate of Canterbury School.

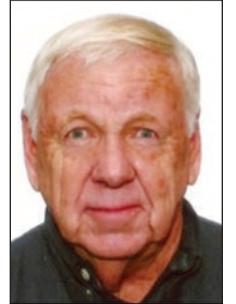
When asked why she wanted to work with the city, Hummel responded, "There is so much experience to be gained in learning how our local government works and the opportunity to help the community is something that will aid me in the future. I am honored to be a part of the team."

Hummel plans to continue her education at law school.✪



Peter Walcott

Barbara Joy Cooley



Maryann Bell

Malcolm Martini

COTI Names New Board Members

by Jan Holly, COTI Vice President

New Committee of the Islands board members Peter Walcott, Barbara Joy Cooley, Maryann Bell and Malcolm Martini are enthusiastic about their upcoming COTI responsibilities. All four were elected to the board at the organization's annual meeting.

Walcott, who first visited the island in spring 2005, recalls "being stunned and thrilled that such a place could still exist in 21st-century Florida." Upon learning of COTI's critical role in maintaining the Sanibel sanctuary, Walcott said, "I wanted to participate in its activities, to help preserve this wonderful place."

As the organization's membership chair, Walcott coordinates the member forums that COTI will sponsor in November and February.

"I am committed to COTI's community outreach goals," Walcott said. "The forums are a wonderful vehicle to bring people together about issues islanders hold dear. I will continue to push for member involvement, to strengthen the organization."

Observing COTI board meetings was crucial to his decision to serve, Walcott noted. "I wanted to see how the discussions took place," he said, adding, "I was very impressed by the meetings and by COTI's open invitation to members to sit in on meetings."

With a background in urban planning, Martini has chosen to serve on COTI's land use planning committee. "I am interested in municipal issues," Martini said. "I have always understood COTI to be widely accepted in the community as a group that approaches issues reasonably, with well-thought-out rationales."

Martini added, "I am delighted to be asked to serve - to help assure that Sanibel continues as an environmentally sound and stable community."

Bell sees COTI as vital to both of the islands, "because it addresses issues of importance to all who live here. COTI is responsive to the concerns of islanders."

"COTI reacts forcefully to proposed changes in policy or to threats to the Sanibel Plan," Bell added. "It upholds the plan very well, and it is constantly educating the public about the plan and its importance. This is COTI's greatest strength."

Bell, who is a member of COTI's traffic committee, hopes to bring strategic thinking to the table. "I am strongly opposed to low-speed vehicle rentals, because they slow traffic so terribly," she said. "I intend to work on how we can move forward positively - on coming up with ideas that we can say yes to."

Cooley returns to the COTI board after a three-year hiatus. She served as COTI's president for four years and was recipient of its 2017 Citizen of the Year Award.

Cooley defines her mission as a "defender" of the Sanibel Plan, which she explained is "to protect the island from over-development and to protect the environment. Politics is how we do that."

According to Cooley, COTI's strength lies in its numbers. "Our membership is at, or near, an all-time high," she said. "COTI is the biggest political group on the island, and it is non-partisan. This is a real strength."

As chair of the environmental committee, Cooley recognizes that many Sanibel issues now originate off-island.

"Overdevelopment in Lee County causes traffic and pollution problems for Sanibel," she said. "Because Sanibel is small compared to Lee County, we must be strategic, and we must try harder."

Anyone wishing to learn about or become a member of the Committee of the Islands is invited to visit www.coti.org.✪

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the overall management of the firm's daily investment process and directs a seasoned portfolio management team. He is an accomplished investment analyst, as well as portfolio manager with particular strengths in the real estate and energy sectors.

"Ian has consistently demonstrated his leadership abilities combined with his keen rationale for asset management, which has made him a successful CIO to the benefit of our clients and the trust company," said Al Hanser, founder and chairman of The Sanibel Captiva Trust Company.

Breusch participates as a host on the trust company's Quarterly Investment Call and leads the asset management committee. His earlier career included a position at Private Capital Management in Naples, where he served as a relationship manager and conducted investment research. He was also an asset strategist at Nationwide Financial, where he evaluated, constructed and monitored asset allocation programs, third party funds, and multi-managed products across the Nationwide Funds Group complex.

Breusch obtained his bachelor of science degree in finance from Florida Gulf Coast University, holds the Chartered Financial Analyst designation and is a member of the CFA Institute and the CFA Society of Naples. Breusch's main office is in The Naples Trust Company, located in Magnolia Square at the corner of Goodlette-Frank Road and Pine Ridge Road in Naples.*

Ian Breusch photo provided

New Executive Vice President Appointed

Ian Breusch, CFA, chief investment officer of The Sanibel Captiva Trust Company and its divisions of The Naples Trust Company and The Tampa Bay Trust Company, has been promoted to executive vice president. As CIO, Breusch is responsible for



Dawn Moore



Dianne St. Pierre



Linda Covertine



Lisa Armstrong

Seminar On Good Health Care

FISH of SanCap, along with Lee Health, Millennium Health (formerly Dunavant Group), Sanibel Congregational United Church of Christ and Comfort Keepers, is offering a community presentation, Health Literacy: The ABC's of Good Health Care, on Thursday, June 14 from 9:30 a.m. to noon at The Community House, located 2173 Periwinkle Way.

A physicians' ability to effectively and compassionately communicate information is key to a successful patient-physician relationship. Patient outcomes depend on successful communication. The physician who encourages open communication may obtain more complete information, enhance the prospect of a more accurate diagnosis, and potentially improve adherence to treatment plans that benefits long-term health.

Speaking toward this topic will be: Dawn Moore, certified care manager, Lee Health; Dianne St. Pierre, PA, Millennium Health (formerly Dunavant Group); Linda Covertine, RN, faith community nurse, Sanibel Congregational United Church of Christ; and Lisa Armstrong, marketing coordinator, Comfort Keepers.

FISH facilitator and program director Kathy Y. Monroe said, "Critical information will be exchanged during this seminar. Participants will leave knowing how to access and read medical records, make a better determination about when and how to take medications and

how not to be shy about asking their physician and pharmacist about information pertinent to their well-being."

Lisa Armstrong of Comfort Keepers, added, "It is so important that we all learn how to access appropriate health resources and know how to best communicate with our health care providers. This knowledge will lead you to become a better self-advocate."

This seminar is open to the community and snacks will be provided. For more information and to RSVP, contact Kathy Y. Monroe at 472-4775.*



Kathy Y. Monroe

Top Ten Books

1. *Outsider* by Stephen King
 2. *If the Creek Don't Rise* by Leah Weiss
 3. *Bricklayer of Albany Park* by Terry John Malik
 4. *Same Beach Next Year* by Dorothea Benton Frank
 5. *Little Fires Everywhere* by Celeste Ng
 6. *Camino Island* by Jon Grisham
 7. *Broken Girl* by Simone St. James
 8. *Tin Man* by Sarah Winman
 9. *Marsh King's Daughter* by Karen Dionne
 10. *Lying Game* by Ruth Ware
- Courtesy MacIntosh Books and Paper.*

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- Updated kitchen
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- \$599,000 (2180573)

Jayne Lumley 472-5187 x 237



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- Bay front with gorgeous views
- Being sold furnished
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Fred & Cathy Gerasin 472-5187 x 232/236



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- Direct Bayou Views
- Dock w/Lift
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Karen Bell 472-5187 x 270



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- Sanibel Moorings is on six acres on Sanibel's East End
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Jim Hall 472-5187 x 215



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- Charming 3 BR/2BA pool home. Split floor plan, 2000+ SF
- Cathedral ceilings, wood floors, under bldg parking
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- \$619,000 (2171149)

Mary Lou Bailey 472-5187 x 246



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Arika Bjorkedal 472-5187 x 252



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Deb Smith 472-5187 x 251



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Lynda Traverso 472-5187 x 226

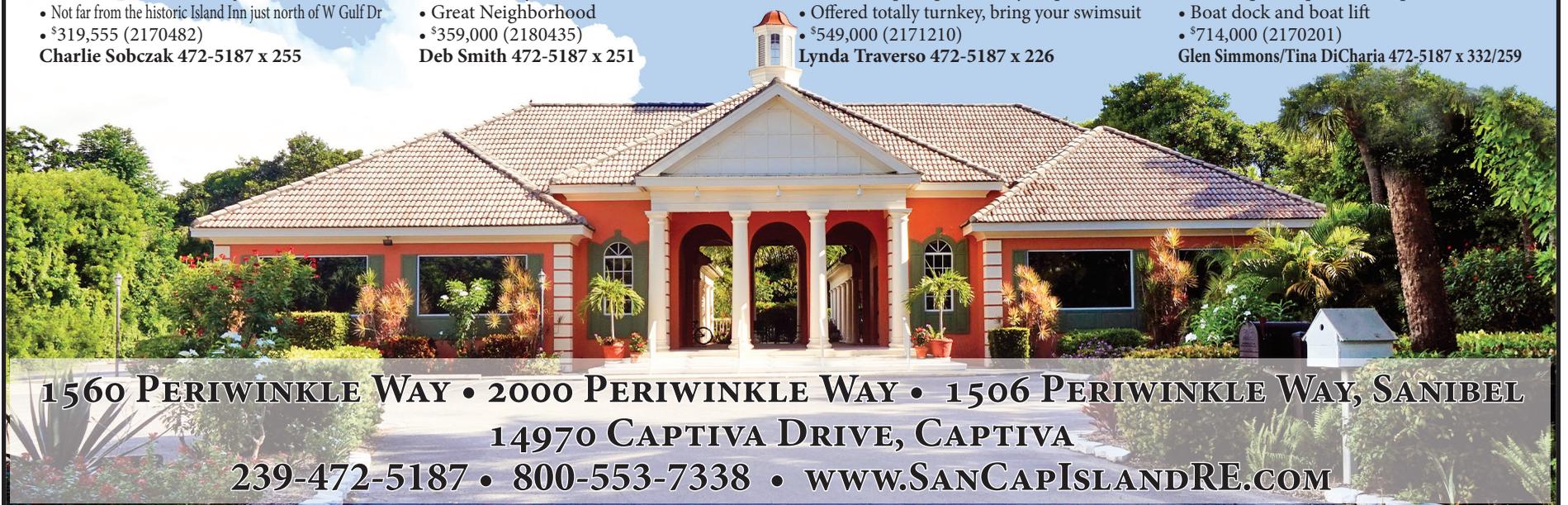


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Cip's Place staff

photos provided

Neighbors Club Holds Rally At Cip's Place

The Sanibel Captiva Neighbors Club held a rally at Cip's Place on May 18, with more than 30 members sampling complimentary fish bites and pizza.

New Cip's Place General Manager Matt Winkleback welcomed members and Cip's staff members were gracious, as always. Member Myra Roberts donated two art prints for the 50/50 raffle, which raised \$50 for the Clinic for the Rehabilitation of Wildlife (CROW).

Sign up for the Sanibel Captiva Neighbors Club at Hollie's Boutique or online at www.SanibelNeighborsClub.com. Summer rally locations will include Matzaluna The Italian Kitchen.*



Randy Jewell and Donna Durelli



From left, LaNet Gaffey, Roxane Olevsky and Jewel Jensen



From left, Myra Roberts, Kevin, Eileen and Garry Whalen

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Zonta Seeking 2019 Grant Applications

submitted by Sue Denham

The Zonta Foundation of Southwest Florida, the nonprofit arm of the Zonta Club of Sanibel-Captiva, is seeking preliminary applications from 501(c)3 organizations in Southwest Florida for a 2019 grant. The cycle begins now, with distribution of grants in January 2019.

“Zonta’s mission is to empower women and girls through service, advocacy and funding,” said Diane Chesley, grants committee co-chair. “To this end, Zonta’s work focuses on education, economic self-sufficiency, safety and health for women and girls.”

Chesley went on to say that successful preliminary grant applications will be on mission, i.e. applicable to one or more of these aspects of empowering women. They will also be specific, with stated, measureable outcomes. Previous grant recipients are encouraged to submit innovative programs that expand upon the results of prior projects or that introduce new initiatives. Collaborative projects between two or more 501(c)3 organizations will also be welcomed.

Applicants are asked to note the following:

Since Zonta is non-sectarian, applications with a faith-based or



Habitat for Humanity’s Women Build has received a Zonta grant for the past three years. Zonta members, pictured here in Women Build T-shirts, recently turned out for the final stages of completing a home in south Fort Myers. photo provided

religious connection cannot be considered;

Submitting a preliminary grant application does not insure that the organization will be invited to participate further in the process;

Reaching the final grant application stage does not insure that the organization will receive funding during the 2019 grant cycle;

Applicants invited to submit a final grant application can expect to work collaboratively with a Zonta member as liaison.

For preliminary applications that meet the identified criteria, a final, detailed application will be distributed at the beginning of October, with a submission deadline of October 26, 2018.

Preliminary applications are due by July 29, 2018. To download an application, visit www.zontasancap.com; there is a link on the home page. Email the completed application to info@zontasancap.com as well as to grants committee co-chairs Janine Boardman at janinesanibel@yahoo.com and Diane Chesley at dhchesley@gmail.com.

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3790 West Gulf Dr.



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9248 Kincaid Court



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\$449,000

3832 Coquina Dr.



REDUCED
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\$1,100,000

Saeshells of Sanibel #43



2BR/2BA with 3-day minimum rentals. Quiet location, deeded beach access close by. A great investment opportunity.
\$379,000

American Legion Hosts 10th Annual Redneck O'Limp'ics



Attending the 10th annual Redneck O'Limp'ics at American Legion Post 123 were, from left, Robin Matthews, Rhonda Strater, Janet Weimer, Kirk Belic, Dave Matthews and Anna Roerty photos by Jeff Lysiak



Performing inside Post 123 were musicians Johnny Jensen (guitar and vocals), Ken McDowell (drums) and Jimmy Jensen (bass)



From left, Lynn Arnold, American Legion Post 123 Commander Randy Carson, Robin Matthews and Janet Weimer



Holly Reyburn and Julia Reyburn from Pennsylvania



Anna Roerty and Rhonda Strater



Ed Augustyn and Sue Harrison



Dani and Stan Howard holding the O'Limp'ics medals



Gina and John Jensen



Anna Roerty competing in watermelon bowling



Kim Radloff competing in cornhole



Johnny Jensen sang several classics including *La Bamba* and *Brown Eyed Girl*



James "Tarzan" Russell competing in cornhole



From left, Jim Lake, Nate Buffam, Bob Walk and Cecil Miller



Jimmy Jensen performing Steve Ray Vaughan's *Pride And Joy*

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Religious Conditions Imposed On Inheritance Upheld



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

Can you impose a “religious test” on your beneficiaries – or for that matter any other lifestyle test – or else they become disinherited from your estate after your death? This is an intriguing question that became the point of contention in an Illinois case.

Looking at *In re Estate of Feinberg*, Max Feinberg created a trust in which he declared that any grandchildren or lower descendants who marry outside of the Jewish faith are to be treated as if the grandchild predeceased the grandparents, thereby denying the grandchild a share of the inheritance unless the spouse

of such descendant has converted to the Jewish faith. The parties to the litigation call this “the Jewish clause.”

An Illinois circuit court held that this Jewish clause was invalid and an appellate court confirmed, both finding the clause unenforceable and against public policy. Generally speaking, courts will find such constraints against public policy if they either encourage divorce or discourage marriage itself.

One of the judges of the appellate court disagreed, stating that the clause should be held valid. “Max and Erla had a dream... to preserve their 4,000 year old heritage,” Justice Alan J. Greiman noted.

Max and Erla Feinberg were survived by five grandchildren. All of the grandchildren married, but only one married a Jew. Several cases erupted against the estate plan. They were consolidated into one case and the question about the Jewish clause went to the appellate court.

One of the grandchildren, Michele Trull, who had married a non-Jew, sued the co-executors of the estates. Those executors happened to be Michele’s father, her aunt and uncle. Michele claimed that the three had engaged in a conspiracy to evade estate taxes and had misappropriated millions of dollars from her grandparents’ estates. Apparently, the amounts left in the grandchildren’s shares exceeded the Feinberg’s generation skipping tax exemption. So the executors sought to enforce the Jewish clause to pull amounts back to the children’s generation, to which the executor’s belonged.

The executors of the estate sought to have Michele’s case dismissed because the Jewish clause deemed Michele to have predeceased her grandparents and therefore she had no interest in the estate.

The appellate court’s opinion explored the public policy argument voiding the Jewish clause. Such a clause is invalid if it encourages disruption of a family relationship, discourages formation or resumption of such a relationship, or seriously interferes with a beneficiary’s freedom to obtain a divorce or exercise his or her freedom to marry.

It is conceivable that such clauses “could just as well result in the courts being required to enforce the worst bigotry imaginable,” Justice Quinn noted. “Courts are not well suited to decide all the various questions that might arise in the enforcement of such conditions. What would happen if one of Max and Erla’s grandchildren initially married a non-Jewish person but subsequently married a Jewish person? Would the grandchild be resurrected upon the second marriage?”

Justice Greiman, on the other hand, who dissented, examined a multitude of cases from outside Illinois. Most were decided in the 1950s or earlier, but sided with enforcing such a clause. According to those cases, “partial restraints on marriage are valid unless

they are unreasonable, and therefore conditions on gifts prohibiting a beneficiary from marrying a specific individual have been upheld.”

Given the heated exchange between justices Greiman and Quinn, the Illinois Supreme Court agreed to hear the case. In its decision, the Illinois Supreme Court unanimously upheld the right of individuals to unequally bequeath assets based upon religious beliefs. The court cited that individuals could legally disinherit any family member who married outside of a particular faith, so long as such a method did not encourage divorce, which would be against public policy.

Supreme Court Justice Rita Garman wrote, “although those plans might be offensive to individual family members or to outside observers, Max and Erla were free to distribute their bounty as they saw fit and to favor grandchildren of whose life choices they approved.”

The court determined that at no point did the trusts encourage the grandchildren to divorce or remarry within their faith. Garman noted that the trusts’ provisions were not intended to control, but rather “made a bequest to reward, at the time of her death, those grandchildren whose lives most closely embraced the values that she and Max cherished.”

This important decision upholds a person’s right to include conditions in his or her trust on inheritance. This decision likely extends beyond religious preferences. Trusts that have conditions imposed upon a drug addicted or alcoholic beneficiary prior to receiving their inheritance will also likely benefit from this ruling.

Whether a Florida court would rule in the same way remains to be seen. I don’t know of any cases in Florida that are similar, so although this case might not be legal precedent in Florida, the decision may sway a Florida court nonetheless.

If you wish to include conditions on a beneficiary’s inheritance, it is always wise to consult with your estate planning attorney to make sure that the provisions are properly drafted to minimize the chances that a beneficiary successfully challenges them.

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Superior Interiors

Most Common Decorating Mistakes To Avoid



by Linda Coin

Beginning Without a Plan – Prior to beginning any decorating project, take time to determine your priorities, your timing, your budget and your goals.

Don’t forget function while creating your “look.” The plan will serve to keep you on track during the process.

Painting First – Painting is the first thing you do after your plan is in place, but paint color is the last thing you select. Painting walls prior to selecting the colors for your furnishings and flooring severely limits your color selections on everything else. For beautiful color harmony, pull your wall and ceiling paint colors from your fabric and flooring selections.

Incorrect Scale and Balance – One of the most important design principles

is scale. Furniture that was appropriate in another home with 8-foot ceilings may look like toy furniture in your new home with 14-foot ceilings. Each piece of furniture should be in scale with the rest of the pieces in the room, and to the overall size and proportion of the room.

Out of Control Clutter – Whether it is collections, family pictures, throw pillows or faux greenery, too much of anything is simply clutter. Select and display only a few important things and store the rest. Rotate items into your scheme later, if you wish. Less is definitely more.

Furniture Mistakes – Too large, too small, too delicate, too “chunky” or just the wrong look for the space. These mistakes can be very expensive and throw off your plan.

Falling for Fads – Fads are fun and fresh... but also fleeting. Satisfy your whimsy with small purchases such as a wildly printed throw pillow, or an eye-catching piece of wall art that can be easily and inexpensively replaced when you tire of them.

Palette – The gorgeous color matches and mixes you’ve enjoyed for the last few seasons are probably on their way out. Avoid the mistake of choosing fabrics and paints that will begin to look old before their time.

Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindceden.com.✪

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Realtors Raise Funds For Water Quality Efforts

On May 9, the Sanibel & Captiva Islands Association of Realtors (SCIAR), held their annual End of Season Party and Water Quality Auction to support the water quality improvement and awareness efforts of the Sanibel-Captiva Conservation Foundation (SCCF).

Each year, the association, its members and affiliates raise money for a worthy cause. The money raised this year was donated to the Sanibel-Captiva Conservation Foundation to support two of their water quality programs: SCCF Marine Lab's RECON water quality monitoring sensor network and policy advocacy work on water quality and restoration.

Special guest Rae Ann Wessel, natural resource policy director at SCCF, spoke to the attendees about how important water quality is to the unique and beautiful beaches and waterways. Wessel is a limnologist and marine scientist with over 30 years of experience working in the environmental field in South Florida.

The event began with a nine-hole round of golf at The Sanctuary Golf Club and finished up with silent and live auctions with items donated by the islands' local businesses, nonprofit organizations and association members.



Association president Dustyn Corace addresses the crowd photos provided

Everything from gift baskets and yearly memberships for activities, to vacation packages were bid on by attendees.

"Our End of Season Golf Outing and Auction was another success this year," said Sanibel & Captiva Islands Association of Realtors President Dustyn Corace. "Traditionally, the proceeds of the auction go towards RPAC (Realtor Political Action Committee) to help protect private property rights. But this year, the event was dedicated to water quality, with proceeds going to SCCF. Water



From left, realtor David Schuldenfrei, SCCF Natural Resource Policy Director Rae Ann Wessel and Florida Realtors District 5 Vice President Rick Fioretti

quality is something that affects the ecology of the islands, our community, and ultimately our local economy, and it is very important to the Sanibel & Captiva Islands Association of Realtors. We raised a lot of money for a good cause and everyone had a great time. In addition to supporting SCCF and water quality, we also surpassed this year's RPAC goals, so it was a success for both causes."

Many affiliate business partners not only donated auction items, but also supported the event as a sponsor. SCIAR would like to thank the following businesses and individuals for their support this year:

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- Gold Sponsors**

continued on page 42



From left, SCIAR President Dustyn Corace, Chris Kirchner and Chip Wolfe



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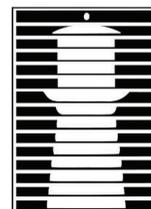
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 FRIDAY Sunny High: 85 Low: 75	 SATURDAY Mostly Cloudy High: 84 Low: 74	 SUNDAY Sunny High: 86 Low: 72	 MONDAY Partly Cloudy High: 84 Low: 74	 TUESDAY Few Showers High: 86 Low: 72	 WEDNESDAY Partly Cloudy High: 89 Low: 76	 THURSDAY Sunny High: 87 Low: 77
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	5:08 am	7:35 am	2:26 pm	10:14 pm
Sat	5:54 am	8:12 am	3:05 pm	10:57 pm
Sun	6:43 am	9:02 am	3:49 pm	11:42 pm
Mon	7:31 am	10:13 am	4:40 pm	None
Tue	8:14 am	12:29 am	5:42 pm	11:47 am
Wed	8:50 am	1:18 am	7:01 pm	1:27 pm
Thu	9:23 am	2:05 am	8:32 pm	2:54 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	4:13 am	7:37 am	1:31 pm	10:16 pm
Sat	4:59 am	8:14 am	2:10 pm	10:59 pm
Sun	5:48 am	9:04 am	2:54 pm	11:44 pm
Mon	6:36 am	10:15 am	3:45 pm	None
Tue	7:19 am	12:31 am	4:47 pm	11:49 am
Wed	7:55 am	1:20 am	6:06 pm	1:29 pm
Thu	8:28 am	2:07 am	7:37 pm	2:56 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	4:14 am	9:09 am	2:13 pm	10:32 pm
Sat	5:03 am	9:41 am	2:54 pm	11:11 pm
Sun	5:49 am	10:15 am	3:53 pm	11:51 pm
Mon	6:35 am	10:54 am	4:56 pm	None
Tue	7:20 am	12:37 am	5:56 pm	11:47 am
Wed	8:02 am	1:28 am	7:04 pm	1:27 pm
Thu	8:40 am	2:16 am	8:13 pm	2:46 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	7:18 am	12:51 am	4:36 pm	10:51 am
Sat	8:04 am	1:30 am	5:15 pm	11:28 am
Sun	8:53 am	2:13 am	5:59 pm	12:18 pm
Mon	9:41 am	2:58 am	6:50 pm	1:29 pm
Tue	10:24 am	3:45 am	7:52 pm	3:03 pm
Wed	11:00 am	4:34 am	9:11 pm	4:43 pm
Thu	11:33 am	5:21 am	10:42 pm	6:10 pm

Island Seniors At Center 4 Life

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

Center 4 Life Scheduled Facility Maintenance Closure – The Center 4 Life will be closed from Monday, June 4 to Friday, June 8 in order to complete numerous maintenance projects. The facility will reopen and activities will resume on Monday, June 11. Some of the projects include repairing and replacing kitchen flooring, roof repair, deep cleaning and painting of the facility. All of these projects have been scheduled during this time in an effort to minimize the inconvenience to our patrons.

The Sanibel Recreation Center offers 35 land and water fitness classes each week which are included in your Sanibel Recreation Center membership. The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. For more information, call 472-0345 or visit www.mysanibel.com.

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

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

The featured book for Wednesday, June 13 is *Grapes of Wrath* by John Steinbeck. The movie will be shown at 12:30 p.m. followed by the book discussion at 2:30 p.m. Bring your own lunch.

Leisure Lunchers – University Grill & Bob Rauschenberg Gallery at FSW Tour – Wednesday, May 30. Cost is \$5 per person with lunch on your own. This is a docent-led tour through Bob Rauschenberg Gallery at FSW State College of works by Steve Keene called 57 Miles or 455 Furlongs. Keene is known as the “World’s Most Prolific Painter.” *Time* magazine called him the “Assembly Line Picasso.” Keene estimates that he has created enough paintings since the 1990s to extend more than 57 miles or 455 furlongs, hence the name of the exhibit. Lunch is on your own at the University Grill. Advance registration is required.

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

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

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

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

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

New: Rummikub – Tuesday at 1 p.m.

Hand & Foot – Thursday at 12:00 p.m.

New: Canasta – Thursday at 12:30 p.m.

Hearts – Friday at 12:30 p.m.

Kayaking on Tuesdays – June 12 and 26 at 8:30 a.m. (weather permitting). There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors, Inc. will provide kayaks, paddles and life jackets. Bring water, a small snack, sun screen, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$20 for non-members. Advance registration is required.

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

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

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

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

Bassiri is the instructor.

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

Gentle Yoga – Tuesday and Thursday at 9:30 a.m. Stretch, tone and strengthen while improving flexibility, proper alignment and circulation. Bring a towel. Kim Kouril is the instructor.

Chair Yoga – Tuesday and Thursday at 11 a.m. Similar to gentle yoga but all poses are done in a chair. Kim Kouril is the instructor.

For more information, call 472-5743 or stop by the Center 4 Life, located at 2401 Library Way on Sanibel.*

From page 41

Water Quality

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Sanibel Scouts Celebrate Another Year Of Adventure



Tiger Den

photos provided

Sanibel Island Pack and Troop 1740 had another adventure-packed year. They celebrated their accomplishment at an end-of-year ceremony at The Sanctuary Golf Club recently. Events this year included camping, visiting the Lee County Sheriff's Department, working on pioneering skills, community service with various island nonprofit organizations, and a live rodeo performance and camp out with the Seminoles in Immokalee, Florida.

This summer, both Pack and Troop 1740 will again be participating in the July 4 parade. Additionally, both Pack and Troop are looking at summer camping trips and a Nature merit badge program for the Boy Scout Troop in conjunction with Kyle Sweet, golf course superintendent at The Sanctuary Golf Club.

For more information, contact Cub Scout Pack Committee Chair Kara Stone at 223-4625 or Boy Scout Troop Committee Chair Kim Kouril at 233-4180.✪



Boy Scouts



Bear Den



Webelos



Wolf Den

Everblades Vie For Championship And Possession Of The Kelly Cup

by Ed Frank



You will have the opportunity this weekend to witness championship hockey at Germain Arena as the Florida Everblades take on the Colorado Eagles in the finals of the ECHL and the honor of taking home the Kelly Cup. As we wrote this column early this week, the best-of-seven game finals was tied one game apiece with the home town Everblades splitting the first two games last week with the Eagles in Loveland, Colorado. After losing the first game of the finals 3-1, the Everblades bounced back with an exciting 4-3 victory last Friday when Mitchell Heard scored a dazzling goal with 36 seconds remaining in

regulation to tie the series.

The Kelly Cup Finals moved back here to Germain Arena this week for Games 3, 4 and 5 starting Wednesday night. Game 4 is tonight, Friday night, at 7:30 p.m. and Game 5 Saturday night at 7 p.m. Tickets are available online at Ticketmaster or at the Florida Community Bank box office located at Germain.

If a Game Six is necessary, it will be played back in Colorado next Wednesday night, and if the title clash becomes tied at three games each, the seventh and deciding game will be skated here Saturday night, June 9.

Tough Season For Local Baseball Team

Historically, the Fort Myers Miracle baseball team, the Advanced A farm team of the Minnesota Twins, has been a winning team. That is not the case this year.

As the week began, the Miracle had a season record of 18-28 and found themselves in last place in the Florida Gulf Coast League South Division, 11-1/2 games behind first-place Jupiter.

The Miracle is home at Hammond Stadium for one game Saturday, to complete the May 9 suspended game with St. Lucie. Game time is 4 p.m. The team returns Monday for a seven-game home stand, four with Palm Beach and three with Dunedin.

Confusing Move By Red Sox – Or Was It?

Local Boston Red Sox fans, and many others, could be confused by the move to designate for assignment first-baseman Hanley Ramirez. He was having a respectable year batting a decent .254 with 29 RBIs.

The complicated deal involves millions of dollars was engineered by David Dombrowski, president of baseball operations for the Red Sox. On the surface, it was announced that the move makes room for the return to the roster of infielder Dustin Pedroia who has been injured. However, a vesting option in Rameriz' contract calls for a payment of \$22 million next year if he gets a certain amount of at-bats this year.

Instead, the Red Sox chose to eat most of his 2018 contract of \$15.25 million. A team apparently can pick up Ramirez, with the Red Sox paying the prorated remainder of his 2018 salary. The move has been criticized by many Red Sox fans.*



From left: Donna Puma, chamber past chair; Paul Gulbrandsen, chamber board member; Mary Bondurant, chamber board vice chair; Brent Stokes, Stokes Marine owner; Mitch Orr, chamber member administration manager; John Lai, chamber president; and Austin Peterson of Stokes Marine

photo provided

SPORTS QUIZ

1. When was the last time before 2017 that the Philadelphia Phillies hit three consecutive homers in a game?
2. Name the last major-league player before Colorado's Charlie Blackmon in 2017 to lead off two consecutive games with a triple.
3. Before 2016, when was the last time the Oakland Raiders had a winning record for an NFL season?
4. When was the last time a men's college basketball team west of the Mississippi won the NCAA Tournament?
5. Name three of the four NHL players to have scored 600 or more career goals in fewer than 1,000 games.
6. Who are the only three drivers to have won a NASCAR Cup championship at age 43 or older?
7. In 2017, Venus Williams became the oldest finalist (37) at the year-end WTA Finals. Who had been the oldest?

ANSWERS

1. It was 2008, when Chase Utley, Ryan Howard and Pat Burrell did it. 2. Miami's Jose Reyes, in 2012. 3. It was 2002. 4. Kansas, in 2008. 5. Wayne Gretzky, Mario Lemieux, Brett Hull and Alex Ovechkin. 6. Bobby Allison (age 45 in 1983), Dale Earnhardt (43 in 1994) and Lee Petty (45 in 1959). 7. Martina Navratilova was 36 when she reached the championship of the WTA Finals in 1992.

Chamber Members Tour New Building

The Sanibel & Captiva Islands Chamber of Commerce celebrated the newly constructed location of Stokes Marine, located at 15955 Pine Ridge Road in Fort Myers. A ceremony was held on May 23 with several chamber board members visiting the

custom designed building. "Our building was custom designed to meet our needs and features space to better service our clients by discovering their exact needs and wants on their project," said Stokes Marine founder and owner Brent Stokes. "The new building is not just beautiful, but allows them to better serve clients," said Chamber President John Lai. "We were delighted to celebrate this milestone with Brent and his team."**

Diabetes Prevention

Lee Health is offering a free program beginning Wednesday, June 6 from 9 to 10 a.m. designed to help participants cut their risk of Type 2 diabetes by more than half. This year-long program with weekly meetings for

the first six months, then once or twice a month for the second six months, is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). Meetings will be held at The Sanctuary, located at 8960 Colonial Center Drive in Fort Myers. Seating is limited and registration is required. Call 424-3127 for more information.**



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Shell Point Honored As Industry Leader

The Lee County Board of Commissioners recently recognized Shell Point Retirement Community with an official proclamation, honoring its 50 years of leadership in the senior living industry.

Founded in 1968 by The Christian and Missionary Alliance, Shell Point is a nonprofit continuing care retirement community that offers independent retirement living, assisted living and skilled nursing to senior adults in an active, resort-style environment located in Fort Myers along the Caloosahatchee near Sanibel.

"This recognition is an opportunity for the county to recognize somebody that stands out in the community, and Shell Point has stood out in the community for several decades here in Southwest Florida," said Chairman Cecil Pendergrass. "The quality of life they provide for their residents is unbelievable."

County Commissioner Larry Kiker's reading of the proclamation highlighted Shell Point's numerous awards earned and the prestigious national attention that has brought positive recognition to Lee County and to the senior living industry. He also commended the level of quality and excellence Shell Point has demonstrated for the past 50 years.

The resolution underscored Shell



Representing Shell Point are, back from left, residents Richard Uhleman, Jim Rudolph, David King and Peter Nanfelt; middle from left, residents Dona Ferrell, Susan Uhleman, Dottie Rudolph, Sara King, Lynne Castellano and Cathy Miskell; front from left, Adam Hinds, senior director of operations; Karen Anderson, vice president of human resources; Tim Lochridge, vice president of finance; Shell Point President Martin Schappell; Joe Smith, senior director of hospitality; Kelli Meyung, senior director of healthcare; Ronette Icsso, vice president of sales and marketing photo provided

Point's ability to deliver a vibrant lifestyle to more than 2,400 residents, fulfilling opportunities for volunteer service, and numerous recreational and social pursuits. Shell Point was also praised for being one of the leading employers in Lee County with more

than 1,100 employees and also for its commitment to conserving, enhancing and protecting the natural resources of its location along the Caloosahatchee.

"As we celebrate our 50th anniversary year, it is a great honor for Shell Point to be recognized for its

leadership and unwavering dedication to our residents and employees," said Shell Point President Martin Schappell. "We are grateful to the Lee County Board of Commissioners for this recognition and look forward to many more years of service here in Southwest Florida."*

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Doctor and Dietician

Improving Life Expectancy With Lifestyle Changes



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

Did you know the life expectancy in America is shorter than almost every other high income country? It stands to reason that lifestyle habits would play a role in our health and well-being. But can we change our numbers if we change our habits? It seems we can.

According to an April 2018 article in the journal *Circulation*, following five particular healthy lifestyle habits can make a pretty significant difference. Researchers looked at 34 years of information gathered on over 42,000 study participants. The five lifestyle habits they examined to determine impact on life expectancy: moderate to vigorous physical activity, moderate alcohol intake, eating a healthy

diet, never smoking and maintaining a healthy body weight. These lifestyle habits were shown to increase life expectancy at age 50 by 12 years in men and 14 years in women. That is quite an impact.

We agree that lifestyle choices play a huge role in our health and well-being, and this study really underscores the importance of choosing healthy habits. Adherence to healthy choices may be frustrating or difficult at times, since we are surrounded by fast food restaurants, excessive alcohol, sweets and packaged foods. Our busy schedules can make convenience foods look appealing. But stick to it! Spend time with friends who adhere to healthy lifestyles. In other situations, try to set a positive example for others. Create an environment that keeps you moving. Walk, bike, swim, garden and work outside. To cut some calories, try daily veggie swaps by exchanging a higher calorie food for an extra vegetable serving or two, such as carrots with hummus instead of crackers with hummus, or zucchini noodles instead of regular pasta.

When we make health a priority, our bodies function optimally, enhancing our life expectancy. Healthy choices really do make a difference.

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

ISLAND SUN BUSINESS NEWSMAKERS

John R. Wood Island Real Estate



Pat Messerich



Mike Newes



Kris Cardinale



Dave Russ

The top producers at John R. Wood Island Real Estate for the month of April were: Pat Messerich and Mike Newes, top listers; Kris Cardinale, top closed sales; Dave Russ, top pending sales; and Ellie See, production award.*



Ellie See

Email your editorial copy to:
press@islandsunnews.com

Beautifulife:

Repair



by Kay Casperson

Repair is a word that can be applied to every area of your life and is extremely important to do on a regular basis if you want to keep things moving in the direction of living your most balanced

and beautiful life.

What comes to mind for you when you say this word? Think about the various aspects of your life and apply it to those areas and I bet you will find some things that might need a little attention. You see, if you stay on top of those things instead of waiting too long, it will be easier to tackle them before they become bigger issues.

I have named one of my most essential skincare products this word because it does so many things to repair your skin and at the same time helps you come up with the things that you will need to repair in your life.

It is so easy to push aside issues because of the time commitment needed to clear them up, whether it be a relationship issue, a health problem or even something in your home that you need to fix. I suggest that every once in awhile, you make a list of the things that you would like to repair and then start to address them one by one, no matter what it takes to make it better. Below are a few examples for you to take a look at to stay on track:

Emotional – If you have been feeling emotionally defeated or drained, and have any thoughts of self-doubt, you will need to fill your mind with positive thoughts and encouraging words. You are responsible for keeping up with this by listening to

positive, uplifting people, focusing on all the good and doing your daily affirmations.

Physical – Let's face it, there will be many health issues in life that we will need to address at certain times, but my advice to you is to meet them head on and don't ignore them or put them aside for another day. Avoiding things that you know need attention only makes them a more significant commitment down the road and may even take much longer to work through. Get your regular physicals and listen to your body, it will usually let you know when things are not quite right.

Spiritual – Are you feeling fulfilled and uplifted? Are your beliefs bringing you all that you need to grow and thrive in life? If you answered no to the above, then it is time to take a closer look and search for your path to fulfillment, love, joy, peace and all that spirituality should bring to you.

Environmental – There is always something in your environment in need of repair. Whether it is an issue in your home, yard or community, I can almost guarantee that there is a need to be addressed at all times. Stay on top of things and you will find that everything becomes a lot less work overall.

Social – OK, this is my favorite. Why wait for your relationships to completely fall apart when all you have to do is to stay on top of forgiveness, apologies, understanding and compromise? Sounds easy right, but unfortunately we tend to wait too long and then things are not so easy to fix.

My affirmation for you this week is: "I am addressing the areas of my life that need repair, and will focus on making them better every day."

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

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dearPharmacist

Painkillers Can Raise Homocysteine



by Suzy Cohen, RPh

Dear Readers: It's a Catch-22 if you are in pain and worried about opiates because then you will be switched to an NSAID drug like ibuprofen, naproxen, indomethacin, celecoxib or others.

These medications are phenomenal for reducing inflammation and relieving swelling and pain. The trouble is that they are strong drug muggers of folate, your natural vitamin B9 nutrient. That, in and of itself, is enough for you to consider supplementing with natural folate.

A folate deficiency compromises your ability to repair DNA, which can raise your risk for cancer. This can increase neuropathic nerve pain making you super uncomfortable in your own skin. Tingling, pins and needles, ant-bite sensation, hot water sensations and more can cause you mental and physical pain that is sometimes unimaginable.

Painkillers in the NSAID category are known to negatively impact cardiovascular function, especially in middle-aged to older folks. This is, in part, due to the increase in homocysteine, which is due to the folate deficiency. You need adequate amounts of folate to break down homocysteine, and the drug-mugging (nutrient depletion) of folate causes a buildup in homocysteine which should be perceived as "acid" on your heart, blood vessels and brain.

A buildup of homocysteine, will create more sulfur in your gut that leads to a "sulfur burp" which means you have a lot

of belching and yet your digestive function tests are fine.

Homocysteine is toxic to your brain, it's not just about heart disease. It's a dangerous poison to your brain and no amount of folic acid fixes it. In fact, folic acid, the synthetic form of folate, can occupy the receptors on your cells, and cause less of the real deal (folate) to get on the cell receptor, and then into the cell.

Homocysteine is a stunt-double for glutamate, which is an excitotoxin. You might think of MSG in the same way as you do glutamate. Symptoms like anxiety, insomnia, mood instability, dark depression, brain fog, brain zaps, migraines, ADHD, hypnic jerks and bone pain are all tell-tale signs of hyperhomocysteinemia. This means that your homocysteine is higher than 15 $\mu\text{mol/L}$.

It can be problematic for people in opiate and benzodiazepine withdrawal because the high homocysteine acts like an excitotoxin in the brain. You need to reduce homocysteine. I've written a longer version of this article, and I'll email it to you if you'd like it. Just sign up for my free newsletter, so I have you in my email database, and I'll send it out to you on Tuesday. In the meantime, the following nutrients are critical to reducing homocysteine: Vitamin B2, B9, B12 and B6 as well as zinc, magnesium, choline and betaine.

You'll want to eat less meat and more salads and green veggies. Greens are very high in natural folate (vitamin B9), which drives the methylation pathway, which breaks down homocysteine. The problem with meat is that it's very high in methionine, an amino acid that results in more homocysteine. So let the side dish be meat, and the main dish be greens.

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.✪✪

been declining for the past several years. In 2014, there were 611 children with asthma admitted to the hospital; that number significantly declined to 369 admissions in fiscal year 2017. Readmission rates dropped to nearly half in the same period – from 5.7 percent in 2014 to 2.8 percent in 2017. The decreases are a direct result of an asthma prevention program that helps patients and families better understand the disease, the triggers and how to manage medications.

Lee Health already helped day care centers and school districts throughout Southwest Florida work toward asthma-friendly designation.

Marked by episodes of coughing, wheezing, chest tightness and breathlessness, asthma is common among children. In fact, the Centers for Disease Control and Prevention note that, on average in a classroom of 30 children, about four are likely to have asthma. It is important for children to understand what triggers an attack and how to take their medications and treat their asthma.

To learn more about the asthma-friendly recognition, visit www.tinyurl.com/gchasthma. If you have specific questions about asthma education opportunities for children and adults, call Teresa Summe at 343-1043.✪✪

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I have a friend who avoids any and all confrontation. He is now faced with many unresolved problems, and I am unsure how to begin to help him. Can you suggest some

ways to help him?

A: It is no surprise that your friend is having struggles overcoming his problems do to avoidance, which is the number one coping mechanism. The consequences of avoidance are that avoidant coping styles don't resolve issues. They don't become stronger or more confident. In the long run, avoidance leads to more stress, which has been linked to many negative outcomes such as:

Weakened immunity (for example, more sickness because of cortisol, a stress hormone, weakens the immune system).

Impaired relationships (problems that are not confronted and dealt with tend to persist).

Poorer cognitive, job and athletic functioning (problem-solving, preparation and functioning require full focus).

Mental disorders (those who are unwilling to stay in contact with distressing thoughts, memories, emotions and bodily sensations long enough to

process them are more likely to suffer from PTSD, anxiety, depression and general distress).

What I refer to as active coping is associated with opposite outcomes. Your friend can cultivate active coping through acknowledging the problems, actively accept them, turning toward them and inviting them in with compassionate acceptance, and a mindfulness of calmness and clarity without judgement and criticism. It is also good to reframe problems as challenges that can be overcome. Approach these challenges with optimism and be solution-oriented. Thinking about what his purpose is including meaning in life, his reason to thrive, can be used as a means to motivate him to act productively.

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

Overeaters Anonymous

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

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

Sanibel Community Church is located at 1740 Periwinkle Way.✪✪

Hospital Earns Recognition As Asthma-Friendly

Golisano Children's Hospital of Southwest Florida is the newest hospital and the fourth in the state to be designated an Asthma-Friendly Hospital by the Florida Asthma Coalition. This state-wide award recognizes hospitals that create a safe and healthy environment for patients with asthma.

The hospital had to meet specific criteria that were designed to improve asthma care and outcomes for patients while reducing emergency department visits and hospitalizations. The five criterion include:

- Professional development for hospital nurses and respiratory therapists on asthma management

- Professional development for hospital physicians on asthma management

- Asthma action plan

- Self-management education

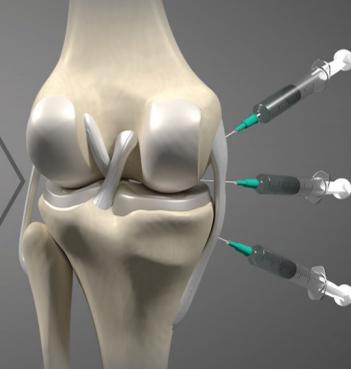
- Multi-component home-based asthma education

Hospital admissions due to asthma at Golisano Children's Hospital have

JOINT DAMAGE?



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Emergency	911
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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
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 Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
Symphonic Chorale of SW Florida	560-5695
CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc	http://abwasanibelcaptiva.org
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
Democratic Club of the Islands	Demclubislands@gmail.com
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH. OF SANCAP 24-hr service	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	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie	395-9232
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 Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus	395-1202
Sanibel-Captiva Shell Club	facebook.com/sancapshellclub
Sanibel Youth Soccer	www.sanibelsoccer.org
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 National 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

PETS OF THE WEEK

photos provided

Haven on Earth Animal League

Gemma And Paige

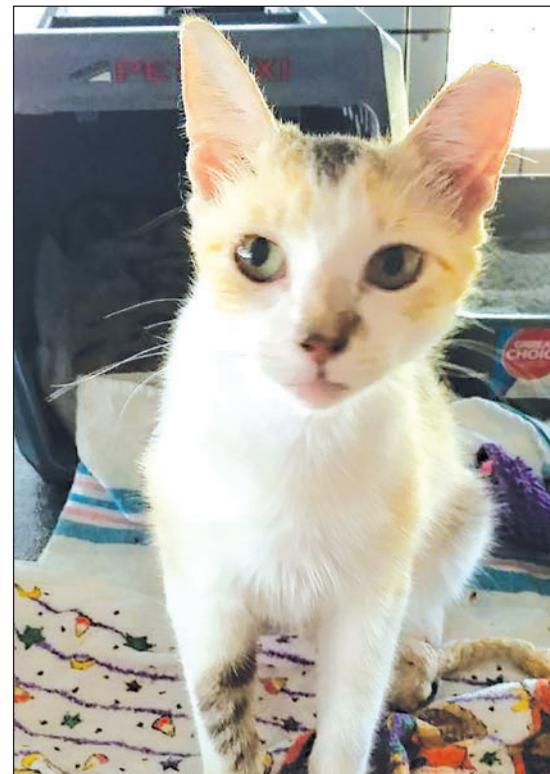


Gemma

Hi there! My name is Gemma. I am a beautiful, 10-month-old, black and white tuxedo kitty. I am spayed and up-to-date on all vaccines. I can be a little bossy at times, but I'm still very sweet! I'm currently staying at Petco in Gulf Coast Town Center. My adoption fee is \$100.

Hello, I'm Paige. I am a beautiful, calico female kitty, not even 2 years old. I am very affectionate and I even get along with friendly dogs. I have been fully vetted and brought up-to-date on all vaccines. I tested positive for FIV, but I'm told that I can still live a long, happy life once I find my forever home. I am currently staying with a foster mom. My adoption fee is \$75.

Haven on Earth Animal League, Inc. is a 501(c)3 nonprofit animal rescue organization



Paige

in Fort Myers, Florida operated completely by volunteers. Our mission is to rescue, house, rehabilitate and re-home abused, unwanted, neglected and homeless animals into forever, loving homes.

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

Lee County Domestic Animal Services

Birdie, Robyn And Daphne



Birdie and Robyn ID# A731027 and A731030

Birdie and Robyn are 3-month-old female domestic shorthair sisters who were rescued from a hoarding situation that left them with a virus causing eye issues. While they are stable at this time, it can flare up from time to time. Birdie has also become dependent on Robyn to get around. She helps her navigate when she has trouble and gives her the confidence she needs. They are very playful with each other and people. They just need a loving home that will keep this bonded pair together.



Daphne ID# A740200

The adoption fee is \$30 or the two-for-one special.

Daphne is a 7-month-old female labrador retriever mix who is a sweet pup looking for a home to grow up in. Like most labs, she loves water and tennis balls. She is currently learning her Canine Good Citizen skills with our volunteers. Stop by today to see what she has learned. Her adoption fee of \$75 includes spay, up-to-date vaccinations, rabies, county license, 10-day health guarantee. That's a \$500 package.

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

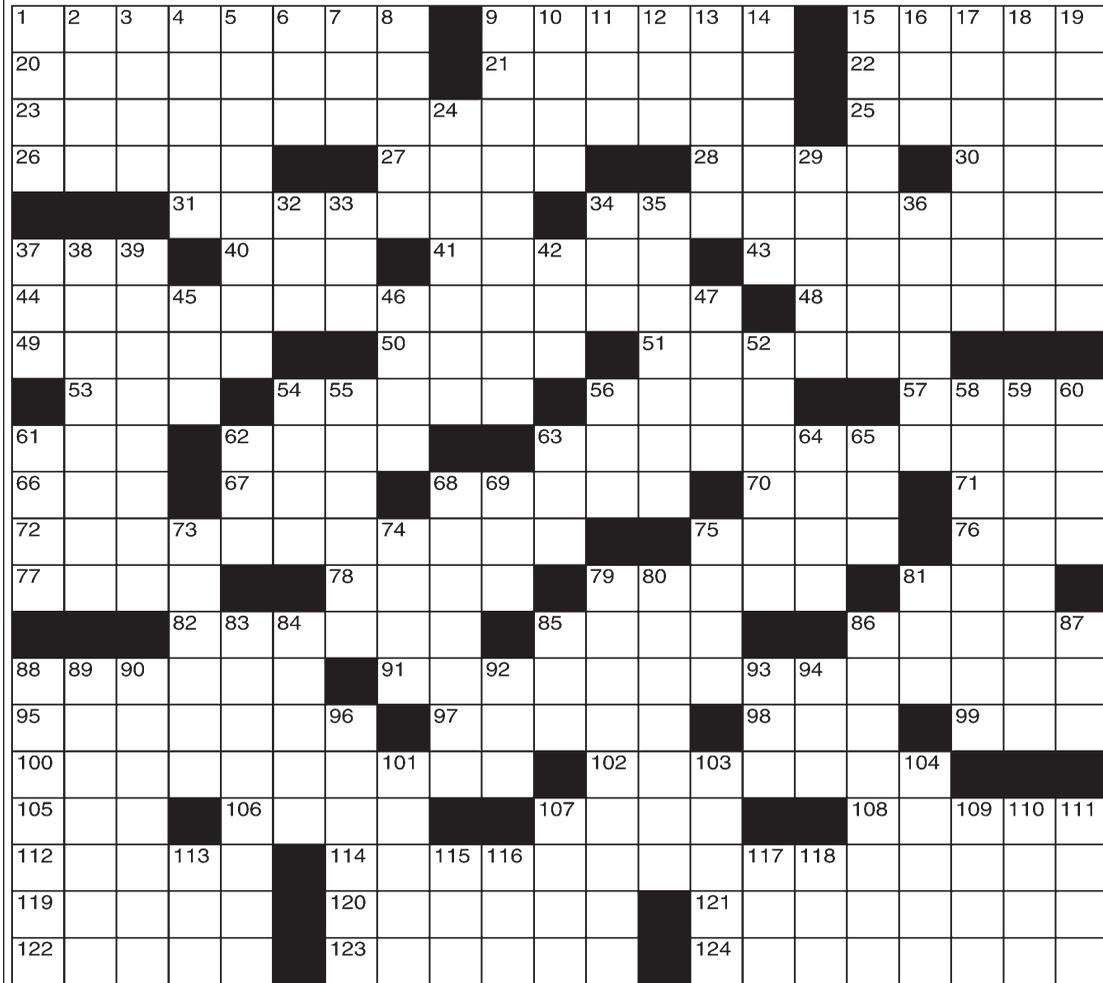
PUZZLES

Answers on page 53

Super Crossword

EIGHT LOW NOTES

- | | |
|---|-------------------------------|
| ACROSS | DOWN |
| 1 Snakebite treaters | 1 Tosses in |
| 9 Roomy rides | 2 Sign light |
| 15 Slowly, in music | 3 Narration |
| 20 Tie in a race | 4 Lazy type |
| 21 Actress Wilde of "House" | 5 Partook of |
| 22 — now and then | 6 Always, to Donne |
| 23 Taft's foreign policy | 7 "Too cool!" |
| 25 Jacket-and-tie affairs | 8 "Once upon — ..." |
| 26 Look from a villain | 9 Gem in a ring |
| 27 Word after lo or chow | 10 North Carolina university |
| 28 Non-U.S. gas brand | 11 Not so bright |
| 30 Use a recliner, e.g. | 12 Gardner of "Mogambo" |
| 31 Forward, as a message with a hashtag | 13 Less nasty |
| 34 Grand Prix racing | 14 Bully's words of authority |
| 37 A doc prescribes it | 15 Block-filled theme park |
| 40 Imbiber's hwy. offense | 16 Entertainer Gabor |
| 41 Half-diameters | 17 Wrestling holds |
| 43 He voiced Carl in "Up" | 18 New hire |
| 44 Bachelor suitable for marriage, say | 19 Pearl makers |
| | 24 Eyes closely |
| | 29 African nation |
| | 32 Bath fixture |
| | 33 Wheaton of "Stand by Me" |
| | 34 Fruit that's often dried |
| | 35 Like OPEC nations |
| | 36 Koreans and Laotians |
| | 37 Ott of baseball |
| | 38 High-school junior's grade |
| | 39 Person with an ex-spouse |
| | 42 Crime scene material |
| | 45 — mill (bar) |
| | 46 Sicilian volcano |
| | 47 "Star Wars" creature |
| | 52 Feature |
| | 54 Royal staff |
| | 55 "Faust" and others |
| | 56 Greyhound transport |
| | 58 Signal to pilots |
| | 59 Treaded winter vehicles |
| | 60 1940s film critic James |
| | 61 Cobra sound |
| | 62 Actress Dawber |
| | 63 "Pow!" |
| | 64 Pivot point |
| | 65 Put turf over street liner |
| | 69 Coral island |
| | 73 Some poplars |
| | 74 Cliff rock |
| | 75 Solo often in Italian |
| | 79 Slum abodes |
| | 80 Moseying |
| | 81 Old carrier |
| | 83 Tentacled reef dwellers |
| | 84 Fine violin |
| | 85 — Moines |
| | 86 Hits the gas |
| | 87 Dark loaf |
| | 88 Rob violently |
| | 89 Twins' rivals |
| | 90 Overturns |
| | 92 Attention |
| | 93 Part of a dance move |
| | 94 Prefix with plop or flop |
| | 96 Glowers |
| | 101 Frank topper |
| | 103 Of birth |
| | 104 Redcap at work, often |
| | 107 Speech therapy topic |
| | 109 \$20/day, say |
| | 110 Really small |
| | 111 Uses eyes |
| | 113 Suffix with 29-Down |
| | 115 Actor/comic Gilliam |
| | 116 "That guy!" |
| | 117 Suffix with pay or plug |
| | 118 Moniker, in France |



King Crossword

ACROSS

- | | | |
|--------------------------------|---------------------------|-----------------------|
| 1 Paddington or Pooh | 8 Goes bad | 31 \$50, in Monopoly |
| 5 That guy's | 9 Henhouse | 34 Orison |
| 8 Edinburgh native | 10 Pasta resembling rice | 35 Tackled tent-pins |
| 12 Soft cheese | 11 Adolescent | 37 Fish eggs |
| 13 Shrill bark | 16 Yoko of music | 38 First victim |
| 14 Perspiration outlet | 20 Rested | 39 Easy bounding gait |
| 15 Laos neighbor | 21 Uncategoriz-ed (Abbr.) | 40 Elbow counterpart |
| 17 Leak out slowly | 22 Met melody | 41 Urban pollutant |
| 18 Single | 23 Tranquil | 44 Time of your life? |
| 19 Timesaving type of neck-tie | 24 Baseball's Satchel | 45 Secular |
| 21 PC shortcut | 26 Decisive | 46 Anger |
| 24 Ring out | 27 Newspaper pg. | 47 As well as |
| 25 Persia, now | 28 Highway division | |
| 26 Sheer undergarment | 29 Within (Pref.) | |
| 30 Part of RSVP | | |
| 31 "Family Guy" dog | | |
| 32 Skillet | | |
| 33 Race for a seat | | |
| 35 Flex | | |
| 36 Ceremony | | |
| 37 Wild West show | | |
| 38 Acid neutralizer | | |
| 41 Scatter seed | | |
| 42 Skeletal | | |
| 43 Alabama's state flower | | |
| 48 Fencing sword | | |
| 49 Past | | |
| 50 Deserve | | |
| 51 Lecherous look | | |
| 52 Journey segment | | |
| 53 Colored | | |

DOWN

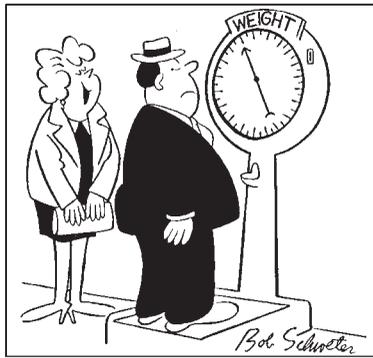
- | | | | | | | |
|-----------------|--------------|----------|--------------------|----------------------|---------------------|----------------------|
| 1 Telly letters | 2 Mound stat | 3 Intent | 4 Given new energy | 5 Jekyll counterpart | 6 Square root of IX | 7 Astronaut, usually |
|-----------------|--------------|----------|--------------------|----------------------|---------------------|----------------------|

MAGIC MAZE ● — STOP

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

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

- | | | | |
|------|-----------|--------|---------|
| Back | Emergency | Labial | Sudden |
| Bus | Fire | Pit | Train |
| Dead | Four-way | Rest | Whistle |
| Door | Full | Short | |



"Up, up, up!
should be so lucky!"

answer on page 55

SCRAMBLERS

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

Bonus
WARDER
 Glimpse
DANGER
 Adapt
JAUSDT
 Piles
LOOSED

TODAY'S WORD

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

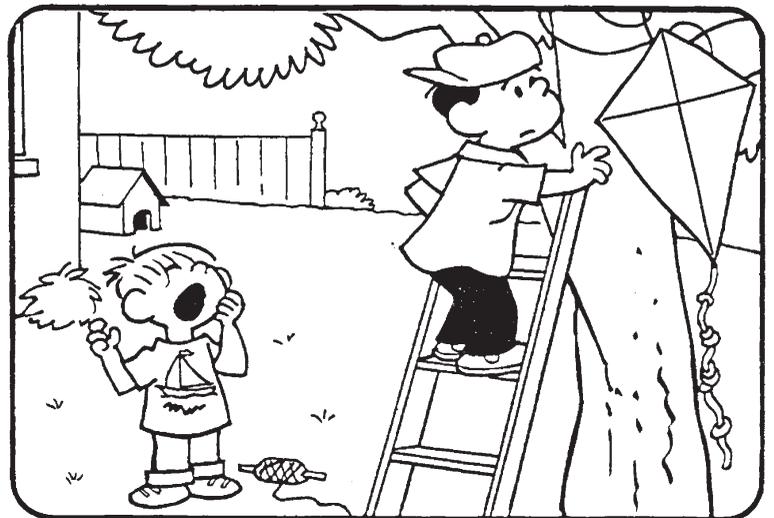
SUDOKU

To play Sudoku:
 Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

answer on page 53

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Doghouse is different. 2. Post is missing. 3. Shirt design is different. 4. Shirttail is different. 5. Arm is missing. 6. Kite tail is shorter.

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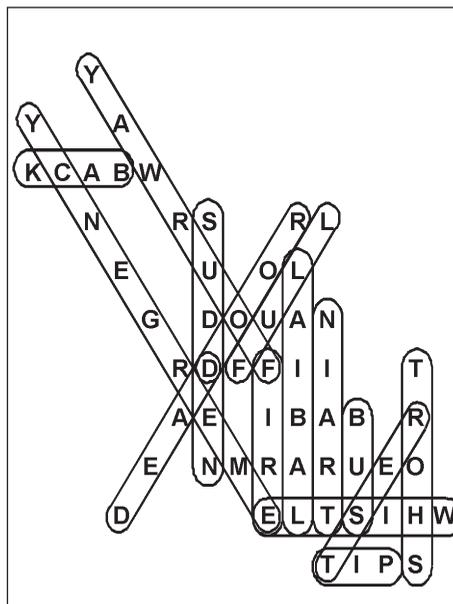
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1	9	2	8	5	6	7	4	3
3	6	4	9	7	1	2	5	8
5	8	7	3	4	2	9	1	6
2	1	9	5	3	7	8	6	4
8	7	5	1	6	4	3	2	9
4	3	6	2	9	8	5	7	1
9	4	1	7	2	3	6	8	5
6	2	3	4	8	5	1	9	7
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Shore Fishing: Don't Harm The Fish



by Capt. Matt Mitchell

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

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

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

If you want a picture with the fish, support it as you lift

it out of the water – and do it quickly.

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

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

My Stars ★★★★★

FOR WEEK OF JUNE 4, 2018

Aries (March 21 to April 19) An apparent act of injustice might turn out to be either an error in judgment or just plain stupidity. So calm down and cool off, and let the explanations roll out.

Taurus (April 20 to May 20) It's upsetting when someone you trusted might have failed you. But with new opportunities ahead, you'll soon be too busy to feel even a wee bit sorry for yourself.

Gemini (May 21 to June 20) A sense of uncertainty could be a good reason to change your position on an important matter. Someone close might try to talk you out of it, but it's your decision to make.

Cancer (June 21 to July 22) Being too zealous in pursuing your goal could create some resistance. Try to be more mindful of what you ask people to do, and they'll be more likely to do it.

Leo (July 23 to August 22) Things change as you go from being ignored to being lionized once again. This is a good time to reintroduce those previously rejected ideas to a more receptive audience.

Virgo (August 23 to September 22) Someone new in your life creates both anticipation as well as anxiety. Avoid the potential for misunderstandings by watching what you say and how you say it.

Libra (September 23 to October 22) Watch your budget so that you don't overspend now and have less to invest when the time is right later on. Arrange to share your weekend with someone special.

Scorpio (October 23 to November 21) The temptation to involve yourself in a friend's or family member's personal problems is laudable. But get the facts before you make a firm commitment.

Sagittarius (November 22 to December 21) You might be upset by some of your critics. But most of your associates continue to keep the faith in your ability to get the job done, and done well.

Capricorn (December 22 to January 19) You've reached an important point in your ongoing pursuit of your goals. You might now want to consider letting someone you trust join you on your journey.

Aquarius (January 20 to February 18) You've been going through a spate of uncertainty involving people you care for. But it might be time to take a stand on a position you feel sure you can defend.

Pisces (February 19 to March 20) Treading water keeps you busy, but it won't get you where you need to go. Time to stop making excuses and to start moving ahead toward your goals.

STRANGE BUT TRUE

- It was British writer and humorist Jerome K. Jerome who made the following sage observation: "It is impossible to enjoy idling thoroughly unless one has plenty of work to do. There is no fun in doing nothing when you have nothing to do. Wasting time is merely an occupation then, and a most exhausting one. Idleness, like kisses, to be sweet must be stolen."

- Europe is the only continent without a desert. Even icy Antarctica has deserts – including the world's largest cold desert.

- Modern dietary trends notwithstanding, raw vegetables have not always enjoyed the healthsome reputation they now

have. In medieval times, in fact, veggies would always be cooked; raw ones were considered to be bad for the humors.

- Have you ever heard of an "adhocracy"? If you're like many frustrated workers these days, you may be employed by one. An adhocracy is an organization characterized by lack of planning, responding to problems as they emerge rather than anticipating and avoiding them.

- In La Paz, Bolivia, you can find one of the most unusual prisons in the world. At San Pedro Prison, inmates have to purchase their cells. Those who are well off financially can buy private cells with bathrooms, television and kitchens. Those who are less lucky must share tiny rooms.

- You might be surprised to learn that the world's most-translated author, by far, is Agatha Christie. Jules Verne ranks second, followed closely by William Shakespeare. It's interesting to note that three of the top

10 – Enid Blyton, Hans Christian Anderson and Jacob Grimm – wrote works for children.

THOUGHT FOR THE DAY

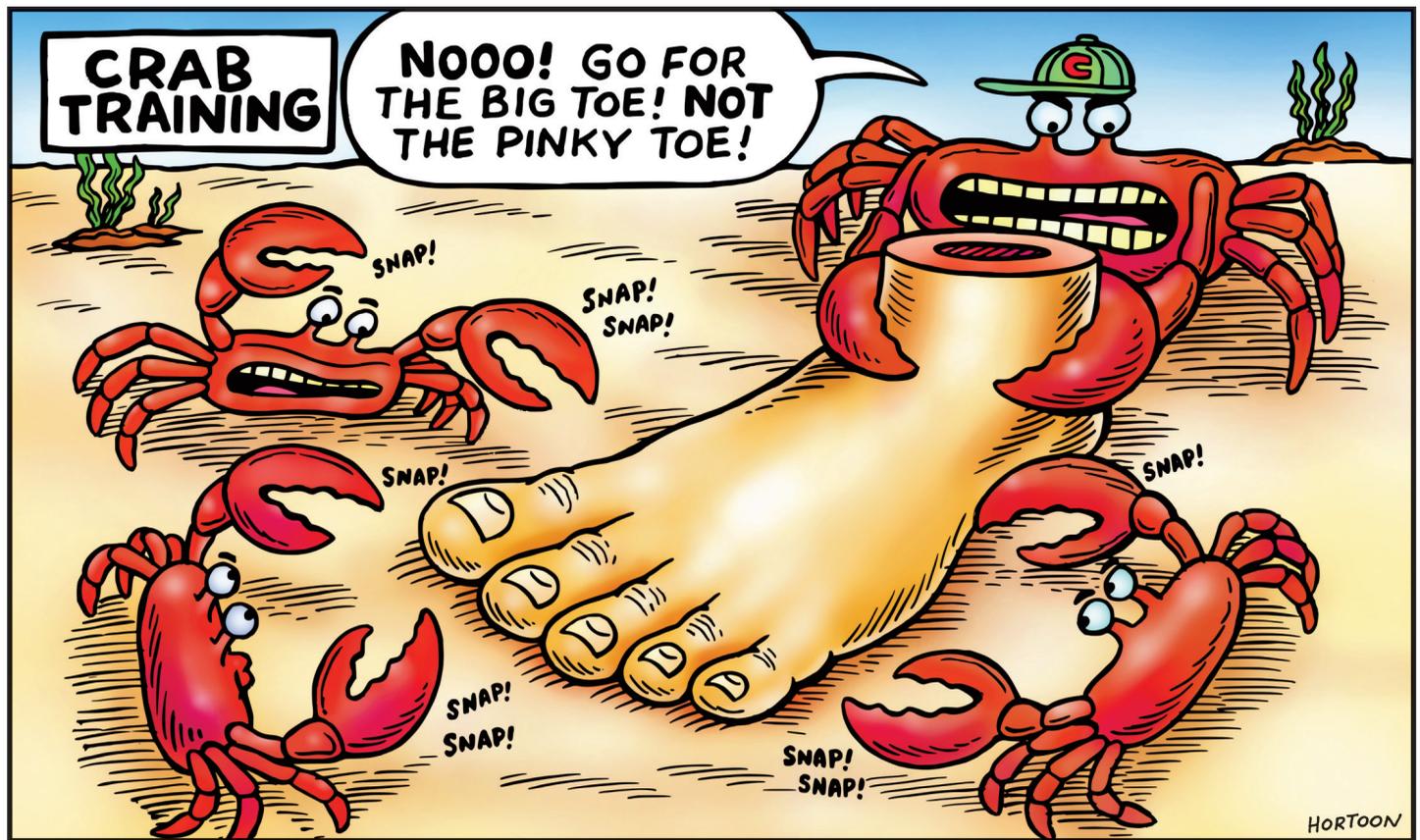
"The trouble with having an open mind, of course, is that people will insist on coming along and trying to put things in it." – Terry Pratchett

SCRAMBLERS

1. Reward; 2. Gander;
3. Adjust; 4. Oodles

Today's Word
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Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Sanibel Harbours	Sanibel	1986	4,350	\$3,299,000	\$2,800,000	170
Beach Homes	Captiva	1974	1,356	\$2,095,000	\$1,791,000	147
Bay Creek	Bonita Springs	2002	5,868	\$1,998,000	\$1,915,000	97
Grand Ole Man	Fort Myers Beach	1991	2,735	\$1,899,900	\$1,725,000	393
Bayfront Gardens	Bonita Springs	1999	4,455	\$1,500,000	\$1,400,000	0
Bellamare	Miromar Lakes	2004	3,417	\$1,395,000	\$1,300,000	62
Shell Harbor	Sanibel	1982	2,546	\$1,295,000	\$1,135,250	147
Carlos Pointe	Fort Myers Beach	1981	1,800	\$1,199,000	\$1,100,000	22
Shenandoah	Fort Myers	2008	4,204	\$1,185,000	\$1,175,000	204
Carolands Unrecorded Subdivision	Bonita Springs	1980	2,583	\$1,169,000	\$1,110,000	283



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