BIG ARTS Family Day Features Young Artists Awards Winners

BIG ARTS annual Family Day, held between 3 and 5 p.m. on Sunday, May 4, will feature an array of free fun for the entire family, including performances by the 2014 Young Artists Awards winners and finalists performing arts scholarship winners Callie Atkinson, Hae-Yang Chang and Sarah Daigle as well as an exhibit of artwork by the Art By Kids With Cancer project displayed in Phillips Gallery.

Performing on the Schein Performance Hall stage, dancer Hae-Yang Chang is a 17-year-old senior from Cape Coral High School and he was awarded the Judges Overall event winner as well as the Audience Choice award winner during the 11th annual Young Artists Awards competition, held on March 10.

Vocalists Callie Atkinson, a 14-year-old-freshman at Cypress Lake High School and 18-year-old Sarah Daigle, who will be attending the New York Conservatory for the Dramatic Arts in the fall, will also be appearing in Schein Performance Hall. Both Callie and Sarah were finalists in the 2014 Young Artists Awards competition.

BIG ARTS is proud to collaborate with local organizations, such as The Young Artists Awards, Art By Kids With Cancer and the Southwest Florida Symphony to support and showcase young talent and as well as encourage children to develop an interest in the arts, particularly during the annual BIG ARTS Family Day.

The Art By Kids With Cancer project works in conjunction with the staff at the Pediatric Hematology/Oncology program at the Golisano Children’s Hospital of Southwest Florida and the Young Artists Awards Art By Kids With Cancer project showcases and sells the artwork of children with cancer. The program donates and delivers art supplies to the hospital throughout the year and provides a monetary benefit to families in crisis facing the financial challenges of childhood cancer through a fund the program created. All of the artwork on display will be available for sale.

The Young Artists Awards, in its 12th year of programming, is a not-for-profit education, performance, audition and scholarship program for students from throughout the area.

Dunes Traffic Study Results Announced At Meeting

In preparation for a maintenance project and resurfacing of the entire subdivision during the summer of 2015, and to investigate the concerns of residents that their neighborhood is being used as a “cut-through” for commuters during periods of heavy traffic, a traffic study was commissioned by The Dunes Homeowners Association.

A series of meetings have been held to discuss the findings of the study and to allow residents to provide feedback. The conclusion of the study was presented at a meeting on May 2, 2014, and the results were shared with the attendees.

The study found that the traffic flow in the neighborhood is heavily influenced by the nearby highways, and that the majority of the traffic is not coming from the neighborhood itself. The study also found that the traffic is not evenly distributed throughout the day, with the heaviest traffic occurring during peak hours.

The study recommended a series of measures to improve traffic flow in the neighborhood, including the installation of traffic calming devices and the implementation of a traffic management plan.

The Dunes Homeowners Association is currently working with the local government to implement the recommendations of the study and to improve the traffic flow in the neighborhood.

Last Chance For Golfers To Play In CROW Classic

There is still space available for golfers to participate in this Saturday’s CROW Classic Golf Tournament at the Sanibel Island Golf Club. The tournament will feature 18 holes of golf, with prizes awarded to the top three teams. The first place team players will each receive a foursome at a local golf club. Tee-off is at 8:30 a.m.

The event will also include a silent auction of golf-related items. A continental breakfast will be provided by the Sanibel Island Golf Club.

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Beer In The Bushes A Big Smash At SCCF

Almost 400 partygoers reveled at SCCF’s Beer in the Bushes on April 26, sampling craft beer provided by New Belgium Brewing (maker of the popular Fat Tire beer) and casual eats courtesy of several food trucks, including Nosh Truck, Ravenous Rhino, and Porkin Out BBQ.

Opening band Have Gun, Will Travel kicked off the entertainment, setting a casual, laid-back mood, while The Reverend Peyton’s Big Damn Band wrapped up the evening with a rousing “big damn bang.”

Raffle winners John and Denice Beggs, along with Sandi Sauls, claimed the two fat-tire bikes hand-painted by island artists Laura Ball and Jaye Boswell, while Bruce Cochrane won the 50/50 raffle. Thanks to Bank of the Islands for displaying the bicycles and selling raffle tickets.


Also, thank you to Leslie Adams Catering for providing the VIP food bites.

Democratic Women’s Club Monthly Membership Meeting Held June 14

On Saturday, June 14 beginning at 10:30 a.m., the Democratic Women’s Club (DWC) of Lee County will hold its monthly membership meeting at the Helm Club at The Landings Yacht, Golf and Tennis Club, located at 4420 Flagship Drive in Fort Myers. The featured speaker is Ellis M. Robinson, founder and CEO at Ruth’s List Florida. Members and guests should tell the attendant at the gate to The Landings they are going to the Democratic Women’s Club meeting at the Helm Club and the attendant will offer directions.

Ruth’s List is named for Ruth Bryan Owen, the first woman elected to Congress from the South. Ruth successfully ran for office in 1928 and represented a swath of Florida that stretched from the Georgia line to Key West. In 2007, Florida CFO Alex Sink and Shellei Levin of Emily’s List asked Ellis to explore creating an organization to help elect progressive, Democratic women to local, county and state office in Florida.

Ellis was a long-serving member of the DWC Lee County until her recent relocation to Pinellas County. She is the owner of The Buttonwood Partnership, a previous Lee County State Committeewoman, and served as a consultant with the Florida Democratic Party, Clean Water Action and Rails-To-Trails Conservancy. She attended Middlebury College and is the author of The Nonprofit Membership Toolkit, published by Jossey-Bass. She will provide an overview to the good work of Ruth’s List across the state during this election year and will take questions from the audience after her presentation.

An optional lunch will be served following the meeting at a cost of $18. Visitors may make reservations for lunch by contacting Pat Fish at fishpatricia@yahoo.com or by calling 466-8381.

The Democratic Women’s Club of Lee County is a member of the DWC of Florida. It works year-round to organize the Democratic voters of Lee County. The DWC encourages the active participation of Democratic voters, seeks to increase Democratic voter registration and supports qualified Democratic candidates for public office.
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Island Seniors At The Center 4 Life

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

Trash & Treasures Sale will be back in November – The center is now accepting donations of clean, gently used items. Drop off at the Center 4 Life Monday through Friday between 8 a.m. and 3:30 p.m. No books, clothes, shoes, computers or TVs. If you have any questions, call Island Seniors, Inc. at 472-5743.

Page Turners with Ann Rodman – To be on the Page Turners list, email annrodman@aol.com or contact the Center 4 Life. On Wednesday, May 14 at 2:30 p.m., the featured book is Ahab’s Wife by Serena Laslund. Ahab’s Wife is a novel on a grand scale that can legitimately be called a masterpiece; beautifully written, filled with humanity and wisdom, rich in historical detail, authentic and evocative.

Sunset Social on the Sanibel Causeway – Tuesday, May 13 at 6:30 p.m. Contact the center if you are interested in participating and for directions to the viewing area. Bring an appetizer to share and a beach chair. Weather permitting.

Watercolor & Collage with Bea Pappas – Fridays beginning May 23 from 12:30 to 3:30 p.m. Work from a still life in watercolor. Pappas will also be teaching an easy approach to collage, both figurative and abstract. Collage can be worked from torn magazines, found papers, which include book pages or handmade papers. Cost is $20 per session for members and $25 for non-members.

If working in watercolor, bring artist quality paint and paper or purchase paper for $4 a sheet.

Collage artists will need a pint of fluid matte medium, scissors, papers, magazines and substrates. Substrates can be watercolor paper, canvas, canvas board or mat board.

Games

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

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

Tuesday Kayaking – May 6 and 20, 8:30 a.m. There is space for 16 people on eight two-person kayaks and unlimited space for those who own their own kayaks. Island Seniors, Inc. will provide kayaks, paddles and life jackets. Bring water, a small snack, sun lotion, bug spray, sunglasses, towel, hat and change of clothing. Cost is $5 for members and $10 for non-members. Advance registration is required.

Fitness Classes

Gentle Yoga – Tuesday at 10 a.m. This class keeps your brain fit and your heart, lungs and muscles strong with a combination of aerobics and muscle conditioning exercises and balance. Hand weights, stretch cords, and your body weight will be used. Class begins with a joke and ends with a positive thought for the day. Silvia Villanueva is the instructor.

Essential Total Fitness – Monday, Wednesday and Friday at 9:30 and 11 a.m. Cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls. 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. Mahnaz Bassiri is the instructor.

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

An annual membership is required. Sanibel Recreation Center members must show their membership cards to attend.

Fitness Classes

Classes are available and all ages are welcome. Cost is $3.50 for members and $6 for non-members. Annual membership is $20. Sanibel Recreation Center members must show their membership cards to attend.

American Legion Post 123 News

On Sunday, May 4, American Legion Post 123 on Sanibel will host a Mexican Fiesta from 1 to 8 p.m. to kick off Cinco De Mayo. On Tuesday, May 6, Post 123 will host a meeting for the election of auxiliary officers. On Sunday, May 11, barbecue ribs and chicken are on the menu.

Every Monday, 9-Ball Pool Tournament action begins at 5 p.m. Every Wednesday, the legion offers Hump Day specials.

Texas Hold’em is played every Thursday at 7 p.m. and Saturdays at 4:30 p.m. Players are welcome and must be members.

Every Friday, a six-ounce ribeye steak sandwich is available all day. There are daily specials as well as the popular half-pound burgers. The public is welcome.

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

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

To advertise in the Island Sun call 395-1213
BIG ARTS Family Day
Southwest Florida. For more information on the Young Artists Awards, visit www.youngartistsawards.org.

BIG ARTS Family is free and open to the public, on May 4 between 3 and 5 p.m. at 900 Dunlop Road on Sanibel Island. Members of the Southwest Florida Symphony will also be on site, demonstrating a variety of musical instruments, providing an introduction to multiple instrument families as well as explaining the role each instrument plays in an orchestra.

Throughout the afternoon, complimentary snacks, treats and refreshments will be provided by Pinocchio’s Original Italian Ice Cream and an assortment of goodies from Catering by Leslie Adams. Additional BIG ARTS Family Day events include performances by The Sanibel School steel drum band and the multicultural Community Youth Chorus.

To learn more about Family Day events, visit BIG ARTS, 900 Dunlop Road on Sanibel, go to www.BIGARTS.org, call 395-0900 or e-mail info@BIGARTS.org.

2014 Young Artists Awards performers will include Callie Atkinson, Hae-Yang Chang and Sarah Daigle

League Of Women Voters To Meet May 3

The League of Women Voters of Lee County Florida will meet Saturday, May 3 at 9 a.m. for a presentation about Where We Were and Where We’re Going, with speaker Sharon Harrington, Lee County supervisor of elections. The meeting will be held at The Landings, Helm Dining Room, 4420 Flagship Drive in Fort Myers.

For reservations, call 278-1032 or e-mail lwvlee@yahoo.com by April 29. The cost is $15. for breakfast. Make checks payable to LWVLee. Student rates are available.

Sharon Harrington

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Dunes Traffic Study
peak traffic along Periwinkle Way, the results of a traffic study focused on The Dunes were released at a special meeting on Tuesday.

The extensive study, conducted during peak hours (4 to 6 p.m.) over a three-day period (March 19 to 21), looked at traffic patterns throughout The Dunes, including vehicular movement coming off of Periwinkle Way via Dixie Beach Boulevard and Bailey Road. The investigation also identified traffic flow along Albatross Road and Sand Castle Road.

According to Keith Williams, leader of the City of Sanibel’s Public Works Department, 64 percent of the vehicles accessing The Dunes during the peak period were identified as “pass-through” traffic.

“That total is higher than your typical neighborhood,” said Williams, who spoke with many local residents who gathered during the open house-style meeting held at The Dunes Pavilion. “And it doesn’t appear that speeding is an issue here, although we had heard several complaints about that.”

A few details revealed in the traffic study:

- Vehicular traffic along Dixie Beach Boulevard averaged 33 miles per hour (in the 30 mph zone) while driving...
northbound off of Periwinkle Way; 75 percent of all vehicles exceeded the speed limit.

*Vehicular traffic along Dixie Beach Boulevard averaged 27 miles per hour while driving southbound towards Periwinkle Way; 43 percent exceeded the speed limit.*

*Vehicular traffic along Albatross Road averaged 28 miles per hour (in the 30 mph zone) in both directions; 30 percent of traffic heading eastbound exceeded the speed limit while 25 percent of westbound traffic exceeded the speed limit.*

*Vehicular traffic along the southern corridor of Sand Castle Road averaged 29 miles per hour heading eastbound, with 44 percent exceeding the speed limit; westbound traffic averaged 25 miles per hour, with 17 percent exceeding the speed limit.*

*Vehicular traffic along the northern corridor of Sand Castle Road averaged 28 miles per hour both east and westbound, with 40 percent of eastbound and 33 percent of westbound traffic exceeding the speed limit.*

*Vehicular traffic along Bailey Road averaged 25 miles per hour (in the 30 mph zone) both southbound towards and northbound off of Periwinkle Way; 46 percent of all vehicles exceeded the speed limit.*

Interestingly, the study also concluded that throughout the two-hour peak period, eastbound traffic along Periwinkle Way averaged 5 miles per hour, with 0 percent (1 of 588 motor vehicles) exceeding the 35 mph speed limit. Westbound traffic along the roadway averaged 12 miles per hour, with 1 percent (7 of 815 motor vehicles) exceeding the speed limit.

During the morning meeting, Dunes residents Gary and Diane Chesley came to review the results of the study.

“We were out walking our dog one day and we saw one car pass another on Sand Castle Road,” Diane told John Glenn, a representative of Johnson Engineering, who conducted the study. “This doesn’t really represent what we see out there every day.”

City Manager Judie Zimomra also attended the meeting, and noted that the entire Dunes subdivision is scheduled to be resurfaced, a maintenance project expected to cost in excess of $700,000. Part of the purpose for the open house was to gather the opinions and input of the neighborhood’s residents in advance of the project, which is expected to begin next summer.

“We want to hear what the citizens are concerned about now before the project begins,” she added.

Diane Chesley suggested to Williams that the city consider adding a center stripe along Sand Castle Road, to encourage motorists to keep to their side of the roadway. “That might be one simple way the city could address our problem without spending a lot of money,” she said.

Among the other traffic-calming measures offered during the meeting were additional signage and police patrols of the neighborhood, speed bumps, raised reflectors and lowering the speed limit throughout The Dunes.
Island Residents Exceed Goal For United Way

The Sanibel-Captiva United Way Campaign Committee announced at a leadership reception hosted by ‘Tween Waters Inn that residents contributed $330,132 to the 2013-2014 United Way Campaign. This is a three percent increase in giving.

Campaign committee members include chair Tony Lapi, and committee members Allison and Chauncey Goss, Dick and Debbie Riley, Linda and Tom Uhler, and Judy Zimomra. The Sanibel-Captiva campaign’s leadership included 15 Alexis de Tocqueville members who give $10,000 or more annually, and 62 Keel Club members who give $1,000 to $9,999 each year.

The combined total of the money raised for the United Way was $8.5 million. All money raised for the United Way stays in the community and supports local agencies and programs.

“Thank you Sanibel and Captiva residents for showing how much we care about our neighbors who are in need. The United Way and its 70 partner agencies will help thousands of people because of the generosity of our islands. The successful campaign directly benefits our islands through the services provided by FISH of Sanibel-Captiva and other United Way partner agencies located in the Sanibel United Way House,” said Tony Lapi.

Tony Lapi, Sanibel-Captiva United Way campaign chair, and Tom Uhler, United Way board chair

“We are very proud to be part of a caring and generous community. Raising over $330,000 is phenomenal,” said Cliff Smith, president of United Way of Lee County. “A special thank you to Tony Lapi and the campaign committee for their hard work.”

The United Way raises funds for human service organizations in the community and promotes partnerships and collaborations among agencies, focusing on issues and solutions that continue to improve lives.

The United Way of Lee County has been “the way the community cares” since it was established in 1957.

Island Residents Exceed Goal For United Way

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Coach leads by example, guides and teaches his team the importance of commitment to each other as they work together for the big win.

Coach Sam Bailey, born and raised on Sanibel, was an integral part of Sanibel and Captiva islands. His vision and goal to bring the island communities together for a common purpose blossomed into Islands Night. In 2004, Islands Night was renamed Sam Bailey’s Islands Night in honor of the coach.

In preparation for the big day, the Sam Bailey’s Islands Night Committee sends out a call for sponsorship to this annual event. Each year, local businesses and individuals show their commitment and join the team. Sponsorships are $100, made payable to Islands Night, 2477 Periwinkle Way, Sanibel, FL 33957. Free tickets are available from all Islands Night sponsors and at Bailey’s General Store.

The fun begins at Hammond Stadium on Wednesday, June 4, but it’s not just a baseball game. The evening starts at 6:15 p.m. with a parade around the ball field, where you’ll see friends and neighbors getting into the spirit. Following the parade, a special guest will sing the National Anthem, the Sanibel mayor will say a few words and the ceremonial first pitch will be thrown by one of the islands’ celebrities. The game begins at 7:05 p.m. with the Fort Myers Miracle vs. the Lakeland Flying Tigers.

It is a fun-filled night of baseball, camaraderie, cold beer, your favorite ballpark concessions and cake from the Bubble Room.

Islands Night contributions have been distributed throughout the community to help local organizations. They include: The Sanibel School, Sanibel School Home Economics Program, Sanibel School Teachers Fund, Sanibel and Captiva high school graduates, City of Sanibel Recreation Center sponsorship, Sanibel Historical Museum and Village – Sam Bailey Capital Fund, FISH of Sanibel, Hope Hospice, SanCap Cares, Community Housing & Resources, Charitable Foundation of the Islands, The Bailey-Matthews Shell Museum, The Community House, Friends Who Care, Sanibel Sea School, Children’s Education Center of the Islands, and the scholarship fund administered through the Sanibel-Captiva Kiwanis Club.

With the help of sponsors and event participants for the past 20 years, Islands Night has raised over $150,000 to give back to the community.

This year will be a celebration of 21 years of community commitment and caring in memory of Sam Bailey and his vision. The Sam Bailey’s Islands Night Committee thanks the Sanibel-Captiva communities for helping continue his legacy by becoming a part of this year’s event. For more information, call 472-1516.

Email editorial copy to: press@islandsunnews.com
Barbecue Competition And Music Festival Coming To Fort Myers

The Sidney & Berne Davis Art Center will host barbecue cook teams from across the South to compete in the Smoke on the Water Barbeque Competition & Music Festival at the historic downtown Fort Myers river basin on Edwards Drive and Hendry Street. The competition will take place May 10 from 11 a.m. to 10 p.m.

This official Florida BBQ Association competition includes teams from all across the Southeast – backyard masters to state champions – who will fire up their smokers for the Grand Champion title. The competition has also been named a Jack Daniel’s Invitational Qualifier and the winner will be invited to compete at the Jack Daniel’s Invitational in Lynchberg, Tennessee.

Southern rock, country and blues music artists will perform on the stage in front of the city pier building. Featured performers are the Sean Chambers Band, Redemption and Sheena Brook. There will be a family fun zone and other attractions. Moonwalk & More will provide a bounce house, an obstacle course, slide, rock wall and crafts such as sand art. This event is sponsored by Victory Layne Chevrolet, The News-Press and 95.3 The River.

For more information, visit: sbdac.com.

Sheena Brook

Redemption

Aerial view of downtown Fort Myers river basin
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10:00 AM Sunday Worship Service
8 a.m. Traditional Service with Communion
9 a.m. Contemporary Service with Kids’ Church
10:45 a.m. Adult and Youth Sunday School classes; 11 a.m. Traditional Service with Choir. Childcare available at all services.

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The Rev. Deborah Kunkel, Associate Pastor
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Communion Service Mon. and Tues. 8:30 a.m. Holy Days call.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH:
2304 Periwinkle Way, Rev. Dr. Ellen Sloan, Rector, Saturday Eucharist 5 p.m., Sunday Eucharist 9:30 a.m., Sunday School 9:30 a.m., Tuesday Morning Prayer 9 a.m., Wednesday Healing Eucharist 9 a.m., Wednesday Evening Service – 6 p.m.
(Followed by Potluck Supper on the 1st Wednesday) For more information call 472-2173 or visit www.saintmichaels-sanibel.org

UNITARIAN UNIVERSALISTS OF THE ISLANDS:
2173 or visit www.saintmichaels-sanibel.org

CHOWDAH
NOVEMBER 29, 2003 – APRIL 27, 2014

Oh, the stories they must be telling!
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In Service To The Islands

FISH Focused
On Assisting Neighbors In Need

by Jeff Lysiak

With a mission of offering a helping hand to those in need who live, work or visit the islands, FISH of Sanibel-Captiva, Inc. is making a social investment in the community. But more than that, the staff and volunteers who work on behalf of FISH are quite simply – as they put it themselves – “neighbors helping neighbors.”

“I have a real passion for our mission,” said Maggi Feiner, who has served as executive director at FISH since 2011. “Being able to assist people in need – seniors, families and children – and helping them move forward with their lives... it’s making a social investment. You try to make a difference in their lives.”

According to Feiner, among the many services FISH provides to the island community is Meals On Wheels (delivering hot and well-balanced meals up to five days per week), Weekend Food Backpack program, medical equipment loans, non-emergency medical transport on and off the islands, home visitation, healthcare referrals, notary services, client computer workstation services and a food pantry, which distributes more than 70,000 pounds of food annually.

During 2013 alone, FISH distributed 76,459 pounds of food to 295 households on the islands, transported clients to 193 non-emergency medical-related appointments and subsidized 75 households with $166,634 of emergency financial assistance. In addition, the 32-year-old organization:

- Sponsored $10,456 in island youth scholarships
- Supplied 1,652 backpacks with weekend food supplies throughout the year
- Delivered 2,565 meals to clients with limited mobility or needing assistance
- Loaned 483 pieces of medical/health equipment
- Assisted 58 elderly or disabled households with hurricane preparedness
- Provided $150,148 of other client support through various programs

“Whatever the love most about this agency is that it identifies the needs of people we serve, and assists them in moving forward,” said Christine Swiersz, program director and licensed clinical social worker who joined FISH in 2010. “We work with people of all ages who come from all walks of life. People who have lived here a long time who may be struggling, people who used to own businesses here that aren’t doing well or folks who just need somebody to talk to or have check in on them. What we do is try to help them maintain their homes and enjoy a positive lifestyle. And we assist them with both dignity and respect.”

In addition to FISH’s regular client services, the organization offers special events and programs throughout the year. During the month of May, FISH will conduct a Mom & Toddlers Group (on Monday, May 12 from 10 to 11:30 a.m. at the FISH Walk-In Center), a Budgeting Workshop (on Monday, May 12 from 6:30 to 8 p.m. at St. Michael & All Angels Church), a Friendly Faces Luncheon (on Tuesday, May 13 starting at 11:30 a.m. at George & Wendy’s Seafood Grill ) and a Women’s Self Defense Class (on Tuesday, May 27 from 6 to 8 p.m. at St. Michael & All Angels Church).

Incredibly, FISH accomplishes this monumental task with a staff of only three full-time and two part-time workers. Both Feiner and Swiersz credited the organization’s “backbone” of 180 volunteers for helping them carry the load.

“We assisted 1,634 individuals last year as the only comprehensive human service organization on the islands,” said Feiner. “We’re always looking for volunteers to join our team. There is no minimum of hours to work and you can choose an activity that suits your own skills or desires.”

In 2013, FISH volunteers provided 6,311 hours of service and drove 27,319 miles on behalf of its clients. To learn more about getting involved with FISH or for more information about services or programs, call 472-4775 or visit www.fishofsanibel.com. You may also visit the FISH Walk In Center, located at 1630-B Periwinkle Way on Sanibel between 10 a.m. and 4 p.m. Monday through Friday.

“Everybody knows somebody who may have been touched by some sort of crisis or tragedy,” added Feiner. “We receive a tremendous amount of support from the islands... we are neighbors who want to help neighbors.”

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Dinner: 5:30pm to 9:30pm (239) 472-3337
15183 Captiva Drive Captiva Island, Florida 33924
Young students of the islands used their imaginations and socialization skills recently and made "soup" in the gazebo on the playground at Summit Christian School at Sanibel Community Church.

Scarlet Strauss, Korynn Livermon and Jacqueline Chavez Santana

Sanibel Christian Preschool Open House May 10

The Sanibel Christian Preschool will hold an Open House on Saturday, May 10 from 10 a.m. to noon at Sanibel Congregational United Church of Christ, located at 2050 Periwinkle Way on Sanibel. The event offers a great time for parents and children alike to meet preschool director Laura Miltner and teacher Ana Abella as well as seeing examples of their program, including the fine arts and classical music programs.

Come check out our programs for 2, 3 and VPK 4 year olds, enjoy some light refreshments, and see their facilities. Applications will be accepted at the Open House for the 2014-15 academic year beginning on August 18.

Sanibel Christian Preschool promotes emergent reading, writing and math skills in a faith-based environment as a ministry of the Sanibel Congregational United Church of Christ. Their small class size enables teachers to give each child the individualized attention to meet each one’s needs and help every child grow at his or her own pace. School hours are Monday through Friday from 8 a.m. to 2:45 p.m., with aftercare available on Monday, Tuesday, Thursdays and Fridays. The preschool is also offering a summer session during June Monday through Friday from 8 a.m. to 2:45 p.m.

Teacher Ana Abella gives Olivia a helping hand out on the playground as well in the classroom

In addition, they are now accepting applications for their summer session and for the 2014-15 school year. Limited scholarships based on financial need are available.

For more information, call 472-0497 or stop by the Sanibel Congregational United Church of Christ offices at 2050 Periwinkle Way on Sanibel.

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For a full listing of programs, please visit: www.BIGARTS.org
Museum Hosts Jewelry Event

Visit The Bailey-Matthews Shell Museum for a Make & Take Shell Jewelry Event on Saturday, May 10. The event is included with museum admission, with a nominal fee for supplies. It runs throughout the day, from 11 a.m. to 4 p.m.

Combine a little physics (thermal heat transfer) by way of hammering metals and use beautiful stones or simple ocean objects to make the best pendants. Keep in mind each pendant is unique, just like the person who wears it.

Everyone has the ability to be creative, so grab some Merlin’s gold, copper or silver nickel, a bench block, safety goggles and a jeweler’s hammer and participate in a rapid make and take session. Patty Lipka has been making hammered and wire wrapped pendants for over 26 years. Much of her work can be found in galleries throughout north central Wisconsin.

Patty Lipka and some of her hammered and wire wrapped jewelry pieces
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Shell Point To Offer ‘Ding’ Darling Lecture


Anders will share her knowledge of local lore as she takes a closer look at the life of Jay Norwood “Ding” Darling, a noted editorial cartoonist who chronicled the crossing of the Atlantic by Lindbergh, the fallen sons of World War I and World War II, and the creation of the League of Nations. Over his lifetime, about 10 percent of his editorial cartoons were about the environment. He received two Pulitzer Prizes, and some of his biggest contributions to the country were conservation-oriented. Of course, we know him best for the national wildlife refuge right down the road on Sanibel that bears his name.

“Kristie always delights with her unique combination of scholarship, humor, and understanding of our local environment,” said Teri Kolath, manager of the Academy of Lifelong Learning.

This class is free, but space is limited and registration is required by calling 489-8472.

Our email address is press@islandsunnews.com

Amy Nichols

Amy Nichols, visiting from Springfield, Illinois, found a junonia on the beach near ‘Tween Waters while staying at ‘Tween Waters Inn on April 20. Her family said the find is “cool.”

Angelina Peterson

Angelina Peterson, 7, visiting from Charlotte, North Carolina, found a junonia while digging a hole at Blind Pass while staying at Clam Bayou on April 23.

Our email address is press@islandsunnews.com

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CROW Case of the Week:  
Great Horned Owlet

by Patricia Molloy

The great horned owl (Bubo virginianus) is the quintessential owl of myth and folklore. As the most powerful of the common owls, these nocturnal avians grow to be 16 to 18 inches tall with thick bodies, piercing yellow eyes and long ear tufts. Fierce predators that silently prowl the night skies, they are seldom seen but their low-pitched calls are often heard from great distances: whoo, whoo-hoo, whooo, whooo.

Considered by many to be the most efficient predator on the planet, its superior hearing combined with visual acuity allows it to detect prey from high above the ground. Once detected, the great horned owl will react swiftly by swooping down silently from the dark sky, capturing its victim in the vice-like grip of its talons. As a result of its remarkable hunting skills, the great horned owl has earned the nickname “tiger of the sky.”

Several weeks ago, a baby great horned owl was found on Sanibel after presumably falling from its nest. Despite a thorough search for its parents and its nest, it was feared to be orphaned or abducted, by either human or predator. The fluffy chick was wrapped in a soft towel, placed in a ventilated cardboard box and dropped off at CROW.

Upon presentation, Dr. Heather found the frightened little bird to be a perfectly healthy nestling covered in soft, downy feathers. Without parents to provide it with food and protection, Dr. Heather had no choice but to admit the youngster, patient #0523, to the clinic. A large, quiet cage just outside of the baby bird room was prepared for the owlet’s stay.

Nestlings are unable to fly until they are 10 to 12 weeks old. Around the tender age of six weeks, however, great horned owlets begin to explore their surrounds by hopping from branch to branch. This activity helps them develop strong leg muscles, which they will need for hunting.

Before long, the owlet outgrew its cage and was moved to an outdoor enclosure. “He needed more daylight and a bigger cage because he is pretty big. He appears to be at the branching stage and he is eating well and gaining weight and turning into a giant baby,” said Dr. Kristin with a smile.

In order to keep the “giant baby” at a healthy weight, CROW must feed the owlet a staggering 12 to 14 mice per day, an expensive endeavor for the non-profit hospital. As a practitioner of the One Health Initiative, Dr. Heather is committed to doing whatever it takes to save these remarkable birds of prey because they do so much to control the island’s rodent populations.

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 PO Box 150, Sanibel, FL 33957. Call 472-3644 or visit: www.crowclinic.org.

The great horned owl is known by many as the “tiger of the sky.” Pictured here is a three-to four-week-old owlet, CROW patient #0523.
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May you always have a shell in your pocket & sand between your toes.
Shell Of The Week
The Imperial Venus

by José H. Leal, PhD, The Bailey-Matthews Shell Museum Curator and Director of Education

Local beach renourishment episodes are known to contribute different or unusual species to the normal local diversity. As sand is pumped from offshore sites, deeper-water species are also "sucked" by the dredges and deposited in the newly formed beach. Last year's beach enhancement on Captiva contributed several unusual species, including this imperial venus (*Lirophora latilirata* (Conrad, 1841)) valve found by Kimberly Nealon on Easter Sunday on the beach around the middle of the island. Imperial venuses are not unusual in the Caribbean or in other parts of the gulf, but live in deeper water off Southwest Florida. Its thick and heavy shell may reach 1.5 inches, and the broad ribs on the shell surface are unique and somewhat attractive. Learn more about the imperial venus at http://shellmuseum.org/shells/shelldetails.cfm?id=316.

This Week at the Museum

Shell Museum Events

Exhibit Chat: This 10-minute presentation will provide an in-depth look to a different exhibit. Daily at 11 a.m.

Live Tank Demonstration: See Live Mollusks Up-Close and Personal. See a fighting conch use its foot for locomotion, watch a lighting whelk slam its trap door shut for protection, or witness scallops zip across the tank with the jet propulsion skills. Daily at 3 p.m.

Shelling 101: Everything You Always Wanted to Know About Shells, but Were Afraid to Ask. Learn how to find, clean and pack shells for safe travel. Discover how mollusks are classified into families and classes. Monday at 2 p.m.

Shell ID Clinics: This new weekly program will provide shelling enthusiasts additional information about their shell-finding skills and Southwest Florida shells. Thursday at 2 p.m.

Beach Walks: Join our marine naturalist for a beach walk on the sand near Island Inn on Sanibel. This guided beach walk leaves from Island Inn every Tuesday at 10 a.m. Learn about the shells, the mollusks who create them, and other marine life that has washed ashore. Space is limited. Call 395-2233 to make a reservation. All participants receive a coupon for half-off shell museum admission.

Marine Naturalist Adventure Cruise: The Bailey-Matthews Shell Museum and Captiva Cruises present an ecological expedition that will educate and excite marine enthusiasts. Join a marine naturalist from The Bailey-Matthews Shell Museum for an unforgettable day with a small group aboard the 40-foot sailing catamaran Adventure. The trips set sail Tuesday, Thursday, Friday and Saturday at 9 a.m. at South Seas Resort on Captiva Island. The four-hour cruise costs $100 for adults and $75 for children and includes the boat trip, lunch, and admission to The Bailey-Matthews Shell Museum.

Weekly Schedule

Friday, May 3 - Marine Naturalist Cruise at 9 a.m., Exhibit Chat at 11 a.m.; Live Tank Demonstration at 3 p.m.

Saturday, May 4 - Marine Naturalist Cruise at 9 a.m., Exhibit Chat at 11 a.m.; Live Tank Demonstration at 3 p.m.

Sunday, May 5 - Exhibit Chat at 11 a.m.; Live Tank Demonstration at 3 p.m.

Monday, May 6 - Exhibit Chat at 11 a.m.; Shelling 101 at 2 p.m.; Live Tank Demonstration at 3 p.m.

Tuesday, May 7 - Marine Naturalist Cruise at 9 a.m., Beach Walk at 10 a.m., Exhibit Chat at 11 a.m.; Live Tank Demonstration at 3 p.m.

Wednesday, May 8 - Exhibit Chat at 11 a.m.; Live Tank Demonstration at 3 p.m.

Thursday, May 9 - Marine Naturalist Cruise at 9 a.m., Exhibit Chat at 11 a.m.; Shell ID Clinic at 2 p.m., Live Tank Demonstration at 3 p.m.

The Bailey-Matthews Shell Museum is at 3075 Sanibel-Captiva Road. Phone 239-395-2233 or visit www.shellmuseum.org.

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Free Summer Family Programs At The Refuge

Our weekly walks and activities plus a special Sea Monsters exhibit highlight the free programming offered all summer long at JN “Ding” Darling National Wildlife Refuge on Sanibel.

The Sea Monsters exhibit – from Mote Marine Laboratory, a marine science institution based in Sarasota – opens June 2 in the “Ding” Darling Visitor & Education Center. Visitors can interact for free with the educational exhibit daily from 9 a.m. to 4 p.m. through August 18.

Refuge summer programs begin on National Trails Day, June 7, and run through August 2. They include a twice-weekly Family Beach Walk, Indigo Trail Walk, Reading in the Refuge activity, and Wildlife Wonders program. For a full schedule with descriptions, visit www.dingdarlingsociety.org/summer-programming.

National Trails Day will feature specially scheduled hikes on Indigo Trail and the Wildlife Education Boardwalk plus Animal Tracking 101 in the Visitor & Education Center and Animal Olympics on Indigo Trail.

Summer programming was made possible by support from the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS), the Southwest Florida Community Foundation, and a private family foundation.

Families learn about sea turtles and other island fauna and flora during Reading at the Refuge programs

The schedule of four weekly activities follows. No pre-registration is necessary.

• Wildlife Wonders, every Monday and Friday at 1 p.m.: What makes a bird a bird? Why is a manatee called a “sea cow”? Is it a crocodile or alligator? Find the answers to these questions and more as you join a naturalist in exploring the refuge’s unique ecosystem. Geared for adults and children, this 30-minute program meets in the education center classroom.

• Reading at the Refuge, every Tuesday and Saturday at 11 a.m.: Attendees of each 45-minute reading and crafts session will receive a free nature journal (one to each child) in which to record impressions of their refuge visit and future nature encounters. Meet in the education classroom.

• Indigo Trail Hike, every Thursday and Saturday at 10 a.m.: Join refuge naturalists as they lead a one-hour tour identifying and discussing the ecosystem’s plants, animals, birds and reptiles – fun for adults and children alike. Bring water and bug spray. Meet at the flagpole in front of the education center.

• Family Beach Walk, every Wednesday and Friday at 9 a.m.: The one-hour program convenes at Gulfside City Park for a tour of the refuge’s gulf-front Perry Tract (city parking fees apply.) For more information, call 472-1100 ext. 236 or visit www.dingdarlingsociety.org/summer-programming.

Snook Season Closed

Snook fishing has now closed to all harvest in Gulf state, federal and inland waters, including all of Monroe County and Everglades National Park, taking effect on May 1. Seasonal harvest closures protect Florida’s valuable snook populations and help sustain and improve the fishery for the future.

Snook is open to harvest in Atlantic state, federal and inland waters, including Lake Okeechobee and the Kissimmee River, through May 31, closing June 1.

Both the Atlantic and Gulf will reopen for recreational harvest on September 1.

Snook are one of the many reasons Florida is the Fishing Capital of the World. The Florida Fish and Wildlife Conservation Commission (FWC) encourages anglers to use moderation when determining whether to take a snook home, even during the open season. Snook may be caught and released during the closed season. The FWC encourages anglers to handle their catch carefully to help the fish survive upon release. Proper handling methods can help ensure the species’ abundance for anglers today and generations to come.

To learn more about fish handling, visit www.MyFWC.com/Fishing and click on “Saltwater,” “Recreational Regulations” and “Fish Handling.”

Learn more about recreational fishing at www.MyFWC.com/Fishing by clicking on “Saltwater” and “Recreational Regulations.”

Captiva Cruises

Here are just a few of the exciting cruises we offer:

Marine Naturalist Adventure A partnership between Captiva Cruises and the Bailey Mathews Shell Museum. Come aboard the Adventure, our 24-passenger sailing catamaran for an unforgettable island expedition. Passengers enjoy a Zodiac boat ride to the island, a naturalist guided shelling adventure, tropical island lunch and a fun sail back to Captiva.

Prices also include admission to the Shell Museum.

Tuesdays, Wednesdays, Friday & Saturdays  9:00 AM - 1:00 PM
Adults $100 / Child $75 (Plus tax)

Sunset Serenade Cruise Enjoy live music & the fresh sea air while watching a fabulous Gulf of Mexico Sunset. The perfect way to end the day.

Thursday Evenings  7:00 - 8:00 PM
Adults $30 / Child $20 (Plus Tax)

Cayo Costa Beach & Shelling Enjoy pristine Gulf Coast barrier islands & explore the secluded, undeveloped Cayo Costa State Park beaches only accessible by boat. Full day & half day trips available.

Please call Captiva Cruises at (239) 472-5300 for additional information or visit captivacruises.com
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Tarpon Are Now In The Building

by Capt. Matt Mitchell

This spring has been some of the toughest fishing I can remember for this time of year. I don’t know if it is the lack of shiners in the sound or the poor tide pattern but snook and redfish action has been hard work to say the least. What makes this more frustrating is the places I’m targeting these fish are holding them in good numbers yet they do not want to eat a bait. After fishing a hole with only a few bites or fish caught I will jump up on the tower just to check to see if the fish are there as we head out to the next stop, the fish are generally there and in good numbers.

Mangrove islands in the mouth of the river held some quality size snook on the higher phases of the incoming tide. Although there where not lots of them the few we managed to hook where bruisers. We lost a couple of 15 pound plus fish while pitching shiners to the tide swept points of these islands this week. All these fish want to eat are shiners and shiners have been very hard to catch to say the least. These snook simply do want any other bait.

Redfish action has also been much more hit and miss than it should be this time of year. One day they are right where they should be on a high tide then for the next 3 days they are gone completely from that area. Oyster bars in the middle sound have been a few reds along with some snook and giant trout. Cut mullet, ladyfish and even cut pinfish caught a few redfish this week on mangrove keys in the northern sound. With big afternoon high tides this week action should get a whole lot better.

Open water flats fishing for trout, ladyfish and sharks has been the best bite happening with lots of these fish around. Water in the 5 to 7ft range has been a good place to pop corals with live shrimp or throw jigs. Locate a few feeding birds in these same area’s and this action has been non stop. In a little shallower the sandholes around the wulfert key and buck key area have been loaded with trout for weeks. Some days these trout are all over the 15 inch minimum with a few well over 20 inches then other days it seems almost impossible to get a single keeper. Non stop action in these sandholes though has been pretty much a given. These same sandholes are also holding a few spanish mackerel and jacks. If you just want to bend a rod or wait on the tide to get right before trying for snook and reds this is a sure thing.

Just like turning on of a switch as our water temperature in the sound hit that magic number of 78 degree’s mid week the tarpon appeared basically out of nowhere. Good numbers of rolling fish flooded into our waters and where easy to spot during the morning light wind calm conditions. Most places I ran in the sound I saw tarpon. Reports of good numbers of tarpon out on the beaches has also started.

With the snook and redfish bite being a little tough in recent days to say the least tarpon are a much welcomed arrival. My only tarpon trip this week I sat in rolling and free jumping tarpon for over two hours without a hook up. Sharks where all we caught no matter what bait we tried on these fish they would not take a bait. Watching tarpon roll right next to you buffet of baits can drive you crazy. Tougher fishing just makes the fish caught that more satisfying, yeah right!!

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 captmatt-mitchell@aol.com.

Send Us Your Fish Tales

The Island Sun would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include photographs with identification. Drop them at the Island Sun, 1640 Periwinkle Way, Suite 2, Sanibel, or email to islansuncity@aol.com; or call Anne Mitchell at 395-1213.

Read us online at IslandSunNews.com
Danish Harrell of Indian Harbor Beach, Florida caught and released a lookdown fish and a snook while visiting Sanibel over Easter weekend. Danish and Lamar Harrell, along their twins Ella and Logan, were visiting in-laws Wesley and Jimmy Fay.

Danish Harrell with her lookdown fish catch

Danish Harrell with her snook catch

Danish Harrell with her snook catch

Danish Harrell with her lookdown fish catch

The Presbrey’s display the snook caught by the children

Michael, Ali and Joey Presbrey – who caught a 35-inch snook – from Manasquan, New Jersey had a great day of fishing, along with their father, James. The snook was safely released back into the river.

The family had been fishing with Sea Reed Charters.

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Fish Caught

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An Inside Look At Wildlife Recovery

The CROW Picture Show presents informative anecdotes about the native and migratory wildlife species brought to CROW (Clinic for the Rehabilitation of Wildlife), along with photos of patients admitted to the facility. In 2013, CROW’s wildlife hospital cared for 3,391 sick, injured and orphaned animals. Of the 200 different species, 60 percent were birds, with 33 percent mammals and seven percent reptiles.

CROW is not permitted to display its patients publicly, so this presentation offers the next best thing: numerous candid snapshots of current and past patients with commentary by Claudia Burns, a veteran clinic volunteer.

The next CROW Picture Show is on Friday, May 9 at 11 a.m. in CROW’s Visitor Education Center at 3883 Sanibel-Captiva Road, across from The Sanibel School. Admission is $5 for adults, $3 for teens, free for members and children 12 or under. The entry fee also includes access to the Visitor Education Center, which exhibits CROW’s efforts to save wildlife through care, education and collaboration.

For more information, call 472-3644, ext. 228. To learn more about CROW, visit www.crowclinic.org.
Curacao Bush

by Gerri Reaves

Curacao bush (Cordia globosa) is a native shrub listed as endangered in the State of Florida. Found only in parts of South Florida and the Keys, it grows at the edges of hammocks, in coastal rock barrens and in open areas.

This long-lived perennial is a fast grower, reaching five to 10 feet tall and taking a symmetrical rounded shape. Multi-branched with dense foliage, it’s particularly suited to a wild garden.

Clusters of small white funnel-shaped flowers bloom on the branch ends most of the year. The flowers are followed by small bright-red berries that earn the plant another common name, bloodberry.

The flowers attract several species of butterflies, such as malachite, atala and dagger wings, thus yet another common name, butterflybush. Birds and other wildlife feed on the berries.

The coarse, hairy, gray-green leaves have toothed edges, pointed tips and prominent veins.

Curacao bush is drought-tolerant when established and moderately salt-tolerant as well. It can survive in nutrient-poor sandy soil, but needs some organic content.

Give it a spot in full sun or light shade. Propagate it with the seeds or watch for seedlings near the parent plant.


Plant Smart explores the plant life of South Florida and sustainable landscape practices.

Send your editorial copy to: press@islandsunnews.com
Sanibel resident Bob Kent has three bronze sculptures, celebrating activities of his grandchildren, on display at the Sanibel Public Library.

The sculptures depict a girl playing soccer, a boy weightlifting, and a girl running. Each is about 24 inches tall and weighs more than 50 pounds.

Kent said it takes about three months to do one sculpture. He works with 1/4-inch to 3/8-inch sheets of wax using metal tools heated with either an alcohol lamp or a propane burner. Then he uses a hair dryer or hot water to shape the wax. The sculpture is finished with very fine metal sandpaper dipped in mineral spirits to make the wax pliable. Finally, the sculpture is taken to Bronzart Foundry in Sarasota where it is cast in bronze.

Artistic talent runs in the family. Kent’s grandfather dabbled in painting. In 2010, Kent took a class at BIG ARTS in clay sculpting and later became interested in bronze.

In addition to the soccer, weightlifting and running sculptures, Kent has completed a boy breaking boards karate-style and he is currently working on a girl playing violin, and a boy playing piano.

Kent is originally from Columbus, Ohio, worked in the construction and concrete business, and later in land development. He attended Denison University in Granville, where he met his wife Joan. They discovered Sanibel in 1973 and built a condominium in 1984. They have four children and 11 grandchildren.

He is a long-time volunteer at the Sanibel Public Library. Along with sculpting, his hobbies include golf, bridge, cooking and reading.

The sculpture is on display through mid-May in the main reading room. The library is at 770 Dunlop Road and is open from 9 a.m. to 8 p.m. Mondays and Thursdays, and 9 a.m. to 5 p.m. Tuesdays, Wednesdays, Fridays and Saturdays. For more information, call 472-2483.

Bob Kent with two of his bronze sculptures

Sculpture By Bob Kent On Display At The Library

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Chris Workman Every Wed. 7-10pm
Danny Morgan & Friends Tues. & Thurs. 7-10pm
The season is winding down and the snowbirds have started heading back up north, both the humans and those with feathers. That means until the fall migration, we humans who stay on Sanibel throughout the summer will have to accept seeing fewer numbers of wading birds on trips though the refuge.

For a long time now, local birds throughout south Florida have been declining in number. There are estimates that the numbers of wading birds in south Florida may be as much as 90 to 95 percent lower than they were in the 1930s and 1940s. Typically, people tend to blame the development community for these declines. But you can’t blame it all on the developers. There are many ways that species experience loss of habitat and a resulting decline in numbers.

With all the things that humans are doing to make it difficult for our local wading birds, it shouldn’t be surprising that we see less and less every year. Even back in 1978, after the feathered snowbirds began returning to their summer breeding grounds, I could go back into the remote areas of the refuge and find 300 to 400 wading birds feeding in a single group, standing so close to each other that you could hear them arguing a quarter of a mile away. Today, I’m lucky if I can find 20 to 30 together at a time.

That’s what happens in an increasingly human-oriented world.

But if it is not only the developers, what else causes loss of habitat? The first major changes that started to affect the wading birds started soon after World War II when the mosquito control districts were created and they began spraying DDT in order to rid Southwest Florida of the pesky saltwater mosquito. On Sanibel, the district’s work was intensified by the late ’50s and early ’60s when major anti-mosquito breeding habitat projects (such as the building of the Wildlife Drive and draining the interior wetlands) were initiated.

With fewer mosquitos, the large populations of foraging fish that fed on mosquito larvae became increasingly rare, making it more difficult for the wading birds to find food. If the birds can’t find sufficient food to survive and raise their families, there is less of a reason to try and nest here.

Now don’t get me wrong, I am not anti-mosquito control. I have heard the stories about how bad the mosquitos once were on Sanibel with no program in place. We have to protect humans from deadly mosquito-borne diseases. But I’m not sure that I want the mosquito control issue to be so important that the program can poison and alter the environment, almost indiscriminately; so much so that tourists can come to the island in the summer, wear their swimsuits and not be bothered by many mosquitos.

On the other hand, isn’t it interesting how we deal with no-see-ums? Do we spray poisons all over from helicopters and airplanes? No. We put less toxic sprays on our bodies. We try techniques such as avoiding sunrise and sunset, or standing still only in places where there is a breeze. What a much more environmentally-friendly way to deal with irritating insects.

But that’s just the start of our local wading birds problems when it comes to surviving in a human-oriented world. For the last several decades, we’ve been dumping tons of nutrients from Lake Okeechobee into the Pine Island Estuary.

With all the algae growth and red tide blooms, I feel that the foraging fish have had to suffer, which in turn affects our local wading birds. And to top it all off, Sanibel has created a “pygmy” population of alligators that probably couldn’t keep the smallest raccoon from getting into a nest.

It’s tough for a wading bird to try and raise a family here on this “environmentally-friendly” island these days.

Yes, we do see more roseate spoonbills here on Sanibel in the summer. But that is because they do not nest on the island. They mostly nest down in the Everglades during the winter and bring their young back up here for the summer. But even their numbers have been declining drastically for many years due to the mismanagement of the Everglades ecosystem.

Humans have evolved into a powerful species with the ability to alter how the natural world lives and breathes. We are always saying that we want the “pretty” species to share this world with us. But then we are always making decisions that affect their ability to survive with us. When will we learn that everything is connected, even the scary and insignificant?

It is within our power to decide who shall live amongst us and who shall not. Will we continue to look at the world with tunnel vision or will we develop the wisdom to take a more balanced approach? I am reminded of a quote that lately has been attributed to Spiderman’s Uncle Westall by Mark ‘Bird’ Westall.

The Summer And Wading Birds

With the feathered snowbirds beginning to head back north, both the humans and those with feathers, that means until the fall migration, we humans who stay on Sanibel throughout the summer will have to accept seeing fewer numbers of wading birds on trips though the refuge.

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Congress Jewelers Supports The Sanibel School Fund

Congress Jewelers has been involved with The Sanibel School since 1984, when the Congress family opened the jewelry store in Periwinkle Place Shops. Although the founders Dee and Larry Congress did not have any of their own children attend the school, they have had seven grandchildren attend and five graduate from middle school.

The elementary school was expanded to a K-8 school in 2002. Since then, the Congress family has been involved in many aspects of the school, including serving as members of the Sanibel School Fund, PTA Board and School Advisory Council. As part of their continued support of the school, Congress Jewelers is a Grand Blue Ribbon Partner of this year’s annual campaign by providing financial support for the foreign language program and additional enhancements of improving technology.

“We are very fortunate to have a school on our island that has prepared our four children to succeed in high school and college,” said Scot Congress. “The friendships that they make at school will endure them to our island forever.”

As part of the Blue Ribbon Golf Classic, Congress Jewelers has also donated a gift certificate from Sealife by Congress.
Eighth grade students were invited to participate in this contest by writing an essay on a particular problem or conflict faced by teenagers — perhaps a dilemma they had faced personally, or an issue facing our nation or world — using the guidelines presented by Rotary’s 4-Way Test.

Maxime, Sanibel School Principal Barbara Von Harten, eighth grade English teacher Brittany Camp and Rene Miville (Maxime’s father) attended last week’s Sanibel-Captiva Rotary Club meeting where Maxime was presented a $50 check, a personal 4-Way Test plaque and an engraved 4-Way Test contest winner plaque to be displayed in the reception area of The Sanibel School. Maxime was then invited to read her essay on the topic of cheating at school. Main paragraphs in her essay took on the questions in the 4-Way Test as relating to cheating.
‘Sanibel Is…’ Artworks Now On Sale

You may have seen the “Sanibel is…” advertisements running in this newspaper over the past 10 months. Each ad focused on one aspect of Sanibel life, and was sponsored by Eric Pfeifer, broker of Pfeifer Realty Group.

Now, those ads have been produced as 18-inch x 24-inch artworks, on gallery wrap canvas. Each will be sold, and the buyer may choose which of 10 Sanibel non-profits will receive the proceeds.

“This is a concept unique to Sanibel,” Pfeifer said. “Many events raise money for a single cause. This one lets the buyer choose which organization benefits from their purchase.”

Five of the 10 have been sold. The five remaining artworks feature: kayaking, wildlife, history, shelling and boating.

Bids for the art auction may be made online now at www.SanibelStories.com. In addition, the five can be seen at Sanibel Art & Frame, located at 630 Tarpon Bay Road. And, for those want to be assured of getting the piece they want, there is a “buy it now” price of $400.

The art auction began in conjunction with the premiere of Growing Up On Sanibel, a documentary sponsored by Pfeifer Realty Group, which had its first showing at BIG ARTS on April 10. The documentary will be available soon on DVD.

Read us online at IslandSunNews.com
Marching on the Broadway Palm stage from now through May 24 is Meredith Wilson’s *The Music Man*. The winner of five Tony Awards, *The Music Man* has been delighting audiences of all ages for over 50 years. *The Music Man* follows Harold Hill, a fast-talking traveling salesman as he sets out to con the people of River City, Iowa. Hill tries to talk the townsfolk into buying instruments and uniforms for a band that he vows to organize, despite the fact that he doesn’t know a trombone from a treble clef. His plans to skip town with the cash are foiled when he falls for Marian, the town’s librarian. The crowd pleasing score includes *Seventy-six Trombones*, *Goodnight Ladies*, *Shipoopi* and more.

Directing this family-friendly classic is Brian Erzman, who has been with Prather Entertainment Group (PEG) for over 25 years and created over 200 productions as director, choreographer and actor for both Broadway Palm and the Dutch Apple. He also serves as PEG’s casting director and artistic producer. Choreographing *The Music Man* is Amy Marie McCleary. Her stellar choreography was previously seen in the critically acclaimed *Cats*. The duo most recently worked together on the monumental musical *Les Misérables*.

March on over to Broadway Palm for *The Music Man* playing now through May 24. Performances are Wednesday through Sunday evenings with selected matinees. The theatre features an upscale dinner theatre experience on Saturday nights. Ticket prices range from $35 to $58, with children’s rates available. Reservations can be made by calling 278-4422, by visiting www.BroadwayPalm.com or by stopping by the box office, located at 1380 Colonial Boulevard in Fort Myers.
Sanibel-Captiva Conservation Foundation

Sea Turtle Nesting

The beginning of sea turtle nesting season in Southwest Florida has begun. This year, SCCF welcomes a new sea turtle coordinator, Kelly Sloan, who joined SCCF in December. Sloan brings six years of experience, having worked as a sea turtle biologist for the South Carolina Department of Natural Resources. Thursday, May 1 marked the official start of nesting season, but in recent years, sea turtles have started nesting at the end of April. All sea turtle species are listed and protected under the U.S. Endangered Species Act. As nesting season gets under way on the islands, you can help provide a safe beach for nesting and hatching sea turtles by keeping the following tips in mind:

- Shield or turn off lights near the beach
- Take all beach furniture, tents and umbrellas off the beach with you
- Fill any holes you dig
- Do not approach or disturb nesting turtles
- Never take a flash photo of a sea turtle
- Limit your use of flashlights on the beach at night. If you see a sea turtle, turn the flashlight off immediately.
- Pick up trash on the beach, especially plastic
- Honor the pet leash law

For more information on the sea turtles that nest and hatch on our beaches, visit the SCCF Nature Center for the Turtle Tracks education program.

Snowy Plover Nesting On Sanibel

As of Thursday, April 24, there were six snowy plover nests on Sanibel. There was a seventh but it was lost due to human interference.

SCCF coordinates the monitoring of snowy plover nesting on Sanibel. Snowy plovers nest on the beach and SCCF stakes protective exclosures around snowy plover nests. Do not enter the staked exclosures and keep dogs out as well. When snowy plovers are not moving, they are extremely well camouflaged. If a snowy plover is flushed from its nest, it takes very little time for the hot sun to damage the eggs.

The snowy plover is a state-listed, threatened species on Sanibel. The most recent estimate indicates that around 200 pairs of snowy plovers remain along the west coast of Florida, from the Panhandle through Cape Sable. Snowy plover nesting season runs through August. They can nest two or three times in one season.

You can learn more about snowy plovers at the weekly program offered every other Tuesday at 1:30 p.m. at SCCF’s Nature Center, or visit SCCF’s website at http://sccf.org/content/80/Snowy-Plover-Project.aspx

SCCF (the Sanibel-Captiva Conservation Foundation) is dedicated to the conservation of coastal habitats and aquatic resources on Sanibel and Captiva and in the surrounding watershed through environmental education, land acquisition, landscaping for wildlife, marine research, natural resource policy, sea turtle conservation and wildlife habitat management. As part of the SCCF Marine Laboratory’s work, real-time water quality data from the SCCF RECON (River, Estuary & Coastal Observing Network) sensors can be found at http://www.recon.sccf.org. Community support through membership dues and tax-deductible contributions makes this work possible.

Cruise The Historic Caloosahatchee

Tour the historic upriver Caloosahatchee on a 2.5-hour Caloosahatchee Oxbow & Riverlore Cruise on Mother’s Day, Sunday, May 11. Explore the meanders of the Caloosahatchee back to a time when a waterfall served as the headwaters of the Caloosahatchee and settlers braved living amongst the wilderness.

The adventure begins by locking through the WP Franklin Lock in Olga. Heading east towards Alva, you will enter the historic bends of the river and revisit the activities of the pioneers who traveled the same river to find paradise. Stories of the settlements and their adventures are blended with an understanding of the river’s oxbows, the wild creatures that call it home and the challenges the river faces.

The tour is guided by Rae Ann Wessel, a river researcher, long-time river advocate, historian and SCCF natural resource policy director. The vessel is the stable and spacious 47-passenger Manatee Rover pontoon boat that is used for daily manatee tours. All seats have a great view for photographs and bird watching.

Cruises depart at 1 p.m. from the WP Franklin Lock & Dam off SR 80 in Olga.
Poet’s Corner

selected by Tanya Hochschild

As the season winds down, tennis and golf matches are over, but the games continue to be played weekly. For those poetry lovers who are players or spectators, enjoy the following poem.

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

Share your community news with us.
Call 395-1213, Fax: 395-2299
or email press@islandsunnews.com

Poet’s Corner

Clobber The Lobber
by Felicia Lamport

| Slabs | Tennis With
|-------|---------------|
| Who   | Play To
| Have  | Need From
| The   | Us
| Urge  | Spare O
| To    | Lofty
| Lengthen | With
| Points | Lobs!

This poem comes from the book Tennis And The Meaning Of Life – A Literary Anthology Of The Game. Next week, a poem for golfers who read poetry. Poet’s Corner invites all jocks out there to send in a poem of their favorite sport.

Please phone 239-395-6030 for Brunch reservations.

This is a partial list of items to be featured.

Champagne Fountain & Mimosas
Assorted Tropical and Traditional Salads
Iced Shellfish
Belgian Waffles and Ricotta Filled Crepes
Made-to-Order Omelets and Eggs
Bacon and Sausage
Pepper Crusted Prime Rib of Beef
Fresh Local Catch
Chicken Breast with Piccata Cream Sauce
Baked Pasta with Crab Bienville
Dessert Table

Forty Nine dollars for Adults.
Nineteen dollars for children ages four through twelve. Children under three dine complimentary.

Plus tax and gratuity

Mother’s Day Brunch at Waterview
Sunday, May 11 from 10 AM - 4 PM

Treat your loved one to an elegant Gulf-view buffet complete with strolling guitarist, long-stemmed rose for the ladies, and over $500 in Spa package giveaways, courtesy of Kay Casperson Lifestyle Spa & Boutique. Plus, enter-to-win Sundial Dining Certificates.

View Menu & Pricing Online or OUR REGULAR DINNER MENU & LOBSTER SPECIALS 4-9pm

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Summer And Wading Birds

Ben, but in reality may have first been quoted by Voltaire in the 1800s: “With great power comes great responsibility.”

A former city council member and mayor, Mark “Bird” Westall has owned and operated Canoe Adventures, Inc. on Sanibel for over 33 years. Visit www.canoewithbirdwestall.com for more information.

“A fresh ingredient, simplicity, love... the recipe for a treasured dining experience” - Chef AJ

To advertise in the Island Sun Call 395-1213
New Opportunities at Shell Point

Shell Point’s Life Enrichment Series offers the opportunity to discover new things about yourself and the world you live in. Concerts, presentations, lectures, shows, special events, and more! The public is invited and many of these events are FREE!

May 6  The Story of Pakistan & Afghanistan from 10am to 11:30am. Join Professor Adrian Kerr, as he leads us through the recent history and colorful cultures of Pakistan and Afghanistan. Often overshadowed by their neighbors - India and Iran - both have emerged into high profile as a result of the post 9/11 conflicts in the Middle East. Tickets are $10 each* and can be purchased by calling 489-8472.

May 7,13,21 & 27 FREE  About Shell Point at 10am. Join us for a group presentation about the Lifestyle and Lifecare available at Shell Point followed by a narrated bus tour of the community. The presentation will also include information about Shell Point’s newest neighborhood, The Estuary, which will include 50 residences in a combination of single-family signature homes and twin villa homes, along with a community center and pool. Call 466-1131 or 1-800-780-1131 to reserve your place.

May 12 THE LIFE AND TIMES OF JAY NORWOOD “DING” DARLING free! from 10am to 11:30am. Kristie Anders, Education Director for the Sanibel Captiva Conservation Foundation, shares her knowledge of local lore as she takes a closer look at the life of Jay Norwood “Ding” Darling. Norwood was a noted editorial cartoonist who chronicled the crossing of the Atlantic by Lindbergh, the fallen sons of World War II, and the creation of the League of Nations. He received two Pulitzer prizes, and some of his biggest contributions to the country were conservation-oriented. Of course, we know him best for the national wildlife refuge right down the road on Sanibel that bears his name. Please call 489-8472 to reserve your space.

May 12  A New Cold War: Russia Revisited – 2 Sessions from 10am to 12pm. Join Thomas Tyrrell, retired international lawyer and former economic advisor to the UK government, as he leads a series of talks aimed at a better understanding of the Russian people and the objectives of President Putin. Russia is on the march! America and Europe are sliding inexorably into a new kind of Economic Cold War. The crisis in the Ukraine has once again caught the West off guard. Putin knows his endgame. What is ours? Tickets are $10 each session* and can be purchased by calling 489-8472.

*Please note: If you are unable to attend a class that includes a fee, kindly give 24 hours notice to receive a refund.

Visit www.shellpoint.org/LES for full listings of this month’s events!

(239) 466-1131 • www.shellpoint.org

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708 Fisherman's Wharf.
Ft. Myers Beach, FL 33931
239.765.9660

Captiva Island
South Seas Island Resort
Captiva Island FL 33924
239.312.4275

TheBeachedWhale.com

Live Music Every Night!
Happy Hour Mon-Fri 2-5pm

It’s All About the Food & Fun
Highlights Of SCCF’s 3rd Annual Beer In The Bushes

Crowds mingled around the SCCF property, had snacks and sampled beers throughout the evening.

Beer In The Bushes guests arriving at SCCF on Saturday night.

Islanders Launch Reusable Water Bottle Business

by Jeff Lysiak

What began as a bit of a joke between two old friends has become one of the latest, trend-setting ideas.

Long-time island resident Michael Macray and his daughter, Kelsie Macray, have started a new business headquartered on Sanibel – called Bone Dry Water Supply – peddling reusable aluminum and stainless steel water bottles in an effort to spread the movement of “going green.”

“The idea of starting our own business began as sort of a joke,” said Michael Macray, who moved to the island in 1982. “A friend of mine, Joe Cutler, is in the bottled water business up in Ocala. Way back when he started the business, it was crazy to think of people charging $3 for a bottle of water.”

Not too long ago, Macray asked his friend how the business was doing.

“He told me it was terrible, because all of the big companies (including Coca-Cola and Pepsi) had gotten into the (bottled water) game,” said Macray. “Half-joking, I asked him about his business costs, and he told me that the freight was the most expensive part of it.”

Soon, Macray was attempting to come up with an idea on how to lower the costs of bottling water. He and his daughter arrived at the notion of marketing what he calls – very much tongue-in-cheek – “dehydrated water.”

“People can buy water very inexpensively,” Macray said. “And once they buy our water bottles, they’re getting a lifetime supply.”

Also rather tongue-in-cheek is Bone Dry Water Supply’s instructions printed on the front label, which reads, “Gluten-free, sugar-free, fat-free, calorie-free, non-addictive, non-GMO, humanely raised, vegan, no artificial sweeteners, flavors, preservatives or atropa belladonna.”

On the reverse, the label reads, “Bone Dry Water Supply Co. is dedicated to...” continued on page 5B

Sanibel resident Michael Macray with a pair of reusable water bottles now being sold on the islands.
**WE MAKE IT EASY.**
**YOU MAKE IT HOME.**

**Florida: Bonita Springs, Fort Myers, Naples, Ocala, Sanibel and Captiva Islands**

- New Listing
  - 2BD/2BA, Second Floor Direct Gulf View
  - Sunsets From Your Screened Lanai
  - Close to Shopping, Dining, and Captiva Village
  - $599,000 MLS 2140429
  - Fred Newman & Vicki Panico 239.826.2704

**North Carolina: Cashiers, Franklin, Highlands, Lake Glenville, Lake Toxaway and Sapphire Valley**

**RoyalShellSales.com**

239.472.0078

Florida: Bonita Springs, Fort Myers, Naples, Ocala, Sanibel and Captiva Islands

North Carolina: Cashiers, Franklin, Highlands, Lake Glenville, Lake Toxaway and Sapphire Valley
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- Beautiful Views of Lake and #12 Green
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- Granite, Tile, Tray Ceilings, High End Window Treatments
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- Burns Family Team 239.464.2984

Sedgemoor Top Floor Penthouse

- Spacious Top Floor West Corner Penthouse
- 3BD/3.5BA, Private Elevator
- Media/Den Area, Oversized Lanai
- $2,935,000  MLS 2140103
- McMurray & Nette 239.281.4435

Popular Dunes Subdivision

- Beautifully Updated 5BD/3.5BA
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- Large Pool, Deck & Back Yard
- $825,000  MLS 2130291
- Burns Family Team 239.464.2984

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Beer In The Bushes Highlights

Enjoying SCCF’s Beer In The Bushes from the education center porch were, from left, Erin Howard, Mark Harrell, Bill Howard and Susan Harrell.

Charley and Laura Ball with SCCF’s Dee Serage-Century.

Mike and Amy Holloway with Jan and Blake Devitt.

Hula hooper Cynthia Clairy shows off her skills.

Rev. Peyton’s Big Damn Band members Washboard Breezy Peyton and Rev. Peyton entertained the crowd with some hillbilly blues music.

PROOF THAT SANIBEL’S TREASURES aren’t limited to shells...

Visit our Island Boutique to see our

- Designer condo packages
- Unique accessories
- Distinctive home furnishings

20% OFF ALL ACCESSORIES THIS WEEK ONLY!

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there has been so much going on during our regular Friday meet- ings so this week I’m doubling up on speaker notes.

Beth Lobdell, executive director of Child Care of Southwest Florida, said that over 90 percent of the neurons used in the brain are stimulated and form between the ages of two and five.

Child Care of Southwest Florida operates six high quality child care centers in Lee and Hendry counties, manages the USDA Child Care Food programs, manages Florida’s Child Care mandated introductory training for child care providers, and hosts the annual Circle of Care early education conference. Many of these locations also have family resource centers to help with financial and personal stress.

Childcare of Southwest Florida provides childcare, early-childhood education and pre-k to working parents who are struggling to get by and are not eligible for government-assisted programs because of their income level. These are working families barely able to pay their rent and, without childcare, would not be able to join the workforce. Children,

From page 1B

Reusuable Water Bottle Business

reducing the waste stream of plastic bottles in our landfills and oceans and the carbon footprint from shipping bottled water from remote islands, arctic glaciers and French springs."

“This bottle may not be used as a flotation device or helmet... or jetpack.”

Steve Agius offers reduced rates and scholarships to struggling working-class families.

Studies show children from lower-income environments are 18 months below normal development by age four and are at risk of never catching up to their peers, even though the potential was there in the early years.

Another one of our speakers, Steve Agius, Rotary-District Gift of Life, Wheelchair Foundation, and membership chair, stopped by to share the news on a number of projects the Sanibel-Captiva Rotary has been involved with this year. Agius thanked us for our $10,000 contribution for the Rotary Gift of Life, Florida. That donation will be used to sponsor two medical teams of 20 to 30 doctors and nurses providing life-saving heart surgery on children at Benjamin Bloom Hospital, El Salvador and Bustamante Hospital for Children, Kingston, Jamaica. Along with their team, the medical will provide training sessions to the hospital staff so that in the future, they will be able to do the surgeries. Each of the medical teams sent to Bloom Hospital and Bustamante Hospital will perform somewhere around 10 to 14 surgeries on their visits.

Agius invited club members to participate in Wheelchair Foundation distribution events this year in Jamaica or El Salvador. He said, “Each time I make these trips and participate in the distribution process, it renews my spirit and energy to continue this work. My life is ever changed by being part of this program.” Agius showed a heartwarming video made by Hector Manning, earthquake survivor and double leg amputee, who received help in his time of need. He filmed his own mission to distribute 200 wheelchairs in his native country, El Salvador.

Receiving a wheelchair not only changes the lives of the recipient but also changes the lives of caregivers.

The Sanibel-Captiva Rotary Club meets at 7 a.m. every Friday at The Dunes Golf and Tennis Club, 949 Sand Castle Road. If you have any questions regarding Rotary, e-mail President Scot Congress at scot@scongress.com.

Event sponsors:
Linda and Wayne Boyd • R.L.R. Investments, LLC
The Sanibel Captiva Trust Company
SAVE THE DATE!

The Blue Ribbon Golf Classic to Benefit the Sanibel School Fund

The Sanctuary Golf Club • Saturday, May 17th
12:30 p.m. shotgun start
4:30 p.m. helicopter ball drop

Live Auction: Cottage in Ireland - Maughan Family
Staycation at Tweenies, Tweenwaters Inn, and Crow expe-
xiences • Celebration Dinner Party in Your Homes - Leslie Adams Catering
Sealife by Congress • Ships Ahoy! - Ocean adventure...Boat trip lunch at
Usoppa and SeaSchool experience, Keeter Family • Create and Introduce
Your Own Craft Beer - Point Ybel Brewing Co. brewing experience

Opportunity to win a Lexus by making a hole-in-one.
$200.00 • Includes Golf and After Party
with Heavy Hors d’oeuvres and Beverage
$50.00 • Come at 4:30 for Ball Drop and Party
For more info: Contact Jason Maughan at jrm@sanibellaw.com

Event will support Sanibel School Fund to provide funding for the School’s
Foreign Language Program, technology, and other educational needs.

Master Sponsors:
Doc Ford’s • Kiwanis Foundation • Royal Shell Properties

The Dunes Women’s Golf Association

The Dunes Golf Club

President’s Choice

On April 25, The Dunes Women’s
Golf Association played a
President’s Choice game, choosing four clubs for the final round of the
year. Golf was followed by a closing luncheon where awards were made for
the year. The most improved golfer was
Gussie Blue.

Results of the 4 Club Game were:

<table>
<thead>
<tr>
<th>Flight</th>
<th>1st Gross</th>
<th>2nd Gross</th>
<th>1st Net</th>
<th>2nd Net</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Anne Frymoyer 76</td>
<td>Annie Wainwright 80</td>
<td>June Muench 58</td>
<td>Mike Dutton 61</td>
</tr>
<tr>
<td>2</td>
<td>Muriel DeRoberts 89</td>
<td>Betsy Cox 90</td>
<td>Barbara Chappell 61</td>
<td>Joan Kelly 62</td>
</tr>
</tbody>
</table>

Closest to the pin: Mardi Glenn
Longest drive: Tonya Hochschild
Chip-in: Muriel DeRoberts #2

The Dunes Golf Club

Nifty Niners

The results from The Dunes Nifty
Niners Spring Fling at South Seas
Island Resort on Thursday April,
24, format Closest to the Hole on all
holes with two Longest Drive holes, are:

<table>
<thead>
<tr>
<th>Hole</th>
<th>Player</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Trudy Burkholder</td>
</tr>
<tr>
<td>2</td>
<td>Maureen O’Brien</td>
</tr>
<tr>
<td>3</td>
<td>Robin Cohan</td>
</tr>
<tr>
<td>4</td>
<td>Joan Kelly</td>
</tr>
<tr>
<td>5</td>
<td>Sue Norpelt</td>
</tr>
<tr>
<td>6</td>
<td>Sue Tray (Closest in 2)</td>
</tr>
<tr>
<td>6</td>
<td>Terry Jewett (Longest Drive)</td>
</tr>
<tr>
<td>7</td>
<td>Julie O’Neil</td>
</tr>
<tr>
<td>8</td>
<td>Bridget Funk</td>
</tr>
<tr>
<td>9</td>
<td>Roberta Rohl (Closest in 2)</td>
</tr>
<tr>
<td>9</td>
<td>Maureen Saage (Longest Drive)</td>
</tr>
</tbody>
</table>

Our email address is press@islandsunnews.com
Buying, Selling or just want to chat... Talk to Chuck!

561 Lighthouse Way

Completely Renovated 5 BR/4 BA Pool Home on Gulf Access Canal. 80' Dock w/Lifts. Dual MBR Suites. Custom Upgrades. An Exceptional Home!

$1,895,000

690 Birdie View Point

Lots of Room to Build Your Island Dream Home! Short Walk to Beach. Enjoy Beautiful Fairway Views on Sanibel Island Golf Club!

$384,000

4203 Dingman Drive

Beautifully Renovated 4 BR/BA Pool Home on Approximately 1 Acre on West Gulf Dr. Across from the Beach! Gourmet Kitchen, Birchwood Floors, Elevator, Quartz/Granite...

$2,495,000

589 Rabbit Road

Beautiful Sunset Views from the Living Room and Screened Porch Overlooking the River and Conservation Lands. This Elevated 2 BR, 2 BA has a Split Floor Plan w/Vaulted Ceilings, Large Caged Pool and Easy Walk to the Beach!

$499,000

529 Lighthouse Way

Newly Updated 3 BR/3 BA Canal Home. Multiple Sliders Access Caged Pool. All New... Granite, Stainless Appliances, Shutters, Floors, A/C... 33’ Dock with Direct Gulf Access.

$985,000

Oppportunity on Lighthouse Way

Wonderful Opportunity on Lighthouse Way... Very Special Bay Views and 105’ Existing Seawall. Create Your Own Bay Front Vision of Paradise! Perfect Location with Easy Access On and Off Island!

$1,995,000

Tennis Place B-24

Gorgeous Water Views! This Updated 2 BR has Impact Glass, Tile, Fully Furnished... Enjoy Pool, Tennis, Boat Dockage. Minutes to the Gulf By Bike/Boat.

$299,900

561 Lighthouse Way

Newly Updated 3 BR/3 BA Canal Home. Multiple Sliders Access Caged Pool. All New... Granite, Stainless Appliances, Shutters, Floors, A/C... 33’ Dock with Direct Gulf Access.

$985,000

Commercial Lots - Tamiami Tr

Two Parcels, A & B Zoned CG (Commercial General) Located on Tamiami Trail. Parcel A is Approx. 4.5 Acres and Parcel B is Approx. 2.0 Acres. Survey Available. (A) $1,150,000 & (B) $400,000

$829,407

529 Lighthouse Way

Two Parcels, A & B Zoned CG (Commercial General) Located on Tamiami Trail. Parcel A is Approx. 4.5 Acres and Parcel B is Approx. 2.0 Acres. Survey Available. (A) $1,150,000 & (B) $400,000

$829,407

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917 Pepper Tree Place

Beautifully Constructed 4 BR/3 BA in Gulf Pines. Steps to Pool, Tennis, Beach, Clubhouse. Many Features... Elevator, Impact Glass, Tile/Bamboo Floors, Granite, Screened Lanai. Large Lot Surrounded by Native Vegetation.

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Gorgeous Water Views! This Updated 2 BR has Impact Glass, Tile, Fully Furnished... Enjoy Pool, Tennis, Boat Dockage. Minutes to the Gulf By Bike/Boat.

$299,900

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$384,000

917 Pepper Tree Place

Beautifully Constructed 4 BR/3 BA Pool Home on Gulf Access Canal. 80' Dock with Direct Gulf Access.

$985,000

6433 Pine Avenue


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Sanibel Island Golf Club

Last Game Of The Season

On April 26, the Sanibel Island Golf Club Men’s League played their last regularly scheduled Saturday event of the 2013-14 season. It was a one best net ball on each hole with 80 percent handicap applied to each player.

The winners were the threesome of Fred Zimmer, Phil Pilibosian, Roger Cogswell and a blind draw with a score of 49. All three players had one of their best rounds and scored below their regular handicaps. Each had at least one net double eagle and Cogswell had two. A few eagles and birdies also helped.

In second place – with a score of 51 – was the foursome of Rig Trimbey, Dave Bugby, Bob Cushman and Rene Lohser. They had three net eagles on one hole and wished they were playing more than just one best ball. Bugby had an eagle on the par five 18th hole. As usual, Lohser sunk a few putts or put the ball close to the hole with his putter from off the green.

There was a tie for third place with scores of 54. The team of Tom Rathbone, Tom Ware, Don Bradford and Jack Tukey survived a scorecard playoff on the back nine. They had net birdies on most holes and Rathbone provided a couple of net eagles.

It was a great season and we are all looking forward to next fall. The snowbirds are on their way north now and in the next couple of weeks. A few of us will be here for the summer and will play the Sanibel Island Golf Club and some of the reciprocal golf courses on an ad hoc basis.

The results from The Dunes Men’s Golf Association play on Wednesday, April 23, format Individual Quota Points, are:

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<tr>
<td>1st</td>
<td>Terry Finzen</td>
<td>+15</td>
<td></td>
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<tr>
<td>2nd</td>
<td>Jay Sleiter</td>
<td>+10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3rd</td>
<td>Joe Raboy</td>
<td>+9</td>
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<tbody>
<tr>
<td>1st</td>
<td>Skip Jewett</td>
<td>+13</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2nd</td>
<td>Bob Kent</td>
<td>+11</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3rd</td>
<td>Mike Funk</td>
<td>+10</td>
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<tr>
<td>T1st</td>
<td>John Frymoyer</td>
<td>+11</td>
<td></td>
<td></td>
</tr>
<tr>
<td>T1st</td>
<td>Stan Hirschfeld</td>
<td>+11</td>
<td></td>
<td></td>
</tr>
<tr>
<td>T3rd</td>
<td>Ray Galligan</td>
<td>+10</td>
<td></td>
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</table>

2nd       | Jay Sleiter    | +10    |        |        |
3rd       | Joe Raboy      | +9     |        |        |

The Dunes Golf Club

Individual Quota Points

The Dunes Summer SanCap Scramble
Back by popular demand!
Every Friday Night (weather permitting)

Starting in May... May 2nd, 9th, 16th, 23rd, 30th

$20.00 Members
$35.00 Non-Members includes cart, dinner & prizes!
5:30 PM Shotgun Start
Reserve your spot today! 239-472-2535

Thank you to our Partner!
Sanibel Captiva Community Bank
Now, the NCAA realizes there have been wrongs and look what the organization recently announced:

- Provide better academic and career counseling.
- Insure student-athletes against career-ending injuries.
- Improve medical monitoring during their playing days.
- Enable student-athletes to finish their degrees even after their playing days are over.
- Provide enhanced well-being benefits including meals and nutrition.
- Cover the full cost of attendance by providing stipends for incidental expenses.

No doubt the unionization issue will be argued in the courts for years. Regardless of the final determination, Colter already has won.

Do you think the NCAA would have made all these changes without the threat of unionization?

Of course not.

Miracle Baseball Team Sold By Goldklang Group

The 25-year ownership of the Class A Fort Myers Miracle baseball team by the Goldklang Group ended Monday with the announcement that the franchise has been purchased by SJS Beacon, a privately held company.

Beacon is headed by Jason Hochberg, a New York native, who has worked in the energy business.

“I am excited to acquire the Miracle and have the opportunity to work with the community and the Minnesota Twins,” he said. The Miracle has been a farm team of the Twins for more than 20 years.

Why the Goldklang Group sold the franchise and the purchase price was not announced. Goldklang owns several minor league teams, but the Miracle was the first team the company had acquired.

Miracle Defeat Bradenton To Move Into First-Place Tie

The Fort Myers Miracle started the week with a 7-0 victory over first-place Bradenton to move into a tie for first in the Florida State League’s South Division. The Monday win left both teams with 14-10 season records.

The Miracle played host to Bradenton on Tuesday and Wednesday nights at Hammond Stadium before a three-game road trip to Palm Beach. Fort Myers returns to Hammond Stadium on Sunday for another three-game series against Bradenton.²
CROW Classic Golf Tournament committee members Jeff Powers, Craig Albert, Jeff Burns and Jeff Haungs with the Sanibel Island Golf Club’s Drew Donnelly and Ed Lockard

CROW Classic Golf Tournament
This Weekend

The Clinic for the Rehabilitation of Wildlife, Inc.’s 2nd annual CROW Classic Golf Tournament on Saturday, May 3 at the Sanibel Island Golf Club is seeking golfers to fill available spots. The tournament will feature 18 holes of golf, with prizes to be awarded to the top three teams. The first place team players will each receive a foursome at a local golf club. Tee-off is at 8:30 a.m.

In addition, there will be a silent auction of golf-related items. A continental breakfast will be provided by the Sanibel Deli and lunch will be served at Blue Coyote at the Sanibel Island Golf Club.

This year’s Event Sponsors are Linda and Wayne Boyd, RLR Investments, LLC and The Sanibel Captiva Trust Company. Corporate Sponsors are Barrier Island Title Services, Inc., The Burns Family, Kathy Polk – Broker Associate, Lucy and Paul Roth, and Sanibel Captiva Community Bank. Hole Sponsors are Associates In Dermatology – Dr. Scott Crater, Bank of the Islands, Billy’s Rentals, The Cedar Chest Fine Jewelry, Coral Veterinary Clinic, Doc Ford’s Rum Bar & Grille, Heidrick & Co. Insurance, Law Office of Janet M. Strickland, P.A., Sanibel Deli, Scott White Advisors, Stewart Title – Becky Anderson and Superior Title Services,

Entry fees for the tournament are $125 for individual players and $400 for foursomes. Registration forms are available at Sanibel Island Golf Club or at CROW. For more information on sponsorship or to request a registration form, contact James Robinson of CROW at 472-3644 ext. 221 or jrobinson@crowclinic.org.

SPORTS QUIZ

1. Entering 2014, which major-league team was the only one to not have a pitcher toss a no-hitter in franchise history?
2. Three pitchers during the 1990s led or co-led the A.L. in wins for a season without tossing a shutout. Name two of them.
3. Of Florida, Florida State and Miami, which was the only college football team to not play in at least one of the first five BCS national championship games?
4. When was the last time an NBA Finals team won Game Seven on the road?
5. In the 2013-14 season, the Anaheim Ducks became the second team in NHL history to win 18 times in 19 games. Who was the first?
6. How old was driver A.J. Foyt when he won his last IndyCar race?
7. How many consecutive Grand Slam singles semifinals did tennis star Novak Djokovic make before losing in the Australian Open quarterfinals in 2014?

ANSWERS

THE BEACON OF ISLAND HAPPENINGS

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Phone 395-1213 or 415-7732

www.IslandSunNews.com
RESTAURANTS

The variety of dining options on Sanibel and Captiva just keeps getting better. For their size, the islands offer an extensive culinary array – all making the most of the area’s fresh and abundant seafood and local produce. You’ll find everything from burgers to barbecue, bistro style, Italian, Mexican, American, classic deli fare, organic, vegan, gluten-free, café food and Caribbean.

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

AMONG THE FLOWERS CAFE

Among the Flowers Cafe Gifts and Bakery in Tahitian Gardens, Sanibel, features fresh smoothies and green juices by Chelsea, and ice cream, pizza, french croissant featuring special sandwich like lox and cream cheese, eggplant caprese towers, fresh gluten free vegan soups, smoked turkey and brie, espresso bar, crafted coffees, as well as quality Italian and French breads, desserts, and lasagne along with vegan and gluten-free options. You’ll also find made-to-order specialty cakes and cupcakes and party planning and catering is offered for the Sanibel island area and most of Fort Myers. There’s outdoor seating on the shaded deck.

BAILEY’S GENERAL STORE

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

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

BLUE GIRAFFE

Blue Giraffe serves breakfast, lunch and dinner from 10 a.m. to 9 p.m. This restaurant offers casual island dining seven days a week from a menu featuring fresh local seafood, chowders, salads and steaks. Besides dessert choices, you can get hand-dipped french croissant featuring special sandwich like lox and cream cheese, eggplant caprese towers, fresh gluten free vegan soups, smoked turkey and brie, espresso bar, crafted coffees, as well as quality Italian and French breads, desserts, and lasagne along with vegan and gluten-free options. You’ll also find made-to-order specialty cakes and cupcakes and party planning and catering is offered for the Sanibel island area and most of Fort Myers. There’s outdoor seating on the shaded deck.

CIP’S PLACE

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

Food choices range from “comfort” to culinary with some Caribbean and island favorites as well. And do try the homemade potato chips, the fried buttermilk chicken with sage gravy and the snapper tacos. Choose between the outdoor garden patio or front porch. Indoor seating and full bar are also available. Hours are 11:30 a.m. to 9:30 p.m. daily with happy hour from 4 to 6 p.m.

CHIP’S SANIBEL STEAKHOUSE

Chip’s Sanibel Steakhouse has many great options for locals and tourists alike. It is open seven nights a week with daily happy hour from 5 to 6 p.m., featuring two-for-one drinks and $4.95 appetizers. For early diners, there’s a three-course prix fixe menu for $35 including a cocktail. In addition to an updated wine list, seasonal house-infused liquors such as strawberry-jalapeno tequila, blood orange vodka and cucumber gin are available.

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

CROW’S NEST AT ‘TWEEEN WATERS INN

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

DOC FORD’S RUM BAR & GRILLE

Doc Ford’s Rum Bar & Grille is named for the Doc Ford character in local author Randy Wayne White’s best-selling mystery novels. This summer, in addition to its Sanibel restaurant, Doc Ford’s added a Captiva location, in Chadwick’s Square.

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

THE DUNES RESTAURANT

You may not be aware that the restaurant at The Dunes Golf & Tennis Club on Sanibel is open to the public for lunch and dinner. The clubhouse offers great views of the lush greens and fairways and the sunsets are spectacular.

There’s a new gourmet chef on board, a brand new lunch menu and sunset dinner specials every night. In addition, there are comedy nights, wine dinners, trivia nights, murder mysteries and Name That Tune.

GEORGE & WENDY’S SEAFOOD GRILLE

George & Wendy’s Seafood Grille features live music Fridays and Saturdays and Karaoke on Thursdays. Specials include prime rib on Tuesdays for $18, snow crab legs on Wednesdays for $18, and Friday night fish fry, $15.

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

Football specials are served in the bar area during NFL games and Saturday college games. Food specials include 50-cent wings, $1.50 sliders and $2 chill cheese jumbo hot dog. For $5, choose from pretzels with beer cheese, chicken quesadilla, jalapeno poppers, loaded cheese fries or bratwurst. Cheese flatbread is $6.

Drink specials include $1 Jello shots, $2 drafts of Bud Light and Yuengling, $2 bottles of Bud, Bud Light, Coors Light, Miller Lite and Rolling Rock, and $2 off all wines by the glass. Bloody Marys are $3. There are free Jello shots with each Chicago or Buffalo touchdown.

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

GRAMMA DOT’S

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

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

GREEN FLASH

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

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

GREAT WHITE GRILL

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

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

GREENHOUSE GRILL

The Greenhouse Grill offers happy hour pricing on a special appetizer of the day as well as beer and wine by the glass from 4 to 6 p.m. daily. The menu stretches from fresh salads, homemade soups and grilled black Angus burgers to pasta, steak and fresh seafood. A must-have is the signature dish of the house, bouillabaisse, a medley of six seafoods prepared in a light broth of fresh aromatic herbs. All meals focus on fresh seasonal ingredients.
Mucky Duck

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

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

Lazy Flamingo

The Lazy Flamingo is a famed island hang-out with two Sanibel locations: one at 1036 Periwinkle Way, the other – the original – at 6620 Pine Avenue, near Blind Pass. “If our seafood were any fresher, we would be serving it under water!” is the Flamingo’s motto. And that includes, shrimp, grouper, oysters, conch fritters and chowder as well as chicken.

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

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

Focus on pairing authentic meals with a bold array of the new world of cooking using only fresh seasonal ingredients to bring his dishes to life. Daily specials focus on pairing authentic meals with a bold array of fine Italian wines.

Reservations appreciated and carry out orders are also available.

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

Island Cow

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

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

Jacaranda

The Jacaranda Restaurant & Patio Lounge is a Sanibel mainstay, with a reputation for fine seafood and steaks. Dinner is served year round and starting Tuesday, November 12, the Jacaranda will be serving lunch from 11:30 a.m. to 2:30 p.m. Monday through Saturday. You can eat inside or outside on the pretty patio with its fairy lights and tropical vegetation. The Jac Bar with its live music nightly is the unofficial HQ for Sanibel’s social scene. The patio lounge menu includes a selection of “happy apps” for $5.95 and half price drinks during happy hour, 5 to 7 p.m. There is also a raw bar.

Matzaluna Italian Kitchen

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

Matzaluna recently added craft beers on tap. On Wine Wednesdays, every bottle priced $25 and over will be discounted by 50% all evening. Hours are 4:30 to 9:30 p.m. daily and happy hour is from 4:30 to 6:30 p.m.

Over Easy Café

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

POCOLOCO

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

RC Otter’s, Cantina Captiva, Sunshine Seafood, Keylime Bistro and Captiva Pizza, Yogurt & Gifts

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

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

Rosie’s Café & Grill

Rosie’s repertoire includes crab cakes, grouper and shrimp entrees and steaks with all the trimmings, Southwestern dishes such as burritos and fajitas, soups and sandwich combos, and salads. Among the most popular items is Rosie’s Famous Cheese Steak made from shaved rib eye, grilled mushrooms, onions and green peppers. Ultimate Cuban and Classic Reuben, home-made muffins and cinnamon rolls and Key lime

continued on page 14B
Shrimp are signature dishes.

Pizzas and salads. Crunchy Grouper and Crunchy Grill shares a kitchen with The Timbers, serving the tables shaded with umbrellas, and free wi-fi. The ice cream bar has 20+ flavors of locally made Royal Scoop ice cream.

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

Besides a big selection of coffee from around the globe and a variety of coffee drinks, The Bean has tea and other beverages and a variety of hearty sandwiches, pastries and muffins, plus other light fare. Besides fish and steaks, you'll find Moroccan Lamb, roast duck, Texas Wild Boar Saddle and veal. Pastas, grilled items and a raw bar round out the menu. There’s an attractive bar area also serving food and an extensive wine and cocktail list.

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

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

SANIBEL SPROUT
The Sanibel Sprout is the place to go for organic, vegetarian, gluten-free take-out. All food is prepared by The Sprout’s own vegan gourmet chef Nikki.

To complement the food, The Sprout features an organic, sugar-free and dairy-free juice and smoothie bar.

Favorite dishes include Vegan Lasagna, Mexican Salad, Zucchini Pesto Pasta, Indian Curry, Quinoa Salad and Urkarna Sandwiches. Desserts include Lemonylicious Tart, Fresh Berries with Cashew Creme, Raspberry Cacao Truffles, gluten-free brownies and The Sprout’s popular Sproutacino Smoothie.

Last but not least, there’s always good coffee and a pot of tasty soup.

Healthy Happy Hour is Fridays from 4 to 6 p.m., when juices and smoothies are half price.

Talk to Chef Nikki about her 30-Day Vegan Challenge, for weight loss, optimal health or just a month of no cooking.

SUNDIAL BEACH RESORT & SPA
Sundial Beach Resort has undergone a $5 million renovation and is celebrating its first winter season open to the public in five years with three new restaurants and a new chef specializing in fresh gulf seafood and other culinary creations.

Dijns may choose from Waterview for an elegant dinner or the more casual Sea Breeze Cafe. Both have panoramic beach and gulf views. A specialty is the Clay Pot Baked Mediterranean Gulf Grouper.

The restaurant serves bistro style food with an island flair with offerings such as black beans and rice, blackened fish and fresh salads from an open kitchen. There’s no fryer in this place!

The tables are freshly wrapped in white paper for each party and there’s a pot of colored crayons for doodling, whether you’re an adult or a child. Traders is unique in that is combines a bustling listening and dancing.

There are two happy hours daily: Turtles from 3 to 5 p.m. and Sea Breeze Café from 5 to 7 p.m. with appetizers from $3 to $8 and beverages from $3 to $5.

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

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

TRADERS STORE & CAFE
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Craft Beer Week

Matzaluna Italian Restaurant in conjunction with American Craft Beer Week, will be hosting tap takeovers by two local breweries. Pont Ybel Brewery will take over the taps on Monday, May 12 and Fort Myers Brewing Company will takeover the taps on Tuesday, May 14. Patrons will be able to sample selections at a discounted price and meet reps from the breweries. Matzaluna will also feature a craft draft beer and food pairing menu as well as a “Paddle and Pizza” promo for $20 all week.

Started by the Brewers Association, a non-profit on behalf of a majority of U.S. breweries, the week is to celebrate the culture and community of craft beer and gives breweries and beer businesses the opportunity to connect with fans. Matzaluna, part of the Prawnbroker Restaurant Group, is located at 1200 Periwinkle Way on Sanibel Island. Call 422-1998 or visit matzaluna.net for more info.
WE'RE ON THE MOVE!

With thriving locations on both Sanibel and Captiva Islands, we keep you moving.

To better serve our customers and friends, we are relocating to expand our office. Watch for the grand opening of our new location on Palm Ridge Road.

over 14,500 associates | nearly 750 offices | 52 countries worldwide | 22 locations

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16660 Captiva Drive
Michael G. Lawler/Jane Reader Weaver 239.261.3939

$17,000,000
CAPTIVA

16682 Captiva Drive
Jane Reader Weaver 239.850.9555

$11,900,000
CAPTIVA

16428 Captiva Drive
Jane Reader Weaver 239.850.9555

$10,750,000
CAPTIVA

3411 West Gulf Drive
Jane Reader Weaver 239.850.9555

$3,740,000
SANIBEL

2984 Wulfert Road
Jane Reader Weaver 239.850.9555

$2,450,000
SANIBEL

428 Bella Vista Way East
Augustina Holtz 914.648.8888

$1,895,000
SANIBEL

Mastique #PH02
Robert Pecoraro 239.233.9277

$1,599,000
FORT MYERS

2514 Blind Pass Court
Jane Reader Weaver 239.850.9555

$1,349,000
SANIBEL

2449 Harbour Lane
Jane Reader Weaver 239.850.9555

$878,000
SANIBEL

11851 Cypress Links Drive
Maxwell Thompson 239.989.3855

$849,900
GATEWAY

VENTURA CAPTIVA CONDO #4-B
Stephanie Bissett 239.292.3707

$797,500
CAPTIVA

1 Island
Stephanie Bissett 239.292.3707

$749,000
FORT MYERS

101 Fairview Avenue
Stephanie Bissett 239.292.3707

$729,000
FORT MYERS

Island Reef Club #103
Stephanie Bissett 239.292.3707

$380,000
FORT MYERS BEACH

11359 Pond Cypress Street
Maxwell Thompson 239.989.3855

$249,800
FORT MYERS

To better serve our customers and friends, we are relocating to expand our office. Watch for the grand opening of our new location on Palm Ridge Road.
FOR WEEK OF MAY 5, 2014

My Stars ★★★★

ARIES (March 21 to April 19) You might be tempted to be more assertive when dealing with a job-related matter. But a carefully measured approach works best at getting the cooperation you’re looking for.

TAURUS (April 20 to May 20) While others urge you to act now, you instinctively recognize that a move at this time is not in your best interests. You should know when to do so by week’s end.

GEMINI (May 21 to June 20) A busy schedule keeps you on the move for much of the week. But things ease up by the time the weekend arrives, allowing you to reconnect with family and friends.

CANCER (June 21 to July 22) Travel dominates the week, and despite some delays in getting to where you want to go, the overall experience should prove to be a positive one in many ways.

LEO (July 23 to August 22) Your Leonine self-confidence comes roaring back after a brief period of doubt and helps you get through a period of demand and ultimately emerge triumphant.

VIRGO (August 23 to September 22) Virgos who have made a major commitment -- personal or professional -- should be able to emerge triumphant. This period of doubt and helps you get through a period of demand and ultimately emerge triumphant.

LIBRA (September 23 to October 22) You might find a better way to get to where you're going.

SCORPIO (October 23 to November 21) A surprise move of support from a colleague who has never been part of your circle of admirers helps influence others to take a new look at what you’ve put on the table.

SAGITTARIUS (November 22 to December 21) While a bold decision to take an “I know what I’m doing” approach impresses some colleagues, it also raises the risk of causing resentment among others.

CAPRICORN (December 22 to January 19) A misunderstanding “twist” you and a friend might not be your fault at all, despite what he or she suggests. Talk it out to see at what point the confusion might have started.

AQUARIUS (January 20 to February 18) Getting into a community operation fulfills the Aquarian’s need to help people. It also can lead to new contacts that might one day help you with a project.

PISCES (February 19 to March 20) A minor problem could delay the start of a long-anticipated trip for two. Use the time to recheck your travel plans. You might find a better way to get where you’re going.

BORN THIS WEEK: You are a dedicated romantic who seeks both excitement and stability in your relationships.

THIS WEEK IN HISTORY

• On May 10, 1749, the 10th and final volume of Henry Fielding’s novel “Tom Jones” is printed. The serialized novel told the humorous story of the attempts of the illegitimate but charming Tom Jones to win his neighbor’s daughter.

• On May 5, 1904, Boston Red Sox pitcher Cy Young (born Denton True Young) throws a perfect game against the Detroit Tigers. It was the first perfect game of the modern era; the last had been thrown by John Montgomery Ward in 1880. It was the second of three no-hitters that Young would throw, and the only perfect game.

• On May 9, 1926, according to their claims, polar explorer Richard E. Byrd and co-pilot Floyd Bennett fly over the North Pole in a triple-engine Fokker monoplane, the Josephine Ford. However, the discovery in 1996 of the diary that Byrd kept seemed to suggest that he and Bennett may have turned back 150 miles short of the pole because of an oil leak.

• On May 6, 1940, John Steinbeck is awarded the Pulitzer Prize for his novel “The Grapes of Wrath.” The book traces the fictional Joa family of Oklahoma as they lose their farm and move to California in search of a better life.

• On May 7, 1965, in a Clearwater, Fla., motel room, a bleary-eyed Keith Richards awoke, grabbed a tape recorder and laid down one of the greatest pop hooks of all time: The opening riff of “(I Can’t Get No) Satisfaction.”

• He then promptly fell back to sleep.

• On May 8, 1984, claiming that its athletes will not be safe from protests and possible physical attacks, the Soviet Union announces that it will not compete in the 1984 Olympics in Los Angeles. The boycott was a response to the decision of the United States to boycott the 1980 games held in Moscow.

• On May 11, 1997, IBM’s supercomputer Deep Blue makes chess history by defeating chess champion Gary Kasparov. The Russian master conceded defeat after 19 moves in the sixth game of the tournament. It was the first defeat of a reigning world champion by a machine in tournament play.

STRANGE BUT TRUE

• It was noted Democratic politician Adlai Stevenson who made the following sage observation: “In America, anybody can be president. That’s one of the risks you take.”

• You might be surprised to learn that notorious FBI director J. Edgar Hoover at one time had presidential aspirations. He reportedly believed he would be able to defeat president Franklin D. Roosevelt in 1936, though nothing came of his ambition.

• Those who study such things say that a lion and a leopard can successfully interbreed. The resulting offspring is called a leopon.

• The first pocket calculator was introduced by Texas Instruments in 1961, intended originally for use by the Air Force. Weighing 10 ounces and being only slightly larger than a pack of cigarettes, the company claimed that it could perform the same calculations as a computer 150 times its size.

• The sex organ of a male spider can be found at the end of one of its legs.

• As most health-care workers could tell you, emergency rooms are busier and more mental patients are admitted during the full moon than at any other time of the month. The time of the new moon is only slightly less busy, however.

• The next time you’re drizzling honey on your biscuit, consider this tidbit: Bees must visit up to 2 million flowers just to produce a single pound of the sweeter.

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Whether your foyer is small or large, entrance areas to your home should be interesting and present an exciting preview of what’s to come. One of the most important considerations in designing a foyer space is to keep in mind how much of the surrounding rooms you see from the foyer.

Here are a few do’s and don’ts to help you make your home’s entry space a memorable first impression:

• Mirrors – A handsomely framed mirror over a chest or table is always an excellent design option. And don’t skimp on the size. If your entry way is small, consider mirroring closet doors. And in situations where your front door opens into the living space, try to create a foyer with a mirrored folding screen.

• Drama – Yes! Do something dramatic and exciting with your walls. If your wall space is somewhat limited, consider splurging on an exquisite wall covering to set the stage. And how about continuing your wall covering pattern on the ceiling? What a great way to incorporate the other colors and mood of your home’s other rooms.

• Luxury – Have you ever considered adding portieres at your foyer doorway? Portieres are drapery panels that not only provide privacy and warmth when closed, but softness and luxury when opened. Portieres are a great design option to consider when your foyer opens to an adjacent room via a wide doorway.

Try following these do’s and don’ts and you’ll be well on your way to having a grand entrance that will certainly make a lasting impression.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@decden.net.

Insurance Tip

Umbrella Coverage

by Angela Larson Roesli

Umbrella coverage provides liability coverage that is in excess of your primary insurance policies, such as home, auto and boat.

An umbrella policy can be one of least expensive insurance policies you purchase, however, it provides the most in liability coverage in case of a loss.

How does it work?

continued on page 23B
School Smart
by Shelley M. Greggs, NCSP

Dear Shelley,

My son is in ninth grade and he is doing well, but he is shy. I don't want him to fall through the cracks when it comes to college planning, and I want to know when you think I should talk to his guidance counselor so we can start the college process. Is it too early to think about that now?

Lorena,

You are wise to be thinking about the college process. It takes a lot of time to prepare for it. This summer might be an ideal time for you to have an initial meeting with the counselor, giving both of you some extra time for planning.

Here is some information on counselors that may help you better understand the role they now play in schools and why early contact may be better for you and the counselor.

In the 2008-09 school year, the average ratio of guidance counselors to students nationwide was 457 to 1. By 2011, the most recent year for which numbers are available the ratio had increased to 471 students per single counselor — nearly two times the 250-1 ratio recommended by the American School Counselor Association.

Ten to 15 years ago, counselors primarily helped students with scheduling, applying for college, financial aid or vocational counseling. Now, however, their offices reverberate with pleas for help in dealing with a multitude of teenage problems. They must help students cope with everything from mental health issues, family problems, bullying, social media consequences, peer suicides, grief counseling and drug abuse to the long-established matters of college testing guidance, and writing references for students headed to college or the job market.

According to Jill Cook, spokeswoman for the Virginia-based American School Counselors Association, which represents 33,000 school counselors nationwide, “High school counselors … have shifted from working with a small number of students — perhaps those who are in trouble a great deal or those applying to college. But today, they are working with all students.”

“They are kind of that front line that identify where kids are struggling … and they really serve an important role in helping us reach all the kids we can,” said one assistant principal.

The American School Counselors Association has prepared some tips for parents to help them work with high school counselors:

• Meet or contact your child’s school counselor at least three times per school year. By communicating with one another at the beginning, middle and end of the school year, parents and counselors can have a definite impact on a child’s success.
• Discuss your child’s challenges and concerns with the school counselor. As a parent, you know your child best. However, the school counselor can help you better understand your child as a student.
• Learn about your child’s school and social connections from the school counselor. When you need information or assistance, your child’s school counselor can help you get in touch with the appropriate school officials. The school counselor can also help you locate resources in the community when you need them.
• Work with the school counselor to identify resources and find solutions to problems. If your child is having a problem at school, it is important to work with your child’s school counselor to find solutions. Discuss resources available within and outside of the school, and get information on how such programs can benefit your child.

Ms. Greggs is adjunct faculty at Edison State College where she teaches psychology and education courses. She is also 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.

continued on page 23B
Estate Planning Is An Art
As Much As It Is A Science

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

We all want everything to be simple and easy. It’s either this or that. Good or bad. That’s human nature. “My estate plan should be simple,” clients will say.

But it’s not always simple or straightforward. Take a situation where a man is in a second marriage and wants to leave assets to his spouse so that she will have sufficient income for the rest of her life, but on her death he wants the equity to pass on to his children and grandchildren, who are not of this marriage.

Simple? Not always. Yes, there is something known as a “QTIP Marital Trust.” He can leave the assets to that trust and it will pay his wife income for the rest of her life and then pass the assets on to his children. But that’s just one choice of many. Allow me to lay out some of the complexities of this situation.

Does the man want his wife to get the income or should she have the ability to tap into the principal of the trust if she needs it? In today’s low yield environment, a healthy $1 million trust may only generate $30,000 or $40,000 of income in the best of circumstances. That might not be enough income depending upon resources, lifestyle and needs.

The trustee has a legal duty to balance the needs of the remaindersmen (the children) against the needs of the spouse, unless the trust is drafted in such a way as to favor one over the other. In other words, the trustee cannot just invest in the highest income producing assets without looking at growth prospects for the remaindersmen beneficiaries. Having to invest in both income and growth will limit the amount of income that a typical marital trust may generate.

Suppose, knowing this, that the man therefore directs his attorney to draft the trust so that not only income is available to the surviving spouse, but also principal for her health, maintenance and support. Fine. Who will be the trustee who makes that decision? Is it the surviving spouse herself? Might her decision to invade principal cause conflict with her stepchildren? Is the invasion standard to be tied to any other assets or income that she has available to her? How should this language be drafted to balance her needs against those of the remaindersmen?

What if the man wants his wife’s Marital Trust to terminate if she remarries after his death? He can include that type of provision but then the trust won’t qualify for the federal estate tax marital deduction. The deduction may or may not be necessary depending upon a variety of factors such as whether the man has a taxable estate, or whether he wants his children to enjoy a step-up in tax cost basis at his wife’s death, minimizing capital gains taxes.

Now consider the situation where the man’s liquid assets are mostly in IRA or 401(k) accounts. Routing those types of assets through the standard QTIP Marital Trust may not make much sense at all. If the trust does not meet the five “identifiable beneficiary” requirements under the Treasury Regulations, then the entire amount of his IRA or 401(k) could become taxable in the year following his death. This could have catastrophic consequences on the estate plan.

Even if the QTIP Marital Trust does qualify his wife as an “identifiable beneficiary” under the Treasury Regulations, the trustee must still drawdown the IRA based on wife’s Required Minimum Distribution schedule, no matter her age (even if she is less than 70 years of age at her husband’s death). If she lives to a normal life expectancy, then the entire IRA would be distributed. If the Marital Trust acted as a “conduit trust,” giving her the withdrawal each year, then there would be nothing left for the man’s children.

IRAs and 401(k)s naming trusts as beneficiaries are difficult to understand. The distribution from the IRA is generally all taxable income. But for trust purposes, some of it is “income” as some of it is “corpus” or “principal.”

If the man wants to accumulate some of the corpus in the trust to preserve it for his children, that corpus (as a taxable income distribution) is taxed at the highest marginal income tax bracket (39.6 percent plus 3.8 percent Medicare Surtax) on amounts over approximately $12,000 due to trusts’ compressed federal income tax rate schedules.

You can now see how difficult satisfying a seemingly simple direction such as “give her the income and upon her death, I want it to go to my children” can be. There are solutions to these dilemmas, but each one depends largely upon the goals of the individuals involved, and their own facts and circumstances. Now you might better understand why I say that estate planning is often just as much an art as it is a science.©2014 Craig R. Hersch. Learn more at www.sbhlaw.com.*

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Mom And Me

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

Dear Mom & Me,

I am fed up listening to women complain about their sore knees. The other day, it happened again.

This woman – five-foot-two inches tall, weighing at least 250 pounds – complained that her doctor said that there was nothing more that he could do to reduce her pain. Her knee replacements went well, but she still was having pain.

What do these people expect? Do they not see that their problems may be self-induced? They just eat too much and their natural and artificial knees just can’t take the load. What do you think?

Dear Ardella,

Being overweight seems to cause a great deal of problems. It is possible that this woman at five-foot-two could have a very small frame and her bones just can’t take the overload. However, we do not know for sure.

I rarely see people who are normal or underweight with knee problems – but it certainly would not do any harm for this woman to go on some kind of a weight reducing diet.

Lizzie and Pryce’s email address is momandmeaging@hotmail.com.

Dear Ardella,

I have a difficult time understanding individuals who make poor health habit choices: smoking, eating, drinking… particularly when specific health habits are linked to significant health problems. I do not think people with poor health habits can or want to put their actions into consequences.

I try to put my energy and thoughts into controlling my behaviors and not toward getting angry with others for not controlling their behaviors. We all have freedom of choice and with those choices come consequences like painful knees.

Pryce

Eden Energy Medicine

Spring; Time To Expel The Venom Exercise

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

We are all influenced by these shifting seasons and draws on many of these ancient beliefs. There are five rhythms, each with their unique characteristics. Each of us has a primary rhythm that impacts us throughout life. The rhythms correlate with the season, together with many other patterns that become easily recognizable as you learn the components of each rhythm. For today, I will just address the names and the season.

Spring is the spring time; fire is the summer time; metal is the autumn and Earth is the transition between each of these seasons.

Since we just entered spring, when the weather gets warmer, the days get longer and the Earth heats up, the rhythm is known as “wood time.” It is a time for clearing out the old and bringing in the new. What a perfect time to dispel pent up emotions. A person who has a primary rhythm of wood has the organs of liver and gallbladder associated with it; has a stress emotion associated with it (which turns the mental state of assertiveness to anger if out of balance); and the wood rhythm governs muscles and tendons. A person who is primarily a wood rhythm will tend to be very definitive; know what they want; take charge and be the “general” in the group and be a leader. They will also likely have issues associated with joints, muscles, tendons and movement. This is a very quick overview, but enough to enable you to see that these patterns have a direct influence on how we maneuver through life.

Since the stress emotion for spring and the wood rhythm is anger and judgment toward others, many times wood people will tend to be upset and not be able to take it in joy or any more information because they are very full. Since all of us have pieces of every rhythm within, it is beneficial to learn how to do the exercise Expel the Venom, designed specifically for the spring of life. During presentations, I will often make a bubble of energy with the fists and expel the emotions into the Earth. With a loud “Shhhhh” (when you tell someone to be quiet), bring the fisted hands to your thighs where you open the fists and expel the emotions into the Earth.

Step 3. Repeat three times as you think of the source of anger, frustration or judgment.

Step 4. On the last round, be very deliberate and slow in your actions, and in your intention of letting go of the emotion. If you still feel the emotion, do several more times until it is dissipated. Have fun with your energy. Next week’s topic is Protect Your Eyes and Eysight with EEM.

If you have a questions for Karen, email her at SemmelEnergyCenter@gmail.com. Learn more at www.semmelmanenergy.com. EEM does not diagnose or cure illness, but working with subtle energies of the body has been shown to help many conditions.

Send your editorial copy to:
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Solutions For High Blood Pressure

by Suzy Cohen, RPh

Dear Pharmacist: Are there any natural remedies I can take for high blood pressure? I do take medicine but I want to get off because it makes me cough. Can you help?

TL, Dallas, Texas

Promise to remain supervised by your physician before going off your medicine. Some have to be weaned, you can’t suddenly stop. High blood pressure is one of those things I consider a symptom rather than a disease itself. It is “silent,” meaning there are few obvious signs that you have until a big event, for example, a heart attack. As blood pressure rises, you may get headaches in the back of the head, which may feel worse in the morning upon arising. You may also experience dizziness, blurred vision, ringing in the ears, fatigue, nervousness or the urge to urinate at night. So what are your options? Losing weight by exercising will help. A better diet is a must. Because hypertension is a risk factor for heart attack and stroke, physicians take quick action and prescribe medications to lower blood pressure:

ACE Inhibitors – Popular ones are lisinopril, benazepril and enalapril. These medications block your ACE enzyme. Natural foods and supplements that do the same thing in a gentler way include garlic, seaweed, pycnogenol, omega 3 fatty acids, egg yolks, zinc and hawthorn berries.

Calcium Channel Blockers – Verapamil, amlodipine and nifedipine. Medications in this category cause relaxation of the blood vessels. Natural options are omega 3 fatty acids, calcium, magnesium, vitamin E, vitamin C, hawthorn berries, NAC and lipoic acid. You should also eat celery.

Diuretics – Blockbusters like furosemide and hydrochlorothiazide. These medications cause you to urinate more which reduces the amount of fluid in your blood vessels. When you reduce the squeeze, you reduce the pressure, so pressure goes down. Natural, gentle “water pills” include vitamin C, potassium, vitamin B6, hawthorn berry, taurine and CoQ10. Celery too!

Certain foods and supplements are direct vasodilators, meaning they open up the blood vessels, thus relaxing some pressure. These include taurine, potassium, omega 3 fatty acids, and you guessed it, celery! Even four stalks a week could help, more if you like it. Juice it, dip it in hummus or sunflower butter, and if you just can’t eat it, then consider supplements of “celery seed” extract. Compounds in celery like “3-n-butylphthalide” are known to reduce blood pressure. In China, this compound (extracted from celery seed) is sold as a drug to reduce beta amylase-induced neuronal apoptosis, which confers protection for people with stroke, dementia and traumatic brain injury (TBI).

The final piece of the anti-hypertensive puzzle is the beautiful beet. Solid research shows that beets, and beetroot juice can help with blood pressure and cholesterol. Drink about a cup a day. I juice a beet quite often myself. Consider massage to control cortisol. And yoga, it’s another fun, non-pharmacological way to reduce blood pressure and stress hormones. Plus, it makes you more flexible and strengthens your spine.

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.dearpharmacist.com.

Got A Problem? Dr. Connie is In

by Constance Clancy

Q: What can I do to sleep better? Lack of sleep has been a problem for me for years.

A: Lack of sleep is reported by over half of Americans. Two-thirds say they should be getting more sleep than they are. Below are some suggestions for getting a good night’s sleep:

1. Observe routine hours for going to bed.
2. Have the bedroom as dark as possible. Even low light levels activate the pineal gland, which regulates daily rhythms according to light and dark.
3. Have the room as quiet as possible. As you sleep, you rise into periods that are almost awake, and even minor sounds can wake you up prematurely.
4. Set the temperature on the cool side, since your body warms up at night and too much warmth may wake you up.
5. Eliminate minor aches and pains as best as you can. These become more noticeable when you go to bed. (You may need your physician’s assistance.)
6. Don’t be mentally active for one hour before bed.
7. Don’t go to bed angry or upset.
8. If you are prone to getting up to urinate, don’t drink liquids for two hours before going to bed.
9. Wake up without an alarm, allowing the natural wake-sleep cycle to reset itself.

Nothing interrupts sleep more than grief, stress, loss, failure, anxiety, depression and everyday worries. If this is the case, it is important to seek assistance from a professional health practitioner.

From page 19B

Umbrella Coverage

The umbrella policy will pay after your underlying liability insurance has been exhausted. Some umbrella policies will cover you for some instances that may not be covered by your primary policy. Some examples are: false arrest, libel or slander, and invasion of privacy.

Contact your agent should you already have an umbrella policy and have acquired any new properties, vehicles, recreational vehicles or boats, as the agent will need to add these items to your policy.

If you do not have an umbrella policy, then I urge you to contact your insurance agent to discuss your individual needs.

Angela Larson Roehl is a local Sanibel Captiva insurance agent with over 20 years of insurance experience, who can be reached at info@rosierinsurance.com.

From page 20B

Letter Carriers Food Drive

Leave a non-perishable food donation in a bag by the mailbox on Saturday, May 10 and the postal carrier will do the rest. It’s that simple and millions of Americans will be helped.

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Angela Larson Roehl is a local Sanibel Captiva insurance agent with over 20 years of insurance experience, who can be reached at info@rosierinsurance.com.
Rock Shrimp Stuffed Florida Grouper

1 tablespoon olive oil
1/2 cup yellow onion, minced
1/4 cup celery, minced
1/4 cup red bell pepper, minced
Salt and pepper to taste
1 teaspoon cayenne pepper
2 teaspoons garlic, chopped
1/2 pound rock shrimp, peeled
1/4 cup water
1 cup Italian bread crumbs
2 tablespoons fresh parsley leaves, finely chopped
4 six-ounce grouper fillets
1 tablespoon seafood seasoning
4 tablespoons unsalted butter, melted

Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper. Heat the olive oil in a medium-size sauté pan over medium heat. Add the onions, celery, bell pepper and garlic; cook 2 minutes, stirring, until the vegetables are wilted. Add the shrimp and season mixture with seafood seasoning. Cook for 2 minutes then remove the pan from the heat. Pour the mixture into a medium-size mixing bowl. Stir in bread crumbs and enough water to bind the mixture. Add the parsley and season with salt and pepper. Set aside.

On a cutting board, cut a v-shape pocket in the center of each fillet and fill with rock shrimp bread crumb mixture. Sprinkle the fillets with seafood seasoning and place on the prepared baking sheet. Drizzle with melted butter and bake 20 to 25 minutes until the fish flakes easily with a fork. Serve immediately.

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BY HENRY BOLTINOFF

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**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.

**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 gap.

Measure

Create

Glide

Move

**TODAY’S WORD**

answer on page 27B
Top 10 Real Estate Sales

<table>
<thead>
<tr>
<th>Development</th>
<th>City</th>
<th>Year Built</th>
<th>Square Footage</th>
<th>Listing Price</th>
<th>Selling Price</th>
<th>Days On Market</th>
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<td>Sanibel</td>
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CLICK ON PLACE CLASSIFIED

CLASSIFIED DEADLINE FRIDAY AT NOON
SCARNO LAWN SERVICE
Lawn Service, Shrubs and Tree Trimming
Weeding, Installation of Plants, Trees and Mulch (one month free service available)
Joe Scaranto (239) 849-6163
scarnatolawn@aol.com

AFFORDABLE HOME CARE
HomeCare Services
With A Difference Specializing in Alzheimer’s, Parkinson, Stroke etc.
Live-in’s, 8 hrs, 24 hrs.
FBI Background Check available.
Licensed & Insured. References Available. call
Cell: 561-509-4491 or 239-963-8449

HELLE’S CLEANING SERVICES
Residential Cleaning to Satisfaction
Sanibel & Captiva 239-565-0471
Sanibel Lic. #11412 Lee Co. Lic. #051047

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Lawn Service, Shrubs and Tree Trimming
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FULL TIME HEAD CUSTODIAN
Benefits
Toll Paid
Call Maureen at the Sanibel School
239-472-1617

HELP WANTED
Billy’s Rentals on Sanibel needs
outgoing individuals to assist customers
with bicycle rentals/deliveries and cashiers.
Hiring for new Bailey’s location.
Transport from FM location available.
Call 239-472-5248 ask for Robin.

R/HVAC EMPLOYMENT
OPPORTUNITY
COMMERCIAL R/HVAC TECHNICIAN
Needed in Fort Myers for Refrigeration and HVAC Service Technician. Must have at least 2-5 yrs exp. EPA Certified preferred. Must pass pre-employment, drug screenings, and have a valid drivers license. Send resume as a Word doc to
sparken@hmcb.com

HELP WANTED
FULL TIME ADMINISTRATIVE ASSISTANT/BOX OFFICE STRAUSS THEATER
Benefits, Paid Tolls. This position oversees the box office activities and will also assist in administration needs of the theater manager. Previous box office experience desirable along with good computer and organizational skills. Send resume + references to
Jessica at jbaxter@bigarts.org.

HELP WANTED
VOLUNTEERS NEEDED

VOLUNTEERS NEEDED
Volunteers needed for the After School Program which runs
Mon.-Th, 2:30 – 3:15 pm
Call Linda Reynolds 472-1617

HELP WANTED
F/F SEASONAL, P/T OFF SEASON
This position oversees front of house activities during events, trains and supervises volunteers, and manages performer hospitality. Nights and weekends required in season. Experience working with volunteers desirable, along with basic computer skills. Send resume and references to
Jessica Baxter, jbaxter@bigarts.org

HELP WANTED
FULL TIME HOUSE MANAGER, BIG ARTS
F/T SEASONAL, P/T OFF SEASON. This position oversees front of house activities during events, trains and supervises volunteers, and manages performer hospitality. Nights and weekends required in season. Experience working with volunteers desirable, along with basic computer skills. Send resume and references to
Jessica Baxter, jbaxter@bigarts.org

HELP WANTED
Hopeful Tee Time
Weed control, Irrigation, maintenance. Full time, Mon-Fri, 7:30am-12:30pm. Seasonal maintenance. Send resume to
hopefultee@gmail.com

HELP WANTED
VOLUNTEER
JOB OPPORTUNITIES
PAID volunteer opportunities to seniors, age 55 and over, to tutor/mentor children in elementary schools & after-school programs. Offering a stipend, mileage reimbursement, annual physical, holiday, vacation, and sick pay – all tax exempt. Providing struggling school children a chance to succeed in school, and offering opportunities that will last a lifetime.
Call Joan at The Dr. Piner Center at 239-332-5346.

CAUTION
Moving/yard sales, Cash paid for military items. Report to the Sanibel Police Department on Saturday, May 3, 8:30 am at the lot of the old Eagle Eye Animal Clinic.

GARAGE - MOVING - YARD SALES
GARAGE - MOVING - YARD SALES

CASH PAID FOR MILITARY ITEMS
Cash Paid For Old Military Items. Medals, Swords, Uniforms, helmets, guns, awards & more.
Local Toll Free 1-866-440-3280

HELP WANTED
WANTED - BOAT SLIP
To rent. Must have lift. East end Sanibel preferred. Accommodate 24’ boat.
Seasonal or annual. 239-395-8803.

LOVESEAT

LOST AND FOUND
Prescription sunglasses found in parking lot of Limetree Center on Wednesday, February 27. Claim at Island Sun newspaper, suite 2 in Limetree Center, or call 395-1213.

MULTI FAMILY SALE
Saturday, May 3, 8:30 am-4pm, 478 Lake Murex Cir., off West Gulf Dr., Sanibel. Men’s, women’s, teens clothing & shoes, bicycles, household items, decor, greeting cards, toys & much misc.

FOUND
Prescription sunglasses found in parking lot of Limetree Center on Wednesday, February 27. Claim at Island Sun newspaper, suite 2 in Limetree Center, or call 395-1213.

WHAT'S IN THE NEWS
The New York Times

CAUTION

CAUTION
Hello, my name is Midnight. I hope you will notice what a great dog I am. I've been overlooked here as many black pets seem to be. We just don't stand out in the crowd. Spend some time getting to know me though and you'll see what a good girl I am. I know my basic commands too. I would love to be part of your family. My adoption fee (regularly $75) is $40 during Lee County Domestic Animal Services' Real Housepets of Lee County May adoption promotion.

Hi, my name is Caren and I'm a friendly feline for sure. Affectionate describes me to a tee but I also love to play and entertain myself. Even though I'm a cat, I can play a pretty good game of fetch with a ball. My adoption fee (regularly $50) is equal to the day of the month so come and get me early during the May adoption promotion.

For information about this week's pets, call 533-7387 (LEE.PETS) or log on to Animal Services' website at www.LeeLostPets.com. When calling, refer to the animal's ID number. The website updates every hour so you will be able to see if these or any other pets are still available.

The shelter is open for adoptions from 11:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter is located at 5600 Banner Drive, Fort Myers, next to the Lee County Sheriff's Office, off Six Mile Cypress Parkway. All adoptions include spay/neuter surgery, age-appropriate vaccinations, rabies vaccination and county license if three months or older. Flea treatment, worming, heartworm test for dogs six months and over, feline AIDS and leukemia test for cats, training DVD, 10-day health guarantee, and a bag of Science Diet pet food.

The adoption package is valued at $500.

Parrot Of The Month Sammy

Parrot Outreach Society of Punta Gorda is looking for a home for a bird named Sam, a yellow-naped Amazon, possible male, approximately 18 years old. Sam loves apples, almonds, plain pasta, egg and green beans. He loves to shred wood and chew on wiffle balls. He also loves to hang out and have a conversation with you, and loves it when you sing to him.

Sammy is a conversationalist and can talk your ear off. He knows how to say, "Oh really?" "Hi Sam," "OK," "Ohhhhh," "That's better" and "Hello," among many other things. He also has many different voices and knows how to bark and growl like a dog. Sam loves the men but has not really shown any interest in the ladies.

Sam's adoption fee is $300 and his sponsorship fee is $25. He does not come with a cage and he is not on any medicines. For more information, call Debbie at 941-347-8876.

Sammy, a yellow-naped Amazon
I have had the extreme pleasure of working with Phaidra McDermott in the sale of my Captiva, Florida home. Phaidra is the consummate professional. Her demeanor assures you that she is in control that she knows what she is doing and that you will have a good outcome which is what all sellers want. She has a great sense of the market and she knows how to get the job done at a price that makes everyone happy. You just don’t get any better than Phaidra! – K. Serra

Phaidra McDermott
Lifelong Island Resident
239-472-4411 • info@sanibelrealestate.net
SanibelRealEstate.net