Art Gallery Opens 60 Feet Below Sea Level

On May 31, the unveiling of the Mohawk Project was held at Nervous Nellie’s Waterfront Eatery on Fort Myers Beach. The following morning, the first step of the The Sinking World art project began. At 9:30 a.m., a flotilla of boats carrying 65 divers and 12 unique photographs created by Andreas Franke were deployed on the USS Mohawk Veterans Memorial Reef.

The artificial reef program was made possible by Lee County Natural Resources Senior Environmental Specialist Mike Campbell, Joe Weatherby of Ship Wrecker for Reef Makers and artist Andreas Franke.

One year after its sinking, the 165-foot World War II warship USS Mohawk, now a living reef, is thriving with exotic marine life. On June 1, it was transformed into an underwater art gallery. Celebrated Austrian photographer Franke led a team 28 nautical miles off the coast of Sanibel Island to install 12 images that will remain on display through September 14.

Local divers assisted artist Andreas Franke, above, with the installation

Based on his research, Franke envisioned the life of sailors past aboard the Mohawk – their daily lives and dreams of home – and superimposed images of models in period clothing onto original photography. Each image measures approximately 2.5 by 3.5 feet and is

Launch Of Francis Bailey Memoir At The Old Bailey Homestead

My 92 Years On Sanibel, Francis Bailey’s long-awaited memoir and homage to the island he loves, will be officially launched at a celebration on Tuesday, June 18 from 4 to 6 p.m. at the old Bailey Homestead on Periwinkle Way at the intersection of Donax Street.

“Francis worked very hard on this book, and he did it primarily for his children,” said Emilie Alfino. “He wanted them to know his story, and Sanibel’s story.”

The book is written “as told to” Emilie Alfino, formerly a reporter for the various Sanibel newspapers and now the manager of the Sanibel Historical Museum and Village.

“Francis and I spent a lot of time together over the past two and a half years,” Alfino said. “Honestly, every minute of it was a pleasure. I say now what brother Sam often said of their father Frank: Francis is one of the finest men I have ever known.”

The format for the June 18 event will be an open house, so people may arrive at any time. Hors d’oeuvres, wine and refreshments will be served. Parking will be available at the homestead, along with golf carts to assist anyone who needs it.

Books will be for sale at the event for $17.95 plus tax, and credit cards will be accepted. Only books purchased that day will be marked “Launch Edition.” Bailey will not be signing books. Books will be available beginning the following day, June 19, at the Sanibel Historical Museum and Village Gift Shop, The Sanibel Bookshop, The Book Nook, Machost and

Drummer Follows Beat To Gig At Kennedy Center

by Anne Mitchell

This summer promises to be one to remember for music student Paul Gavin.

He has been selected as one of four winners of the 29th annual VSA International Young Soloists Competition and will play at The Kennedy Center June 16. And on July 4, he flies to Italy for a 10-day concert tour with other students.

Gavin, 21, is the son of Oscar and Jean Gavin of Sanibel. He begins his senior year at the University of South Florida, Tampa, in August, where he majors in music education and jazz studies.

The Young Soloists Competition comes with a $2,500 cash award and a weekend of activities in Washington, DC, including rehearsals, a photo shoot, a mentor session and a 10- to 12-minute performance at the John F. Kennedy Center for Performing Arts.

The tour of Italy and France includes performances at La Spezia Festival in Pisa and Jazz a’ Vienne in France.

In addition to his studies, Gavin performs, teaches private and group lessons and writes marching and percussion arrangements and cadences. He has played regularly with the Southwest Florida Symphony in Fort

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continued on page 3

continued on page 2
Francis Bailey’s Book Launch
Books and Gene’s Books.
Everyone is invited to come speak with Francis, mingle with members of the Bailey family, and celebrate Francis’ 92 years on Sanibel on Tuesday, June 18 from 4 to 6 p.m. at the Old Bailey Homestead.
The book will also be available at Bailey’s General Store.

Francis Bailey always loved cats

From page 1

WFPL-Louisville raves, “It’s a wry, campy wink at life just south of the spotlight. Anchored by Vessel’s powerful voice, the show features Baxter’s autobiographical musings woven between crowd-pleasing show numbers like A Little Girl from Little Rock, Bewitched, Bothered and Bewildered and Cole Porter’s Find Me a Primitive Man. Vessels channels the classic cabaret style masterfully, hitting that sweet spot between Judy Garland and Bea Arthur with aplomb.” Come share An Evening with Lillian Baxter!

John Vessels has been performing all around the country in musicals, comedies, school plays and home movies (he ain’t proud) — and now he’s back in Southwest Florida! An alumnus of Sanibel’s Old Schoolhouse Theater hits such as Forever Plaid, Run for Your Wife, The Big Bang, Swing Sisters, Lend Me a Tenor, and a whole bunch of Ho! Ho! Ho! The Christmas Shows, Vessels has written this cabaret — featuring accompanist and arranger, Jay Schwandt — just for you. Come spend An Evening with John Vessels!

2200 Periwinkle Way, Sanibel
For tickets call (239) 472-6862
or go online at www.BIGARTS.org
Paul Gavin

Myers and has been a substitute percussionist for musical theater companies in Fort Myers and Naples. He is the percussion technician for Sickles High School Marching Band in Tampa.

He is a graduate of Cypress Lake High School Center for the Arts in Fort Myers, where he played in the school’s Jazz Ensemble and Jazz Combo. He is also an Eagle Scout, having achieved the distinction in June 2010 with Troop 316 in Fort Myers.

BIG ARTS Community Players will be presenting a full-stage production of *Jersey Girls* at the Herb Strauss Theater, 2200 Periwinkle Way on Sanibel. Performances are on select dates at 8 p.m. July 11 through 20. Written by June Koc of Sanibel, *Jersey Girls* takes place in the 1960s.

continued on page 5

Come in and meet our chirpy CPO, Nell!

**Nell’s Weekly Words of Wisdom!**

“You’d be a silly goose if you miss seeing our fabulous Sanibel Sealife Jewelry.”

Feature of the Week

Memories of Sanibel that sparkle with brilliant diamonds and gold

**The Cedar Chest Fine Jewelry**

A Sanibel Tradition for more than 30 Years

Phone: 239-472-2876
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1993 Periwinkle Way
www.cedarchestsanibel.com
Refuge Unveils Welcome Archway

Colorful and wildlife-themed, the new three-dimensional welcome archway—unveiled at National Trails Day celebrations on June 1—enticed visitors to walk up the entrance ramp to explore the free “Ding” Darling Education Center.

More than one year in the making, the finished product was the result of brainstorming and a partnership between North Carolina wildlife artist David Williams of Wingin’ It Works, the JN “Ding” Darling National Wildlife Refuge and the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS), which procured a grant for $10,000 from the AWC Family Foundation to help fund the sculpture.

“We’ve been working on this project for a long time,” said Refuge Manager Paul Tritaik. “We felt we needed something eye-catching to grab the attention for new visitors who were missing the delightful experience our education center affords.”

Artist Williams explained to the admiring crowd gathered for the 10 a.m. unveiling that he sculpted the archway by hand out of clay to create a form as a mold for the resin archway. He then hand-painted every alligator, roseate spoonbill, osprey, mangrove cuckoo, crab and mangrove root and leaf in realistic detail.

“The AWC Family Foundation has a real legacy of supporting a number of non-profit organizations here on the islands and around the country, with a strong emphasis in conservation, environmental preservation, and education,” said DDWS Executive Director Birgie Vertesch. “We are honored the foundation chose to support this important project.”

To support DDWS and the refuge with a tax-deductible gift, visit www.dingdarlingsociety.org or contact Birgie Vertesch at 292-0566 or director@dingdarlingsociety.org.

From left, DDWS vice president Doris Hardy, Refuge Manager Paul Tritaik, Supervisory Refuge Ranger Toni Westland and artist David Williams unveil the new archway.
FISH To Hold Workshop On Women’s Safety

FISH of Sanibel, Inc., in conjunction with the Lee County Sheriff’s Department, will host a Self-defense Awareness & Familiarization Exchange (SAFE) workshop on June 19 from 10 a.m. to 12 p.m. at the Saint Michael & All Angels Episcopal Church Parish Hall.

The two-hour educational awareness and crime-victim prevention program encompasses strategies, techniques, and prevention for teenage and adult women that may reduce the risk of exposure to violence. It also introduces the physical aspects of self-defense. Participants must be at least 13 years of age and those between the ages of 13 and 17 must have a parent present during the time of the workshop.

Violent crimes are often crimes of opportunity. When you remove the element of opportunity, you reduce the risk of the crime. Ninety percent of self-defense is awareness, risk reduction, and avoiding confrontation and only 10 percent is physical. The SAFE workshop provides women with solid public safety-awareness information to incorporate into their everyday lives.

The program is broken into three parts:
1) Introduction to safety
2) Video on self defense
3) Physical self defense techniques

This is not a self-defense class. Participants must wear comfortable clothing and closed-toed shoes. The workshop is complimentary to all women who reside or work on the islands. RSVP to Christine or Jessi at 472-4775 by June 18. St. Michael & All Angels is at 2304 Periwinkle Way.

Free Workshops

FISH of Sanibel, Inc. will hold the following free workshops for the month of June:

Empowering Women Group
- Tuesday, June 11, 10 to 11 a.m.
- All island women are invited to join this women’s group and explore topics related to personal empowerment. There will be discussion and refreshments. Meet at the FISH Walk-In Center.

FISH Lunch with Friendly Faces
- Tuesday, June 11 at 11:30 a.m.
- Lunch and discussion with FISH staff, volunteers, board members, and clients during the monthly Friendly Faces lunch at George & Wendy’s Seafood Grille, Periwinkle Way and Tarpon Bay Road.
- The cost is $8 per person, all inclusive.

Women’s Self Defense
- Wednesday, June 19 from 10 a.m. to 12 p.m.
- The workshop is sponsored by FISH, in conjunction with the Lee County Sheriff’s Department. It will be held at the Saint Michael & All Angels Episcopal Church Parish Hall, 2304 Periwinkle Way.

Cooking With Kids
- Tuesday, June 11 at 11:30 a.m.
- July 18, Friday, July 19 and Saturday, July 20. Tickets are now on sale at BIG ARTS, 900 Dunlop Road on Sanibel, or call Marks Box Office at 395-0900.

From page 3

Shimmy Into Summer

during a live radio broadcast at the boardwalk in Seaside Heights, New Jersey. DJ “Cousin Louie” is the emcee hosting this radio show in a “battle of the bands” contest for four all-girl groups. Competing for the title of “Jersey Girls” are the Surf Queens from Wildwood, the Wonderettes from Hackensack, the Stone Ponies from Asbury Park, and the Wave Riders from Atlantic City. The winner will be chosen by the audience, and each night may have a different winner. Fun for all ages, Jersey Girls is produced by the Community Players and features local talent, volunteering onstage and backstage.

Shows are 8 p.m. Thursday, July 11, Friday, June 12, Saturday, July 13, as well as Wednesday, July 17, Thursday, July 18, Friday, July 19 and Saturday, July 20. Tickets are now on sale at BIG ARTS and at the Herb Strauss Theater, adults are $15, children age 17 and under are $5.

The Community Players welcome volunteers to work on all aspects of production – both on stage and behind-the-scenes. The Players provide local live theater, performed for the community, by
City To Consider Reduction In Permit Fees

by Anne Mitchell

The topic of permit application fees – and the high cost – took up much of the council’s morning on Tuesday. The good news for the public is that permit fees will likely be reduced during the city budget sessions starting next month.

But until then, for current and future applicants, council is considering charging the current fees then refunding the difference when the new fees are in place. It was the suggestion of Vice Mayor Doug Congress, who calls it “grandfathering,” and said, “We don’t want people not to submit applications, waiting until November.”

Councilman Marty Harrity said, “Clearly we have an issue with fees. In order not to stop progress… I would say pay your (fee), apply for your variance and interpretation that appear in news stories. Readers with factual errors or matters of emphasis published by Anne Mitchell.

City Awards Bike Path and Road Project Contracts

by Anne Mitchell

The Sanibel City Council on Tuesday approved several contracts totaling more than $1.5 million for projects ranging from the ongoing clearing of overgrown vegetation on the Sanibel River to the improvement of the shared use path on the island’s east end.

The contracts are as follows:
- $689,678 to CW Roberts Contracting Inc. to widen the shared use path along Periwinkle Way from Lindgren Boulevard to Lighthouse Beach Park;
- $674,979 to Community Asphalt Corp. for 2013 street resurfacing;
- Beach park restroom roof replacement for $56,660 to Winfield Contracting, Inc.;
- Dune walkover replacement project to Bayshore Construction, Inc. for $60,913;
- 2013 Sanibel River clearing project, to Canoe Adventures, Inc. for $65,000.

Sanibel Man Named Budget Reviewer

Islander Steve Maxwell has been reappointed for fiscal year 2013-14 by the Government Financial Officers Association (GFOA) to serve as a budget reviewer.

Dr. Maxwell has recognized experience in the preparation of operating and capital budgets and has taught undergraduates and graduate courses in Municipal Administration, Public Administration and State and Local Government Finance and Budgeting at Florida State University, St. Thomas University and Barry University. Professor Maxwell also serves on the Public Administration Quarterly and Journal of Public Affairs Education Editorial Boards.

GFOA is an organization headquartered in Chicago, Illinois that has 17,500 members who serve in state, provincial and local government units in the United States and Canada.

The association provides consulting services and technical assistance in the areas of financial reporting, capital and operating budgeting, debt and pension administration.

The Distinguished Budget Awards Program is also sponsored by the GFOA. The City of Sanibel has received the award numerous times from the GFOA for having a budget document that represents best practices in budget and financial reporting.

Verizon Cell Phone Tower Still In Works

by Anne Mitchell

If you’re wondering whether Verizon will ever construct the promised cell phone tower off Donax Street, be assured that the project is still in the works.

The much-needed boost to Sanibel’s east end wireless reception will proceed, said City Attorney Ken Cuyler. The application is in city hands and under review, he said, and they should complete the application by the extended deadline of June 31.

“It appears they are serious and do want to get this done,” Cuyler added.

The project may have taken longer than usual because the city council required that Verizon build the 149-foot tower to resemble a flag pole. But the problem was that flags and their rigging are noisy and there are nearby residents. Council asked Verizon to come up with an internal landing system.

Verizon said it would be a challenge because it had never built anything like it before. It was to have been complete early this year.

There will be room on the tower for two more carriers, according to the initial plans.

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Captive Community Panel Meeting

The Captiva Community Panel’s Tuesday, June 11 meeting will begin at 9 a.m. in the Cone Rooms of Chadwick’s Square at South Seas Island Resort.

Meeting Agenda

9:00 a.m. Introductions and roll call; approval of May 7 minutes
9:05 a.m. – Captiva Fire District update by Chief Rich Dickerson
9:10 a.m. – CEED update by Kathy Rooker
9:15 a.m. – LCSO update by Deputy Mike Saviicki
9:20 a.m. – Captiva Hurricane Preparedness & Response Committee
9:25 a.m. – Committee reports (as necessary):
   • Planning by Max Forgey (10 minutes)
   • Update on county grant application for Lee Plan revisions
   • Communications by Susan Stuart
   • Financial and budget by Ken Gooderham
   • Fundraising by Paul McCarthy
   • 9:40 a.m., other business and public comment

The Captiva Community Panel provides a public forum whereby Captiva property owners can present projects requiring variances and get feedback from and answer questions of the panel members and other Captiva neighbors attending the public meeting. The panel has no decision-making authority on variance requests but does advise Lee County as to the point of view of the panel and the point of view expressed by other interested Captivans attending the public meeting at which the variance request was presented.

The next meeting has tentatively been scheduled for July 9.

Road Rally Registration Forms Available

Sanibel’s popular Independence Day Road Rally starts Wednesday, July 4 at noon in Timbers Restaurant parking lot after the annual July 4th parade.

Teams start at two-minute intervals. The organizers want to encourage people to get their teams together ahead of time and pick up registration forms at Bailey’s General Store, the Sanibel Cafe, the Sanibel-Captiva Community Bank, in the local newspaper or before noon on rally day at the Timbers starting line. Forms are also available on www.sancapoptimist.org.

Registration is a $35 donation per vehicle.

This year’s theme is We Rally for Island Youth. The top rally finishers and the best decorated vehicle will win prizes. Points are awarded for elapsed time closest to a “secret,” pre-established circuit time and distance, and for correct answers to a series of questions about clues along the rally route. Deductions to scores are assessed for too-fast or too-slow finishers and for other infractions. An after-race party will be at Timbers.

Sponsorships, both business and individual donors, are now available. Donors of $500 and $250 get names on vehicles and on the rally T-shirt; $100 sponsors get names on vehicles only.

Mammograms

Radiology Regional Center’s Mobile Mamo Coach will be at the Sanibel Recreation Center from 10 a.m. to 2 p.m. June 10. For an appointment or if you have any questions relative to the test, call 936-2316.

The Mobile Mamo Coach is a state of the art breast imaging clinic, providing full field digital mammography services. Most insurances are accepted and discounted self-pay pricing is available.

According to estimates from the American Cancer Society, one in eight women will be diagnosed with breast cancer. More importantly, with early detection, the survival rate for an early diagnosed breast cancer at five years is better than 97 percent. Mammography is one aspect of breast health, in addition to monthly self-exam and annual physician exam.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road.

Mobile Mammograms

Fendelman plaque

Statue Of Liberty Memorabilia

On Display At Sanibel Public Library

submitted by Cathy Cameron, Sanibel Public Library

Shoes taps, a maple syrup bottle, ladies’ handbags, Mickey Mouse, cufflinks and many other items celebrating the Statue of Liberty are on display at the Sanibel Public Library.

The collection, shared by Burt Fendelman, shows a mix of items Fendelman and his wife Helaine have collected since the U.S. Bicentennial in 1976. Currently, they have more than 100 Statue of Liberty-related items in their collection.

Favorite items include a biscuit tin from the 1940s, a ladies’ compact and powder puff from the early 1900s, and a tooled leather purse.

“It’s fun to collect, and we have a great time doing it” said Helaine.

Burt and Helaine Fendelman – of Sanibel and New York City – are sharing their collection with library users through July 4. Children’s books (available for checkout) about the Statue of Liberty complement the memorabilia. Stop by the library at 770 Dunlop Road and view this historical collection.

Road Rally Registration

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Sponsorships, both business and individual donors, are now available. Donors of $500 and $250 get names on vehicles and on the rally T-shirt; $100 sponsors get names on vehicles only.
Love That Dress! Collection Party

It’s time for Sanibel’s 4th annual Love That Dress! collection party. This community event is open to all. Admission is one or more new or gently used dress. If this is your first opportunity to attend, here’s what to expect as we gather to benefit the PACE Center For Girls of Lee County:

Bring one or more new or gently used dress (beach to bridal) to The Village Shops, located at 2340 Periwinkle Way on Tuesday, June 18 from 5 to 7:30 p.m. The Royal Shell Companies have put together another fun evening as we party for PACE. Enjoy light fare and libations courtesy of Matzaluna Italian Kitchen, who will provide dinner vouchers for attendees. Present the vouchers at Matzaluna after the event and a portion of your meal ticket will benefit PACE.

Enchanted Ballroom will be on hand to entertain with a brief dance exhibition and teach a group dance to those wishing to participate. A New Beginnings Event DJ once again spins the tunes and local merchants have donated items for the popular raffle, including handbags, jewelry, gift certificates, belts, party gatherings, swag bags and numerous other goodies. Raffle tickets are five for $20 or $20 per ticket for items valued over $100. All raffle proceeds benefit PACE-Lee.

With Sanibel’s help, PACE-Lee raised more than $130,000 from last year’s Love That Dress! event. This phenomenal program mentors young women between the ages of 12 and 18 living in difficult situations and helps with their educational progress guiding them along the path to a successful life. All the dresses collected at the party are sold at the Love That Dress! main event, held August 28, 6 to 9 p.m. at The Embassy Suites in Estero. One hundred percent of the August event’s proceeds benefit PACE.

For further party information or to locate a Sanibel dress drop off location if you cannot attend on the 18th, contact Barb Harrington at 472-2783 or barb.h@royalshell.com.
OBITUARY

ILEEN IMEL

Ileen Imel peacefully passed away on Thursday, May 30, 2013 in Fort Myers following an extended illness. She was born to Marion and Florence DeVault in Lafayette, Indiana on June 19, 1918.

Ileen attended school in Indianapolis and was a member of Delta Gamma Sorority at Purdue University. She met Amelia Earhart while at Purdue. She was married to Pensacola, Florida to the love of her life, Walter Imel, on April 6, 1943. Ileen taught home economics in the Indianapolis Junior High School system for 30 years. Upon retirement, they moved to Fort Myers. Wally and Ileen were founding members of Faith United Methodist Church.

The Imels also enjoyed time camping and spending time with family and friends in Presque, Wisconsin and Branson, Missouri.

Ileen started a craft store in Cape Coral and worked at Three Crafty Ladies on Sanibel Island for 34 years until the age of 90. She enjoyed shelling on the beach on Sanibel, oil painting, candle making and other crafts. She loved nature, especially birds.

Ileen was an amazing Christian woman, inspiring, so positive and generous in spirit and with her love. She was a wonderful wife, mother, aunt, and friend and gave of herself tirelessly to her church serving on the building committee, organized communion and volunteering at the church’s Clothes Closet until she was 94.

Her husband, parents, and brothers Glenn and Vere DeVault, brother-in-laws Bob and Dean Imel and a sister-in-law Gladys preceded her in death. She is survived by her son Edward (Marcia) Imel, Noblesville, Indiana, sisters-in-laws Virginia Faye Imel, Macon, Illinois, Bernice Imel, Indianapolis, Indiana, Marge DeVault, Madison, Wisconsin, 18 nieces and nephews, 15 great nieces and nephews and five great-great nieces and nephews.

A funeral service was held on June 4 at Faith United Methodist Church in Fort Myers, with interment at Lee Memorial Park Cemetery. Memorial contributions can be made to the Faith United Methodist Church in memory of Ileen Imel.

The family thanks the many friends, church family, and those at HealthPark Care Center and Hospice who provided loving care and support throughout Ileen’s illness.

Churches/ Temples

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

BAT YAM-TEMPLE OF THE ISLANDS:
The Reform Congregation of Bat Yam Temple of the Islands meets for Friday night services at 8 p.m. in the Fellowship Hall of the United Congregational Church 2050 Periwinkle Way, Sanibel. For more information call 239-472-5317 or email ADBilby@yahoo.com.

CAPTIVA CHAPEL BY THE SEA:
The Rev. George E. Morris
Services every Sunday 11 a.m.
November 10, 2013 thru April 27, 2014
11580 Chapin Lane on Captiva. 472-1646.

FIRST CHURCH OF CHRIST, SCIENTIST:
2950 West Gulf Dr., Sunday - 10:30 a.m.;
Sunday School - 10:30 a.m., Wednesday evening meeting - 7:30 p.m.; Reading room open, Monday, Wednesday and Friday 10 a.m. to 12 p.m. (November through March), Friday 10 a.m. to 12 p.m. (summer hours). 472-8884.

SANIBEL COMMUNITY CHURCH
1740 Periwinkle Way, Sanibel, 472-2884
Dr. Daryl Donovan, Senior Pastor
Sunday Worship Hours: 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.

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST:
2050 Periwinkle Way 472-0497
The Rev. Dr. John H. Danner, Sr. Pastor.
The Rev. Deborah Kunkel, Associate Pastor
Sunday Worship Services; 7:45 a.m.
Chapel Service, 10 a.m. Full Service, with Sunday School and Nursery Care provided. Elevator access.

ST. ISABEL CATHOLIC CHURCH:
3559 San-Cap Rd., 472-3763

continued on page 10
OBITUARY

SCARLETT WALTERS ARNOLD

Longtime Sanibel resident Scarlett Walters Arnold passed away at Hope Hospice in Fort Myers early on the morning of May 18, 2013 after battling cancer for several months. She was 72 years young.

The oldest child of the late Steve and Reba Walters, Scarlett grew up in Maryland and acquired her cosmetology license there, but for years, she worked as a computer specialist for the Pitman license there, but for years, she worked

In 1991, she moved to Sanibel, where her father, his late wife, Hilda, and three of her brothers lived, and opened Scarlett O’Hair’s Beauty Salon. It was then known as Wil’s Landing and is now Matzaluna. She was a member of St. Isabel’s Catholic Church, the American Business Women’s Association and FISH of Sanibel.

Scarlett is survived by a son, Tim Arnold; her beloved granddaughter, Tabitha Arnold Aguian; and her life partner of 25 years, Ed Barba and his children, Becky Miller and her husband, John Reynolds, and their children, Kent, Jamilee, Samantha, and Heath; Matt Barba and his wife, Ailene, and their children, Rynnn, Reagon, Brenton, and Troy, Greg Barba and his wife, Cathy, and their children, Brooke and Matt; Jeff Barba and his children, Jessica, Nathan, and Carrie Mae; and Kathy Barba and her daughter, Vera. All of whom adored Scarlett.

She is also survived by her siblings, Danny Walters, his wife Suzi and their children, Danny Jr., Erik, and Tina Perry; Steve Walters, his wife Kathleen, and their children, Billy and Kelly; Tom Walters, his son, Jasper, and Jasper’s mother, Karen Walters; Tracy Walters, his wife Connie, and their children, Amanda and Tracy Jr.; and Dave, Richard and Jeff, the children of her late brother, Bob Dixon, and his wife, Pat. She will be fondly remembered by a wealth of friends from Maryland, around the country and Sanibel and Captiva Islands.

A memorial mass and celebration of Scarlett’s life will be held on June 20, 2013 at St. Isabel’s Catholic Church, 3559 Sanibel-Captiva Road, Sanibel at 11 a.m. The family requests that in lieu of flowers, memorial donations be made to FISH of Sanibel, 1630 Periwinkle Way, Sanibel FL 33957.

HELEN MARIE WURTZEL FRY

Helen Marie Wurtzel Fry, born January 17, 1927 in Midland, Michigan, the daughter of the late John and Elva (Hollingsworth) Kratz, passed away May 27, 2013 at the age of 86. She was preceded in death by her husbands Fred A. Wurtzel and Victor Fry; and sisters Adeline Hall, Vera Caughlin, Katy Snyder and Jackie Powers.

Surviving to cherish her memory are her sons Fred (Mary) Wurtzel and George Wurtzel; grandchildren Fred A. (Jessica) Wurtzel, Maria Wurtzel and Marc Wurtzel; and her sister, Ruth Beyersdorf.

In her earlier years Helen was an avid team and tournament bowler. She was well-known for her distinctive fashion sense including her unique headbands. Vic and Helen were King and Queen of an annual Periwinkle Park Mardi Gras Parade and Helen was known to many on Sanibel as the Queen of the Island.

Among her favorite activities were decorating, cooking, dancing, entertaining and traveling. Helen never met a stranger.

A memorial service was held at on Tuesday, June 4, at First Christian Church (Disciples of Christ), Lansing.

For those desiring, contributions in memory of Helen may be made to National Federation of the Blind of Michigan, 20812 Ann Arbor Trail, Dearborn Heights, MI 48127; or Opportunities Unlimited for the Blind (Camp Tuhsmeheta), P.O. Box 46, Greenville, MI 48838.

Condolences and memories may be shared with the family at www.grlansing.com.

From page 9

Churches

Pastor: Rev. Christopher Senk, Saturday Vigil Mass 5 p.m.
Sunday Masses 9:30 a.m.
Daily Mass Wed., Thurs., Fri. 8:30 a.m.
Communion Service Mon. and Tues. 8:30 a.m.
Communion Service Mon. and Tues. 8:30 a.m. Holy Hour post
ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH:
2304 Periwinkle Way between the Bean and Baileys, 472-2173
Rev. Dr. Ellen Sloan, Rector
www.saintmichaels-sanibel.org
Sundays at 9:30 a.m.
Sunday School (PreK-5) at 9:30 a.m.
Wednesdays at 9 a.m. Potluck Supper 1st Wednesday of the month 6:30 p.m.
Morning Prayer Tuesdays at 9 a.m.
UNITARIAN UNIVERSALISTS OF THE ISLANDS:
Meets on the first Sunday of each month from December through April at the Sanibel Congregational Church, 2050 Periwinkle Way at 5 p.m. A pot luck is held at a member’s home on the third Sunday of each month. For more information call 433-4901 or email ryi139@aol.com.

Send your editorial copy to:
press@islandsunnews.com
Please come join us at Sanibel Square this month along with the rest of Sanibel in saying Good Luck to Jan Gabrielson in the closing of Nanny’s.

Huge Store-End Closing Sale now going on.

We also would like to take a moment to thank Jan for her years of being in business and being such an integral part of the Sanibel business community.

Jan is one of the reasons why so many little kids on Sanibel and throughout the U.S. look very stylish.

We thank you Jan as we wish you nothing but the best of luck in your next phase in life and now, due to Nanny’s closing, there will be a lot less kids looking stylish.

Located on Periwinkle Way across from Sanibel Community Park
ISLAND SUN - JUNE 7, 2013

SCCF Living With Wildlife Educator Dee Serage staking a nest in August 2011

SCCF Sea Turtle Nesting Statistics

Nesting picked up quite a bit last week. Below is where we stand as of May 31 and the previous two years for comparison.

As of May 31, 2013:
- Sanibel East – 7 nests, 14 false crawls
- Sanibel West – 43 nests, 72 false crawls
- Captiva – 19 nests, 10 false crawls

As of May 31, 2012:
- Sanibel East – 21 nests, 16 false crawls
- Sanibel West – 76 nests, 131 false crawls
- Captiva – 32 nests, 54 false crawls

As of May 31, 2011:
- Sanibel East – 7 nests, 11 false crawls
- Sanibel West – 48 nests, 69 false crawls
- Captiva – 28 nests, 4 false crawls

*False crawl = a failed nesting attempt

If you have questions, or would like to know more about sea turtles on Sanibel, contact seaturtle@sccf.org or call 472-2329.

SCCF Sea Turtle Nesting Statistics

American Legion Post 123 News

Stop by American Legion Post 123 this Sunday, June 9 and enjoy BBQ ribs and chicken served from 1 to 8 p.m. Cost is $12. Live music with Robby Hutto will be from 5:30 p.m. to close.

On Wednesday, June 12, come to the American Legion's general meeting starting at 6 p.m. On Friday, June 14, Post 123 will observe Flag Day with a flag retirement ceremony beginning at 6 p.m.

Nine-ball pool tournaments continue every Monday night throughout the summer. Texas Hold 'em is played every Thursday night at 7 p.m. and Saturdays at 4:30 p.m. New players are welcome but must be Legion members.

Every Friday, Post 123 serves a six-ounce ribeye steak sandwich all day.

Check out the daily specials and the entire menu. The half-pound burgers are a local favorite. Food is served all day, every day. The public is welcome.

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

Shell Museum Brings Back Blue Star Program

The Bailey-Matthews Shell Museum announced that it has been designated a Blue Star Museum for the second year in a row. Blue Star Museum is an appreciation program that offers free admission to museums for all active duty, National Guard and Reserve military personnel and their immediate families from Memorial Day through Labor Day.

A family may include the cardholder and up to five family members. A family member under the age of 10 must be accompanied by an adult. To verify active duty, the visitor must show an official ID/CAC card. Please check the expiration date on the card to prove active duty.

Blue Star Museums is a partnership among the National Endowment for the Arts, Blue Star Families, Joining Forces, MetLife Foundation and hundreds of museums across the country.

For more information about the museum and operating hours, visit www.shellmuseum.org or call 395-2233.

Fish Caught

Two tarpon were caught on May 21 by John Pfeifer and Mary Ellen Pfeifer. It was the first time either had caught a tarpon and both fish measured over six feet in length.

Their guide, Ozzie Fischer, longtime islander, said, “It’s been a great year for tarpon and I’ve caught more tarpon over 150 pounds already this year than the last two combined.”

Capt. Ozzie Fischer and John Pfeifer with a tarpon caught May 21

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Debbie Still

Debbie Still of Adrian, Missouri found an alphabet cone near Bowman’s Beach while staying with her family at Periwinkle Cottages of Sanibel.

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New Jr. Refuge Manager Program Joins ‘Ding’ Summer Activity Lineup

What flyway does Florida belong to? How much does a manatee bone weigh? Kids can find the answers to these and more scavenger hunt-style questions in the “Ding” Darling Education Center to complete the summer’s new Jr. Refuge Manager Badge program.

“Kids can ask for the new Jr. Refuge Manager worksheet from staff at the Education Center front desk,” said education specialist Ranger Becky Wolff, whose intern team designed the new Q&A sheet. “Typically, we do the Jr. Refuge Manager program with questions to answer out on Wildlife Drive. Because the drive is closed for resurfacing, we came up with this new one, which we will probably keep even after the drive reopens in October.”

With Wildlife Drive closed, refuge rangers and staff from Tarpon Bay Explorers, the refuge’s official recreation concession, have designed a creative calendar of hikes, walks, tram tours, bike tours, and classroom programs. For a complete schedule, visit www.dingdarlingsociety.org. Note that some tours require advance reservations.

To check out the new Jr. Refuge Manager Badge program, visit www.dingdarlingsociety.org/kids-page.

Horseshoe Crabs Are Spawning

I took the attached picture on Friday, May 31 at 7:30 a.m. The picture is of live horseshoe crabs, spawning. They are among the many natural beneficiaries of an open Blind Pass. I believe they lay and fertilize their eggs on the sandy shores. Their eggs are an excellent source of nutrition for migrating species such as red knots and other peeps.

The crabs have arrived each morning this past week, starting with the waxing stages through the full moon and continue spawning as the full moon wanes. They congregate in the dozens adjacent to our Captiva dock on Blind Pass each morning, as this is a small beach area; larger beach areas have larger numbers in the hundreds. I notice them in good numbers just after sunrise on the sandy shore, but think they are coordinating with the high tide. I find them in several inches of shallow water.

This area was previously quite rocky before Blind Pass was opened and I never notice them spawning during those periods. They seem to retreat into deeper water when the sun is high and as the tide abates.

Our email address is press@islandsunnews.com


Interns Get New Housing At ‘Ding’ Darling

Student interns are an integral part of the JN ‘Ding’ Darling National Wildlife Refuge conservation team, especially now that the government has placed a freeze on refuge hiring, said Refuge Manager Paul Tritaik.

As one of the most-visited, high-profile refuges of the National Refuge System, ‘Ding’ Darling draws students and recent graduates from around the country to vie for internship positions in biology, public use, and environmental education. The interns seek opportunities to apply their knowledge in the real world and help shape them as future conservation stewards.

It’s a win-win situation for both the interns and the refuge, officials say. Interns provide the help needed in biological research and educational programs. They also bring a young vision and outlook, contributing fresh new ideas that result in a dynamic momentum.

Over the years, “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) has provided the funds to help with the costs of intern stipends and housing. Affectionately called “the gated community,” intern housing lies within refuge grounds and consists of a montage of trailers acquired from various sources. Most were donated; some were purchased from FEMA after Hurricane Charley.

Realizing the need for more housing to replace deteriorated units, refuge volunteer Tim Gardner, prior to his death in November 2012, approached the Lee County Mosquito Control District about modular units they had used as offices before constructing a new building. He asked if they would be willing to donate a unit for student housing at “Ding.”

The answer was a resounding “yes.” The Lee County School District helped develop a site plan and organize the transport and set up at the refuge, which DDWS funded. The offices have now become comfortable new intern dorms with room to sleep four interns. “This project was made possible by many different folks,” said Refuge Manager Paul Tritaik.

May 23 marked the housewarming reception for a new four-bedroom intern housing unit at the refuge. Representatives from the Lee County Mosquito Control District, DDWS and the refuge gathered to celebrate.

The intern program is a strategic investment in our young adults and this program is specifically targeted toward students who plan a career path in conservation and inspire others to protect our wild places around the world.”

---

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Deputy Refuge Manager Joyce Palmer shows Refuge Manager Paul Tritaik and DDWS President John McCabe around the new intern housing before its opening. She managed the unit’s renovation project, which monetary and furnishing donations from DDWS and the community made possible.

said DDWS Executive Director Birgie Vertesch. “Long-range plans call for more permanent housing, but for now we are so grateful to Tim Gardner and all our partners across the county for making this a reality.”

To support DDWS and the refuge with a tax-deductible gift, visit www.dingdarlingsociety.org or contact Birgie Vertesch at 292-0566 or director@dingdarlingsociety.org.
Fishing Quickly Rebounds After Bad Weather

by Capt. Matt Mitchell

Conditions have slowly returned to normal after what was a funky weather week on the water, to say the least. Strong easterly winds and often heavy rain that would pop up at just about any time made fishing tougher than it has been in previous weeks.

Tarpon fishing came to an all but complete halt as the stirred up, rough water made the fish just about impossible to locate and catch. By late in the week, as the winds finally laid back down and our water cleared back up, tarpon started to reappear in their usual places both in the bay and out along the beaches.

By the weekend, good numbers of tarpon were located again in and around Captiva Pass and along the southern beaches of Cayo Costa. Pitching crabs and threadfins to these fast moving fish resulted in very few hook-ups though. These gulfside fish are daisy-chaining and seem to have other relationship issues on their mind and did not seem interested in eating anything I had to offer. Even picture perfect pitch shots to these rolling fish did not result in hook-up. Fishing my confidence spots in the sound with a spread of live and cut baits was a more productive method for me even though very few fish were sighted.

After being on a roll of tarpon fishing charters this season, my 21st trip in a row with at least one hook-up came to an end this week. Mother Nature simply got the better of me one day mid-week and gave me the first zero slap in the face. On my tarpon trip this weekend, after no action most of the morning even though we located lots of fish, we ended up going one for one with a tarpon caught while soaking a cut bait in the southern sound.

Pass fishing was a good option most days this week even during windy conditions. Snook action, if you were there at the right time, was the best I have seen for a long time. One morning trip this week, while fishing with Gillie Russell and his granddaughters from Lake Placid, we caught and released seven snook over 30 inches within a 45-minute period, then as fast as it had started, it ended.

Live shiners fished on 1/2 oz. jig heads to keep them close to the bottom was the rig of choice in the pass during the fast moving outgoing tide. After struggling to catch a few trout and jacks for most of the morning trip, it was great to hit pay dirt and finish up on a wide open snook bite.

Redfish action was hit and miss for me this week mostly because of the far from perfect tides for targeting them. Tides will get a whole lot better this week for you redfish anglers to target under the trees during the good morning and daytime highs.

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 islandsun@aol.com; or call Anne Mitchell at 395-1213.

Send Us Your Fish Tales

After the previous week of monster high tides and catching lots of over-the-slot redfish, I’m excited to get it going again. There was one bonus while targeting deeper mangrove shorelines for reds and snook without much luck; we did catch a few of the largest mangrove snapper I have seen since last fall. Our big one measured almost 17 inches.

The more time you spend on the water, the more you learn you simply cannot beat Mother Nature. After a nasty weather week, which offered anglers very few options, things are looking a whole lot better.

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

Sisters Hannah and Jameson Waller from Lake Placid caught 30-inch plus snook while fishing with Capt. Matt Mitchell this week. Pictured is Jameson Waller.
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Snowy Plover breeding season is well under way on Sanibel Island. Take a walk on the beach, and you may be lucky enough to see tiny chicks running around, looking for food.

Like most shorebirds, snowy plovers nest right on the beach and are potential prey for a host of predators. Their main defense is camouflage, and they blend so well with the color of Sanibel’s sand it’s almost impossible to see them unless they’re moving.

Because snowy plovers have declined in numbers over the years, they’re listed as “threatened” by the State of Florida. In 2002, the Sanibel-Captiva Conservation Foundation (SCCF) initiated their Snowy Plover Project, along with the JN “Ding” Darling Wildlife Refuge and the City of Sanibel, to study and protect these vulnerable ground nesters.

On Monday, June 10 at 11 a.m., Joel Caouette, SCCF’s shorebird monitoring coordinator, will partner with Claudia Burns, longtime Snowy Plover Project volunteer, to present “Secret Lives of Snowy Plovers” at the Clinic for the Rehabilitation of Wildlife (CROW). The presentation will feature photos of these cryptic birds along with insights into their behavior, which is often completely different than that of birds who nest in trees.

This is a rare opportunity to learn about a threatened species that depends on Sanibel’s beach for its continued survival, as well as to tour CROW’s Healing Winds Visitor Education Center and learn more about their efforts to save wildlife through compassion, care and education.

CROW is located at 3883 Sanibel-Captiva Road, across from The Sanibel School. Admission is $5 for adults, $3 for teens, and free for members and children 12 and under. For more information, call 472-3644 ext. 228 or visit www.crow-clinic.org.
CROW Case Of The Week:

Gopher Tortoise Carrying 11 Eggs

by Patricia Molloy

“She arrived with 11 eggs inside,” Dr. Helen Ingraham said.

A gopher tortoise (Gopherus polyphemus) was admitted to the wildlife clinic several weeks ago. While it was immediately apparent from the shell fracture that she had been hit by a car, it wasn’t until radiographs were taken to look for spinal damage that Dr. Heather Barron discovered she was pregnant.

It is a common sight for drivers in Southwest Florida to see a gopher tortoise slowly, but determinedly, crossing a road. Be patient. These gentle terrestrial beings have survived on this planet for 60 million years; a few minutes of your time pales in comparison. If you feel compelled to accelerate its journey and protect it from less attentive drivers, please relocate it in the direction it is traveling. If you return a tortoise to its point of entry, it will simply try to cross again once you have driven on your merry way.

The staff and students quickly created a sandbox for her in hopes that she would lay and bury her eggs in the sand.

“Yesterday, I could feel one them. I tried to ‘milk’ it out, but I couldn’t. All of a sudden she let the egg go on her own. She didn’t lay any more eggs last night, but was on her pile of sand when I checked on her this morning. Her depression fracture looks good and we started her on oxytocin again to hopefully stimulate her to lay the rest,” added Dr. Helen. Oxytocin is a synthetic form of a natural hormone often used to strengthen the power of contractions to increase the speed of childbirth.

“Unfortunately, her options are looking more and more like surgery,” Dr. Heather noted solemnly after two weeks of critical care at the wildlife clinic. “She needs to have the eggs removed and it has come to the point where they are becoming a surgical concern. I am only considering the surgery because she is beginning to use her hind legs again,” added Dr. Heather.

It takes approximately four months for a shell fracture to heal and an additional six to 12 months for full recovery. Please sponsor this gopher tortoise on her long road to recovery by going to CROW’s website and referring to patient #1310. Your donation could help to save not only her life, but those of her little hatchlings.

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.

A gopher tortoise, patient #1310, arrived at the clinic with a shell depression. This radiograph was taken to look for spinal damage and revealed that she was carrying eggs.
They Look At You
With One Eye...
Then The Other!

by Mark ‘Bird’ Westall

I will tell the folks who read this column the same thing I tell people that go on my canoe trips; if you spend enough time around me, you will figure it out that you have to take a lot of what I say with a “grain of salt.” Some of my ideas are based on really smart people like Charles Darwin, Richard Dawkins and E. O. Wilson, but a lot of my ideas are mostly my attempt at figuring out how the natural world works.

So, have you ever noticed that many species of birds with eyes positioned on the sides of their heads will look at you with one eye, then turn their head and look at you with the other eye? Well, I believe that behavior allows the bird to perceive the world around them in a three-dimensional manner.

It makes sense that many species of birds that have to worry about being attacked from behind have evolved sensors (eyes) that can more efficiently recognize movement from the rear quadrant. Having the ability to quickly realize that a bald eagle or peregrine falcon is coming up behind you would greatly enhance your ability to pass on your genes.

But like many things in life, there is no such thing as a “free lunch.” For every new beneficial strategy that evolves, quite often something else must be sacrificed. Once the bird has been warned that danger is in the area, it would then be nice to be able to tell how that danger is positioned in relation to the observing bird; is the danger approaching the bird or just sitting in a tree. If it is approaching, is it moving quickly or only gently flying along? That information is difficult to ascertain without stereoscopic vision and that type of vision is difficult to accomplish with eyes on the side of the head. That’s why predators (like humans) usually have eyes facing forward.

Over the years, I have noticed that many birds with eyes on the side of their heads (like the white ibis) will notice that my canoe is approaching and they will stop feeding for a second, raise their head up and look at us with one eye, then turn their head and look at us with the other eye. What I think is happening is that each eye is sending information about the canoe to the brain from a slightly different position and a slightly different time period and then that combined data is pieced together in the brain so that the bird is able to perceive the canoe three dimensionally.

I don’t know if the bird actually “sees” the canoe in the same way that predators (like us) see things because we are sending the information from each eye to the brain simultaneously, but I believe the ibis’ brain is able to piece together the separate information it receives from each eye and then somehow puts that information together in such a way that it can “perceive” the world three-dimensionally. Where I came up with this theory actually happened at an automobile race track many years ago. I was standing on some bleachers watching one of my favorite drivers when his car went off the track about 500 yards away from where I was standing. I immediately raised my binoculars to get a better view and make sure he was able to get out of the car safely. After I saw him leave the car, I lowered my binoculars and realized that about halfway between my position and the wrecked car, a utility pole was blocking my view of the car. I raised my binoculars back up and I could, once again, see the car, but the pole was now not in view. I dropped the binoculars again... and there was the pole blocking my view of the car.

So, I tried an experiment. I closed one eye and looked through the binoculars. There was the car, but I could also see the pole; it was blurry, but I could see it. I changed the eye that was looking through the binoculars and, again, I could see the car and the pole; the pole was blurry, but I could see it.

I opened both eyes and the pole completely disappeared!

What I think was happening was that when using the binoculars, each individual eye was sending information to the brain that the utility pole was there, but my brain somehow established that the pole was not the object I was focusing on, so it saw the information about the blurry pole as unnecessary and simply “weeded” that information from my perception of what I was seeing.

And I went, “Cool!” I realized my brain was able to pick and choose what data was pertinent to my sense of reality and what data was deemed unnecessary. That’s when I decided that if my brain could gather information and put it together in such a way that I had a better understanding of the environment around me, maybe the ibis’ brain had the ability to gather information and put it together in such a way that increased the bird’s chances of survival. Of course, there is another possible reason why the ibis looks at us with one eye and then turns its head and looks at us with the other. I like to joke that the white ibis is either the most brave or most stupid bird of the mudflats. When it looks at us and moves its head from one side to the other, you can almost see the little gears working inside its head as it stupidly asks, “Well, I don’t know. Do you think they’re dangerous?”

Like I said, maybe my idea is totally off the wall and the ibis just isn’t “the sharpest tool in the shed,” but maybe, looking at us with both eyes helps the bird see the world around it more clearly.

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.☆
‘Ding’ Darling, Doc Ford’s Tarpon Tournament

On May 4, two teams represented Tarpon Bay Explorers in the 2nd annual “Ding” Darling Doc Ford’s Tarpon Tournament. Brianna Coffman, Jessica DeGraw, Donna Yetsko and Capt. Steve Yetsko made up the Tarpon Bay Fish-n-Chics. Team Tarpon Bay Fishaholics was comprised of Andrew Pollack, David Lombardi, Steve Maddix and Dave Johns.

This tournament was hosted by the “Ding” Darling Wildlife Society-Friends of the Refuge and Doc Ford’s Rum Bar & Grille, with the focus on “catch, release, care.” An honor system with photos taken on-board was used as opposed to the traditional harmful weigh-in method. Anglers had the opportunity to gain extra points by executing a DNA scrub on their catches.

The “Ding” Darling National Wildlife Refuge benefited from the tournament, with all proceeds directly profiting wildlife conservation.

“I am very grateful to Tarpon Bay for sponsoring us in this tournament” said Jessica DeGraw. “I feel honored to be part of such a wonderful cause.”

The tournament was followed by the Silver King for “Ding” after-party. The public was also invited to this event that included the awards ceremony, dinner and a silent auction. Turnout for this event and festivities was outstanding.

“It is great to see folks come together for a common cause, to support wildlife conservation” added Donna Yetsko.

Tarpon Bay Explorers is the concessionaire for the “Ding” Darling National Wildlife Refuge, operating in partnership with the U.S. Fish and Wildlife Service. Fifteen percent of all sales Tarpon Bay Explorers bring in benefit National Wildlife Refuges throughout the country.

To learn more about tours offered at Tarpon Bay Explorers, call 472-8900 or visit www.tarponbayexplorers.com.

Team Tarpon Bay Fish-n-Chics

Pictured from left is Dave Johns, David Lombardi, Steve Maddix and Andy Pollack of Team Tarpon Bay Fishaholics

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With his project The Sinking World, Andreas Franke brings a strange, forgotten underwater world back to life and stages realms of an unprecedented kind
www.TheSinkingWorld.com
Want to brighten up your landscape with a touch of vivid red? You needn’t rely on “disposable” species like geranium or impatiens.

Here are three low-maintenance wildlife-friendly choices that won’t require replanting anytime soon, thus saving you time and money.

And they will be prettier long after those water-guzzling impatiens are leggy and wilted.

Nothing could be easier to grow than the tropical sage (*Salvia coccinea*), a wildflower in the mint family.

Give it sun and space and it just keeps on blooming throughout the year and attracting butterflies and hummingbirds.

Dried tubular flowers top the stalks that reach up to two feet high. Once spent, the seeds will scatter and quickly start new plants, or you can gather the seeds, distribute them or start container plants.

In recent years, firebush (*Hamelia patens*) has become a popular landscape choice. That’s good news, since those red-orange tubular flowers attract butterflies and the birds eat the red to purple-black berries.

It works as a hedge, small tree, or an unpruned specimen in a natural garden. It comes in a dwarf variety, too, and is easily propagated with seeds or cuttings.

In the wild, rouge plant (*Rivina humilis*) reaches six feet tall or more. A member of the pokeweed family, it grows best in a natural garden where it’s not subjected to repeated shearing.

continued on page 23
An Inside Look At Wildlife Recovery

The CROW Picture Show offers an insider’s look at why critters come to the Clinic for the Rehabilitation of Wildlife, and features photos of the wild animals who wind up there. Last year, Southwest Florida’s only wildlife hospital cared for 3,583 sick, injured and orphaned animals. Of the 200 different species, 61 percent were birds, with 33 percent mammals and six percent reptiles.

Due to restrictions imposed by governmental agencies, CROW cannot allow visitors to view patients in person. But in this half-hour presentation, visitors will see numerous photos of current and past patients, with commentary by Claudia Burns, a veteran clinic volunteer.

The next CROW Picture Show will be held on Friday, June 14 at 11 a.m. in the CROW Healing Winds Visitor Education Center at 3883 Sanibel-Captiva Road, across from The Sanibel School. Admission is $5 for adults, $3 for teens, and free for members and children 12 and under.

The fee includes the presentation, plus the opportunity to explore the hospital’s hands-on educational facility and become familiar with CROW’s efforts to save wildlife through compassion, care and education.

For more information, call 472-3644 ext. 228 or visit www.crowclinic.org.

Ducklings, photos courtesy of CROW
Baby crow community chorus
Baby flying squirrels

From page 22

Landscape

Throughout the year, this shrub produces spikes of tiny pinkish white flowers at the branch tips. The blooms are followed by shiny red berries that have been used in dye and rouge production, thus the plant’s common name.

The flowers attract butterflies and the fruit feeds the birds.

It adapts to various light conditions, but prefers a moist site. Seedlings often sprout near the parent plant, but it can be propagated with seeds or cuttings, too.

Plant Smart explores sustainable gardening practices that will help you create an environmentally responsible, low-maintenance South Florida landscape.

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June 7 & 8: New Vinyls
June 11 & 12: Taylor Stokes

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Mohawk Project

encased in steel-framed Plexiglas. During their time at sea, the photos will evolve with accumulation of marine life, which will give them a seaworthy patina and life of their own. For divers, the artwork will come into stunning view, as the clear waters allow for 50 to 70 feet of visibility; perfect for viewing the ethereal images.

“I do the first part. I create them, but then the sea is doing the second part and that makes these pictures really unique,” Franke said.

His images were mounted on the ship by local dive enthusiasts, including Ramiro Palma, owner of Scubavice Dive Center in Fort Myers. At the end of their underwater exhibition, The Sinking World images will rise to the surface for display at the Lee County Alliance for the Arts galleries in Fort Myers at an opening night reception on October 4. The collection will remain on display until October 26.
Some 65 divers participated in the hanging and documentation of Franke’s artwork

Each of the 12 images measures approximately 2.5 by 3.5 feet

The images, encased in Plexiglas, are held in place by magnets

Based on his research, the artist envisioned the life of sailors past aboard the WWII ship.
Sanibel Island Dance Festival

Locals gathered for Sanibel Dance’s Island Dance Festival 2013 on May 18 at BIG ARTS’ Schein Performance Hall. Sanibel Dance’s founder Debbie Sheme was just thrilled to see more than 150 guests and family members attend the festival to support the love of dance and the children here on Sanibel.

This year’s theme for the festival was “LOVE.” This talented group of ladies and gentlemen from Sanibel Dance performed many beautiful dance routines that wowed the audience. On the program was jazz, tap, hip hop, modern and ballet. Bravo to all the dancers.

Sanibel Dance offers a structured dance program for dancers of all ages. They seek to promote the development of each dancer in a fun and positive environment. They offer children's classes, teen classes and adult classes in ballet, modern, jazz, tap, baton twirling, hip hop, pilates and gentle stretch classes. For more information, visit www.sanibeldance.com, email Debbie@sanibeldance.com or call 484-459-3971. Sanibel Dance is located at 975 Rabbit Road on Sanibel.
Musicals Present
A Wry, Campy Look At Life

BIG ARTS will be presenting two musical shows featuring local favorite John Vessels June 11 through 16 at Herb Strauss Theater. These original shows, The Lillian Baxter Show and An Evening with John Vessels, are filled with songs delivered by this accomplished singer who has performed in several national musical productions.

Join washed-up TV variety show hostess Lillian Baxter (played by Vessels) and her third—and favorite—ex-husband Corky Weinstopper (played by Jay Schwandt) as she tells the stories of her long, arduous climb to the middle. This new comedy boasts hit after hit after hit with tunes like Little Girl from Little Rock, Born to Entertain, The Boy from Ipanema and a string of songs from the Great American Songbook ranging from her early days in Hollywood right up to the night of Lillian’s big concert in 1972. The show covers popular hits by Cole Porter, Jerome Kern, Cy Coleman, Burt Bacharach, Michel Legrand and Steven Sondheim. Show time is 8 p.m. June 11 through 16.

Tickets for both shows are now on sale at BIG ARTS, 900 Dunlop Road, the Herb Strauss Theater, 2244 Periwinkle Way, or by calling 472-6862. Adults are $42, children ages 17 and under are $20.

“Iron Chef Winner”
Sal Velez invites you to try one of his award winning specials and a wood fired pizza!

“Iron Chef Winner”
Sal Velez invites you to try one of his award winning specials and a wood fired pizza!

John Vessels as Lillian with Jay Schwandt on a recent TV appearance for WHAS

Jay Schwandt and John Vessels State University and bachelor of arts in music and English from Albion College. He is the composer of the one-act opera, Night in Sarajevo (lyrics by Jan Levy Tranen, A Minister’s Wife) and the musical Crazy Mary (lyrics also by Tranen). Night in Sarajevo was performed at Theatre Building Chicago under the direction of Warner Crocker. Crazy Mary has had multiple readings and several productions and was a finalist for the Richard Rodgers Award in 2010. In addition to various choral pieces and song cycles, he also composed incidental music for The Children’s Museum of Indianapolis’ production of Dorothy Returns in 2010. Schwandt has been musical director for The Stages Festival of New Musicals (2006), The Children’s Museum in continued on page 31

“Iron Chef Winner”
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$25 and up all Evening

Matzaluna
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$8 OFF All Bottles
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Matzaluna
1200 Periwinkle Way (1/2 Mile west of the Causeway) 472-1998 • Serving 7 Days from 4:30 - 9:30
Art League Exhibit Opens

Island visitors and residents are invited to view more than 50 paintings by members of the Sanibel-Captiva Art League in their Annual Summer Art Exhibit held in the Sanibel Public Library.

The paintings include tropical scenes in watercolor, oil and acrylic and many were done during the Art League’s weekly paint-outs. There are also still life, abstracts, florals, digital imagery and wildlife in a variety of colorful media. The artwork extends around side walls and also hangs on the back wall of the newly-added media center.

For more information about the Art League’s seasonal events such as weekly paint-outs and portrait workshops, clothesline sale, exhibits and monthly meetings, log on to www.sancapart.com or write to San-Cap Art League, P.O. Box 1192, Sanibel, FL 33957.

For hours, call the Sanibel Public Library at 472-2483 or log on to www.sanlib.org. The library is located at 770 Dunlop Road, next to Sanibel City Hall.

Read us online at IslandSunNews.com
ArtFest Fort Myers announces its poster/T-shirt competition for the 2014 festival. “This competition is open to all professional artists,” said Sharon McAllister, executive director. “Our commemorative poster and T-shirt always feature inspiring original artwork and we encourage any artist, not just those applying to participate in ArtFest Fort Myers 2014, to submit their artwork for poster/T-shirt consideration. The artist whose work is selected will be featured in a broad range of print, online and VIP promotions preceding festival weekend, and continuing throughout the year, and will receive free booth space at ArtFest Fort Myers 2014, a complimentary three-night stay at the host hotel, plus an invitation to ArtFest Fort Myers 2015.

“It has been a great honor to have participated twice as the poster artist for ArtFest Fort Myers,” said Tim Parker. “This was a tremendous opportunity to gain a significantly wider audience. The related advertising and promotion of my artwork provided priceless exposure and my great sales certainly were a reflection of the media attention.” Submissions for this contest must represent original artwork in a theme that denotes Southwest Florida and is appealing to a broad audience. Entries will be accepted from now through August 20 and images can be submitted by email. For more information, visit ArtFestFortMyers.com and click on Poster Contest or call 768-3602.

Proceeds from the sales of the Poster and T-shirt help to support the ArtFest Fort Myers’ art education outreach programs – The After School Art Clubs, the Boys and Girls Art Club at Shady Oaks, The Visiting Artist Program and Art Supply Grants.

ArtFest Fort Myers, the annual juried fine art festival, will be held February 1 and 2 in the Fort Myers River District. There will be 200 professional artists from across the county and around the world; the largest high school art exhibit and competition in south Florida and free interactive art experiences for children of all ages.
Poet’s Corner

selected by Tanya Hochschild

A Pilated Woodpecker Raps Jazz
by Tanya Hochschild

A circuit breaker
A true voltmaker.

Drum your red head
Get out the lead.

Notch notes on the timber
Make Mamma want to rumba.

Cuts wood, chips away, he’s able
Three step turn, hops up on the cable,

Plays it fast, beaky, bluesy

His love song tumbles down
A jazz affair all over town.

Music’s floatin’ along the street
He’s got an improv man truly beat.

Motown mogul for a moment
I’m in melodic foment.

Cat’s got the spirit, he’s really movin’
Got to me, now I’m groovin’.

When he’s done, had his fun
When he’s thru, played it true

Sweet Woody Woodpecker gives me the eye
Waves his wings, shoots for the sky.

I run on in the morning streets
Jogged by the rhythm of that bad bird’s beats.

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

Our email address is press@islandsunnews.com

BIG ARTS invites artists to submit entries for the 22nd annual International Society of Experimental Artists (ISEA) exhibit. Entries of original experimental artwork in any media are due by Monday, July 1. Works must have been created within the last three years and not shown in previous ISEA exhibits.

Since 1991, ISEA has been promoting the creation and awareness of experimental art. Experimental art means the work is innovative in concept, attitude, technique or materials. ISEA’s mission is to create an environment where contemporary visual artists can come together to share ideas, grow and take risks. These exhibits are held in the U.S. and around the globe.

The ISEA International Juried Art and the ISEA/NWS Wales International Exchange exhibits will be open at BIG ARTS Saturday, October 19 through Saturday, November 28. There will be $10,000 in awards. All entries must be entered for submission online at the ISEA website at www.iseaartexhibit.org. BIG ARTS will not accept any entries.

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Chinese Seal II, water media collage by Isabella Pizzano

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Rotarians Provide Children’s Books For Sanibel Public Library

Kathleen Platt, along with Sanibel Public Library Youth Librarian Barb Dunkle, John Grey and several young readers look over books recently donated by the Sanibel-Captiva Rotary to the Library Children’s Room.

The donation program, begun by Rotary President John Grey of John Grey Painting, Inc., honors the club’s variety of weekly speakers by presenting a book in their name to the library. Since the program began, Rotary has given close to 40 children’s books to the library.

Some favorites include Otto the Book Bear, donated in honor of Mark Blust; Stupendous Sports Stadiums, donated in honor of Sanibel Youth Soccer; Experiments with Plants, donated in honor of Dr. José Leal; Dragons Love Tacos, donated in honor of Gabriel Perez, I Had A Favorite Dress, donated in honor of Rozelle Santos; What Is Citizenship, donated in honor of Lee County Junior ROTC; and many more. 

From page 27

John Vessels Performance

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- Calamari frito piccolo

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Galloway Captiva Triathlon
Filling Up At A Record Rate

The 3rd annual Galloway Captiva Tri is selling out fast. Southwest Florida Events opened its online registration May 1 and the rate of registration is breaking past records. The category for the youngest athletes – ages 6 to 9 – is full and has a wait list. The next children’s category of ages 10 to 13 is filling up quickly.

The sprint triathlon weekend, which will be held September 14 and 15, is a family fun fitness weekend held at South Seas Island Resort on Captiva. The first day includes children fun races: the 6- to 9-year-olds complete in a 100-yard swim, 1.5-mile bike and 0.5-mile run, while the age 10 to 13 racers face a 200-yard swim, three-mile bike and a one-mile run.

On Sunday morning, adults will swim 0.25 miles in the gulf, bike 10 miles (on closed island roads) and run 3.1 miles along the gulf and bay on the resort golf course. For the first time, elite amateur participants are included in the adult event, going off in the first wave. With a 750 participant limit, the adult categories are also filling up quickly.

The race has grown in popularity, and is considered one of the most scenic triathlons in the country, said Kate Gooderham, one of the race organizers.

“We are excited by the enthusiasm for the triathlon,” she said. “It’s a great event for a great cause. Last year, we raised $15,000 for Community Cooperative Ministries, Inc.”

continued on page 15B
Refuge Welcomes Boost in Summer Staffing

With federal budgets currently freezing refuge hiring, JN “Ding” Darling National Wildlife Refuge is happy to welcome two temporary staffers made available through government programs.

Intern Amber Walden joined the refuge staff on May 20 as part of the Career Development Intern Program (CDIP), a partnership between the U.S. Fish & Wildlife Service and Student Conservation Association.

Walden began her orientation at the Refuge along with 26 other students in the program. Originally from Tallahassee, Florida, she now studies history with a minor in Russian at Howard University in Washington, D.C.

“I first learned about CDIP through an email from my school,” she explained. “I liked what I read about the program, and I was very happy to be accepted. I really like seeing how excited people get when they find out more about the nature that they see every day. They are amazed that all of these processes carry on with or without human interference.”

Walden, who will stay at the refuge until August, helps with the education programs that run through the summer. Last year’s STAR (Summer Teachers Assisting Refuges) teacher, Jillian Meek, returns this summer also to assist with refuge environmental education while school’s out.

The STAR position at “Ding” Darling is made possible by a grant from the LAT Foundation to “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS). For more information about the refuge’s summer educational tours and programs, visit www.dingdarlingsociety.org.

Rotary Club Meeting Change

Submitted by Shirley Jewell

Starting on Friday, June 7, the Sanibel-Captiva Rotary Club will be meeting at The Dunes Golf and Tennis Club, 949 Sand Castle Road, Sanibel. Rotary meets every Friday at 7 a.m. for breakfast, followed by the speaker program.

Speaker dates for June:
June 7 - Dr. Sandy Cohen, Lee Memorial System Board, pediatric medicine educator;
June 14 - Ken Leach, Portland Police Officer, National Alliance for Mental Illness - certified teacher of crisis intervention training for police and correction officers;
June 21 - Sanibel Historical Museum and Village, Emillie Alfino, executive director and Dorothy Donaldson, president of the Museum and Village board of directors.

June 28 - Club assembly with icebreakers (self-introductions) from new members Scott Herzoff of Congress Jewelers and Will Palmer of Sun Trust.

Visitors are always welcome at our club meetings and if you would like to find out more about our club, please join us for breakfast some Friday morning at The Dunes.

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 John Grey-John@JohnGreyPainting.com or President-elect Scot Congress-Scot@scongress.com.

Top Ten Books On the Island

1. And The Mountains Echoed by Khaled Hosseini
2. Sanibel Flats by Randy Wayne White
3. The Great Gatsby by Scott F. Fitzgerald
4. Beautiful Ruins by Jess Walter
5. The Language of Flowers by Vanessa Diffenbaugh
6. Paris Wife by Paula McLain
7. Z by Therese Fowler
8. Sanibel and Captiva Island by Debora Gleason and Charles LeBuff
9. Good Night Ocean by Mark Jasper
10. Living Gulf Coast by Charles Sobczak

Courtesy of Sanibel Island Bookshop.

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Read us online at IslandSunNews.com
Dear community partners, guests and residents:

Like many businesses along the beaches of our beautiful Sanibel and Captiva Islands, fulfilling dream vacations is part of what we do every day at Royal Shell Vacations. And when special requests come our way, we always do our best to provide the most unique vacation experience possible, as do many of our valued community and business partners.

For more than six years, Royal Shell Vacations has been working in partnership with local businesses to make homes available to Make-A-Wish Foundation and Dream Foundation families, helping to fulfill the dream vacations of children and families coping with life-threatening illnesses.

Recently, we were approached by the Dream Foundation with the opportunity to help grant the wish of a man suffering from a life-limiting illness: he wanted to get to the beach. A national wish-granting organization, the Dream Foundation helps fulfill the dreams of adults given a life-expectancy of a year or less. Royal Shell Vacations is happy to accommodate these requests and works hard to put together stays that create joyous memories for these families.

Royal Shell Vacations was able to provide a dream vacation home for the family of six during their stay in early May. And by partnering with other local businesses, we were able to make this a full and memorable experience for them. Many local business owners quickly jumped in to help make the family’s vacation stay as comfortable, relaxing and enjoyable as possible.

Bailey’s General Store delivered prepared meals and a nosh tray for their first night’s stay, as well as a sack lunch for a boat ride. Billy’s Rentals provided a beach wheel chair; Randy at Sanibel Rentals donated a shower seat, YOLO Watersports provided use of a golf cart during their stay and Port Sanibel Marina provided the family with four kayaks and arranged a boat ride for a day. ’Tween Waters Inn pampered family members with massages, and a manicure and pedicure for the patient. Creating an unforgivable family dinner, chef Leslie Adams prepared a home-cooked meal for the family at the home.

In addition to these businesses mentioned above, other local businesses have also partnered with us over the years to provide services and products for Make-A-Wish and Dream Foundation families. These businesses include:

- Captiva Cruises
- Lazy Flamingo
- Tarpon Bay Explorers
- Jungle Golf
- Denise McKee – L3 Beach Photography
- Jerry’s Foods
- Adventures In Paradise
- Captain Joey Burnsed
- Stilwell Enterprises
- Island Cinema
- Cheeburger Cheeburger
- Timbers Restaurant
- The Mucky Duck

I’d like to personally thank all of these area businesses for sharing your services and time as well as your kindness and compassion. Our community is used to the role of serving up dream vacations; it’s just what we do. But when we have the opportunity to pull together as a community and help create the best vacation possible for these families, it is truly a gift for everyone involved.

Sincerely,
Randy Bacik
CEO/Founder
Royal Shell Vacations

---

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Registration Forms: Bailey’s, Sanibel Café, San-Cap Community Bank and www.sancapoptimist.org

Sanibel-Captiva Optimist Club
July 4th, 2013

Starts Noon at Timbers Restaurant
Registration Forms: Bailey’s, Sanibel Café, San-Cap Community Bank and www.sancapoptimist.org
Westall, Burns Tell The Story Of Ospreys At CROW
by Jeff Lysiak

One of the most popular bird species in Southwest Florida is the osprey, known for its keen fishing skills, massive nests found in a variety of locations and rather unusual demeanor and articulate conduct. Last Friday, two of the most knowledgeable experts in the behaviors of ospreys – Mark “Bird” Westall and Claudia Burns – delivered a presentation entitled The Story Of Ospreys at the CROW Healing Winds Visitor Education Center.

Residents of and visitors to Southwest Florida seem to find ospreys extremely entertaining. Unlike other birds, ospreys nest in the open – on man-made platforms, in snags, on top of channel markers, in tall trees and on chimneys – so it’s easy to observe their behavior.

Because ospreys are an indicator species for the health of local waters, Westall founded The International Osprey Foundation (TIOF) in 1979 to monitor the breeding success of these raptors.

“I’ve been a volunteer with TIOF for over 20 years because, (A) ospreys are fascinating birds, and (B) they nest right out in the open, where you can see everything they do,” Burns told the crowd of approximately 20 people gathered for the 60-minute presentation.

According to Burns, the bald eagle is the number one threat to the osprey. In fact, ospreys are often mistaken for eagles. However, these species can be identified by several clear indicators: eagles’ heads are all white, while an osprey has dark colored feathers across the head. A mature eagle is typically much larger than an osprey. Also, the feathers of an osprey – seen from below – are mostly white, while an eagle’s feathers are primarily dark brown.

There is also a simple way to tell the difference between a male and female osprey: a male will have a pure white chest while a female will have some colored banding across her chest.

Ospreys are found on every continent, except Antarctica, and will usually pair (mate) for a lifetime, Westall noted. Nests are built cooperatively, with the males bringing in sticks and lining materials and females...
selecting the nest location and arranging the material inside the nest.

The highlight of the program was Westall’s ability to mimic several osprey sounds, including the “begging call/anxious call,” the “warning call” and the “courtship call.”

Westall shared a story about driving along Sanibel-Captiva Road one morning, and hearing a female osprey sound the warning call. He pulled his car over to the side of the road, only to find that a photographer had ridden his bicycle to the bottom of an osprey platform and was taking pictures of the mother as she flew in towards the nest to feed her young. However, she would not land because she was interrupted by an intruder: the photographer.

“How did you know I was back in here?” the photographer asked Westall. “I thought I had my bicycle hidden pretty good.”

“The osprey told me you were here,” said Westall, who convinced the photographer to abandon his subject immediately so that the mother could feed her young.

Generally, ospreys lay three eggs, which incubate for four to five weeks. Young chicks grow and look very much like adult ospreys, except that they will still have white tips on the ends of their feathers and their eye color will remain brownish. As adults, their eyes will turn bright yellow.

In addition to bald eagles, natural predators of ospreys include raccoons, fish crows and the great horned owl.

Westall told the crowd that he was once asked which species on the island – the osprey or the great horned owl – should be “spared?”

“We have over 100 osprey nests on Sanibel and only a few great horned owl nests,” added Westall. “Death is a part of the natural world. It’s something that you don’t want to see sometimes, but it’s a lesson that adults should be teaching their children that it’s OK.”

To learn more about CROW, visit www.crowclinic.org.

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An osprey nest located near the historic Woodring property on Sanibel

Claudia Burns and Mark “Bird” Westall take questions from the audience
As news of graduation ceremonies fills the news, it is fitting to remember a graduation that made history in Southwest Florida.

The Merrie Maid pictured on the far right in the historic photo is Mary Hart Stebbins Philips, the first woman from Lee County to graduate from college. Mary hailed from true pioneer roots. Born in 1887, she was the daughter of Charles Hyde and Ida Blount Stebbins.

Her father was one of the 45 “fathers of Fort Myers” who signed the document to incorporate the town in 1885. He died the year Mary was born, succumbing at last to illness related to a gunshot wound to his lung, which he suffered while fighting in the Battle of Fort Myers during the Civil War. He was the first person buried in the Fort Myers Cemetery.

Mary’s mother was a member of one of the town’s earliest families. Her father, Jehu J. Blount, had settled in Fort Myers in 1873, worked with his brother-in-law Capt. Francis A. Hendry in the cattle business, and later established one of the town’s first general stores.

While Mary was still a small child, her mother married John C. English of Alva. Mary Hart Stebbins Philips, right, Lee County’s first woman college graduate, toured the country as a Merrie Maid

continued on page 8B

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Center 4 Life Programs

Sanibel Fit 4 Life is the motto at Center 4 Life. All ages are welcome.

Island Seniors, Inc. members may attend fitness classes held at the Center 4 Life, 2401 Library Way, by presenting a coupon. Booklets of 12 coupons can be purchased at the center; cost is $42, or buy three coupons for $10.50. Cash or checks to the City of Sanibel are accepted. Members of the City of Sanibel Recreation Center must show their membership cards to attend.

**Essential Total Fitness** – Monday, Wednesday and Friday at 10:30 a.m. (based on participation)

**Beginning Monday, June 3**

**Happy to be Fit for Life** – Monday, Wednesday and Friday at 9 a.m.

Combination of the Happy Hour and Essential Total Fitness classes held during season. Keep your heart, lungs and muscles strong and your brain fit with a combination of aerobics and muscle conditioning exercises. Hand weights and stretch cords used. Class begins with a joke and ends with a positive thought for the day.

**Power Hour Fitness** – Tuesday and Thursday at 8 a.m. Hand weights, stretch cords and stability balls, along with mats, are used to strengthen your muscles. Improve core strength and balance.

**Gentle Yoga with Kris Brown** – Tuesday and Thursday at 9:30 a.m.

Stretch, tone and strengthen while improving flexibility, proper alignment and circulation. Mats are used to meet the needs of varying experience levels. Bring a towel.

**Tuesday Kayaking** – June 18, July 2, 16, 30, August 6, 20 at 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. Kayaks, paddles and life jackets provided. Bring water, a small snack, change of clothing, sun lotion, bug spray, sunglasses and a hat. Cost is $5 for members and $10 for non-members. Stop by the center to sign up.

**Bridge** – 12:30 p.m. Monday and Wednesday

**Hand & Foot** – 12:30 p.m. Tuesday

**Mahjongg** – 12:30 p.m. Thursday

Cost is $2.50 for members and $5 for non-members. Prizes are awarded.

**Watercolor with Bea Pappas** – Fridays, 12:30 to 3 p.m. beginning June 7. If you have some painting experience and would like to work from a still life or photo, this class is for you. Cost is $20 per session for members and $25 for non-members.

**Page Turners with Ann Rodman** – Wednesdays. A film will now be shown at noon followed by the discussion of both book and film.

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To advertise in the Island Sun Call 395-1213

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Kiwanis Is Gold Sponsor Of 10K Race

FISH of Sanibel, Inc. announced that Sanibel-Captiva Kiwanis Foundation, Inc. will be a Gold Sponsor for the 5th annual 10K Race 4 FISH. The race is scheduled to take place on Sanibel on Saturday, October 19. This is the fourth year that Sanibel-Captiva Kiwanis has sponsored the race.

“We are happy to welcome Kiwanis as our Gold Sponsor again. They have been a long-term supporter and we are grateful for their commitment to FISH,” said John Pryor, president of FISH, and co-chairman of the FISH 10K committee. “Their sponsorship demonstrates an ongoing great relationship between our organizations, and our willingness to support each other.”

More than 50 island businesses and organizations sponsored the 10K last year and over 120 people volunteered their support to make it a success.

The race will begin at 7:30 a.m. at The Community House and will follow a marked 10K circuit around the island, with a return to The Community House for the finish line. There will be a trade fair, refreshment tables and water stations around the islands.
Shell Point Kicks Off Summer Concert Series

Shell Point Retirement Community’s 2013 Summer Concert Series kicks off on Tuesday, June 11 with The Naples Jazz Orchestra. The series will also welcome The Sunshine Trio on Thursday, July 11 and The BUZZ, a Sweet Adeline Barbershop Quartet on Friday, August 9. Shell Point Summer Concerts start at 7:30 p.m. in the Village Church.

The Naples Jazz Orchestra is a big band in the tradition of the legendary bands of Count Basie, Duke Ellington, Woody Herman, Buddy Rich and The Tonight Show Band. They will perform the music of the greatest composers, arrangers and bands of jazz. Comprised of some of the finest professional jazz musicians in Florida, the orchestra was formed to provide the highest quality big band jazz experience available to audiences and musicians in Southwest Florida.

Tickets are available to the general public for all three concerts. Tickets are $35 for the series of three concerts or $15 for individual concerts. To purchase tickets or for more information, visit www.shellpoint.org/concerts or call 454-2067.

From page 6B

Historic Graduation

She attended public school there and in 1908 earned an A.B. degree from Florida Southern College.

She was not the only member of that family to excel educationally. J. Colin English Elementary School in North Fort Myers is named for her half-brother, who not only served as the first principal of the new Fort Myers High School in 1923, but went on to be Florida’s supervisor of public instruction.

Mary’s nephew, Jim English, remembers that she was “highly thought of… a fine woman and a good aunt.”

He also remembers that that from time to time, she visited her uncle, George Coles Stebbins, a famous gospel hymn writer and composer known internationally for his evangelical work and music.

Her uncle made it possible for study at the Boston Conservatory of Music, English says.

That musical talent led Mary to unconventional adventures for a young lady of more than a century ago.

She and three friends formed the Merrie Maids and toured the United States performing plays and musicals.

Eventually settling down in Fort Myers, she married Prof. Fred Philips in 1922. He was an accomplished musician who came to town to join the high school faculty.

Mary was active in the local musical community and was the choir director for the First Methodist Church. She died in 1964.

Visit the Southwest Florida Museum of History, where you can see another photo of Lee County’s first woman college graduate and enjoy exhibitions chronicling local history.

For information, call 321-7430 or go to www.museumofhistory.org. Hours are 10 a.m. to 5 p.m., Tuesday through Saturday.

And be sure to visit another place dedicated to history – the Southwest Florida Historical Society’s research center.

The all-volunteer non-profit organization is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts.

Contact the society at 939-4044, or visit on Wednesday or Saturday between 9 a.m. and noon.

Sources: Archives of the Southwest Florida Historical Society, The Story of Fort Myers, and flsouthern.edu.
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Summer Reading Kick-Off
At Sanibel Public Library

Submitted by Cathy Cameron, Sanibel Public Library

June 1 was the kick-off for the Summer Reading Program – Reading For Others! at the Sanibel Public Library. There were 62 children and their parents at the library for the kick-off festivities. Volunteers assisted Miss Barb, Youth Librarian, with signing up the kids and hosting a fun-filled morning. The children registered for the program and received a booklet with instructions on special projects to complete during the summer vacation.

Reading For Others! runs through Friday, July 26. During this time, children will earn points for reading. During the summer, children read and complete special assignments allowing them to give to other children. Points are earned for reading, and the accumulated points will allow children to select a book for themselves as well as one for a child who is the Children’s Hospital of Southwest Florida. Last year, the children who participated in the Summer Reading Program – Reading For Others donated 857 books to the Children’s Hospital of Southwest Florida. The goal this year is 1,000.

The Summer Reading Program features exciting weekly programs on Tuesdays at 3 p.m. The programs are for kids of all ages. There is no charge to attend. This year’s lineup includes:
- June 11 – Tampa Taiko (a fun-filled, interactive drumming program)
- June 18 – Shawn Holiday and the Alliance for the Arts (improvisation games)
- June 25 – Imaginarium
- July 2 – 11th Annual Mini-Parade Float Contest
- July 9 – Scavenger Hunt
- July 16 – John Storms’ World of Reptiles
- July 23 – Let’s Make Ice Cream and the presentation to Children’s Hospital of Southwest Florida

The Summer Reading Program is made possible through the support of the Sanibel Public Library Foundation, Inc. and its generous donors. For more information on the Foundation, call 472-2483.

AUCTION

ABSOLUTE SALE WITH NO RESERVE PRICE

LOCATION: 1826 Ardsley Way, Sanibel Island
WHEN: Sunday, June 30th at 1:30pm
OPEN HOUSES: 1-4pm each day on June 9th, 16th, 23rd, and 29th
OPENING BID: $250,000

Built in 2002, this Key West inspired home offers 1952sf of living area with 4 bedrooms and 3 full bathrooms. Centrally located on Sanibel Island and close to shopping, schools, and restaurants, this oversized property is just over .40 acres. Large front and back porches overlook the newly installed yard, manicured landscaping and private wooded areas. Features of the home include oak and tile floors, Bahama shutters in the family room, volume ceilings, new stainless steel appliances, new paint on the interior and exterior, while being soundly built on concrete pilings. For a complete list of features, photos and auction terms, visit www.DeanKenneth.com.

Presented by:

Tim Drobnyk, FL Real Estate Broker
239.281.3530
drobnyk@comcast.net

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Bondurants Sponsor Fireworks

Bondurant Realty Group at John R Wood Island Real Estate, Inc. has become a Gold Sponsor of the Sanibel and Captiva Islands Chamber of Commerce’s 4th of July Fireworks celebration.

The fireworks celebration will kick off at 4 p.m. at The Dunes Golf and Tennis Club with a community-wide party. Entry to the event will be free to all and there will be live entertainment, face painting and onsite parking at a cost of $5. Tickets will be available for the purchase of food and beverages at the party. The fireworks show, presented this year by Zambelli Fireworks, will begin at dusk.

“We are delighted to be a part of this year’s 4th of July firework celebration,” said Mary Bondurant, realtor of Bondurant Realty Group at John R Wood Island Real Estate, Inc.

“We are grateful to Bondurant for their sponsorship of the event,” said Ric Base, President of the Sanibel and Captiva Islands Chamber of Commerce.

The fundraising and operation of this year’s 4th of July fireworks is being undertaken by the Chamber of Commerce. If you are interested in a sponsorship or in making a donation to the 4th of July event, contact Bridgit Stone-Budd by phone at 472-8255 or by email at services@sanibel-captiva.org.

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Doc Ford’s Presents Check To The Optimist Club

At the check presentation, from left back, Stan Howard, Marit Mouchou, Chef James King, Raynauld Bentley, Jean Crenshaw, Liz Harris, Bonnie Ratkosky, Richard McCurry, Dan Howes; front center, Kim Mcgonnell, Chef Kris Zook, Doc Ford’s owners Brenda Harrity and Mark Marinello, Donna Bulz and John Jones
Sanibel School Receives Donation

The Charitable Foundation of the Islands made a $5,000 donation to The Sanibel School to provide funding for enhancements to the curriculum and programs that will directly impact student achievement while helping to assure the school’s status as a National Blue Ribbon School.

The check was presented to Principal Barbara Von Harten by Al Hanser, Chairman of the Charitable Foundation of the Islands.

Specifically, the monies will be used to purchase Accelerated Reader books for kindergarten students, to provide academic enrichment software as well as educational field trips and programs provided by FGCU’s Kleist Health Education Center to include topics such as Bullying, Anatomy, and Health and Nutrition.

Funding for these items is not available from the school district. Providing these enriching programs for the children at The Sanibel School helps to ensure the success of each child, while maintaining the school’s status as the top performing K-8 school in the State of Florida.

Latest Editions Of Large Print Books Available At Sanibel Public Library

Large print books are available in at least 16-point font size for those who prefer an easier print for reading at the Sanibel Public Library. Fonts designed for readability make it easier to distinguish one character from another. In addition to size, fonts are often sans serif, without short strokes on the ends of characters; have even spacing between letters and circular openings on letters such as “b” and “g”; and use larger punctuation marks.

For the past few years, the library has been undergoing a major updating of its large print collection to help serve library users.

“Large print is very popular with library patrons,” according to Ham. “We get many requests for bestsellers and popular authors in large print size, and our goal is to accommodate the reading needs of our library users.”

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ABWA June Meeting

The Sanibel Captiva Chapter of the American Business Women’s Association will host Barbara Dell, Executive Director of Dress For Success Southwest Florida, on Tuesday, June 11 at 5:30 p.m. at The Community House on Sanibel. The cost for the evening, which includes dinner, is $22 per person, payable by check or cash.

Dell will introduce our members and guests to her organization, who serves women in Lee and Collier counties. She will explain the unique approach her organization offers these women to obtain economic independence. She is considered a regional leader in women’s employment issues and she will share the organization success model and the importance of community relationships and the power of working together.

Dress For Success is an international not-for-profit organization that is dedicated to helping women achieve financial independence by addressing their social and economic needs in relation to work, home and community. They help disadvantaged women find and maintain employment. They also help them achieve health and wellness, as well as self-defined financial and professional success. They provide professional clothing and counseling for each of the women who enter their program.

In addition to suiting, Dress For Success offers women a number of programs to help them find and retain employment such as our Going Places Network, Professional Women’s Group and Entrepreneurial Spirit Program. Dress For Success SW Florida serves job-ready women by referral only, in Lee and Collier counties.

ABWA meetings are always held the second Tuesday of each month at The Community House, 2173 Periwinkle Way on Sanibel. Guests are welcome. If you are interested in attending, contact Gayle DeHaan-Garland at 565-7872 or email Carol Schapiro at cschap00@yahoo.com.

Correction

2013 Mollusk Picture Contest Winner

In last week’s issue of the Island Sun, the five winners of the 2013 Mollusk Picture Contest were announced by The Bailey-Matthews Shell Museum. Along with the announcement, images of the winning entries were printed. However, the first place entry was inadvertently omitted. We apologize for the error.

We are pleased to present the first place winning entry, submitted by 9-year-old Peridot De Maio of Gulf Elementary School.

First place artwork by Peridot De Maio
SPORTS QUIZ

1. Who was the last New York Yankees starting pitcher before Hiroki Kuroda in 2012 to shut out an opponent on two hits or less?
2. In 2012, Alfonso Soriano became the sixth player in major-league history to have at least 1,000 RBIs, 350 homers, 400 doubles and 250 steals. Name three of the first five.
3. Which team was the first in NFL history to block a punt and take the ball into the end zone for the winning touchdown in overtime?
4. When was the last time an NCAA Tournament final in men’s basketball was decided by a point?
5. How many NHL teams have gone at least 10-0 in a full calendar month before Pittsburgh did it in 2013?
6. In 2012, Landon Donovan became the third player in Major League Soccer history to win five championships. Name either of the other two to do it.
7. Who was the first American to win a world judo championship?

ANSWERS

Miami Begins Defense Of NBA Title After Crushing The Pacers In Game Seven Of Eastern Conference Finals

by Ed Frank

They came home and conquered and, as a result, the Miami Heat advanced to the NBA Finals for the third consecutive year, where they are favored to win their second straight title.

Monday night’s Game 7 showdown against the Indiana Pacers in Miami was really no showdown at all, with a total domination in every aspect of the game as the star-studded Heat crushed the Pacers 99-76 in the Eastern Conference Finals.

LeBron James showed the world why he is the best basketball player in the world and likely will lead Miami to back-to-back titles as they take on the San Antonio Spurs in the NBA Finals that start tonight, Thursday, in Miami.

Some say that LeBron’s inspirational pre-game talk to his team propelled his team to victory. But speech or not, his on-court performance Monday night -- when he scored 32 points and grabbed eight rebounds -- was the real Miami inspiration.

It was the second straight year that Indiana fell to the Heat in the Eastern Conference finale.

Miami is seeking their third NBA title and San Antonio their fifth. The Spurs are a perfect five-for-five in the NBA Finals.

But LeBron has an added incentive to break that string as his first trip to the NBA Finals occurred as a member of the Cleveland Cavaliers in 2007, when the Spurs crushed his team in four straight games.

Getting back to Monday’s lopsided win over Indiana; we shouldn’t feel too sorry for the Pacers, as this team is a far different team from the one that wore Pacers’ uniforms in November 2004, in the “Malice in the Palace” -- the most infamous brawl in NBA history.

The Pacers suffered from that awful incident for years both on and off the court as attendance dwindled and reports surfaced that ownership wanted to move the team out of Indianapolis.

But the 2012-13 Pacers team represents a good bunch of guys, respectful, approachable and community-minded.

Hole-In-One

Skipp Tutor aced #16 at Sanibel Island Golf Club this past week. Playing the hole at 154 yards into the wind, Tutor used a 5 iron for the hole in one. This is Tutor’s second hole in one.
They need some added bench strength, and that likely will occur in the off season. You can look for the Pacers to continue to challenge the Heat and be a force in the NBA for years to come.

Miracle Continue To Roll Atop Florida State League

With a blistering 40-15 (.727) season record, the Fort Myers Miracle baseball team has soared to a 9 1/2 game lead in the South Division of the Florida State League, the best record by far in the entire league.

As the week began, the Miracle had won eight of their last 10 games and all but clinched the South Division title for the season’s first half.

While this team’s roster is loaded with batting, pitching and defensive talent, much credit must be given to first-year Miracle manager Doug Mientkiewicz and his staff who have guided the team.

Miracle pitchers E. J. Baxendale (7-0, 1.10 ERA) and Taylor Rogers (5-1, 1.35 ERA) have posted the best records in the league while third baseman Miquel Sano, batting .337, and outfielder Eddie Rosario, hitting .344, are among the top sluggers in the FSL.

The Miracle are home tomorrow, Saturday, for a 6:05 p.m. game against Brevard County before departing on a road trip prior to next weekend’s All-Star Game in Dunedin.

From page 1B

Galloway Captiva Triathlon

One group of neighbors is especially enthusiastic about the race. Three families in Fort Myers, ranging in age from six to 49, have been training together since January for the triathlon.

“Every weekend we run, swim or bike together,” said Brian Dunham about his Gateway neighbors. “We’re all shapes and sizes with varying degrees of fitness. The triathlon has galvanized our neighborhood and gotten us in much better shape.”

It’s not too late to register or train, said Angie Ferguson, a well-known Elite Level 2 triathlon coach and a race organizer.

“Summertime is the perfect time to start training,” she said. “We have people of all ages and athletic ability racing. It is an accomplishment and an experience they never forget.”

From page 12B

Large Print Books

Authors including Clive Cussler, Mary Kay Andrews, Alex Kava, Nathaniel Philbrick, Amanda Quick and Bill O’Reilly are included in the latest group of new books. All large print books may be checked out for two weeks.

See a special display on the latest large print books available at the Sanibel Public Library, located at 770 Dunlop Road on Sanibel.

Scholarships Open To High School Grads

The Sanibel-Captiva Optimist Club is offering two four-year college scholarships. This brings the number of current Optimist Club scholarships to six. Each scholarship is $1,250 per year ($5,000 total). The competition is open to all 2013 graduating seniors in Lee County.

Applications are available at most Lee County high schools (see your guidance counselor) and online at www.sancapoptimist.org. For more information, call Stan Howard at 472-0836. Scholarship applications must be postmarked no later than Wednesday, June 12. The scholarship committee plans to make the final selections a few weeks later.

Academic records, financial need, extracurricular activities, civic/community service records and references are integral parts of the selection criteria. The application package gives exact procedures.
**Hurricane Seminar**

- Gerald Campbell, Lee County Emergency Operations Center planning chief
- Debbie Quimby, Lee County coordinator for special needs programs
- Tim Barrett, Sanibel Fire & Rescue District
- Harold Law, City of Sanibel building official

According to Roberts, meteorologists have forecast 13 named storms for the season – which runs from June 1 through November 30 – including nine hurricanes, four of which are expected to be “intense” hurricanes. By way of comparison, last year there were 19 named storms, 10 of which were hurricanes, of which only two were intense. In an average year, there are 11 named storms, six hurricanes and two intense hurricanes.

“Water temperatures have to be above 80 degrees in order for you to get tropical storm activity. That’s just physics,” Roberts told the crowd. “So, does anybody know what the temperature of the gulf is today?”

The answer was 82 degrees. Roberts also suggested that, statistically, there is only a four percent chance of a hurricane hitting Sanibel and a 17 percent chance of a tropical storm coming to the island. However, despite the odds, people should always be prepared for either one.

“We may not have a hurricane this year, or next year, or in the next 10 years... but we will have a hurricane season from June 1 to November 30 every single year,” Roberts added. “And we have to prepare for them every single year.”

Campbell discussed the dangers associated with wind, water (rain and storm surge) as well as making emergency evacuation plans. Because both Sanibel and Captiva are in Zone A, they are likely to be among the first areas called upon to be evacuated.

“Please, if you remember one thing from today, it’s that when we issue an emergency evacuation order, you leave that evacuation zone,” said Campbell. “Because if you don’t, you’re putting your life at risk.”

Lee County Emergency Management offers many valuable resources online at www.LeeEOC.com, including links to public shelters, evacuation routes, emergency supply checklists, hurricane preparation guides as well as downloadable iPhone and Android apps.

Quimby shared details on how people can sign up to be included in Lee County’s program for special needs services. William Pamphlet talked about his evacuation experience. Barrett talked about the fire department’s role before, during and after a hurricane, which is primarily as a search-and-rescue team.

“Always have a Plan A... and a Plan B,” said Barrett. “If you’re asked to leave the island, take that order very seriously.”

Finally, Law discussed flood insurance regulation and wind mitigation for residents of Sanibel. Following a weather-related event, the city will send out a Structural Safety Inspection (SSI) team to check each property on the island, making sure that every building is structurally sound for occupancy.

Seminar attendees were also invited to apply for their City of Sanibel Hurricane Hangtags. The hangtags issued in 2012 are again valid for this season; residential hangtags are orange and commercial hangtags are blue. To apply for a new one, go to www.mysanibel.com or stop by Sanibel City Hall, 900 Dunlop Road, and fill out a form at the police department.*

Sotheby’s Ranked Among Top In The Nation

Judgy Green, President and CEO of Premier Sotheby’s International Realty, announced that the firm was ranked by 2012 REAL Trends 500 as No. 46 of the Top 500 Brokerage Companies in the U.S. by closed sales volume.

The REAL Trends 500, now in its 25th year, remains the undisputed leader in ranking the performance of residential real estate services firms. Due to requirement of independent verification, REAL Trends 500 is the trusted source for information about the performance of real estate firms.

Under Green’s leadership, Premier Sotheby’s International Realty achieved sales of more than $1.7 billion through the end of 2011, landing it among the top 500 residential real estate brokerages in REAL Trends’ prestigious Billionaire’s Club. With a 17.8 percent increase in sales year over year, the firm was also listed as one of the Top Movers By Volume.

With an average sales price of $761,894, Premier Sotheby’s International Realty was ranked among the top 20 brokerages with the highest average home sales prices. With 18 offices along Florida’s Gulf Coast and more than 450 associates, the firm was also recognized among the top 40 firms nationwide with the highest productivity per sales associate.

“The firm’s achievements are a true testament to our dedicated and results-oriented associates who have gone above and beyond to help solidify Premier Sotheby’s International Realty’s footprint in Southwest Florida,” said Green. “Our global brand is a strong platform that allows our firm to reach a broad range of buyers internationally and provides us with a highly-regarded reputation for quality client service.”

**Center 4 Life**

Center 4 Life dinner, show and train ride. There will be carpooling from the center. Beverages and gratuity are not included.

**A Different Idea In Cooling**

by Bryan Hayes

One of the new systems being promoted these days is known as a dual stage comfort systems. Truthfully, it truly is the luxury model of home comfort systems. How this system differs from others is the fact that it is two air conditioning systems in one. The outside unit has two compressors. What that means is an increased comfort level by providing exaggerated dehumidification and more flexibility in comfort performance.

The system has two different compressors, one of the compressors has a 70 percent capacity of rated size, the other has 100 percent capacity of rated size. They never run at the same time. This means that if we have a system that is designed to remove 36,000 btus and the system is running in the 70 percent mode, we have a removal capacity of 24,200 btus. If and when running in the 100 percent mode, you will get 36,000 btu capacity. You may ask, “Why in the world would you want your system to run at anything but 100 percent all the time?” Remember that an air conditioning system has two major functions; it removes heat but also removes humidity. This is achieved through air exchanges; the number of times per hour all the air in your home goes through the system. Each time the air passes through it is cooled and the humidity is removed. The system isn’t that much heat, say in the morning, but the humidity has built up overnight, so a regular system running at 100 percent will not give the system the opportunity to achieve enough air exchanges and the temperature may be where it is supposed to be but the humidity could be high. So what do you do? You go and turn the temperature down a little more.

There also is an energy cost savings by running your system at 70 percent vs. 100 percent. Not to mention, it is quieter. So how often on average does it run at 70 percent of the rated speed? The answer may surprise you. The system runs in the 70 percent mode on average 70 to 80 percent of the time, with the 100 percent mode only running the balance of the time.

Bryan Hayes is a Sanibel air conditioning contractor. He also owns, with his brother Todd, an electrical business on Sanibel. He can be reached at Bryan@Sanibelair.com.*
Estate planning has entered a new era. We now have an estate tax exemption in excess of $5 million. We have portability of that exemption between spouses, meaning that if the spouse who dies first hasn’t done proper planning to segregate assets to use his or her estate tax exemption, then “post-mortem planning” is available to transfer the unused exemption to the surviving spouse. When you couple these changes with the fact that tax deferred accounts such as IRAs and 401(k)s now make up a significant portion of retirees’ net worth, what you end up with is what should be a different approach to estate planning.

What will become more important is income tax planning and asset protection planning for the surviving spouse, children and grandchildren. Leaving IRAs and 401(k)s to loved ones is a bit trickier than one might imagine. Remember that when you contributed amounts to your IRA and 401(k) accounts you received an income tax deduction. The account also grows tax deferred. When you withdraw money from the account, however, it is taxed as ordinary income to you.

The same holds true for your beneficiaries. And here’s the rub: when you die and leave your IRA account and 401(k) account to non-spouse beneficiaries, they must begin taking Minimum Required Distributions (MRDs) regardless of their age. If you happen to have named a minor as a beneficiary to an IRA or 401(k) account, then the minor doesn’t have legal authority to withdraw amounts, so a legal court appointed guardian must be established. This can be very time consuming and expensive.

Further, the IRA and 401(k) accounts inherited by your beneficiaries are generally not asset protected from creditors or their divorcing spouses. In order to protect the IRA and 401(k) accounts, you need to create a special type of trust that satisfies the IRS’ five-part “identifiable beneficiary” test. This type of a trust looks different than the traditional revocable living trust you may already be familiar with.

Even if your estate is not subject to the estate tax, it may have a ticking time bomb of income tax issues that need to be addressed. If properly managed and planned for, today’s laws allow for a significant amount of post-mortem tax deferred growth which can be a powerful engine for your loved ones. Without thinking through these issues, however, that ticking income tax time bomb may explode – wiping out a significant chunk of what you wanted to leave your loved ones, while also denying them years of tax deferred growth.

To complicate matters even further, blended families are more common now than at any time in the past. Second marriages where your spouse may not be the biological parent of your children and grandchildren play into the difficulty of planning with these types of accounts.

Why? Because there is a trap for the unwary. This trap is the tax free spousal rollover of IRA and similar accounts. When you die naming your spouse as the primary beneficiary of your IRA or 401(k) account, then he or she usually rolls the account over into their own IRA account. They are then free to name whatever beneficiary that they want to. That beneficiary may or may not be your children. Moreover, your spouse can change his or her mind at any time and rename a new beneficiary to the account.

When you want your spouse to benefit from an IRA or 401(k) account but want whatever is left in the account at your spouse’s death to revert back to your descendants, you need to engage in more advanced estate planning than simply completing the account beneficiary form.

Keep in mind that nothing I have said here has much to do with estate taxes. Even modest IRA and 401(k) accounts are affected by the issues I raise. Like I said before, estate planning has entered a new dimension.

This requires a careful analysis of your goals. How important is it to you that your surviving spouse has access to all of the cash and assets in the event of your death? What will his or her budget for current and future living and medical care expenses look like? What types of assets do you have that will satisfy that budget? Is it important that you leave amounts to your children or grandchildren? Is asset protection an issue for any of your loved ones?

These are all good questions that need to be considered in this day and age.

THOUGHT FOR THE DAY

ISLAND SUN - JUNE 7, 2013

on each being fully answered. Draw up a list of questions, and insist you allow your highly tuned sense of justice to guide you on what to do about an associate’s questionable behavior.

TAURUS (April 20 to May 20) News about a project you hoped to work on might need more clarification. Take nothing just on faith. Draw up a list of questions, and insist on each being fully answered.

GEMINI (May 21 to June 20) Giving your time to help others is fine. But don’t lose sight of your own needs. Make plans for an energy-restoring getaway with that very special person in your life.

CANCER (June 21 to July 22) Congratulate yourself on getting that difficult job done to everyone’s satisfaction. This could be the first of many such challenges you might be offered down the line.

LEO (July 23 to August 22) With your enthusiasm soaring again, you feel ready to tackle a tough new assignment. Good for you! And remember: Don’t be too proud to accept help when it’s offered.

VIRGO (August 23 to September 22) Venus rules the week for single Virgos eager to move forward in their relationships.

LIBRA (September 23 to October 22) Home and work issues vie for your attention through early next week. Rely on your Libran sense of balance to keep you from being overwhelmed by either side.

SCORPIO (October 23 to November 21) Creative projects might have to go on standby as you tackle other matters making demands on your time and energy. Things should ease by the middle of next week.

SAGITTARIUS (November 22 to December 21) Your energies are high, and so are your aspirations. But be careful not to let work dominate the week. It’s also important to spend time with family and friends.

CAPRICORN (December 22 to January 19) It’s a good time to set aside your pride and stop nursing those hurt feelings. Instead, consider restoring relationships you want to have back in your life.

AQUARIUS (January 20 to February 18) You might be miffed at not being shown more appreciation for your hard work. But don’t brood over it. Recognition comes in its own time and in its own way.

PISCES (February 19 to March 20) With your inner creative juices starting to boil and bubble, this is a good time to launch a new art-related project, or go back and restart the one you had set aside.

BORN THIS WEEK: You have a way of seeing the best in people, which helps encourage them to live up to your perceptions.

THIS WEEK IN HISTORY

• On June 10, 1692, in Salem Village in the Massachusetts Bay Colony, Bridget Bishop, the first colonist to be tried in the Salem witch trials, is hanged after being found guilty of the practice of witchcraft. In October, on order of the governor, the Salem witch trials, which resulted in the executions of 19 innocent women and men, effectively ended.

• On June 14, 1777, during the American Revolution, the Continental Congress adopts a resolution describing the design of the national flag. It became known as the “Stars and Stripes.”

• On June 13, 1905, pitcher Christy Mathewson of the New York Giants throws the second no-hitter of his career. Mathewson won 31 games and lost only nine, and ended the 1905 season with an earned run average of just 1.28, more than a run and a half lower than the league average.

• On June 15, 1917, some two months after America’s entrance into World War I, the U.S. Congress passes the Espionage Act. The Act essentially made it a crime for anyone to convey information intended to interfere with the war effort. Anyone found guilty of such acts would be subject to a fine of $10,000 and a prison sentence of 20 years.

• On June 12, 1940, Edsel Ford agrees to manufacture 9,000 Rolls-Royce-designed engines to be used in British and U.S. airplanes. Edsel’s father, Henry, who still retained control over the company, personally and publicly canceled the deal, telling a reporter: “We are not doing business with the British government or any other government.”

• On June 16, 1941, Rudolf Nureyev, the young star of the Soviet Union’s Kirov Opera Ballet Company, defects during a stopover in Paris. Nureyev threw himself into the arms of airport security people, screaming, “Protect me!”

• On June 11, 1779, John Wayne, an iconic American film actor born Marion Morrison, dies at age 72. The “John Wayne” role “in The Big Trail” in 1930. The director was afraid of cats.

• On June 12, 1940, Edsel Ford agrees to manufacture 9,000 Rolls-Royce-designed engines to be used in British and U.S. airplanes. Edsel’s father, Henry, who still retained control over the company, personally and publicly canceled the deal, telling a reporter: “We are not doing business with the British government or any other government.”

• On June 11, 1979, John Wayne, an iconic American film actor born Marion Morrison, dies at age 72. The “John Wayne” role “in The Big Trail” in 1930. The director didn’t think Marion was a good name for an actor playing a tough Western hero.

STRANGE BUT TRUE

• It was Israeli diplomat Abba Eban who made the following sage observation: “Men and nations behave wisely once they have exhausted all the other alternatives.”

• John Tyler fathered 15 children, more than any other U.S. president in history. He also holds the distinction of being the oldest president with living grandchildren. Tyler was born in 1790, and his son Lyon Gardiner Tyler was born in 1853. Lyon Gardiner, in turn, had children at a rather advanced age for fatherhood. Lyon Gardiner Tyler Jr. was born in 1924, when his father was 71, and Harrison Ruffin Tyler was born in 1926. Both men were still living in 2012, and the younger of the brothers maintained the Tyler family historic home, Sherwood Forest.

• Those who study such things say that the energy expended by those chewing bubble gum every day could power Los Angeles for the same length of time.

• The shamrock is often associated with Ireland, so you might be surprised to learn that it’s not the country’s national symbol. The official symbol is actually a Celtic harp, which makes Ireland the only country in the world to have a musical instrument for its national emblem.

• It’s been reported that Napoleon Bonaparte was afraid of cats.

• According to a recent survey of married people in the United States, fully one-quarter of respondents admitted to receiving a traffic ticket and hiding from their spouse. Nearly that many (24 percent) said they had kept a car accident secret from their husband or wife.

• In an average year, there will be about 700 tornadoes in the United States.

THOUGHT FOR THE DAY

“A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.” — Sir Winston Churchill
Dear Shelley,

Now that school is out, my kids – who are 8 and 12 – will have more time to read. They are great readers and love to read, but my problem is that I am not sure of how to guide their reading selections. Should I worry about this?

Kenneth, Sanibel

You are very fortunate to have two children who love to read; that’s wonderful. While it may not be critical for you to help your children choose their reading material, it’s beneficial for you to be involved at least in their reading choices through discussion.

To give you an idea of what is going on with reading choices on a national level, here is some data that was collected by Accelerated Reader, a commercial reading program used in a majority of schools, for the 2011-12 school year based on 8.6 million students:

- In grades 1 to 5, each student read, on average, 41.7 books and 208,098 words
- In grades 6 to 8, each student read, on average, 13.1 books and 433,308 words
- In grades 9 to 12, each student read, on average, 5.9 books and 307,206 words

**Most-Read Titles Overall**
- Grades 1 to 2: *Green Eggs and Ham* by Dr. Seuss
- Grades 3 to 6: *Diary of a Wimpy Kid: Cabin Fever* by Jeff Kinney
- Grades 7 to 12: *The Hunger Games* by Suzanne Collins

**Most-Read Award Winners**
- Caldecott Medal Winner: *Officer Buckle and Gloria* by Peggy Rathman (1996)

AR notes in their report that the influence of pop culture is significant and that many of the popular books have been made into movies. They also suggest that overall, there are many possible influences for students’ reading choices, including pop culture, award winners, required reading, and college- and career-readiness standards such as the Common Core State Standards.

Here may be a helpful technique when working with your younger child. When s/he picks a book that seems interesting, you both should peruse the book and check the size of the font, number of pages and types of illustrations. Read the front and back covers as well to see if the book still appeals to your child. Then, a quick way to determine if the book is an appropriate match for your child’s reading level is to have your child read several paragraphs aloud from various sections of the book. If your child can read most of the words without difficulty and can then explain the paragraph, you have most likely found a book in your child’s reading level.

continued on page 30B

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**FSU Graduate**

Paul and Lydia Cook of Sanibel are proud to announce that their son Zachary Z. Zermay recently graduated with the highest honors from Florida State University. Zermay graduated from the College of Social Science and Public Policy with a degree in political science. He also earned a certificate in human rights leadership.

Zermay has maintained a perfect 4.0 grade point average all the way through the honors program at Florida State University. He was one of nine students who achieved this honor of excellence. He graduated summa cum laude.

Zermay is continuing his education. He will achieve a masters degree while at Florida State. His masters degree will be in applied American politics and policy. Law school will follow after attaining that degree.

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**Scholarship Recipient**

Ashley LeAne Seidler Suarez received a Board of Governors Scholarship from Ave Maria School of Law. She will attend this fall. Suarez is a 2011 Deans List graduate of Florida State University, with dual majors in political science and business management. Her parents are Ken and LeAne Suarez. Her grandparents are Joe and Gilda Suarez.

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**UF Graduate**

Kory Lyle Phillips graduated cum laude from the University of Florida College of Agriculture and Life Sciences on May 5. Phillips is the son of retired chief of police Lew Phillips and retired recreation director Helene Phillips. He is the grandson of island residents Robert and Berdenna Thompson. Phillips and his wife Cassie are forming an edible landscaping, vegetable gardening, composting, tropical fruit nursery and consultation service.

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**Read us online at IslandSunNews.com**
Sanibel Bead Shop’s Dreamcatcher Is Featured In Craft Magazine

An example of the coralling technique of jewelry making, for which classes are available

Adair, keyboard and vocals; Saturday, Robby Hutto, guitar and vocals. Sunday is Hospitality Night with happy hour pricing from 8 p.m. to close. Karaoke is Thursdays from 9 p.m. to midnight. George & Wendy’s is at 2499 Periwinkle Way, Sanibel, phone 395-1263.

This week’s lineup at Traditions on the Beach at the Island Inn includes: Friday Night Dance Party with Joe McCormick and singer Barbara Smith; Saturday, smooth music and dancing with Joe McCormick and Marvilla Marzan with the sounds of Broadway, Latin hits and all styles of popular dance music; Wednesday, Panamanian Joe McCormick with popular favorites and smooth vocal stylings, R&B, jazz and pop for dancing and listening; and Thursday, Joe McCormick. Live entertainment starts at 7 p.m. Traditions is at 3111 West Gulf Drive, Sanibel, phone 472-4559.

Traders Store & Cafe features music by Chris Workman on Sundays and Wednesdays from 7 to 10 p.m., and Danny Morgan and Friends on Tuesdays and Thursdays from 7 to 10 p.m. Traders is at 1551 Periwinkle Way, phone 472-7242.

The Jacaranda has entertainment nightly from 7 to 11 p.m. On Friday and Saturday, various artists are featured. On Sunday, it’s Jamaica “Dave” & Co., reggae and dance; Monday, Renata, jazz, contemporary music and dance; Tuesday, Steve “Scooter” Reynolds, acoustic guitar, contemporary music and dance; Wednesday, Buckeye Ken, contemporary, Top 40 and blues; Thursday, 2 Hot, contemporary, reggae and dance. The Jacaranda is at 1223 Periwinkle Way, phone 472-1771.

The Mucky Duck on Andy Rosse Lane, Captiva, features music by Mark Dupuy on Mondays; Rich Lancaster, Wednesdays; Gene Federico, Thursdays and Saturdays; and Buckeye Ken, Fridays.

The Crow’s Nest at ‘Tween Waters Inn has live entertainment on Fridays and Saturdays from 9 p.m. to 1 a.m. Crab races take place Mondays and Thursdays. The Crow’s Nest is at 15951 Captiva Drive, phone 472-5161.

The Island Cow on Periwinkle Way has live entertainment on Friday with Dan Confrey; Saturday, Diana Lynn; and Sunday, Buckeye Ken. Phone 472-0606.

RC Otter’s, 11506 Andy Rosse Lane, Captiva, has live music daily with dining inside and out, phone 395-1142.

Keyline Bistro features live music days and nights seven days a week with Ken Limeri playing jazz sax from 6 to 10 p.m. every Tuesday. The bistro is at 11509 Andy Rosse Lane, Captiva, phone 395-4000.

Restaurant owners/managers, please e-mail or fax your entertainment schedule to Anne Mitchell at islandsuncity@aol.com or 395-2299.

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Superior Interiors

Have Some Fun With Color

by Jeanie Tinch

Today’s home furnishings fabrics and designs are often color coordinated to help you take the guesswork out of your next decorating project. Fabrics, wall coverings, area rugs, bed linens, accessories and, yes, even lampshades feature a wide variety of motifs and patterns... all designed to work in harmony as you work to create your room’s new “look.”

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

So, how do you begin selecting color for your next project? Why not start by playing favorites – and selecting colors you’re comfortable with? Even if your favorite colors might not work, as a major player in your new room, you could possibly consider using that favorite color as an important accent shade.

Here are some tips of helping you “hone in” on your perfect color selection:

1. Take a look in your closet. What colors do you see in your wardrobe that you particularly enjoy? Pastels? Dark jewel tones? Neutrals? Bright, lively shades? Doesn’t it stand to reason that the very colors you’re attracted to in your wardrobe might just be the perfect shades to consider in re-coloring a room?

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

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

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

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@decdn.net.

Top Producers

Phaidra McDermott
Kris Heilman

John R. Wood Island Real Estate announced its top producers for the month of May:
Top Listing Agent and Top Closed Sale Agent – Phaidra McDermott
Top Pending Sales Agent – Kris Heilman.

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Michael P. Ryan

1995. The company serves Lee, Collier, Charlotte, Hendry, Polk and Hillsborough counties. Known for its environmentally-friendly and pet-friendly practices, Tempco has contributed to, or served as a reliable source for, numerous insect and pest control stories in the media.

In addition to insect control, Tempco also handles rodent and termite intrusion as well as lawn fertilization and weed control in both residential and commercial establishments.

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How To Reduce Pain And Inflammation

by Suzy Cohen, RPh

D ear Pharmacist: What do you recommend for strains, sprains and spasms? I’m an athlete and have something happen all the time.

TS, Dallas, Texas

Great! You’re committed to staying fit; I’m a gym junkie myself. Studies prove how exercise boosts your cognitive function and memory recall, improves mitochondrial function, spreads healthier DNA and improves mood... makes your jeans look good, too! But one misplaced step can result in an injury that hurts for days, or longer!

A sprain refers to a stretched or torn ligament, for example, in the wrist or ankle. Ligaments connect bones to other bones at a joint. Some of you feel a “pop” when it happens. A strain refers to a stretched or torn muscle at a joint. Some of you feel a “pop” when it happens. Strains cause pain, swelling and some times muscle spasms. No fun! Medicines usually treat the smoke, not the fire. To quickly improve your level of comfort, consider RICE.

The RICE acronym will help you remember essential steps to relieve a strained ankle, wrist or other area. “R” is for rest. It’s important to minimize use of the affected area while it heals. Also important immediately after a strain is the “I” for ice. Ice reduces swelling that occurs while your body sends blood to bring white blood cells and nutrients to the hurt area. The “C” is for compression, which also helps with inflammation. Finally, “E” is for elevation. Keeping the strained joint elevated sometimes decreases inflammation but a physician should be consulted. Certain supplements may provide natural relief for pain and swelling, thus treating the “fire.” Here goes:

Arnicca – Arnica montana can be taken as homeopathic pellets, or applied directly to your skin. I like Traumeel made by Heel, because it has arnica plus other ingredients that reduce pain and inflammation.

Astaxanthin – A super nutrient and protective antioxidant, science shows it is remarkable at suppressing NF-kappaB, a chemical pathway in your body that spits out compounds, that when produced in excess, create pain: Prostaglandins, TNFs, IL-1B, iNOS and others. Twelve milligrams of this one is my go-to supplement.

Turmeric and Garlic – Cooking with these ingredients (or supplementing) speeds muscle recovery and reduces inflammation by suppressing pain-causing cytokines all over the body.

Zinc – After a trauma or injury, your body requires extra minerals to expedite the healing process. Zinc is particularly supportive for wound healing (and prostate health). Supplementing your zinc and vitamin C may shorten your healing time and rebuild soft tissue connections.

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.

Tool 1. Under the right breast are liver reflex points under both breasts, place the thumbs under the breast and lift the breast until the thumb is behind your ear. The “I” for ice. Ice reduces swelling that occurs while your body sends blood to bring white blood cells and nutrients to the hurt area. The “C” is for compression, which also helps with inflammation.

Tool 2. To access the circulation-sex reflex points under both breasts, place the thumbs under the breast and lift the breast until the thumb is behind your nipples. Remember that if sore, you are assisting your body by removing the toxins from these points. Rub for 15 to 20 seconds.

Tool 3. Along both sides of the body are two more important Neurolymphatic Reflex Points. Beside the breast, make a fist and use the knuckles to rub from the side of your breasts down to about three inches above the waist; this moves toxins from the spleen points. At the same time on the same side, use the other hand to rub the large intestine points running from the top of the outside edge of the leg to above the knee. Use vigorous motion to rub in circles as you move down both areas for at least 45 seconds.

Yeah, you have now been very proactive in providing healing energy and the removal of stuck toxins from your body to enhance your breast health.

Have fun with your energy! Next week’s topic is Safeguarding Your Breasts, De-clog Meridians.

If you have a questions for Karen, email her at ksemmelmanenergy@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.

Library of Congress cataloging-in-publication data

Mom And Me

by Lizzie and Pryce

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

Dear Mom & Me,

Growing up our son seemed different from other boys, but the school and our doctor said he was fine. He married and then emotionally he fell apart.

His wife divorced him, he lost his job and he couldn’t handle living alone, so we asked him to come back and live with us.

Time has passed and now we find our son is severely mentally ill, living with us and we are terrified.

His doctor has put him on medication that he refuses or forgets to take. We have health problems ourselves now and have no idea what to do next. Do you have any suggestions?

Ebbie

Certainly living in terror of your adult child is not acceptable, so what are your options? Continue living in your present situation, move or have your son move.

To explore these options, I suggest you call your local Department of Human Services, Adult Services. They may be able to help you directly or suggest resources in the community with which you can make contact. This must be very hard for you. He is your son and despite being fearful I assume you want to help him. However, the current situation does not sound like it is helpful to your son or you and your husband.

Pryce

Dear Ebbie,

Pryce has given you some very good advice. You cannot live in terror in your own home, our homes are supposed to be places of comfort and relaxation, and a safe haven. Your son is ill and needs professional help. If you continue to live in such an environment you will all be ill.

Please contact the professionals as soon as possible, as I have experienced circumstances very similar to yours and the results can be absolutely disastrous, if help is not secured. You owe it to yourself, your wife and your sick son.

Lizzie

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

A Bit Of A Nutcase

by Dr. Dave Hepburn

On rare occasions, when I find that my pantry is low on the essential food groups such as Cocoa Puffs, Snickers and Dr. Pepper, I go grocery shopping. Not one to linger too long in the tofu and wheat germ aisle, I skip over to the bulk food section, salvaging fondly over these massive barrels of massive calories. When it comes to the cases of nuts, admittedly, I am a bit of a nutcase. I scoop up a large mixture of nuts, flick aside the ugly Brazil nuts, flick in a few more cashews and make for my pantry. But I happen to have two teenage sons/squirrels nesting in my home. By the time I get around to treating myself, I notice that all of the cashews have mysteriously fallen out of the bag. My “Keep your hands off my nuts!” command does nothing but garner snickers, which as I mentioned is, in fact, one of the more essential and lovely food groups. Returning later, the almonds have been selectively extricated and are gone. Finally, the walnuts are freed from the mix, leaving me with nothing but a bag of filberts and salt. This drives me... exactly. Nuts, though unquestionably chockfull of fat, just might be the healthiest snack in your cupboard:

Almonds – A handful of almonds a day will keep the cardiovascular surgeon away. The lowering of LDL cholesterol, known as the mother of all evil cholesterol, is essential for routine heart pump maintenance. In fact, in those who are at risk of heart disease, the aggressive lowering of LDL cholesterol is necessary. According to the nutty professors at Harvard who study these things, a daily handful of almonds can lower LDL cholesterol enough to reduce cardiovascular disease by a whopping 20 percent! In some cases, a handful of almonds may be used instead of cholesterol-lowering medication. Almonds are also rich in folate, a vitamin important in keeping hearts, fetuses, bones and brains healthy.

Cashews – Gesundheit! These luxurious nuts are nothing to sneeze at. Cashews are rich in selenium, a mineral shown to protect against prostate cancer. (This being the case, my sons should have the healthiest prostate south of Spitzbergen.) Cashews, like most nuts, are best eaten unsalted and raw while the oil is fresh. Like almonds, these nuts are loaded in monounsaturated fats, which is good fat. If “good fat” makes as much sense as “slumber party” or “cat owner,” realize that, like good cholesterol, unsaturated fat acts biochemically to reduce the risk of cancers and coronary disease.

Walnuts – Rich in omega 3 fatty acids, walnuts are, like fish, beneficial in lowering cholesterol. They are also rich in arginine, an amino acid important in the synthesis of nitric oxide, which helps relax tense blood vessels.

Pistachios – These nuts have been known to cause an unfortunate disease known in the medical field as Pistachio nail. Wrestling vigorously to get at a pistachio may cause scrapes under the tender thumbnail skin, which when further irritated with salt will cause its victim to insert the injured thumb deep into the mouth. Sucking vigorously at the thumb, the victim is often seen simultaneously sifting through the bag for easier pistachios.

Peanuts – Peanuts are not your normal nut. In fact, peanuts are no more a nut case than Michael Jackson isn’t. They are legumes. But as we can salt them, roast them and sell them in the bulk food containers, let’s consider them nuts. The average child will eat 1,500 peanut butter sandwiches by the time they graduate from high school. This is not necessarily bad as peanuts are high in fiber, niacin and a powerful antioxidant called reservatol, the same flavanol that gives red wine its reputation as a protector of hearts. Same benefit, less hangover at recess.

So, as I sit here with my bag of filberts and salt, my everlasting-prostate sons are fully sated. While a corn doodle or other empty carb snack leaves the snacker hungry again in 30 minutes, a handful of nuts satisfies hunger pangs for several hours. Nut snackers actually eat less, lose weight and have less diabetes. Satisfying, fast, tasty and highly nut-ricious.

“Listen live or call in to Dr Dave on his fun yet informative radio show, Wisequacks, heard each Sunday at 5 p.m. at www.ckmw.com.

Contact Dr. Dave or read more at www.wisequacks.org.”

Got A Problem? Dr. Connie Is In

by Constance Clancy

Q: I am a grandparent and I have real concerns about my grandchildren with the way our country is going. With all of the uncertainty now, how can I help them feel good?

A: I hear this from many grandparents today, as we know the culture is nothing like it used to be. We have major concerns over social and financial conditions globally. While we may be instinctively optimistic, positive and idealistic, those ideal dreams and sense of empowerment are fading fast and we are feeling more of a loss of, rather than a sense of, safety and security. All the more, we feel the increased stress that this produces individually and collectively.

New York Times best-selling author Carolyn Myss tells how every individual possesses a “sacred contract,” an obligation to fulfill a divine destiny, and the vision of our mystic founders. Myss describes how every nation holds an agreement made for the planet’s highest good. Each citizen’s sacred contract is interwoven with that of his nation. From its inception, Myss explains, the United States has been a great spiritual experiment, an unprecedented evolutionary step forward for human civilization that is both magnificent in its promise and perilous in its dangers. To rescue America from its shadow and rescue its highest potential, Myss explains we must envision how we want this nation to be. We cannot return to the 1950s and 60s era, rather we must realistically envision where America needs to go. There is a calling for people to rethink what’s going on in a culture deeply affected by war. We sense deep in our soul that our nation is hurting. The nation that gave birth to freedom needs liberating.

Myss suggests we hold the earth in our hands daily and remind ourselves that the power is in our own hands. We can remind ourselves of the power of our own soul. Our soul is always talking to us; it is just that we don’t always listen. In meditation we can listen. We have always been courageous and optimistic peoples. We have the ability to help our country achieve its optimum potential. We are the change agents. We must shift self-indulgence, greed and narcissism to self-discovery, simplicity and serving our fellow man.

I would encourage you to have open talks with your grandchildren and help them to learn the art of present moment awareness and meditation to help them stay centered in an uncertain world. Tell them to wake up each day and say that something good is going to happen to them and the world. Keep the positive forces working to the best of your ability and they will learn from your inspiration.
Pan Roasted Florida Vegetables with Garlic and Fresh Herbs

1 large eggplant, large diced
(removed skin, if desired)
2 zucchini, large diced
2 large squash, large diced
2 bell peppers, seeded and diced large
6 cloves fresh garlic, minced
12 mushrooms, rinsed and quartered
1 large yellow onion, diced
1/4 cup fresh parsley, hand torn
2 teaspoons fresh oregano
(or 1 teaspoon dried oregano)
Canola or olive oil for cooking
Sea salt to taste
Fresh ground pepper to taste

Preheat a large-sized sauté pan over medium-high heat. Add 1 tablespoon of oil to the hot pan. Add half of the onion to the pan and cook for 2 minutes. Add half of the garlic and all the bell peppers to the onion mixture in the pan. Continue to cook the vegetables in the pan and add all of the yellow squash and zucchini to the pan.

Lightly season the cooking vegetables with salt and pepper. Let the vegetables cook until the squash is just crisp-tender (about two minutes). Remove the vegetables from the pan into a large serving bowl. Place the sauté pan back over the heat and use a spatula to remove any debris.

Once the pan is hot again, add 1 tablespoon oil and the other half of the diced onion. Let the onions cook for 2 minutes and then add the garlic, mushrooms and eggplant. Lightly season the cooking vegetables with salt and pepper. Let the vegetables cook until the eggplant is just tender (about 2 minutes).

Remove the vegetables from the pan and place them into the bowl with the other vegetables. Add the fresh herbs to the bowl of vegetables and stir to combine. Serve warm.

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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.

**HOCUS-FOCUS**

By Henry Boltinoff

FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS

“I bet there’s something you’ve never seen before — a combination of spring fever, jet lag and a heck of a hangover on page 27B.”

**SCRAMBLERS**

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form a modern word, which will complete the puzzle.

**TODAY’S WORD**

Answer on page 27B

**ISLAND SUN - JUNE 7, 2013 | 25B**
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>
</tr>
</thead>
<tbody>
<tr>
<td>Sanibel Estates</td>
<td>Sanibel</td>
<td>1987</td>
<td>3,614</td>
<td>3,439,000</td>
<td>2,000,000</td>
<td>1681</td>
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<tr>
<td>Harbour Preserve</td>
<td>Cape Coral</td>
<td>2004</td>
<td>4,947</td>
<td>1,998,000</td>
<td>1,800,000</td>
<td>61</td>
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<tr>
<td>Orchid Ridge</td>
<td>Bonita Springs</td>
<td>2001</td>
<td>5,266</td>
<td>1,895,000</td>
<td>1,780,000</td>
<td>9</td>
</tr>
<tr>
<td>Riverwalk</td>
<td>Bonita Springs</td>
<td>1998</td>
<td>7,078</td>
<td>1,699,000</td>
<td>1,500,000</td>
<td>142</td>
</tr>
<tr>
<td>Town &amp; River</td>
<td>Fort Myers</td>
<td>2008</td>
<td>3,922</td>
<td>1,499,900</td>
<td>1,310,000</td>
<td>32</td>
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<tr>
<td>Catalpa Cove</td>
<td>Fort Myers</td>
<td>2002</td>
<td>3,862</td>
<td>1,239,000</td>
<td>1,000,000</td>
<td>49</td>
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<tr>
<td>Palmetto Point</td>
<td>Fort Myers</td>
<td>2005</td>
<td>4,207</td>
<td>1,324,900</td>
<td>950,000</td>
<td>372</td>
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<tr>
<td>Gulf Pines</td>
<td>Sanibel</td>
<td>1981</td>
<td>4,734</td>
<td>1,100,000</td>
<td>870,000</td>
<td>257</td>
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<tr>
<td>Shell Harbor</td>
<td>Sanibel</td>
<td>1995</td>
<td>2,725</td>
<td>1,050,000</td>
<td>837,500</td>
<td>184</td>
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<tr>
<td>Town &amp; River</td>
<td>Fort Myers</td>
<td>1970</td>
<td>2,712</td>
<td>759,000</td>
<td>700,000</td>
<td>10</td>
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</tbody>
</table>

Courtesy of Royal Shell Real Estate
PUZZLE ANSWERS

SUDOKU

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

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SCRAMBLERS

solution
1. Reveal; 2. Agile;
3. Hatch; 4. Encore

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LOST AND FOUND
Lost Ladies Watch
Make: Brighton
Area of Mucky Duck on Captiva Island
Lost on Dec. 10, 2012 around noon
If found call: 941-639-5395

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Visitor education center greeters and gift shop cashiers
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Pets Of The Week

My name is Sunshine. I'm a two-year-old American Staffordshire bull terrier and Labrador mix and I'm a shining example of a dog with a sunny outlook on life. I haven't met a dog or person I didn't like. I can walk by your side better than any show dog. Nobody appreciates a pet and a scratch more than me. I'm low maintenance and have a lot of love to give. Come see me so I can be the sunshine of your life. My adoption fee is $35 (regularly $75) during Animal Services' Kitten Smitten adoption promotion.

I'm Sue, a one-year-old playful, petite and precious brown tabby. The volunteers say I have perky personality. Why not stop by the shelter and meet me in person. My adoption fee is $25 (regularly $50) during Animal Services adoption promotion.

For information about this week's pets, call 738-7387 (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.

From page 19B

School Smart

comfort zone that will be a good book selection. Not all older children who are choosing a book independently, you may want to have them keep a log of all the titles that they have read, ask them informal questions about the book; for example, why they like it, why are the characters interesting, have they learned any new information from it – just keep the dialogue going and show that you are really interested in what your child is reading.

Any discussion you have with your children about their reading will serve to increase their reading and comprehension skills. Kids really enjoy it when their parents are involved with their reading activities.

Ms. Greggs is adjunct faculty at Edison State College where she teaches psychology and educational psychology 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.
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- Gorgeous 4/5 with Pool/Spa
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- 1BD at South Seas Island Resort
- Completely Updated Interior
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- Rare to Market 4BD/3BA
- Large Condo Lives like a Home
- Breathtaking 180 degree Views of Gulf of Mexico
- Luxurious Upscale Interior
- $1,875,000 MLS 2118091

Burns Family Team 239.464.2984

Luxury Sanctuary Residence
- Vistas Holes 1-3 Private Golf Club
- End of Cal-de-sac Location on Wulfert
- Gorgeous 4/5 with Pool/Spa
- Fully Furnished/Turn-Key
- $1,795,000 MLS 2111298

McMurray & Nette 239.281.4435

South Seas Island Resort
- New Construction, Steps to Beach
- 4BD/3BA located on 3/4 Acre Lot
- Breathtaking Exterior Elevation
- Close to Community Pool & Tennis
- $2,850,000 MLS 2130265

McMurray & Nette 239.850.7888

Captiva Beach Gem
- Extraordinary 4BD/4BA Captiva Cottage
- Gulf Side Porches Lead to Beach
- Charming Interior with French Doors & Fireplace
- Outstanding Rental History
- $4,850,000 MLS 2121281

Sandpiper Beach
- 2BD/2BA with Stunning Water Views
- Spacious, Updated & Beautifully Furnished
- Quiet 27 Unit Complex on 13 Acres
- Resort Amenities
- $4,250,000 MLS 2121425

Sunny Captiva Beach Cottage
- 3BD/2BA Beach Cottage w/Loft
- Vaulted Ceilings & Large Windows
- Quiet Neighborhood Between Beach & Bay
- Lowest Priced Home in Captiva Village
- $879,000 MLS 2111233

John & Denise Beggs 239.357.5500

Tennis Villa 3121
- 1BD at South Seas Island Resort
- Completely Updated Interior
- Tropical Courtyard Views
- Steps to Pool, Beach, Restaurants & More!
- $225,000 MLS 2120646

Fred Newman or Vicki Panico 239.826.2704

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