Fireworks Display Saturday, July 4 Begins at dusk Bayside at Bailey Road Best viewing from the causeway Juland Sun

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SANIBEL & CAPTIVA ISLANDS, FLORIDA

JULY 3, 2015

JUNE/JULY SUNRISE/SUNSET: 3 6:40 • 8:25 4 6:40 • 8:25 5 6:40 • 8:25 6 6:41 • 8:25 7 6:41 • 8:25 8 6:42 • 8:25 9 6:42 • 8:25

Bay Scallops Slowly Coming Back In Tarpon Bay

submitted by Sarah Bridenbaugh, Research Assistant, SCCF Marine Lab

Bay scallops (Argopecten irradians) have been elusive in Tarpon Bay and the waters around Sanibel and Captiva for years. In their 2015 annual report surveys, the Florida Wildlife Conservation Commission classified bay scallops in Pine Island Sound as "vulnerable and sparse." Since 2009, the SCCF Marine Lab has

Since 2009, the SCCF Marine Lab has participated in efforts to restore bay scallops to the area by placing cages filled with hundreds of scallops in Tarpon Bay. The idea is to keep the scallops in close proximity to each other to increase the chance of successful spawning. To monitor the spawning success of the scallops, spat collectors – citrus bags hanging vertically in the water column to catch recently spawned scallops –



The six juvenile scallops collected from the spat collectors in Tarpon Bay on June 16

column to catch recently spawned scallops – are placed strategically around the cages in the hopes of finding evidence of spawning.

On June 16, the spat collectors were gathered and meticulously examined for scallop spat. Six scallops were discovered within the 12 bags, the greatest number of newly spawned scallops ever detected by SCCF in Tarpon Bay over such a short period of time. This discovery has prompted marine lab staff to begin conducting surveys of adult bay scallops both inside and outside of Tarpon Bay and to consider utilizing more cages in more locations in the hopes that successful spawning events will return the bay scallop from "vulnerable and sparse" status to "stable" in the future.

Before the local scallop population collapsed in the 1960s, there were enough bay scallops to support commercial scallop fishing in Pine Island Sound. It is generally believed by scientists that the collapse of the fishery resulted from construction of the continued on page 8

Sanibel-Captiva Independence Day Parade



The 25th annual Independence Day Parade will be held on Saturday, July 4. The theme this year is For The Fun Of It!

The parade line-up will be between 8 and 8:30 a.m. on Island Inn Road. The

parade will begin at 9:30 a.m., traveling from Island Inn Road at Tarpon Bay Road down Periwinkle Way to Casa Ybel Road. The parade route will be closed to traffic beginning at 9 a.m. and will reopen after the parade has finished.

Awards will be given in the following categories:

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

Commemorative T-shirts, in a light grey, are available at Bank of the Islands in a variety of sizes for men, women and children, as well as tank tops. They are \$10 each. The shirts will also be sold along the parade route.

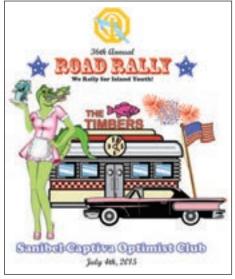
For more information, contact Trish Phillips at 246-2981.☆



Pancake breakfast Fourth Of July Fun At Sanibel Community Church

Independence Day is always a great day of celebration on Sanibel. Start the day off with a free all-you-can-eat breakfast served from 7 to 9 a.m at Sanibel Community Church. The breakfast includes hotcakes, sausage, fresh fruit, yogurt, juice and coffee. It is totally free, but if participants want to donate to the scholarship fund of the Summit Christian Pre-School at the church, there will be a receptacle available.

The church is also providing free parking for the Sanibel-Captiva Independence Day parade that begins at 9:30 a.m. There will be free soft drinks and ice cold bottles of water on the church campus, as well as shaded seating on the parade route, with chairs provided.



Optimist Club Road Rally

The Sanibel-Captiva Optimist Club's 36th annual Road Rally will follow the Sanibel-Captiva Islands Independence Day Parade on Saturday, July 4. Teams of families and friends will puzzle out clues while following a prescribed driving course around Sanibel. Prizes will be awarded for correct time and mileage, for the most correct answers to the quiz about things seen along the route, as well as for the best decorated vehicle. There will also be a 50/50 raffle.

Choose your team (a driver, navigator and spotters are usual), fill in the entry form from Bailey's General Store, Sanibel Cafe or Sanibel Captiva Community Bank and bring it to the starting line with the entry fee of \$35. The entry fee covers car, driver, navigator, unlimited crew and one official Road Rally T-shirt (additional T-shirts will be available for \$15).

This year, the rally begins in Timbers Restaurant/Sanibel Grill parking lot (one half block north of Bailey's on Tarpon Bay Road) at noon and also ends there for the "afterglow" party. Staggered starting times (every two minutes) will be pre-assigned by the rally master, Randy Carson.

See the entry form for more details or call Randy Carson at 699-8739, Richard McCurry at 292-4631 or Dani Howard at 472-0836.

All proceeds from the rally provide funds for the local Sanibel-Captiva Optimist Club's college scholarships.



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'Ding' Family Film Series Continues



The inaugural "Ding" Darling Summer Family Film Series continues its free bi-weekly showings on Sunday, July 5 at 2 p.m. with Disney-Pixar's *WALL-E* in the "Ding" Darling Visitor & Education Center. A tie-in kids craft activity will precede the film.

Set approximately 700 years in the future, *WALL-E* depicts an Earth overrun with garbage and devoid of plant and animal life – the consequence of decades of environmental degradation and mindless consumerism. The surviving humans are living on a spaceship in outer space while robots clean up Earth for recolonization.

However, after 700 years, only one WALL-E (Waste Allocation Load Lifter Earth-class) robot remains. WALL-E spends his days compacting debris into solid blocks and building structures with them, but grows lonely in his solo mission. Then, he spots EVE (Extraterrestrial Vegetation Evaluator), a shapely probe assigned an Earth mission. Smitten, WALL-E embarks on his greatest adventure yet as he follows EVE across the galaxy.

Admission is free to the film. Seating is limited and available on a first-come basis. Following the film, visitors are invited to experience the interactive, family-friendly exhibits in the Visitor & Education Center.

The schedule of upcoming Summer Family Film titles includes *Hoot* on July 19 and *Finding Nemo* on August 2. All craft sessions begin at 2 p.m., with the film to follow.

American Legion Post 123

n Saturday, July 4, it's free hot dogs all day long at American Legion Post 123, with a hot dog eating contest at 6 p.m. Sunday, July 5, the legion will serve a meatloaf dinner from 1 to 8 p.m. The Ladies Auxiliary meets at 6 p.m. on Tuesday, July 7. The general meeting is on Wednesday, July 8 at 6 p.m.

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

"Hump day" specials are served all day on Wednesdays.

On Fridays, a six-ounce ribeye steak sandwich is available all day. There are continued on page 37



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The 7th annual 10K Race 4 FISH is being sponsored by Bailey's General Store, The Coffee Bar @ Bailey's and Sanibel Catering Company

Bailey's General Store Supports 10K Race 4 FISH

Bar @ Bailey's General Store, The Coffee Bar @ Bailey's and Sanibel Catering Company are taking part in the 7th annual 10K Race 4 FISH, which will be held on Saturday, October 17 at The Community House, 2173 Periwinkle Way.

Sanibel Catering Company and The Coffee Bar @ Bailey's will once again be the providers of all things good to fuel runners and their supporters. Bailey's General Store is providing backpack-style bags to carry race day treats for runners, something the long-established island grocery and hardware store has done since the inaugural run.

"Since 1895, the Bailey family has been working to build the community on our island," said Richard Johnson, owner of Bailey's General Store with his wife, Mead (Bailey). "Three generations later, that drive and will to improve without harming our little piece of paradise still goes on today. The third generation is proud to play a part in that and is planning for the fourth generation to carry on that tradition."

The family's longtime commitment to their community has brought the three entities together in support of the 10K Race 4 FISH, an event that draws hundreds of runners from near and far for a good cause.

"Our island community is blessed with a population of people that care," said Johnson. "Our environment, wildlife and, most of all, other people are important to us all. FISH is one of several organizations in our island community that provides for others, but FISH also provides the structure and organization to multiply our singular efforts as a larger group."

Race proceeds support the non-profit F.I.S.H. of Sanibel-Captiva, Inc., an organization which has impacted the lives of thousands of residents and visitors through its various Helping Hands programs and food pantry. It has been a part of the community for more than three decades – facilitating neighbors helping neighbors. Its team of volunteers have transported clients to non-emergency medical appointments, delivered hot meals to home-bound clients and provided nutritious meals to youth in need.

"Without organizations such as FISH, CROW and Community Housing and Resources, the fabric of our community would not be near as strong or colorful," added Johnson. "Mead and I are proud to be a part of this organization and the great work that they contribute to our island community."

Registration for runners will be available soon. However, there are a variety of sponsorship slots remaining – Gold, Silver, Bronze or Friend. For Gold to Bronze sponsorships, your name or logo will appear on the back of T-shirts featuring the Hortoon race logo and worn by the runners, as well as all race banners and printed materials. Friend sponsors will be included on all race banners and printed materials.

Anyone who is interested in becom-

ing a race sponsor should contact Nancy or Pete Bender at benderlaw@ juno.com or 472-5220. The deadline is September 15.%

Starfish Found



Sara Borschke

Eleven-year-old Sara Borschke of Wightman Lane on Captiva found and released a starfish while snorkeling off of Captiva Beach last week.

Tips for a Smooth Transition to Assisted Living

Thursday, July 9, at 10:00 a.m.



You and a guest are invited to attend a free assisted living presentation. Making a move to assisted living most often involves relocating and downsizing. Don't let the stress of moving delay you from making a decision that will improve your quality of life and provide you with the support, recreation, and socialization you desire. Let McKenzie Millis, Shell Point's assisted living expert, share with you some tricks, tips, and guidance on how to begin the downsizing process.

This program is free, but registration is required by calling:

(239) 454-2077

13901 Shell Point Plaza • Fort Myers, Florida 33908 • www.shellpoint.org The Springs Assisted Living is part of Shell Point's Integrated Healthcare System. Shell Point is a non-profit ministry of The Christian and Missionary Alliance Foundation, Inc.

Island Seniors At The Center 4 Life

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

In observance of th Independence Day holiday, the Center 4 Life hours of operation will be from 8 a.m. to noon. The center will resume regular hours on Monday, July 6

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

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

The featured book on Wednesday, July 8 is Secret Life of Bees by Sue Monk Kidd.

The featured book for Wednesday, August 12 is *Mystic River* by Dennis Lehane.

Bring your lunch and watch the movie at 12:30 p.m., followed by a discussion on the book and movie at 2:30 p.m.

Friday Collage Classes with Bea Pappas – July 24 and 31, 12:30 to 3:30 p.m. Pappas will be teaching an easy approach to collage, both figurative and abstract. Collage can be worked from torn magazines, found papers like book pages or handmade papers. Collage artists: bring a pint of fluid matte premium, scissors, papers, magazines and substrates (substrates can be watercolor paper, canvas, canvas board or mat board). Members are \$15, non-members are \$20. Call the center to sign up.

Leisure Luncher's – Monday, July 13. Shopping at Miromar Outlets and lunch at Ford's Garage. Over 140 designer and brand name stores to choose from at Miromar Outlets which was voted Best Shopping Mall and Best Factory Outlet Mall in Southwest Florida. Coupons are available on their website. Carpooling encouraged. Sign up at the center is required.

Games

Bridge – Monday and Wednesday at 12:30 p.m. Cost is \$2.50 for members and \$5 for non-members. Prizes will be awarded.

Mahjongg – Thursday at 12:30 p.m. Cost is \$2.50 for members and \$5 for non-members. Prizes are awarded.

Tuesday Kayaking – July 7 and 21 (weather permitting) at 8:30 a.m. There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors will provide kayaks, paddles and life jackets. Bring water, a small snack, sun lotion, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$10 for non-members. Advance registration is required.

Fitness Classes

Classes are available and all ages are welcome. Cost is \$3.75 for members and



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\$6.75 for non-members. Annual membership is \$20. Sanibel Recreation Center members must show their membership card to attend.

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

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

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

Gentle Yoga – Tuesday and Thursday at 9:30 a.m. Stretch, tone and strengthen while improving flexibility, proper alignment and circulation. Mats are used to meet the needs of varying experience levels. Bring a towel. Kim Kouril is the instructor.



3D Art Sought For BIG ARTS Exhibit

Big ARTS invites all artists to submit entries for possible selection into the upcoming juried sculpture exhibit. Each artist may submit up to two entries of original three-dimensional art. Wall pieces may not exceed 96 inches in any direction or 50 pounds in weight and must be properly prepared for installation. Standing floor or pedestal works shall not exceed 144 inches in height (including pedestal) or 150 pounds in weight. Any special instructions for installation must be written and included with the artwork. Objects that are considered to be purely craft items will not be accepted. Mechanically reproduced items will not be accepted. Submitted work may not have been exhibited at BIG ARTS previously. Artists are asked to please bring their own pedestals. All artwork must be available for sale.

All entries must be submitted digitally to BIG ARTS. Online submissions will be open August 14 to 28. The entrance fee for up to two entries is \$25 for current BIG ARTS members and \$35 for non-members.

Beginning in the 2015-16 season, BIG ARTS will conduct online digital submissions for all of its juried exhibits. The digital submission process will require artists to fill



out a form via BIG ARTS' website, upload digital images of the piece(s) entered, and pay the entry fee through the site via credit card or PayPal. BIG ARTS allows a twoweek window in which to submit entries online. Artists whose works are accepted into the show will be notified at least two weeks prior to the receiving date.

For more information, please refer to the Sculpture Exhibit Prospectus. The exhibit will open October 14 in Phillips Gallery.

CROW Calendar Of Events

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

For reservations, contact Rachel Rainbolt at rrainbolt@crowclinic.org or 472-3644 ext. 229 to register. Hours are Monday through Friday, 10 a.m. to 4 p.m.; closed weekends. CROW is located at 3883 Sanibel-Captiva Road.

Friday, July 3, 11 a.m., \$5 included with admission – Why Animals Come to CROW, presented by a CROW volunteer.

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

Friday, July 3, 2 p.m., \$20 advance registration required – Wildlife Walk with Rehabilitators and Staff.

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

Monday, July 6, 4:15 p.m., \$5 per person, advance registration requireed – Secret Lives of Snowy Plovers.

CROW will partner with the Sanibel-Captiva Conservation Foundation (SCCF) to present Secret Lives of Snowy Plovers. Snowy plovers are tiny shorebirds whose feathers are the color of sand. Because their main defense is camouflage, it's almost impossible to see them unless they're moving. They nest right on the beach and are potential prey for a host of predators. As a result, these cryptic birds are listed as threatened in Florida. **Monday, July 6, 11 a.m.**, \$5 included with admission – Patient Profiles: Birds of Prey, presented by CROW staff.

Raptors are predators whose specialized beaks and talons make them some of the most effective hunters, and Florida is home to both native and migratory species. Join CROW's staff to learn more about these majestic birds and how their injuries or illnesses are treated at the hospital.

Tuesday, July 7, 11 a.m., \$5 included with admission – Patient Profiles: Sea Turtles, presented by CROW staff.

CROW is the only licensed sea turtle facility from Sarasota to Miami on the southwest coast of Florida. One of CROW's team members will describe why they are admitted and how the medical staff treats this specie

Wednesday, July 8, 11 a.m., \$5 included with admission – CROW Case of the Week, presented by a CROW student.

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

Thursday, July 9, 11 a.m., \$5 included with admission – Patient Profiles: Sea Turtles, presented by CROW staff.

CROW is the only licensed sea turtle facility from Sarasota to Miami on the southwest coast of Florida. One of CROW's team members will describe why they are admitted and how the medical staff treats this species.

Friday, July 10, 11 a.m., \$5 included with admission – Wild About Rehabilitation, presented by CROW staff.

After a patient stabilizes in the hospital, CROW's rehabilitation staff provides them with a combination of balanced diet, husbandry and physical therapy. This supportive care is necessary to ensure success during the final step in the rehabilitation process. Ask the staff how they work their magic.





Ralph Korn, left, receives membership certificate from Rotarian John Pryor

Record Year For Rotary Club Membership

submitted by Shirley Jewell

he Sanibel-Captiva Rotary Club announced the recent induction of Trent Peake and Ralph Korn as its newest members. Each new member comes to Rotary for their own reasons and the club's membership chairs, James Davis and Janet Strictland, and the membership committee met with new applicants and explained and provided information to them regarding the basics of Rotary to discuss how they can fulfill the applicants desire to work in certain areas to support the club's motto, "Service Above Self." The San-Cap Rotary Club has a broad spectrum of projects that it supports and welcomes ideas and energy in working on current projects or bringing ideas forth regarding new projects that fit the object of Rotary.

This has been a record year for the Sanibel-Captiva Rotary Club new member applications, with the club inducting 14 new members during this Rotary year, which runs from July 1, 2014 to July 15, 2015.

San-Cap Rotarians welcome: Trent Peake, member services manager for the Sanibel & Captiva Islands Chamber of Commerce. Peake's role at the chamber is to build and maintain



Trent Peake, left, receives his Rotary membership pin from Rotarian Chet Sadler

relationships with the chamber's 563 members. His Rotary sponsor was Chet Sadler.

Ralph Korn, a prominent and successful architect from Chicago, now retired. Korn now spends much of his time volunteering at St. Michael's Church on Sanibel and will add much to the clubs' planning of projects to be considered in this upcoming year. His Rotary sponsor was Charlie Emerson.

If you are interested in knowing more about the Sanibel-Captiva Rotary Club, attend an upcoming meeting and breakfast at The Dunes Golf and Tennis Club on Sanibel, held every Friday morning at 7 a.m. Admission and breakfast are complimentary. (Note: During renovations this summer at The Dunes clubhouse, the San-Cap Rotary Club will be meeting in the pavilion in back of The Dunes clubhouse.)



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COME CELEBRATE INDEPENDENCE DAY PARADE ON SANIBEL AT SANIBEL COMMUNITY CHURCH!

> FREE FREE FREE All You Can Eat Pancakes

with all the Fixin's from 7 to 9 a.m.

The Breakfast is completely free, but donations are accepted to benefit the Scholarship Fund at Summit Christian Pre-School at Sanibel Community Church. There will be a receptacle at the Pancake Breakfast.

 Ice Cold Cokes and Water
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 Great "On the Street" Shaded Seating

> It's an *All Free* Fun Day of Celebration!

There will be no parking entrance or exit allowed while the parade is in progress.

SANIBEL COMMUNITY CHURCH 1740 Periwinkle Way • Sanibel, FL 33957 239.472.2684 • www.sanibelchurch.com Join us for worship with Sunday services at 8:00 a.m., 9:00 a.m. & 11:00 a.m.

Tales And Tips From A Stroke Survivor

The Stroke Research Foundation is holding its first launch reception on Sanibel on July 26 at The Community House. *Stroke Victor* author Bob Mandell and founder of the Stroke Research Foundation will tell his story of going from Stroke Victim to Stroke Victor from 3 to 6 p.m. He will present some unique stories and innovative tips regarding stroke as well as information on the Stroke Research Foundation (SRF) a 501(c)3 non profit based in Naples. The event is open to the public. RSVP by calling 254-8266.

Did you know that:

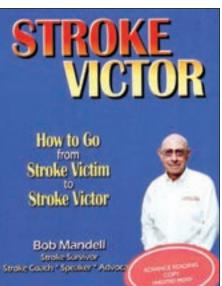
Every 40 seconds in the U.S., someone has a stroke
800,000 strokes are diagnosed

annually

• Strokes can hit all ages; 34 percent are below the age of 65 and strokes kill twice as many women each year as breast cancer does

• Strokes are the number one long term disabler disease.

The mission of the Stroke Research Foundation (SRF) is to raise money for stroke research with the objective of



5 Innovetive Stroke Recovery Therapies That Worked 37 After Stroke Game-Changing Lessons

improving post stroke lifestyles through community outreach, advocacy and funding rehabilitation, recovery and research. Learn more about SRF at www.StrokeRF. org or email: Bob@strokeRF.org.

The Community House is located at 2173 Periwinkle Way.

From page 1 Bay Scallops Coming Back

Sanibel Causeway Islands that disrupted the timing and volume of freshwater flows into the lower estuary seagrass areas. Changes in water flow to the estuary also occurred with the construction of the westernmost lock and dam along the Caloosahatchee between 1962 and 1965. The WP Franklin Lock and Dam – aka Structure 79 – in east Lee County truncated the upper estuary by many miles and created a pool of freshwater behind it, thus changing the volume, timing and quality of freshwater into the



One of the cages in Tarpon Bay with adult scallops

Volunteer boaters and snorkelers needed for The Great Bay Scallop Search 2015

Join local volunteers on Saturday, July 18 from 8:30 a.m. to 2 p.m. for this annual "no harvest" event to help document the health and status of bay scallop populations in Pine Island Sound. Volunteers with shallow-draft boats, canoes and kayaks are welcome; snorkelers without boats are also welcome but boat spaces are limited. Meet at Pineland Marina on Pine Island. SCCF's Marine Lab is one of the event sponsors. Space is limited and advance registration is required. Send an email to hazellj2@leegov.com or call 707-1267.

Our email address is press@islandsunnews.com



Independence Day Operation Hours & Refuse Collection Schedule

he City of Sanibel Administrative Offices will be closed in observance of Independence Day on Friday, July 3 and will resume regular office hours on Monday, July 6.

Refuse, recycling and vegetation waste collection by Advanced Disposal Services will operate on their normal schedule. If you have any questions, call Advanced Disposal at 334-1224

The Sanibel Recreation Center will operate normal hours on Friday, July 3 as well as Independence Day, Saturday, July 4. Summer Day Camp programs will be open on Friday, July 3. If you have any questions, call the Rec Center at 472-0345.

The City of Sanibel's Center 4 Life will close at noon on Friday, July 3 in observance of Independence Day, and will resume normal office hours on Monday, July 6. If you have any questions, call the Center 4 Life at 472-5743.

Tickets For Fiery Original Production Now On Sale

hythm Of The Night is a fast-paced and riveting musical revue. Part Dancing With The Stars and part Moulin Rouge, the show blends voice, music, and L dance-all with a Latin American flair. Created by BIG ARTS Artistic Director and Choreographer Bobby Logue, the show opens on Saturday, July 11 at the Herb Strauss Theater and runs through August 15. Performances are Monday through Wednesday and Saturday at 7 p.m.

Tickets are on sale now, priced at \$30 for adult reserved seats and \$5 for students and children. Order tickets online at www.BIGARTS.org or call 472-6862. Summer box office hours are Monday through Wednesday from 10 a.m. to 2 p.m. and one hour prior to each performance. Tickets may also be purchased at the Marks Box Office, Monday through Friday from 9 a.m. to 3 p.m.

Our email address is press@islandsunnews.com



7:45-9:45pm Live Music & Cash Bar



Departing from McCarthy's Marina 11401 Andy Rosse Lane, Captiva Island

Fireworks at South Seas Island Resort \$45 adults \$30 Child (plus tax)

Reservations required by calling 239.472.5300

Also scheduled on July 4 - day cruises to Cabbage Key, Useppa Island, Boca Grande and Cayo Costa; Dolphin & Wildlife or Sunset Cruises. For more information visit www.captivacruises.com.







Simon Allison happily inspects one of the many insects he found on the playground

CECI Summer Campers Like Slimy Bug Theme

Scenter of the Islands enjoyed another fun week at Summer Camp with the theme Super Slimy Bug

NEWSPARER

Santoel & Captiva Stands



Charlee Armstrong was in the buggy spirit with lots of insect tattoos... but only the pretty ones

Week. The youngsters learned lots of fun songs about insects, including *Head*, *Thorax*, *Abdomen* and *There's A Spider On The Floor*, with lots of funny faces. The campers had a scavenger hunt on the playground, where lots of bugs suddenly appeared. And everyone left with bug artwork and a magnifying glass of their own.

The Children's Education Center of the Islands is a non-profit preschool offering full time and part time classes for children ages 2 to 5. The preschool is currently accepting applications for the 2015-16 school year beginning August 24 as well as their Summer Camp, which runs through August 7. Scholarships are also available on a limited basis. For more information, call the school at 472-4538.‡

City Of Sanibel Designated Storm Ready

The City of Sanibel has again been recognized by the National Weather Service as a Storm Ready community. This special recognition was first achieved in June 2009 and the City of Sanibel was the eighth community of the 410 Florida municipalities to be recognized as Storm Ready. Currently, only 22 communities in the state have received this designation.

It is the goal of the National Weather Service to use the program to prepare communities for all dangerous weather. Storm Ready communities are better prepared to save lives from the onslaught of hazardous weather through advanced planning, education and awareness.

"It is important to remember that this designation does not render us storm proof, but as a barrier Island in the subtropics it is important we prepare collectively for the worst Mother Nature can send us. There is no substitution for preparation and planning," stated City Manager Judie Zimomra upon receiving notice of the designation. Independently Owned And Operated

The Islands of CAPTIVA





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The Island Sun will correct factual errors or matters of emphasis and interpretation that appear in news stories. Readers with news, tips, comments or questions, please call (239) 395-1213, or write to: Island Sun, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957. FAX number: (239) 395-2299. E-mail: press@islandsunnews.com **Co-Publishers** Lorin Arundel & Ken Rasi

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Churches/ Temples

ORTHODOX CHURCH: 8210 Cypress Lake Drive, Fort Myers Reverend Dr. Elias Bouboutsis. Orthros Service Sunday 9 a.m. Divine Liturgy Sunday 10 a.m. Fellowship Programs, Greek School, Sunday School, Bible Study www.orthodox-faith.com, 481-2099 BAT YAM-TEMPLE OF THE ISLANDS: The Reform Congregation of Bat Yam Temple of the Islands meets for Friday night services at 7 p.m. in the Fellowship Hall of the Sanibel Congregational United Church of Christ, 2050 Periwinkle Way. Rabbi Myra Soifer. For information call President Martin Pokedoff at 239-395-2544. CAPTIVA CHAPEL BY THE SEA:

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

FIRST CHURCH OF CHRIST, SCIENTIST: 2950 West Gulf Dr., Sunday 10:30 a.m.; Sunday School 10:30 a.m., Wednesday evening meeting 7:30 p.m.; Reading room open, Monday, Wednesday and Friday 10 a.m. to 12 p.m. (November through March), Friday 10 a.m. to 12 p.m. (summer hours). 472-8684.

SANIBEL FELLOWSHIP, sbc

Join us for worship Sunday mornings 9 a.m. Bible Study and 10 a.m. Worship Service at The Community House, 2173 Periwinkle Way. 239-671-5502. **SANIBEL COMMUNITY CHURCH** 1740 Periwinkle Way, Sanibel, 472-2684 Dr. Daryl Donovan, Senior Pastor Sunday Worship Hours:

8 a.m. Traditional in historic Chapel. 9 a.m. Contemporary and 11 a.m. Traditional in main Sanctuary. 10:15 a.m. Courtyard Fellowship. 9 and 11 a.m. Bible classes. Childcare available at all services.

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST:

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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 ryi39@aol.com.or



From left, FCA representative Buddy Key, Gabby Miltner, Osa Nuenlist-Zavala, Morta Jankauskaite, school media specialist Libby Payne, Caroline Waite, Ella Estevez, Teddy Waite and Pastor Kurt Schulte

New FCA Huddle At Sanibel School

The Sanibel Community Church recently hosted a Movie Night in support of a new Fellowship of Christian Athletes Huddle being formed at The Sanibel School.

Nearly 200 members of the local community attended the event and donated \$1,582.53 to help kick-off this effort. Libby Payne, media specialist at The Sanibel School, will be leading this new FCA Huddle. She explained that the FCA Huddle is not limited to athletes but is open to all middle school students at The Sanibel School. After-school Huddles will once again be resuming when school reopens in the fall.

Sanibel Community Church is a multidenominational church located at 1740 Periwinkle Way on Sanibel.**

Our email address is press@islandsunnews.com



Pastor To Teach On Spiritual Power Tools

The Apostle Paul wrote later in his second letter to Corinth, "For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds." 2 Corinthians 10:4 According to Paul, God has given to His church divinely powerful tools to accomplish the work He has called them to do.

Dr. Daryl Donovan, Senior Pastor of Sanibel Community Church will be teaching from Paul's letter to the Corinthians, chapters 12, 13 and 14 with a discussion about the powerful tools the Holy Spirit provides for us. Paul lists nine gifts in First Corinthians 12, including healing, words of wisdom and knowledge, speaking in tongues and interpretation, discerning of unclean spirits, miracles, faith and prophecy. What are these practical and powerful gifts and how are they to be utilized





Pastor Daryl Donovan

in the world today? All are invited to an evening of fellowship, worship, teaching and interactive discussion on this life transforming topic.

The course will run two consecutive Wednesday evenings, July 8 and July 15. Each Wednesday evening sessions will be in the main sanctuary beginning with a delicious covered dish/potluck supper at 6 p.m., doing discussion questions during the meal, with worship, teaching and hands-on ministry taking place throughout the evening. Sessions will run from 6 to 8 p.m.

Sanibel Community Church is an evangelical, non-denominational church located at 1740 Periwinkle Way (next to Jerry's Market). The course is free and open to all. For more information call 472-2684 or visit www.sanibelchurch.com.



Pictured with Flat Jesus at the mystery location are, from left, Connie Mahany, Bronya Easho, Amy Sbarra and Norm Bastien photo by Jeff Lysiak

Where In The World Is Flat Jesus?

A n idea created by a small group of Christian friends, concerned that some of the fun had been taken out of their faith, brought to life Flat Jesus, a life-sized character who since Easter Sunday has been visiting locations throughout Southwest Florida.

As one of the group's founders explained, Flat Jesus – akin to the popular Flat Stanley Project created 20 years ago – travels to various places in the area and has his picture taken. Later, visitors to his Facebook page (Flat Jesus 316) try and identify the location where the photo was taken.

"He just goes out and makes friends," his handler – who requested to remain anonymous – added. "That's why we call this Project Joy."

"We just wanted to take a few fun photos," she said. "It's just a warm and friendly way to connect with people. And the kids just love him."

Previously, Flat Jesus has visited beaches, schools, playgrounds and businesses in several local cities. Last week, Flat Jesus made a surprise

continued on page 36

CHR Staff Shares Fun With Islands Night Fans

ommunity Housing and Resources (CHR) staff was on hand for Sam Bailey's Islands Night at Hammond Stadium on June 17, meeting baseball fans and giving away hand fans, or what some people call "hurricane air conditioning."

"We're giving fans to fans," said Dan Whicker, CHR's public relations and marketing manager. "They work great for fanning the air and shooing away bugs, and the CHR logo adds a nice, decorative touch, I think."

Nonprofits like CHR receive donations through the Islands Night event and are invited to participate by setting up information tables and riding in a parade around the stadium.

"It's a great way for us get some exposure, but also to get out and meet people," added Patti Bohm, CHR's housing administrator.

Sanibel and Captiva residents are the focus of the event, which means participants get to see many familiar faces, but the baseball game is also open to the



CHR's Bonnie McCurry and Patti Bohm give hand fans to baseball fans at Sam Bailey's Islands Night on June 17

general public so people from off-island can learn more about island nonprofits and businesses.

CHR office manager Bonnie McCurry said that for her being at the event means expressing the idea of community that CHR and other island organizations work hard to promote.

"You get to socialize and talk outside of the usual island environment, so it gives you a special feeling of camaraderie," she said as she demonstrated a hand fan in the 93 degree afternoon heat. continued on page 36

Olde Sanibel Shoppes Serving Breakfast For pets and the people who love them! 'til 3:00 everyday! y • Collars, Harnesses & Leads • Great Pet Toys • Pet Beds & Carriers Breed Specific Items • Cat Stuff Too! Specializing in all Natural asy Gar Pet Food and Treats 4 San Carry Out Made with pride in America using the finest materials from around the world • Kids Menu & compatible with all major bead bracelets. With over 350 unique designs that evoke your memories or celebrate your passions, adding a Novobead to your Beer & Wine collection is like adding a page in the diary of your life. Dine inside or out. FRESH You'll love our pet-friendly outdoor patio! 520 Breakfast & Lunch 7 am - 3 pm Better Health through 20 Better Nutrition. Olde Sanibel Shoppes Olde Sanibel Shoppes 630 Tarpon Bay Road 630 Tarpon Bay Road Sanibel, FL 33957 Sanibel, FL 33957 239.472.2625 239.395.1464 Unique Glass • Jewelry • Cards • Metal • Ceramics 520 fax 239.395.1458 fax 239.395-1458 Olde Sanibel Shoppes next to Over Easy Cafe • Open 7 Days IslandPaws.com 239 472 7860 • www.suncatchersdream.com OverEasyCafeSanibel.com 5

14 | ISLAND SUN - JULY 3, 2015

Gator Babies Week At Sanibel Sea School

ast week was Gator Babies Week at Sanibel Sea School, a summer camp program especially for 4 to 6 year olds. Their youngest campers enjoyed plenty of new adventures, just like baby gators when they leave their mamas. They went on a scavenger hunt at the Bailey Tract, searching for birds, flowers and butterflies along the way. Some lucky campers spotted turtles and alligators, too. At



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PAIN JOY no shade Shade all the beach, campers built their very own gator nests and filled them with ping pong "eggs." Campers played games to learn about the lives of alligator families, and tried to protect their nests against invasive species during an epic game of Capture The Eggs.

In true Sanibel Sea School fashion, they also snorkeled along the beach and used their keen baby gator senses to spot sea life and find spectacular shells. Campers also used seine nets to catch fish and crafted their very own gatorinspired art. At the end of the week, we painted our faces in team colors for a friendly surf competition and invited our families to view photos from the week at our milk-and-cookies slideshow.

Sanibel Sea School is a 501(c)(3)marine conservation organization whose



A Captina Island Tradition Since 1976 Come by Land.... or Come by Sea...





Campers learn to surf during Gator Babies Week at Sanibel Sea School

mission is to improve the ocean's future, one person at a time. We offer summer camps for kids ages 4 to 18. Learn more at www.sanibelseaschool.org.

From page 1 Fourth Of July At Church

Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market). For more information, call 472-2684 or visit the web at www.sanibelchurch. com. Please note, there will be no entrance or exit of the church campus during the parade.☆

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Lee County Commissioner candidate Kevin Ruane, center, chats with supporters John and Judy Pryor during a campaign fundraising event held at The Sanctuary Golf Club last Tuesday evening photos by Jeff Lysiak

Ruane Fundraiser Draws Crowd Of Supporters

by Jeff Lysiak

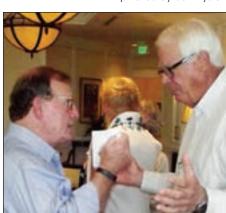
🔼 anibel Mayor and Lee County Commissioner candidate Kevin Ruane kicked-off his fundraising campaign with an event held at The Sanctuary Golf Club last Tuesday evening, which was attended by more than 150 supporters.

"This is a momentous moment for Sanibel, Captiva and residents of Lee County," said city councilman Marty Harrity during his introduction of Ruane. "I've worked alongside Kevin for several years - he has unbelievable skills, he builds consensus and he knows how to work with people. He gets the job done."

Ruane, who announced his candidacy for the Lee Board of County Commissioners seat in District 1 on June 4, spoke openly with the crowd during a brief speech. He talked about his upbringing on Staten Island in New York, his education, his career backgrounds and his history in politics, which began when he stepped in to fill a vacant Sanibel City Council seat in 2007

"After my first 30 days (on city council), I knew this is what I wanted to do for my community," said Ruane. He also recalled moving to Southwest

Florida on July 31, 2004, just 14 days



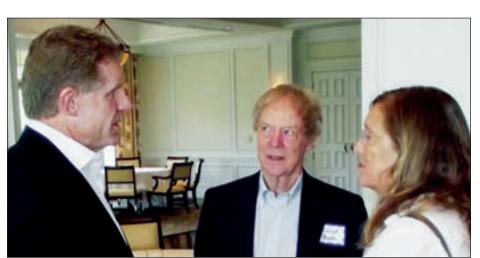
Sanibel City Council member Marty Harrity, left, chats with Ralph Clark

before Hurricane Charley struck the islands. Ruane was among the first residents to volunteer for the Sanibel Hurricane Damage Assessment Team, serving as project manager at Gulfside Place Condominiums.

This community came together like I've never seen before," he said. "And if that didn't happen, I don't know where my life would've taken me.'

Speaking about his accomplishments as a public servant, Ruane noted that he helped Sanibel cut taxes for the past seven consecutive years, paid down debt and built up reserves. He promised to do the same for Lee County, campaigning for precise cash management, job creation, creative policies and improving water quality.

continued on page 18



Kevin Ruane, left, chats with islanders David Bath and Barbara Cooley



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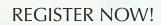
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The lettered olive: from left, shell and live snails from Marco Island and Bunche Beach

Shell Of The Week Lettered Olive



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

The lettered olive, Oliva sayana Ravenel, 1834, is a relatively com-

mon species on the beaches and sand flats of Southwest Florida. Despite its relative abundance, it is a desirable, collectible species, certainly because of its glossy, colorful shell and its assorted variations. The locally famous golden olive is nothing but a varietal of the species in which the shell lacks darker pigments. Lettered olives feed on marine worms, crustaceans, small bivalves, among other prey items. They are fast-moving snails (as shown in the image on the right), using the anterior, plow-like part of their foot to dig effectively in the soft sand. Learn more about the lettered olive at http://shellmuseum.org/shells/southwest-floridashells/oliva-sayana.

Shell Museum Events

Daily Island Inn Morning Beach Walks (Advance booking required): Join our Marine Biologist for a beach walk near Island Inn on Sanibel. Walks depart daily from the Island Inn lobby at 9 a.m. The cost is \$10, and parking at Island Inn is free for beach walk participants. Space is limited; book online at shellmuseum.org/ events or call 395-2233 to make a reservation. All beach walk participants receive half-off museum admission. (Current Island Inn guests: Please book through the Inn).

Daily Tank Talks, 11:30 a.m. and 3:30 p.m. Gain great insights into the fascinating world of mollusks!

Monday at 1:30 p.m.: Carolyn's Collection – A fun and entertaining look at gem-quality shells. (Please check shellmuseum.org to note any schedule changes)

Tuesday at 1:30 p.m.: What Is A Mollusk? Learn about the shell makers in

photos by José H. Leal, middle photo by Amy Tripp

this hands-on presentation. Wednesday at 1:30 p.m.: Midday

Tank Talk with a marine biologist. Thursday at 1:30 p.m.: Shell ID Clinic

- Bring in your mystery finds for identification from an expert.

Friday at 1:30 p.m.: Shell Arts and Crafts – Create arts and crafts projects to take home with you!

Saturday at 1:30 p.m.: Sanibel Shells – Discover the look, feel and subtle differences of local shells.

Sunday at 1:30 p.m.: Shell Bingo – A fun and informative game.

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





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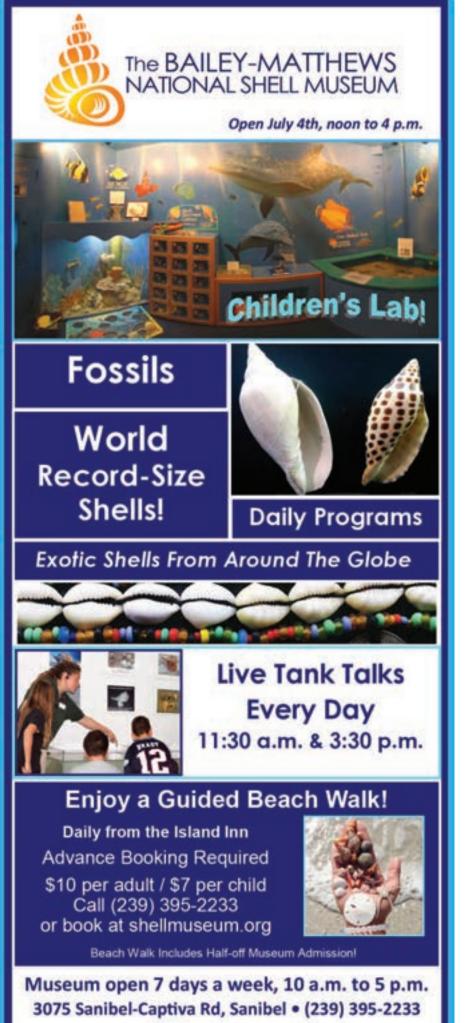
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shellmuseum.org

Success Is Focus Of ABWA Meeting



Victoria Stephan

Victoria Stephan, president of Stephan Consulting, will be the guest speaker for the July Sanibel-Captiva American Business Women's Association meeting. She will speak on achieving personal and professional success with her presentation 212: The Extra Degree on Tuesday, July 14 beginning at 5:30 p.m. at the Sundial Beach Resort and Spa on Sanibel.

Stephan notes that the title of her presentation, 212: The Extra Degree, is meant to "stimulate and peak your interest." She explains that at 211 degrees, water is hot. At 212 degrees, it boils. With boiling water comes steam. And steam produces power; enough to power a locomotive across the west. That one extra degree makes all the difference. And it can make all the difference in your life.

"Eighty percent of problems experienced in any business are people-related," she said. "So, developing the people to function at higher levels and reach personal satisfaction benefits the organization and the bottom line. The important key to creating lasting change is developing leaders at all levels in the organization."

In her presentation, Stephan reveals the five limiting beliefs that keep us from charging forward toward our goals and she explains the extra degree needed to kick start ourselves toward success. Potential is one of the most wonderful words in our language. It implies hope, fulfillment. It hints at success and greatness. But don't settle for potential, she said.

"Grow! Grow to be your very best. Small things can make a tremendous difference in your development," Stephan said. "Are you operating at 211 or 212 degrees? Is it 'potential or possibilities' in your future? Come learn how successful people grow."

Stephan has positively impacted the community over the last 25 years. She currently serves as a director on the Florida SouthWestern State College Foundation Board, as director for the Barbara B. Mann Community Concert Association and as president-elect of The Rotary Club of Fort Myers. While serving on United Way Allocations and the Economic Development Office Workforce Now initiative, she continues as a member of Junior Achievement USA Pioneers and Past President of the Junior League of Fort Myers.

Registration will begin at 5:30 p.m. at the Sundial Beach Resort, located at 1451 Middle Gulf Drive on Sanibel. The meeting and dinner will begin at 6 p.m. ABWA meetings are held the second Tuesday of each month. Members can now use the new online reservation system at abwa.chelseareservations. com. Guests are welcome. If you are interested in attending, contact Carol Schapiro, membership chair at 850-9495 or cshap00@yahoo.com. Reservations should be made no later than July 9. The cost for the dinner meeting is \$22, payable by check, cash or credit card.



More than 150 people attended last week's campaign kickoff event

From page 15 Ruane Fundraiser

"There's no debate about clean water – we all want it," he added. "I'm going to need your support, but more importantly, I'm going to need your vote."

In the District 1 election, Ruane will face 16-year incumbent John Manning of Cape Coral. The Primary Election will be held on August 30, 2016 and the General Election is slated for November 8, 2016.

CROW Case Of The Week: Fish Crow



by Patricia Molloy

Thile most people know that crows are found throughout the United States, few realize that there are two types of crows residing in the southeastern region

of the country: the American crow (Corvus ossifragus) and the fish crow (Corvus brachyrhynchos). Their appearances are similar, which makes differentiating them challenging for the uninitiated. To complicate matters, these social birds often forage and roost together.

Fish crows are slightly smaller than the Americans and have shinier plumage by comparison. Fish crows also have bills that are more slender, but visual differences are readily apparent only when the birds are side by side. The best way to differentiate the two is by their voices: while American crows frequently make the familiar "caw-caw" call, vocalizations by the fish crow have a more nasal tone and sound like "uh-uh."

CROW recently admitted two fish crows to its ICU ward. One of the patients - #15-1675 - had been found down and unable to fly as a result of an unknown trauma. Upon presentation, Dr. Brittany happily discovered that the adult

male had no broken bones.

"He had left shoulder swelling. He also had some evidence of infection on bloodwork, so we gave him antibiotics. When I looked at him, his shoulder didn't seem really bad," explained the DVM intern.

Captivity can be very stressful for a wild animal and weight loss is of particular concern for avian patients. As light-bodied creatures, the loss of even a few grams can have devastating results for a sick or injured bird. To alleviate as much stress as possible, the fish crow was placed in a roomy cage in the wildlife clinic's bird room. A clean towel is draped over his cage each morning to create a visual barrier that allows him to hide from the imagined threats posed by being in close proximity to CROW's human staff members. Small dishes of fruit, berries, scrambled eggs and fish are placed in his cage several times per day to ensure that he had plenty of fuel to build-up his strength.

After 10 days, the patient had made progress. "He looks pretty good. He's up and bouncing around and eating really well," Dr. Brittany concluded.

Ónce Dr. Heather deems him well enough, the black bird will be moved outside to a special enclosure that mimics a more natural environment. When he has shown that he can fend for himself, the fish crow will be returned to his home and released.

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a non-profit wildlife hospital providing veterinary care for native and migratory



wildlife from our local area. The hospital accepts patients seven days a week from 8 a.m. to 5 p.m. Mail donations

The fish crow, patient #15-1675, expresses its displeasure at being weighed before breakfast to P.O. Box 150, Sanibel, FL 33957. Call 472-3644 or visit www.crowclinic. org. 💥

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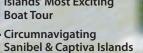
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Jacaranda's cluster of violet-blue flowers and feathery foliage make it a popular ornamental tree

by Gerri Reaves

Define the many lovely sights that snowbirds miss when they leave the area is the jacaranda tree (Jacaranda mimosifolia) in full bloom, some compensation for those who endure the arrival of summer in the subtropics.

This large flowering tree native is native to the Amazon River Basin in Brazil, Argentina and Peru.

A member of the begonia family, it loses its leaves in winter, but in early spring, it produces the bell-shaped violetblue flowers.

continued on page 32





YCC students Angela Scine, Ryan Freed, and Louis Castano More Summer Staff At Refuge

Thanks to a federal program and a grant from a generous donor, four new summer staffers have arrived to JN "Ding" Darling National Wildlife Refuge to fill in employment gaps left by government budget cuts. The federal Youth Conservation Corps (YCC) program provides funds for full-time summer high school student employment, while the grant-funded Summer Teachers Assisting Refuges (STAR) initiative hires a local teacher for two months to help with summer education programming both onsite and outreach.

This year's STAR, Anji McStravic, has spent eight years as an environmental education teacher with the Lee County School District; in the upcoming school year, she will transfer to the position of STEM educator position with Lehigh



Refuge STAR teacher Anji McStravic

Elementary School, teaching science, technology, engineering and math. She previously served as the education director for the City of Fort Myers for more than three years, developing and supporting all educational programming for the Imaginarium Science Center and Southwest Florida Museum of History.

"I'm really looking forward to getting back to my environmental education roots to teach the importance of preserving and conserving our environment here at the refuge," McStavic said. "It's like being on vacation every day. The beautiful scenery, teaching what I love, and continuing to learn how the refuge works. Love it!"

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).

This year's three YCC students include South Fort Myers High School students Angela Scine, who will assist in the administration department, and Ryan Freed in visitor services; plus Louis Castano, a recent Cape Coral High graduate who will work in the biology department.

"Our YCC students are so valuable to us – not only in providing needed manpower, but also because they bring such youthful energy, enthusiasm, and creativity to the refuge team," said Supervisory Refuge Ranger Toni Westland. "At the same time, it gives them opportunity to learn about the environment and refuge operations."

To support DDWS and the refuge with a tax-deductible gift, visit www.dingdarlingsociety.org or contact Birgie Miller at 292-0566, 472-1100 ext. 4, or director@dingdarlingsociety.org.☆



Crazy Catch And Release Snook Fishing Continues



by Capt. Matt Mitchell

't just does not seem possible that the catch and release snook bite in and around the passes could get any better than it was this week. Non-stop action on snook of all sizes continues to be as good as it gets. On many of the week's trips, we started out fishing in or around one of our local passes with plans of moving on for a shot at another species and then just never left as the action was that good. If the

bite slowed a little, we often moved to a different spot or shoreline in the same pass and the action continued to be just wide open again. It does not matter which of our passes you choose as they are all stacked up with huge numbers of summertime snook.

Big bait, big fish proved very true with some really big female snook feeding well most days this week. On heavy spinning tackle, trying to steer some of these giants out of structure with a fast moving current proved almost impossible at times. Most trips produced a handful of mid 30-inch range snook and a few shots and some 40-inch or better snook. When these big girls where feeding, there was not a pinfish or grunt that was too big to get bit.

A great tool that I have been using on these catch and



Tom, Michael, Bob and Mark McGuire take time out for a picture with one of many pass snook caught and released while fishing with Capt. Matt Mitchell

Send Us Your Fish Tales

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

release snook is the ARC dehooker. This long metal hook removing tool makes it possible to unhook and release a snook without ever having to remove them from the water and insuring a healthy released fish. You simply slide the end of the dehooking tool to the bend at the hook and lift, and the fish falls off the hook without ever having to be handled.

Why do damage with a landing net, handling these fish to release them when it's just not needed. If you plan on a photo with one of these big snook, have the camera person ready and then wet your hands before handling and keep the fish out of the water as little as possible. Our water temperature is right around 90 degrees most days so the less stress on these fish, the better the chances that they will swim

Dave Doane



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Sanibel Island



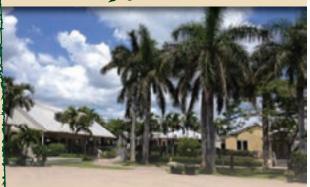
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24 | ISLAND SUN - JULY 3, 2015 Sanibel-Captiva Conservation Foundation Programs



Nick Esser holding Indie the indigo snake

Happy the terrapin

n Tuesday, July 7 at 10 a.m., come and meet the SCCF Nature Center ambassadors. Meet Indie the endangered indigo snake who recently laid nine eggs, Happy the snapping turtle, and Lucky the soft shell. The diamondback terrapins have laid eggs again this summer; meet a pair of young

terrapins that hatched last August. Take a tour with a biologist to learn about the SCCF research and projects associated with these local critters.



Bobcat cub

Bobcat Tales

ome and see recent videos of bobcats on SCCF's trails. Learn more about the biology and society of this shy feline that peacefully roams the islands. There has never been a negative human bobcat interaction reported on Sanibel.

The next Bobcat Tales will be held

on Wednesday, July 8 at 10 a.m. in the SCCF auditorium. Cost of the program is \$5 per adult, with SCCF members and children attending for free.

Following the program, take a walk on the trails to the Sanibel River... you may see bobcat scat. Climb the tower to see Sanibel's Everglades-like wetlands where the bobcats live.





Turtle hatchlings

photo by Boillh

earn about the lifecycles and habits of sea turtles that are nesting now on island beaches and what SCCF is doing to protect them. Since 1992, SCCF staff and volunteers have covered every inch of Sanibel and Captiva beaches each morning May through October, finding and marking sea turtle nests laid the night before. Remember to turn off beach lights at night to protect nesting turtles and their hatchlings. The next Turtle Tracks program is Thursday, July 9 at 10 a.m. at the SCCF Nature Center. The program is free to SCCF members and children, \$5 for adults.

Call SCCF at 472-2329 for more information on these programs. The Sanibel-Captiva Conservation Foundation is located at 3333 Sanibel-Captiva Road.



Snowy plover mother and chick photo by Hugh McLaughlin

SCCF Nesting Statistics

The Sanibel-Captiva Conservation Foundation (SCCF) reported the following sea turtle nesting statistics as of June 26:

Sanibel East: 82 nests, 216 false crawls

Sanibel West: 247 nests, 617 false crawls

Captiva: 88 nests, 161 false crawls Total: 417 nests, 994 false crawls Please observe "Lights Out For Sea

Please observe Lights Out For Sea Turtles." Three nests hatched last week but hatchlings from two of the three nests were disoriented. Shield lights on the beach; hatchlings head to the lightest horizon (which is normally the water). There are now 11 green sea turtle nests on Sanibel's West End and one on Captiva.

There are now coyotes on Sanibel and SCCF is screening as many nests as possible to discourage coyote depredation.

SCCF staff and volunteers also moni-



Green sea turtle nest from the week of June 22; greens toss around a lot of sand when they nest. Volunteer Jewel Jensen is checking the nest.

photo by Florida Atlantic University researcher Jake Lasala

tor snowy plover nesting on Sanibel. As of June 26, the nest total for snowy plovers is 15:

Two nests are active

• Nine nests have hatched 26 chicks Two nests have two chicks, one nest has one chick and one nest has fledged a chick (included in fledgling count) and still has one chick, and all the chicks are gone from two nests; six nests have fledged seven chicks

• Two nests have been depredated

- One nest is gone, fate unknown
- One nest was washed out

*false crawl – a failed nesting attempt If you have questions, or would like to know more about nesting statistics on Sanibel, contact seaturtle@sccf.org or call SCCF at 472-2329.**



There Are Positive Signs For The Red Sox Despite First-Half Failure



by Ed Frank

t's clearly been a first-half season wreck for the Boston Red Sox – a team that was a pre-season favorite to return to the World Series.

Who would have figured that nearly half-way through the 2015 season, the Red Sox would be dead last in the American League Eastern Division, trailing first-place Tampa and Baltimore by eight games? But that was the story as this week began.

Boston had spent more than \$200 million in the off-season to sign nine new players – including sluggers Pablo Sandoval

and Hanley Ramirez – in an effort to reverse last season's dismal 71-91 last-place finish.

But take heart, Red Sox fans; there are positive signs of a turn-around in the second-half of the season. While Boston was last in the AL Central entering Monday's Game 78, the other four teams in their division – New York and Toronto, in addition to Tampa and Baltimore – were tightly bunched just one game apart.

And the Red Sox had beaten Tampa two of three games last weekend, and began



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a road trip Monday with a 3-1 victory over Toronto. That's seven victories in their last 11 games to inch within nine games of .500 with a 34-43 season record.

Injuries have played a major role in the disappointing first-half. But every team is always plagued with injuries, so that's no excuse.

However, right-hander Justin Masterson – signed by Boston as a free agent last December and who had been counted upon in the starting rotation – held Tampa to five hits and an unearned run over five innings in his first start in six weeks in Sunday's 5-3 victory.

He had not pitched in the majors since May 12, when the Red Sox put him on the disabled list after his seven starts had produced a whopping 6.37 ERA.

That Red Sox victory on Sunday was over Tampa's Chris Archer, perhaps the best starter in the American League, and who is headed for this month's All-Star Game. The win was fueled by three home runs, solo shots by Sandoval, David Ortiz and Alejandro De Aza.

And it was without Ramirez and second baseman Dustin Pedroia, both out with injuries along with first baseman Mike Napoli, who was ejected in the second inning.

The invaluable Pedroia is expected to miss a couple of weeks with a hamstring pull and Ramirez is day-to-day with a bruised left hand.

Once they return to the lineup, the Red Sox should be vastly improved.

There have been rumbles that veteran pitcher Clay Buchholz could be traded if Boston is not in contention by the July 31 trading deadline. Those rumors could be put to rest if he continues to pitch the way he did in Monday's victory, a strong eightinning performance.

Three long months remain in the 2015 season – plenty of time for the Red Sox to fight their way back. And there are strong positive signs on the horizon.

Miracle's 10-Game Winning Streak Snapped

The Fort Myers Miracle's season-best 10-game winning streak was stopped last weekend with a 7-2 loss Sunday to the Dunedin Blue Jays. The Blue Jays then went on to beat the Miracle again

Monday, 3-1. With Monday's loss, Fort Myers second-half season record was 3-2.

The Miracle returns to Hammond Stadium this weekend with a three-game series against St. Lucie on Saturday, Sunday and Monday. A big post-game fireworks show will follow Saturday's 6:05 p.m. start.

Miracle To Host 2016 Florida State League All-Star Game

The 2016 Florida State League All-Star Game will be held next June 18 in the remodeled Hammond Stadium in the CenturyLink Sports Complex.

It will mark the fifth time that the Fort Myers Miracle have played host for the three-day affair that includes a homerun hitting derby.

Building Blocks Put To Good Use



Scrap wood blocks, donated to the Children's Education Center of the Islands by The Hammerheads of SCCF, are put to good use

That may just look like a bunch of blocks piled on top of each other to the untrained eye is actually much more. To an early childhood educator at the Children's Education Center of the Islands, this creation from these simple blocks is enormous. Children enrolled at the preschool learn many different skills and concepts from this simple activity, including concepts – especially math concepts – through block play. Playing with blocks provides an excellent opportunity for social, emotional, cognitive, spatial reasoning, language skills, science concepts and physical development and enhances creativity. It especially encourages cooperation and responsibililty.

The next time you are trying to figure out what gift to give a preschool-age child, consider a quality set of building blocks.



Call 239.472.1323

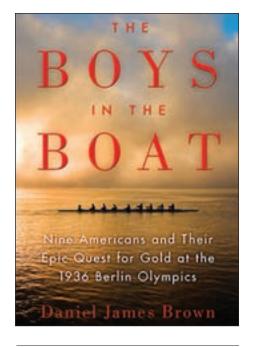
1648 Perwinkle Way, Suite D Sanibel

The Boys In The Boat



by Di Saggau My book club members just finished reading *The Boys In The Boat* and now we know what all the hype has been about. This book received a unanimous five-star rating from every-

one in the group. Written by Daniel James Brown, it tells about a U.S. rowing team's victory at Hitler's 1936 Olympics. But the story is much more than that. It is a fine-grained portrait of the Depression era, with its economic and climatic horrors set against youthful dreams. Brown's main character is Joe Rantz, a poor boy whose determination to overcome odds makes him an ideal hero. Thanks to hours of interviews with Rantz and a number of other sources, Brown is able to tell Joe's story in such



To advertise in the Island Sun Call 395-1213



fine detail that it's almost as if you are living in the moment with Joe. It also tells the much larger story of a whole generation of young men and women during one of the darkest times in American history.

You'll get to know the brawny boys from the University of Washington, their coach Al Ulbrickson, and George Pocock, an English boat-builder full of wise words. Each chapter is preceded by some of his comments. For instance: "Good thoughts have much to do with good rowing. It isn't enough for the muscles of a crew to work in unison; their hearts and minds must also work as one." You will be impressed with Brown's research, imagining the countless interviews, the exhumation of journals and logs, and the patient review of long-defunct newspaper articles and photographs.

Brown includes intermittent snapshots of key members of the Nazi Ministry of Public Enlightenment and Propaganda, run by Joseph Goebbels, who appears in all his monstrosity in these pages. We meet Leni Riefenstahl, who won the affections and gratitude of Hitler as she produced several of the most successful propaganda films of all time. The author's use of history during this time period adds greatly to the story.

When it came time for the race, Germany skewed the lane assignments, putting themselves in lane one and the U.S. in lane six. The almost perfect reverse of the order based on the qualifying times. Nevertheless, these nine rangy boys – sons of farmers, fisherman and loggers – managed to coalesce into a rowing team that marched confidently into the 1936 Olympics under the hawkish eyes of Hitler, emerging victorious over rival crews from Germany and Italy. You'll find yourself cheering them on to victory.

The Boys in the Boat is an inspiring feat of narrative non-fiction. The task of shaping a motley crew of young men into an Olympic team to venture into the hurt of Nazi darkness seems like cinematic gold. So, not surprisingly, a film version is already in development with Kenneth Branagh signed to direct.

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Busy Summer At The Sanibel Library



Max Vaughn, Michael Lemmon and Lou Vaughn playing chess during VIP After Hours

rea children are reading for others in the Sanibel Public Library's annual Summer Reading Program. For the summer reading program, Youth Librarian Barbara Dunkle helped children set reading goals. Whether the kids reach the goals or not books are earned to build their home library. The Sanibel Public Library Foundation matches each book earned, so the child also earns a book for Golisano Children's Hospital of Southwest Florida.

Last summer, island readers earned 1,301 books for the library at the Children's Hospital. This year the goal is 1,500.

Weekly children's program continue through the summer, with special presenters on Tuesday afternoons starting at 3 p.m. Tuesday afternoon programs are for kids of all ages, with no additional charge to participate. Call Youth Librarian Barbara Dunkle at 472-2483 ext. 201 for more information.

On Tuesday, July 7 at 3 p.m., there will be a scavenger hunt for children. On July 14, Jacki Manna – a funny ventriloguist, magician, storyteller and elementary school teacher – will perform for the Tuesday afternoon program. The theme for the July 21



Talia Tumminello and Beru Pierce in the VIP After Hours photo booth

afternoon program is Design! Build! Create! Also, John Storms brings his World of Reptiles presentation to the library on July 28.

On Tuesday evenings after the library is closed, there is VIP After Hours for kids entering sixth grade and older, where middle and high schoolers can enjoy crafts, snacks and games. Teens should bring a pair of flip flops for the craft on Beach Movie Night on July 7. Bring a drum to Beatnik Night on July 14. On the night of July 21, the library will be overrun with the "undead" on Zombie Night. Glam Smash Book Night is July 28.

The Sanibel Public Library will be closed on Friday, July 3 and Saturday, July 4 in observance of Independence Day.

Other weekly youth programs include 10 a.m. Mondays, Toddler Time for 12 months to two-year-old toddlers, and on Wednesdays at 11:30 a.m., Small Wonders is a lap-sit program for babies and their caregivers featuring songs, rhymes and fingerplays

Kids in kindergarten and older are invited to the Thursday morning craft program. Each Thursday at 11 a.m. in July, kids can make and finish a craft which can be taken home. Registration is necessary for this free program so Ms. Barb has enough supplies for everyone. Come in or call to register by the Wednesday before the program.

The Sanibel Public Library Foundation, along with the Joan Hunt Cory Children's Fund, underwrites the summer reading program. The Joan Hunt Cory children's fund was established in 2008 to honor longtime library volunteer and supporter Joan Hunt Cory, who was also a 20-year Sanibel resident.



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Laguna Lakes Lakeview 5-bedrm home in amenities community just off-island \$549K



Spanish Cay 1st level 1 bedrm w/ glass lanai, peek of river, & beach access \$250K

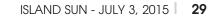


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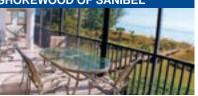
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1 (nine-inch) whole wheat pita bread
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¹/₄ cup fresh strawberries, sliced
¹/₄ cup fresh blueberries
1 ounce light cream cheese
1 teaspoon natural vanilla extract
Combine cream cheese and vanilla extract in a mixing
bowl until well blended. Spread cheese over pita.
Decorate with fruit by creating a fun face or pattern.^{*}

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



Single Serve Fruity Pizza

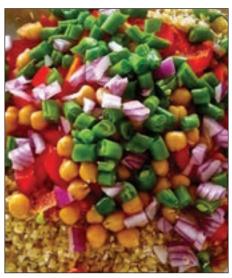


What's Cooking at The House? Summer Potlucks Continue

The Wednesday, July 22 potluck at The Community House will feature nutritious summer salads. Nikki Rood, executive chef and coowner of The Sanibel Sprout, will offer simple ideas to enhance your salad presentations with nutritious ingredients, interesting dressings and quality produce. Chef Nikki will share secrets of a healthy lifestyle and ways to incorporate cool salads into your hot July summer meals.

Separation Anxiety?

Whisking together extra virgin olive oil and vinegar in a 3 Tbsp. to 1 Tbsp. ratio makes an emulsified dressing. Add 1/2 tsp. of mayonnaise or mustard (contains emulsifying agents lecithin and mucilage) to keep the dressing stable longer.



Learn how to make a healthy and colorful summer salad

Also, you will get an overview of the plans for redevelopment of The Community House, including the large commercial kitchen.

Bring your favorite appetizer, entrée or dessert (enough to feed six people). It's BYOB with water and iced tea supplied.

Although this is a free event, reservations are appreciated for planning purposes. Call your friends, then call the office at 472-2155. Watch for this ongoing "What's Cooking" column in the newspaper for happenings, recipes and activities.



Salad from The Sanibel Sprout

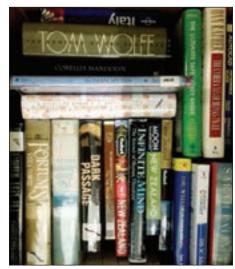
Dollar-A-Bag Book Sale Starts July 6

The Sanibel Public Library is having their Dollar-A-Bag book sale on used (and nearly new) books, the ale starts Monday, July 6.

sale starts Monday, July 6. During the sale, patrons are invited to fill a bag for \$1. Hundreds of books, videotapes and magazines will be sold in the main entrance lobby. Foreign language, bestsellers, paperbacks and hardcovers will be available. The sale will continue through the following week, until inventory is depleted. Book sales support the Sanibel Public Library Foundation, which enriches library services and programs.

If there are no items in the book sale that strike your fancy, the library has more than 70,000 books and more than 2,000 feature films to borrow.

For more information about the Sanibel Public Library, call 472-2483 or visit www.sanlib.org.











Milly Pereiva

Sanibel-Captiva Art League Library Art Exhibit

he Sanibel-Captiva Art League's Annual Summer Art Show continues at Sanibel Public Library, 770 Dunlop Road, during regular hours. There are more than 50 large and small paintings of landscapes, still life, birds and animals, flowers, portraits and abstracts in a variety of media including watercolor, pastel, acrylic, oil and digital imagery.

The Art League members' paintings are inspired by sparkling tropical



www.sanibelartandframe.com 239-395-1350



Stanley Timson

light reflecting the blue and azure waters of the Gulf of Mexico, the vast beaches along with many large preserves of native vegetation, interior wetlands and abundant birds and wildlife. Over 40 years ago, the San-Cap Art League began with a group artists meeting to support and encourage each other. The membership of beginning and professional artists has grown considerably over the years. Some participate only during a brief vacation.

Visitors are always welcome to the seasonal weekly outdoor paint-outs, monthly meetings and non-instructed portrait workshops.

For more San-Cap Art League information, write to P.O. Box 1192, Sanibel FL 33957 or log on to www. sancapart.com.举



Gloria Krekel



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Pat Rochester

From page 20 Jacaranda

Flowers measure about 1.5 inches across and grow in pyramid-shaped clusters on the branch ends. These clusters of vivid flowers, called panicles, can be

more than a foot long. They, along with the fine feathery foliage, make jacaranda a popular ornamental that provides light shade.

The fine-textured leaves are comprised of tiny leaflets about one-fourth of an inch long. Leaves are once- or twice-divided, with as many as two dozen pairs of hairy leaflets.

The distinctive fruit is a woody circular pod about two inches across that splits open and releases winged seeds.

Jacaranda needs lots of room in the landscape. It can grow as tall as 60 feet, forming an asymmetrically branching canopy up to 50 feet wide.

It prefers full sun for maximum flowering and moist but well-drained soil. It is somewhat drought-tolerant but will not thrive in open windy conditions. It will not tolerate salt, so is unsuitable for coastal landscapes.

Cultivate jacaranda with seeds or by grafting.

Sources: Florida, My Eden by Frederic B. Stresau and floridata.com.

Plant Smart explores the diverse flora of South Florida.容



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EAST END OF SANIBEL Home for the Beach & Boating!



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JAKOS TEA



Melanie Moraga, executive assistant and volunteer coordinator for The Bailey-Matthews National Shell Museum, chats with volunteer Michael Readon last week in the Great Hall of Shells

Volunteers Teach, Learn At Shell Museum

by Jeff Lysiak

The non-profit Bailey-Matthews National Shell Museum relies on numerous volunteers to tackle various roles throughout the year. Sanibel's return of "high season" brings the bulk of volunteers back to the shell museum during the months of November to April, and there are a select few that remain on island, offering year-round assistance.

One of those select few is Michael Reardon, a Sanibel resident who began volunteering at the shell museum last November.

"I met one of the museum's volunteers on the beach and we started talking," said Reardon. "Every organization on Sanibel seems to be looking for volunteers, so I decided to stop in and check it out." An avid shell collector whose interest in conchology began while he was serving in the United States Army, where he was stationed on the island of Okinawa, Japan during the 1960s, Reardon volunteers at the museum between 10 and 12 hours each week.

"I do a little bit of everything – I work as a docent in The Great Hall once a week, I help sort and identify shells in the collections department and I'm certified to backup the biologists with the Tank Talks and Beach Walks," explained Reardon. "Part of why volunteers want to be here is to learn more about the shells themselves."

After receiving his degree in veterinary medicine, Reardon worked as a veterinarian and in biomedical research in the U.S. Army before joining the faculty of Virginia Tech University, where he remained on staff for 19 years.

"All of the volunteers here come from various backgrounds," he noted. "And the museum will train you for whatever your interests are. There are a lot of great opportunities here."

According to museum staff, as guest numbers increase, so too does the need for willing volunteers to assist as exhibit hall docents and greeters in the museum store.

"Experience isn't necessary to become a shell museum volunteer, but a genuine love for shells doesn't hurt," said Dorrie Hipschmann, executive director of the museum. "Excitement in both sharing and gaining knowledge about local ecology seems to be a common thread connecting shell museum staff and volunteers alike."

Training is provided to interested parties willing to offer a minimum of a threeto four-hour shift one day per week. Weekend and rainy day assistance is particularly appreciated during the summer.

Currently, volunteer shifts needed include:

• 10 a.m. to 1 p.m.

• 1 to 5 p.m.

Upon completion of training, volunteers will receive 20 percent off museum store items and admittance into many daytime presentations.

"Some people are really into the education while other people may be good at working special events, but all of our volunteers are strong and specialized in what they do," said Katie Ball, marketing and events manager for the museum. "And as a non-profit, the more that you can do, the more we need you."

With a strong background as a naturalist and biologist, Reardon also brings his passion for both education and shelling – which has grown exponentially since his days on Okinawa almost 50 years ago – to his volunteerism at the museum.

"I like talking with people about shells because they're more than just a pretty thing you find on the beach," he added. "The bottom line is that if you want to become a volunteer here, the museum will go the extra mile to accommodate you."

For additional information about volunteering at The Bailey-Matthews National Shell Museum, call Melanie Moraga at 395-2233 ext. 11.4





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Island Vacations Sponsors Fourth Of July Fireworks Display



Island Vacations became a Gold Sponsor of this year's Fourth of July fireworks

The Sanibel & Captiva Islands Chamber of Commerce announced last week that Island Vacations has been added as a Gold Sponsor of the 2015 Fourth of July fireworks display.

"We have had such positive feedback from guests over the years and know that this patriotic presentation is the highlight of their vacation to our Islands for the holiday weekend," said Fran Peters of Island Vacations. "We are proud to be able to contribute and can't wait for the big show."

"On behalf of the Chamber, I would like to thank Fran for her continued support of our annual Fourth of July fireworks display," added Ric Base, president of the Sanibel & Captiva Islands Chamber of Commerce.

The fireworks display, which will begin at dusk, will be launched from Bailey Road on the bay side. Potential viewing locations include SS Hookers (which will have live music and a BBQ), along the the Sanibel Causeway and at Lighthouse Beach. In addition, Adventures in Paradise is offering a Sanibel Fireworks Cruise.

From page 13 CHR Staff Shares Fun With Fans

Whicker's teenaged son, Dax, was also on hand to help with the set up and tear down of CHR's display, and was rewarded with fresh kettle corn and the experience of watching "America's favorite pastime." Even though it rained briefly – something of an Islands Night tradition – participants and attendees all enjoyed another successful event, a perfect evening for baseball "fans."

For more information, visit online at SanibelCHR.org or call 472-1189. Donations and contributions to CHR are tax deductible.

From page 13 Where In The World Is Flat Jesus?

appearance at a Sanibel business. Readers who correctly guess the location will receive a \$5 gift card to the establishment where the photo was taken, and \$5 will be donated to Sanibel Community Church's Missions Ministry.

To submit a guess, call or text 699-8741 and leave your name and phone number. Guesses must be submitted by July 15.[‡]

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Will Power Gratitude



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

he next time that you feel depressed, angry, envious,

unhappy, or are simply having a bad day, try a little experiment by forcing yourself to take stock in those things in life for which you are grateful. You'll find that if you are in a true state of gratitude, you can't experience negative emotions at the same time.

This begs the question - what is true gratitude? A true state of gratitude is proactive. Many confuse reactive gratitude with proactive gratitude.

Reactive gratitude is passive. It occurs when someone does something good for you. It is therefore passive in the sense that you are not the one acting to create the feeling. You respond in a gracious or polite way. You may say "thank you" or write a note to show your appreciation.

I've heard people tell me that they have nothing to be grateful for. They may feel this way because recently no one has done anything noteworthy for them. "My kids didn't send me so much as a birthday card" or "My boss didn't recognize my achievement at work" both demonstrate a feeling that the speaker considers gratitude to be something that the world is supposed to create for him or her.

Those people who wait for reactive gratitude continually feel that they exist on the short end of life. While it would be nice if we all received kudos, compliments and favors, the world doesn't tend to work that way.

Proactive gratitude, on the other hand, is a feeling that we create for ourselves. We originate the feeling within our own mind. This happens when we appreciate the value of something. So gratitude and appreciation are intertwined. The word "appreciate" has several meanings in the dictionary. The first meaning is to have increased value. We are all familiar with how investments in stocks appreciate, or that real estate can appreciate in value.

When you feel an appreciation for someone, you feel that they have an increase in value to you. You feel gratitude that this person is a part of your life. It takes no action on their part, the feeling of appreciation starts from within your own mind.

The funny thing about feeling appreciation for someone is that not only do you increase that person's significance and value in your own mind, but by expressing your appreciation and gratitude to that person, you are also likely to increase the value that they feel about themselves and that they feel about you. So this proactive gratitude has a multiplier effect.

A second definition for appreciate is to fully understand. You've probably said to someone in the past that you "appreciate her situation." This acknowledges that you have listened to her and feel that you fully understand whatever it is that she speaks of. Proactive gratitude may therefore involve fully understanding a situation and being grateful for it. This can include setbacks. Instead of allowing a problem to destroy your day, you could be grateful that it is an experience that you may learn from and improve upon.

Consider, for example, a problem with a co-worker. Your mind might focus on all of the things that he does to thwart your progress or otherwise annoy you. Armed with all of these destructive emotions, you decide to meet with this co-worker to hash out your differences.

If you do so without first establishing your own mindset of gratitude, you probably won't find much success. You've dug a deep hole from which it will be difficult for either party to escape.

Rather, try this exercise: Start by writing down five things that you appreciate about your co-worker. The appreciation exercise may include things that you know about him – that you fully understand what he may be going through at this moment – that may explain the behavior that leads to the problems. This might be difficult to accomplish at first, since you may be initially filled with negative emotions.

But if you can separate out the person's good qualities from the behaviors that you find toxic, then you're on the right path. By de-personalizing the issues, you are making them about the behavior and not about the person. By transforming your thinking, you are much more likely to find success.

Having a mindset that includes proactive gratitude can be powerful. It means that in any situation in life you can start a value creation and understanding process that increases the value of everything around you. And like your muscles when working out, the more that you practice proactive gratitude the faster and better you will become in appreciating your blessings in life – and the happier and more content you will be

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From page 3 American Legion

daily specials as well as the popular halfpound burgers. Food is served from 11 a.m. to 8 p.m. The public is welcome.

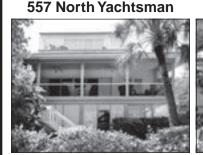
If you have a flag that needs to be retired, drop it off at your convenience.

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

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

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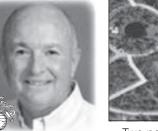
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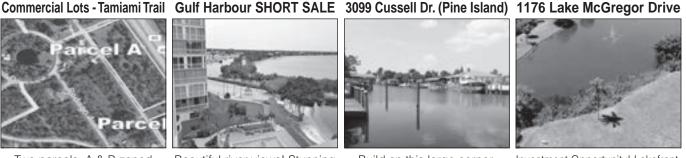
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Young Professionals Association Of Sanibel & Captiva A Success



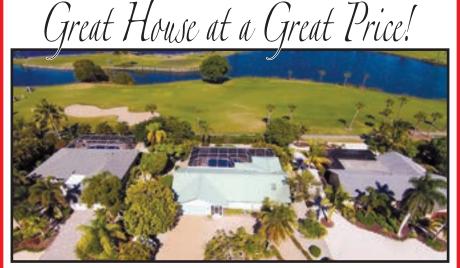
Back row from left, Ryan Schuetz, Brendan Albright and Dylan Paul. Front row from right, Hanna Joergens, Brittney Burt, Kasey Albright, Robin Roberts and Laura Richardson.

n June 18, more than 30 young professionals from the islands and nearby Fort Myers gathered at The Jacaranda for the first Young Professionals Association of Sanibel & Captiva (YPASC) After 5:30 p.m. Networking Event.

During the YPASC's first event, the restaurant provided delicious appetizers for the group while guests were able to take advantage of the happy hour drink specials. In attendance were young professionals from local island businesses, resorts, city employees, realtors, non-profits and more who spent the evening in conversation. Remarks were made by Kasey Albright of John Naumann & Associates and Laura Richardson of BIG ARTS who have been working to bring this new group to Sanibel and Captiva.

"We are so thrilled at the fantastic response and all of the positive feedback after our very first event," said Richardson. "Everyone kept telling us that they've been waiting for a group like this to develop on the islands, so we know it's the perfect time and there is the right energy and momentum to grow."

The YPASC's next event will be held on Thursday, July 16 from 5:30 to 7:30 p.m. continued on page 42



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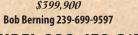
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Superior Interiors It's Not Your Grandmother's Wallpaper



by Linda Coin

Wallpaper, or wallcovering, is making a comeback in home and office interiors. And your grandmother may not believe the new ways you can add drama, energy, texture, shine,

nature or other sophisticated touches to any room. Modern wallpaper designs that look like fabric, wood, brick, natural stone, cement or metal are just a few of the striking interior decorating trends that are increasingly being seen in wallcoverings.

Today's patterns include just about anything you can imagine. Thanks to digital printing, wallpaper designers are able to stretch their creative vision such that you can add images of ancient art, contemporary crafts, historical events, favorite places or other inspirations to your room décor in a unique way. Wallcovering can become not the just the backdrop, but an integral part of the design scheme itself.

Every wall is a blank canvas, and wallpaper can make it art. Adding some

unexpected textures and bold patterns can add a creative spark and create a more dynamic space, giving your room a layered look that draws the eye around. Try creating one accent wall with wallpaper. A large-scale wallpaper design will be more like an exclamation than an accent.

Powder rooms can provide a great space for wallpaper. When used on the ceiling with crown molding, it can add great architectural detail. Lining the back of bookshelves can be another decorative use for wallpaper.

If you have bad memories of tearing off old wallpaper and you are worried about what happens if you tire of it and may want to remove it, fear not. Today's wallpapers are so much easier to deal with. There are even temporary wallpapers that you can pull off and you only have to wipe the wall beneath with a damp sponge.

York Wallcoverings, for example, has an entire collection of pre-pasted Sure Strip Wallpaper that is "completely removable guaranteed." Called Inspired by Color, each sample book focuses on a single color making for a wide variety of designs that will coordinate well with your choice color. These are environmentally friendly non-vinyl wallpapers with new removability technology. They are breathable to prevent moisture from being trapped, are pre-pasted and washable.

As a child, were you ever told not to touch the walls? Why not have a wall that invites touching? Grasscloth is one type that was popular in the 1970s, but today's versions have a more refined look and may even have fine metallic threads woven into them. Available in a variety of colors and textures, grasscloth can be woven into just about any design concept; it even gives you the option of creating your own patterns and designs by simply cutting it into the shapes and sizes you want. It also is eco-friendly, since it is produced from natural elements.

Other textured wallpapers include recycled wood, glass and sand, embellishments with embroidery, crystals, metallics and even hammered metal discs. Tactile and visually rich, these accents add texture without distraction, glamour without glitz.

Also fun to the touch are the shimmering wallpapers made with specialty inks that create luminous shades of copper, bronze, silver, platinum, gold and brass. Today's flocks are another wallpaper

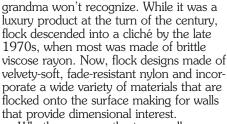
New FISH Logo

FISH has officially launched the unveiling of its brand identity. The new brand aims to deliver the agency's mission to build a stronger connection with the community.

At the heart of the brand is the FISH acronym spelled out to express what the agency provides – Food Programs, Island Based (services), Social Services and Helping Hands.

"We want everyone to feel connected to the agency and our ongoing client success stories," said Maggi Feiner, FISH president and CEO. "Our new brand certainly stands out and enables us to promote our agency in a way that will be more appealing and impactful to the community and everyone that that supports FISH."

The new brand is being rolled out throughout the summer and will include a new website, located at www.fishofsancap.org.



Whether you use the term wallpaper or wallcovering as you are looking for new decorating ideas, you will find a fantastic range of materials, the opportunity to reflect your personality and interests, and numerous ways to make your space special and meaningful.

Linda Coin is an Interior Designer for Sanibel/Captiva Islands and can be reached at linda@coindecden.com.🌣







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The Dunes Golf and Tennis Coach Neil Burias, left, with Ruben Perez, Bradley Neil, Matthew Reed, William Reed, and Sydney and Jake Blackwood

Fitness Fun At Tennis Camp

he kids are keeping fit and taking in the beautiful Sanibel mornings at The Dunes during summer tennis camp. The camp is open all summer from 9 a.m. to 11:30 a.m. Drop in or sign up for the whole week. For more information, call the tennis pro shop at 472-3522 or email info@blackwoodtennis.com.

SPORTS QUIZ

- 1. In 2014, Billy Hamilton set a Cincinnati Reds rookie record for most stolen bases (56). Who had held the mark?
- 2. The Chicago Cubs' Jorge Soler, in 2014, became the third player since 1914 to have an extra-base hit in his first five major-league games. Name one of the other two.
- Who are the only three men to win a Super Bowl as both a NFL player and a head coach?
- 4. Name the last players before Creighton's Doug McDermott (2012-14) to be picked to three consecutive Associated Press All-American teams.
- 5. In 2015, St. Louis' Ken Hitchcock became the fourth coach in NHL history to win 700 games. Name two of the first three.
- 6. When was the last time before 2014 that Algeria's men's soccer team won a game at the World Cup?
- 7. Name the last horse before American Pharoah in 2015 to win the Kentucky Derby from the No. 15 post.

ANSWERS

6. It was 1982. 7. Orb, in 2013. Tisdale, 1983-85. 5. Scotty Bowman (1,244 wins), Al Arbour (782) and Joel Quenneville (754). brooks (2012). 3. Mike Ditka, Tony Dungy and Tom Flores. 4. Patrick Ewing and Wayman 1. Bob Bescher, who had 54 stolen bases in 1909. 2. Enos Slaughter (1938) and Will Middle-



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School Smart

by Shelley M. Greggs, NCSP

> **D**ear Shelley, My daughter is taking a summer school class and I have noticed that she is using her phone for studying. She says she is taking her

notes on it and studying with a friend. I think that she's just surfing the web and not paying attention. Are kids using their phones for studying these days? I feel very out of touch!

Alicia A., Fort Myers

Alicia, It is very difficult for most parents to keep up with the latest technology. Today's students are much more sophisticated, technologically speaking, than those who grew up in the days of flip phones and CD players or like me whose only access to a phone growing up was a rotary one.

Kids are not passing notes any longer in the classroom. Instead, we see a fair amount of texting, tweeting and Facebooking on smartphones in typical high school or college classroom. In fact, more than ever before, there is also some studying going on using these smartphones. A new study out of the National Communication Association wanted to find out whether increased smartphone and social media use in class impacted student learning and what they found was that it had both negative and positive effects.

In the study, researchers analyzed kids who were using phones in class to respond to text messages both relevant and irrelevant to the class material. They measured the type of messages and the frequency of them, and found that students who were texting about the material actually scored higher on multiple-choice tests about the subject than those who were texting about nonclass related things who ultimately scored more poorly.

One of the best ways to study and encode information in your brain is to digest and restate that information to someone else. In other words, telling your friends about what you're studying in a casual way, like texting, may help your memory when you're being tested on the information.

The researchers of the study thus concluded that texting about class material does something similar to students' memories. "Sending or receiving relevant messages may allow students to engage in similar processes as those that occur during note-taking," researchers noted. So this type of communication is a good helper to studying, as long as it remains on topic. It looks like a student has a couple of choices (of course depending on the classroom rules): Either put the phone away and pay attention in class, or judiciously text your friends, but only about the information you've just learned and this may help you to remember it later.

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

from page 38

Young Professionals

at Traders Café & Store. Admission is free. There will be a cash bar and appetizers will be provided. Remember to bring your co-workers and your business cards.

If you are interested in becoming a part of the Young Professionals Association of Sanibel & Captiva or hosting an upcoming event, contact Laura Richardson at Irichardson@bigarts.org and find YPASC on Facebook at www. facebook.com/ypasc.



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Thursday, July 2 1:30pm - 3:30pm 513 Lighthouse Way
Friday, July 3 10am - 1:30PM 489 East Gulf Drive (LIMITED SIGNAGE ALLOWED)
Friday, July 3 1:30pm - 3:30pm 513 Lighthouse Way
Sunday, July 5 11am - 4pm 16897 Captiva Drive, Captiva

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44 ISLAND SUN - JULY 3, 2015

\$250,000 Gift For Shipley Center At HealthPark

Efforts to provide Southwest Florida residents with the finest possible cardiac care received a major boost when long-time Lee Memorial Health System supporters Lex and Eileen Roulston announced a \$250,000 gift to The Shipley Center for Cardiothoracic Surgery Innovation, Education & Research. The generous donation will be used to build and name a conference room for use by physicians, researchers, clinicians and community members directly involved with developing and managing key center initiatives.

This marks the third naming gift made by the Roulstons including establishment of the Lex and Eileen Roulston Cardiac Decision Unit in 2007. The Roulstons take an active role in education and awareness projects sponsored by the American Heart Association. Following his own successful surgery, Lex Roulston founded the Mended Hearts program at Lee Memorial. Mended Hearts seeks to speed recovery for current patients by providing support, education and encouragement from those who have already successfully met the challenges posed by surgery.

"Eileen and I are excited to be able to support the Shipley Center in this manner," said Lex Roulston, who received lifesaving open heart surgery at Lee



Lex and Eileen Roulston recently announced a \$250,000 gift to support The Shipley Center for Cardiothoracic Surgery Innovation, Education & Research, which will be based at HealthPark Medical Center. Taking part in the announcement celebration are, front row from left, Lex and Eileen Roulston and Brian W. Hummel, MD. Second row from left, Kandy DeWitt, RN; Paul L. DiGiorgi, MD; Donna Giannuzzi, RN; and George M. Comas, MD.

Memorial Health System. "The programs and services provided at the center are especially important for our community and will allow patients to receive worldclass care and treatment without having to travel outside of Southwest Florida."

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

Paul DiGiorgi, MD, leader of Shipley Center efforts, said, "Lex and Eileen Roulston have played a key role in building our cardiothoracic initiatives, including support for our minimally invasive surgery programs. This wonderful gift is greatly appreciated and truly demonstrates the concern Lex and Eileen have for others in the community who are facing cardiac challenges."

The Shipley Center was established in April 2015 as the result of a \$2.5 million gift made by the Shipley Foundation, headed by Richard C. Shipley of Sanibel. The 10,000-square-foot center will be constructed on the first floor of HealthPark Medical Center.

For more information about the Shipley Center and naming/sponsorship opportunities, contact Linda Kelly of Lee Memorial Health System Foundation at Linda.Kelly@LeeMemorial.org or 343-6064.☆





Gulf To Bay - Tween Waters Over 2 acres of land, 3 parcels w/4 homes

- Stretches from Gulf to Bay
- Direct Gulf access, boat dock with lift
- ∎ \$6,950,000 EUR €6,207,490

■ Sparkling pool/spa, lush landscaping ■ \$1,550,000 EUR €1,388,870

Shell Island Beach Club 5A

■ \$864,900 EUR €772,497

2 BR/2 BA, direct Gulf front condo

Remodeled/professionally decorated, washer/dryer

Great weekly rentals, pool, hot tub, tennis



Breathtaking Views – Captiva Gold Coast ■ 4 BR/4 BA with Guest House Over 170' Direct Gulf Frontage Unparalleled views, private pathway to beach ■ \$4,245,000 EUR €3,791,481

Screen enclosed pool; fireplace, updated interior \$1,495,000 EUR €1,335,280

Home on Wide, Direct Access Canal

Screen enclosed pool with brick paver deck

Charming 2 bedroom, 2 bath

Boat dock, minutes to the bay

■ \$850,000 EUR €759,189



Heart of Captiva Village; "Belle Mar' ■ 5 BR/ 5.5 BA stunning courtyard pool home Concrete construction, travertine flooring High end appliances, gas fireplace, elevator



Gulf Front 3 BR Shorewood Unit ■ 3 BR/3 BA, private garage, Gulf view Rare to market: small condo complex Weekly rentals: East End location ■ \$1,395,000 EUR €1,245,964



Captiva - "Villa Elena" ■ 3 BR/3 BA Mediterranean style home Updated, swimming pool, beach access Dock access, great rental income ■\$1,795,000 EUR €1,603,229



Snug Harbor Condo 2 BR/2 BA plus den and cabana Direct Gulf front, breathtaking views Updated master bathroom, low density complex ■ \$1,049,000 EUR €936,929



One of the Most Beautiful Views in the Dunes



Tropical Oasis on Direct Gulf Access Canal 4 BR/4.5 BA uniquely designed w/guest suite Large screen enclosed pool w/tropical gardens Private dock and boat lift, no bridges ■ \$1,645,000 EUR €1,513,913



Shell Harbor Canal home 3 BR/2 BA Canal home Large open kitchen with stainless appliances Beautiful views of canal, convenient East End location ■ \$999,000 EUR €892,271



Beautiful Golf Course Views in the Dunes ■ 4 BR/3.5 BA, remodeled, bamboo flooring Separate guest quarters with kitchenette and bath Panoramic golf course views, walk or bike to beach



Flowing floor plan for indoor/outdoor living Expertly remodeled, 5 BR/3.5 BA Spectacular lake views, large pool deck ■ \$779,000 EUR €695,774





Gorgeous Remodeled Tennis Place 2 BR/1 BA, canal front condo Completely remodeled, direct Gulf access Granite, stainless appliances, bamboo flooring ■\$369,000 EUR €336,025





Updated kitchen, stainless appliances Tennis, pools, sundry shop, spa & more



Dunes - Golf Course View ■ 3 BR/ 3 BA in The Dunes Golf course views Large pool and lanai ■ \$575,000 EUR €513,569

Island Beach Club 330C

2 BR/2 BA, Gulf front, corner unit

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46 | ISLAND SUN - JULY 3, 2015



by Lizzie and Pryce

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,

My dear friend of many, many years is dying from what I think is a preventable condition. I am going to miss her terribly and feel that she has been betrayed by her national health insurance.

It appears in order to save money, the doctors did not order an expensive diagnostic procedure and only ordered the procedure when symptoms developed. And by that time, it was too late. The final costs for tests, treatment and terminal care far, far exceeds the cost of the diagnostic procedure, when her condition could have been diagnosed at a curable stage if only it had been done.

Please tell your readers that national health insurance does have problems, and they economize and prioritize in order to keep cost down. Do you have an opinion on this?

Dear Delia.

Dear Delia,

It is not just health insurance; it is health maintenance organizations and health insurance in general. Insurance models are built on a medical model of treating illness versus preventing illness. It is only recently that insurance models have recognized the value of preventive medicine, and still not all preventive tests and procedures are covered.

Our health care has its faults for sure, but I am very grateful that my insurance paid for a diagnostic procedure that I am sure prevented a long-term problem and death.

I am a strong believer in prevention e.g. diet, exercise and lifestyle changes – with the goal not to be living to be 110 but to enjoy the best quality time for as long as possible.

Lizzie

Delia

Pryce

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

Our email address is press@islandsunnews.com



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deaRPharmacist Best Solutions For Skin Ailments by Suzy Cohen, RPh



Pharmacist: Summer is the time when our skin is exposed. We need to keep it looking beautiful. Here are some common skin conditions, as well as solutions:

Acne – Kids with chronic acne may be zinc deficient or low in natural Vitamin A, but usually the cause is related to hormonal imbalances. It usually doesn't matter if you avoid chocolate, however, junk food and refined sugar add to the problem. Don't pop the zits; that only makes it worse. I suggest you dab some tea tree oil on problem areas. Get routine facials to help gently exfoliate your skin and balance pH. An essential fatty acid supplement may help. I also suggest you apply a facial mask with either bentonite clay or charcoal. I love Origin's Clear Improvement charcoal mask for this purpose.

Eczema – Dry, cracked skin and blisters can become very painful. Eczema has been associated with sluggish detoxification, autoimmune conditions or reduced intestinal flora. A study just published in *Clinical and Experimental Allergy* found that the strain Lactobacillus rhamnosus GG is particularly protective against eczema, so make sure your probiotic contains this strain. Some people have eczema flare ups in response to nickel or metal sensitivities. The more challenging cases are probably related to breaks in the "tight junctions" of your skin, a reflection of immune dysregulation.

Rosacea – This is an full-body inflammatory condition in the body that causes redness and pustules mainly around the nose and center of the face. Avoiding alcohol, direct sunlight and spicy foods will help, but stress is a major player. Stress sparks more pro-inflammatory cytokines and those need to be reduced. Conventional doctors often prescribe prednisone or steroid creams. Probiotics, digestive enzymes supplements and antioxidants can help and do not interfere with medicine. Grape seed extract and Ester C has also been shown to help.

Scars – Some people rub raw garlic cloves on their scars (or their pimples), which is thought to reduce bacterial invasion. Taking Vitamin E by mouth each day can help as well as Vitamin E oil applications. Drink orange juice daily to ramp up vitamin C and keep an aloe vera plant handy. I love aloe, rubbing it on your skin can work wonders in the beginning stages. Small keloid scars can be easily frozen off with liquid nitrogen by a dermatologist.

Sunburn – Calendula creams sold at health food stores are fantastic. Another suggestion is to soak three tea bags of green tea in a pitcher of cold water along with half a cucumber. After one hour (or longer), saturate a wash cloth with the cucumber-tea infused water and apply it to your skin. You can also directly apply the tea bags.

Warts – Common skin warts are viral and salicylic acid remedies are sold at any pharmacy. Immune-building supplements can help. Cat's claw or reishi mushrooms are options; both have antiviral activity and immune boosting benefits. Folk remedies include covering it with duct tape or nail polish. With time, these usually go away on their own.

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

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Eden Energy Medicine Menopausal Headache? Try Head Swinging



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

Ver the last several weeks, tools for dealing with menopause have been explored. Remember this special time of

your life when hormones are changing and offering so many opportunities for exploration and "inventing your new self." I can attest to these shifts given my change in career from a high-powered matrimonial lawyer to this second career as an EEM teacher and practitioner. It is fun – but sometimes scary – to embrace change, but that is what menopause is all about, right... change?

Remembering that these exercises will impact each woman differently, since the same symptom may have a completely different cause for one woman than another, so try one or more and see what works. Today's focus is headaches that accompany menopause, which may originate from many causes: stress in life, progesterone imbalances, sleep patterns being disrupted. These all impact

headaches. We know from prior columns that the Crown Pull, part of the 5-Minute Routine (found at page 58 of *Energy Medicine for Women*) releases trapped tension in our head by literally making space in the sutures of our skull. This is a great exercise to use as a first line defense to the menopausal headaches. If not enough, add the Pendulum Head Swing and see if this helps. Plus find more suggestions in the book.

1. Inhale deeply and on the exhale, drop you head forward towards the chest while relaxing the shoulders.

2. Inhale while gently moving the right ear toward the right shoulder while keeping your shoulders relaxed and squared off. A nice stretch is experienced in the left side of the neck. Take three deep breaths.

3. On exhale, allow the head to gently move to the chest and place the left ear over the left shoulder with relaxed shoulders. Take three breaths.

4. Let the head gently fall to the chest. Repeat two more times.

For more practical solutions and suggestions, *EEM for Women* is a wonderful resource.

Have fun with your energy. Next week's topic is Feel Ungrounded, Disconnected – Meet The 4th Thump!

If you have a question, email Karen Semmelman at SemmEnergyCenter@ 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.**

Got A Problem? Dr. Connie Is In

by Constance Clancy



Q: My close girlfriend just had a heart attack and I know she has been under a lot of stress. Could this be the reason for her heart attack?

A: There are studies that show stress has a greater impact on women's hearts than men's. Stress increases inflammation and cortisol, a stress hormone which is associated with build up of plaque in the arteries. This does raise the risk for heart attacks.

While women seem to carry a lot of stress, they can practice more preventative measures by learning to use stress management techniques. These can include yoga, meditation and mindfulness techniques, and relaxation techniques. It is also essential that women have a support network of family and/or friends for connection and support.

You may want to discuss with your friend these techniques so she can heal and use preventative measures to prevent her health from declining.

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



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THERAP

Craddock Joins Trust Company



F. Hood Craddock

F: Hood Craddock, CPA, has joined the The Sanibel Captiva Trust Company as executive vice president and director of family office services for the offices in Sanibel-Captiva, Tampa Bay, Naples and its newest location in Winter Haven. The addition of Craddock and his team expands the trust company's presence in Central Florida and provides additional support and depth of resources to both firms'

clientele.

Craddock is founder of Craddock Family Office, Inc., a multi-family office based in Winter Haven specializing in client families with complex special assets and estate planning needs. He has broad experience in formulating wealth strategies for high net worth clients, often with significant commercial real estate, land and agricultural assets.

Craddock's responsibilities for the trust company will include overseeing multifamily office execution, including counsel in business succession, wealth transfer, tax analysis and advice, family education, philanthropic giving and business development.

"The addition of Hood and his expertise provides an even deeper offering to our Sanibel-Captiva and Fort Myers area clients, and ideally aligns with our holistic perspective and commitment to an exceptional client experience," said Richard Pyle, president, The Sanibel Captiva Trust Company.

Craddock will work between The Tampa Bay Trust Company locations in Winter Haven and Tampa, and will serve clients more broadly throughout the statedepending upon their needs.

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My Stars ★★★★

FOR WEEK OF JULY 6, 2015

ARIES (March 21 to April 19) Although you don't like to change plans once they're set, once again, you might find that doing so can make a big difference in your favor. Family matters dominate the weekend.

TAURUS (April 20 to May 20) You continue to get encouragement for your proposals, including some support from unlikely sources. Use this positive flow to move forward with your plans. Good luck.

GEMINI (May 21 to June 20) Family matters are dominant this week. It's a good time to be with those you love. It's also a good time to contact and reunite with loved ones with whom you've lost touch.

CANCER (June 21 to July 22) Be careful not to allow differences of opinion to create unpleasant feelings, especially in the workplace. A neutral observer could check out the situation and suggest a resolution.

LEO (July 23 to August 22) While the Lion's Den is the center of attention this week, with family matters dominating much of your time, workplace issues are also important. Try to find a balance between them.

VIRGO (August 23 to September 22) The future of a new relationship could depend on how much the usually impatient-to-get-things-done Virgo is willing to stop pushing and let things happen naturally.

LIBRA (September 23 to October 22) Worry over a loved one's well-being is eased with good news from a sympathetic source. Your continued show of love and support is important. Stay with it. **SCORPIO** (October 23 to November 21) This is a good time to consider mending fences with someone you wish was back in your life. Forget about blame, and focus on the good things you once shared.

SAGITTARIUS (November 22 to December 21) This is a good week to start researching information regarding whatever changes you're considering, whether it involves a new home, a new location or a new job.

CAPRICORN (December 22 to January 19) A long-anticipated job opportunity could turn out to be less than you expected. But appearances might be deceiving. Check it out before you decide it's not for you.

AQUARIUS (January 20 to February 18) Good news: Adapting to a new situation might come more easily than you expected. You can look for continued support from colleagues who appreciate your contributions.

PISCES (February 19 to March 20) Someone you care for might need more reassurance from the typically "unemotional" Pisces. Go ahead. Open up, and you might be surprised at what you find when you do.

BORN THIS WEEK: You are a romantic at heart, although you can be amazingly practical when you need to be.

THIS WEEK IN HISTORY

• On July 10, 1887, an 80-foot-high concrete dam breaks in Zug, Switzerland, releasing a wall of water that kills 70 people. Rescue boats were ineffective, as they capsized in the roiling waters.

• On July 7, 1930, construction of the Hoover Dam begins. Over the next five years, 21,000 men would work to produce what would be the largest dam of its time,

as well as one of the world's largest manmade structures.

• On July 6, 1946, FBI agents arrest George "Bugs" Moran in Kentucky. Once one of the top organized crime figures in America, Moran had been reduced to small bank robberies. His criminal career took an abrupt downturn after the infamous St. Valentine's Day Massacre in 1929.

• On July 8, 1951, Paris celebrates its 2,000th birthday. The history of Paris can be traced back to a Gallic tribe known as the Parisii, who settled an island (known today as Ile de la Cite) in the Seine River, which runs through present-day Paris.

• On July 9, 1960, President Dwight Eisenhower and Soviet Premier Nikita Khrushchev trade verbal threats over the future of Cuba. Khrushchev fired the first shot when he warned that the Soviet Union was prepared to use its missiles to protect Cuba from U.S. intervention.

• On July 11, 1978, a truck carrying 1,500 cubic feet of pressurized liquid gas crashes into a campsite crowded with vacationers in Spain. The resulting explosion killed more than 200 people.

• On July 12, 1995, a heat advisory is issued in Chicago warning of a recordbreaking heat wave. When the heat breaks a week later, nearly 1,000 people are dead in Illinois and Wisconsin. The temperature in the city hit 106 degrees F.

STRANGE BUT TRUE

• It was Nora Joyce, wife to the Irish novelist James Joyce, who wrote the notoriously difficult -- and influential -stream-of-consciousness novel "Ulysses," who asked her husband, "Why don't you write books people can read?"

• You might be surprised to learn that

contemporary model and actress Brooke Shields is descended from that notorious figure of the Italian Renaissance, Lucretia Borgia, who was suspected of such crimes as adultery, incest and murder.

• In this era of helicopter parenting, some are shocked to learn that in the 1960s, nearly half of all children in America walked to and from school by themselves.

• What do "Where's Waldo," "Where the Sidewalk Ends," "My Friend Flicka," "Brown Bear, Brown Bear, What Do You See?" and "Harriet the Spy" have in common? Aside from being books meant for a young audience, all of these titles have been banned at one time or another.

• There are about the same number of chickens as there are humans on the planet.

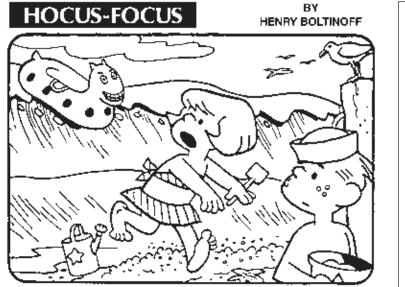
• If you're like 83 percent of pet owners who responded to a recent survey, you feel that you receive more unconditional love from your pet than from your kids, your best friend or even your romantic partner.

• I'm sure you've heard the term "Podunk" used to describe a small, unimportant town, but you might not know where the word came from. It seems that a Native American tribe in Connecticut was known as the Podunk, and a nearby river was called by the same name. Local small towns on the river were referred to as "Podunk," too, and so the word entered the lexicon.

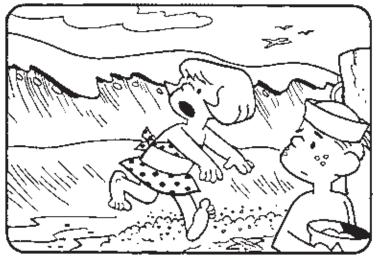
THOUGHT FOR THE DAY

"I have lived in this world just long enough to look carefully the second time into things that I am most certain of the first time." -- Josh Billings

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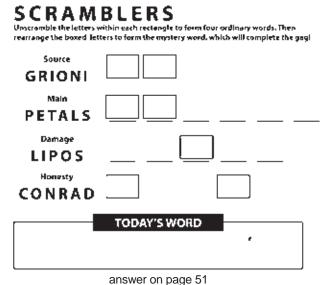
FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



suit is different. 4. Shovel is missing, 5. Bird is missing, 6. Het is moved. Differences: 1. Horse is missing, 2, Watering can is missing, 3. Bathing



office."



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

SUDOKU

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

answer on page 51

PROFESSIONAL DIRECTORY



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COMPUTER SERVICES



50 ISLAND SUN - JULY 3, 2015 Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Fa Lanes Bayview	Captiva	1964	3,915	\$3,595,000	\$3,525,000	181
Bellagio At The Colony	Bonita Springs	2005	3,487	\$1,289,000	\$1,305,000	5
Siesta Isles	Fort Myers Beach	2005	3,670	\$1,390,000	\$1,175,000	24
Cape Coral	Cape Coral	1986	2,865	\$899,000	\$820,000	200
Cape Coral	Cape Coral	1963	1,508	\$870,000	\$775,000	103
Bright Water	Sanibel	2004	2,539	\$869,999	\$750,000	457
Fort Myers	Fort Myers	2002	4,674	\$644,700	\$644,700	0
Heitmans	Bonita Springs	2003	2,710	\$669,900	\$635,000	355
Crown Colony	Fort Myers	2003	3,030	\$629,000	\$600,000	59
Cape Coral	Cape Coral	1960	2,298	\$595,000	\$595,000	126

Courtesy of Royal Shell Real Estate

NOW HERE'S A TIP

• Having a yard sale? Here's a great way to put out extra signs when you don't have a way to stake them into the ground: "Write your sign advertising your yard sale on the sides of a big box. Place it where you want it, and add a large rock to the inside, then tape shut. We did this when we had no poles to tape signs to or any other way to get them to stand up. It worked

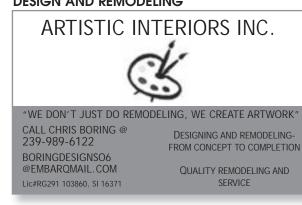
really well!" -- D.R. in Georgia • Avoid calling the pediatrician's office on Monday mornings for routine business. Wait until the afternoon. All the parents with mildly sick children over the weekend will be calling to consult with the doctor and nurses first thing when the office opens.

•If you drop an egg, sprinkle with salt before you attempt to clean it up. The salt binds the whites, which will not spread, making pickup easier! •"My kids had kind of an obsession with colorful Duck tape in the past year, and we made some "beach bags" to keep our electronics safe at the pool, lake and beach. We carefully covered a variety of sizes of zipper-top self-sealing bags with the tape, creating tough, colorful pouches in which we can store cellphones, etc., to keep them safe from water damage." -- W.L. in North Carolina

• You can sharpen scissors by cutting folded aluminum foil into small strips.

• The best time of day to water your lawn is the evening. The cooler temperatures allow the water to sink into the soil instead of evaporating with the heat of the day. Always follow your city or county guidelines on watering times for your area.

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PUZZLE ANSWERS

SUDOKU						J			SUPER CROSSWORD	KING CROSSWORD	MAGIC MAZE
6	1	3	4	9	5	2	7	8	MAIRINAS PEDDENT R. SEP Asiarule Aeratedestee		B REMOVE LETTERS TO F FIND A PRESIDENT
2	5	8	1	7	6	9	4	3	CHPISTMASLIGHTS PAIRS EYES M CHEVIA BEANIE DATE TENN SRACKET	NEAPENE PON TAILSPIN ACN	$\frac{E}{E} = \frac{FIND A PRESIDENT}{R E T + N A R G} / P / P$
4	7	9	2	8	3	5	6	1	WEAKENED HUGEDEAL BURAL CAP EIN SWIM	INSITU TUCKE	R REPAGINATION
8	6	1	9	5	4	3	2	7	ARCHERSBOW GRANDP AND POOL A-OT PIE EXGTICS	TOTSKIT SADWEBENAC	
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\star ★ Classified Deadline Friday at Noon ★ ★ 🖈



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Pets Of The Week

ello, my name is Chantilly. I'm a 4-year-old female black and white terrier mix. "Chantilly lace and a pretty face..." hey, that song describes me! I'm a great dog with a great personality. I'm calm, lower energy and beautiful. On the other hand, I can play with the best of them here at the shelter. I know my basic commands, love human companionship and have tons of love to give. I've been at the shelter since Valentine's Day and I'm still waiting in search of true love with a nice family.

My adoption fee is \$20 (regularly \$75) during Animal Services' Red, White or Blue adoption promotion.

Hello, my name is Hollister. I'm a 2-month-old male brown tabby domestic shorthair. "What's new, pussycat?" That inquisitive look on my face is because I'm curious if you're the one. I'd like to find someone to cuddle with when I'm not super engaged in serious play time. Could you be the one?

My adoption fee is \$30 (regularly \$75) during Animal Services' Red, White or Blue adoption promotion.

For information about this week's pets, call 533-7387 (LÉE-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 10:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter is located at 5600 Banner Drive in Fort Myers, next to the Lee County Sheriff's Office off Six Mile Cypress Parkway.

All adoptions include spay/neuter surgery, ageappropriate 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.☆



Chantilly ID# 610814



Hollister ID# 624187



Chloe

PAWS Of Sanibel Chloe

hloe is a pretty dilute calico between 1 and 2 years old. She's a small (7 pounds) spayed female who is very sweet, very tidy with her food, water and litter box. She's had her shots, tested negative and she's ready for a forever home. She is being fostered by Pam from PAWS of Sanibel at the moment.

"I couldn't leave her in the cage at the vet any longer," said Pam. "She's a very good girl. I would want her for myself if I didn't have so many already. She's a very, very special princess!'

Call PAWS of Sanibel at 472-4823 if you're interested in adopting this wonderful, beautiful girl.*

Sandy

his little kitten was found on May 26 near the Sand Pointe Condominium on Sanibel. PAWS has named him Sandy (short for Sand Pointe) and they are guessing he was about 6 weeks old when he was found. Sandy would love to find his forever home.

Please contact Pam at PAWS of Sanibel at 472-4823 if you can help Sandy.



CALLING CARD 239-395-1213

Emergency
Sanibel Police
Lee County Sheriff's Office
On Call Captiva Deputy
Fire Department - Sanibel
Fire Department - Captiva
Florida Marine Patrol
Florida Highway Patrol
Poison Control
Chamber of Commerce 472-1080
City of Sanibel
Administrative Office
Building Department 472-4555
Planning Department
Fiaining Department
Library - Sanibel
Library - Captiva
Post Office - Sanibel 472-1573
Post Office - Sanibel (toll free)
Post Office - Captiva
Sanibel Community Association
Center 4 Life - Senior Center
ARTS
Arcade Theater
Art League Of Fort Myers 275-3970
BIG ARTS - Barrier Island Group for the Arts 395-0900
Broadway Palm Dinner Theatre
Fort Myers Symphonic Mastersingers
Gulf Coast Symphony. 472-6197
Guil Coast Symphony
Lee County Alliance for the Arts
Naples Philharmonic 597-1111
The Herb Strauss Schoolhouse Theater
Sanibel Music Festival
Sanibel-Captiva Art League
SW Florida Symphony
CLUBS & ORGANIZATIONS
ABWA - American Business Women's Assoc 565-7872 or 433-7798
American Legion Post 123 472-9979
Angel Flight SE 1-877-4AN-ANGEL
Audubon Society
CHR Community Housing & Resources
Community Foundation of Sanibel-Captiva
CROW - Clinic For The Rehabilitation of Wildlife
FISH of Sanibel - Friends in Service Here 472-0404
Sanibel Island Fishing Club 472-8994
Horticultural Society of the Islands
Horticulture and Tea Society of Sanibel and Captiva 472-8334
Kiwanis Club
League of Women Voters
Lions Club, Tom Rothman 395-3248
Master Gardeners of the Islands 472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie 395-9232
Newcomers
Notre Dame Club of Southwest Florida
Optimist Club
PAWS
Rotary Club
Sanibel Bike Clubsanibelbicycleclub.org
Sanibel Beautification Inc 470-2866
Sanibel-Captiva Orchid Society 472-6940
Sanibel-Captiva Power Squadron www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus
Sanibel-Captiva Shell Club
Sanibel Youth Soccer
United Way of Lee County 433-2000
United Way 211 Helpline 24 hour 211 or 433-3900
Zonta Club
ISLAND ATTRACTIONS
Bailey-Matthews Shell Museum
Dancy-matthews Shell Museulli
JN "Ding" Darling National Wildlife Refuge 472-1100
Sanibel Historical Museum & Village 472-4648
Sanibel Historical Museum & Village

To be listed in calling card email your information to: press@islandsunnews.com



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