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SANIBEL & CAPTIVA ISLANDS, FLORIDA

JULY 17, 2015

JULY SUNRISE/SUNSET: 17 6:46 • 8:23 18 6:46 • 8:23 19 6:47 • 8:23 20 6:47 • 8:22 21 6:48 • 8:22 22 6:48 • 8:21 23 6:49 • 8:21



Shore Haven and Morning Glories, Sears kit homes now located in the Sanibel Historical Village, at their original locations on Bird Lane on the bay

## Stories From The Historical Village

Throughout the Sanibel Historical Village's buildings are binders inviting visitors to share their memories of Sanibel – whether as long-time residents, as visitors of many years, as students at the Old Schoolhouse, or whatever moves them to record their Sanibel experiences. Loose-leaf pages (themselves a reminder of times past, having come into use around 1900) and pens are provided, and that's all one needs to bring the past alive.

From Florida

[My parents] got married April 12, 1952 in Miami, Florida and spent their honeymoon on Sanibel Island. They crossed over from the mainland on a

ferry and rented a hotel room. [My father] asked for the key to the room. The porter replied, "Sir, there has never been a key on Sanibel Island, we are honest folks."

From Lake Placid, Florida

In 1978, if you were a resident of Sanibel, the Bailey's Store would watch your children of pre-school age for free! What a blessing for working parents. We were residents of Sanibel for six years; our youngest child attended school here.

From Florida

I first came to Sanibel with my parents in 1947, the year I turned 11. We stayed at the Island Inn at the old barracks. After dinner, we would play darts, and I felt very grown up playing with the adults. Granny Matthews and Doc Fernow would usually play cards. She had a cottage nearby. Granny Matthews was as sharp as a tack but couldn't walk very well, and Doc Fernow was spry and active but couldn't

see well.

Being a kid, I spent my time on the beach, where I got some awful sunburns. We didn't know then that this would damage the skin. I used to use an old palm frond to help me stay afloat in the water and one day it slipped away and I was swimming! I saw my first painted bunting at the Inn. Lovely!

Shelling was of course more rewarding then, and although junonias were not common, one could expect to find one at least in fair condition. By the early 1970s people were going out at low tide at 2 or 3 in the morning to be the first to find good shells.

The roads were sand washboard, and a friend of my dad's used to drive her 1920s station wagon around. We always came over by ferry, on the Islander or the Best. My dad designed the new barracks for the Island Inn.

Read more about people's experiences living on and visiting Sanibel at the Sanibel Historical Village. In addition, the Old Bailey Store contains copies of old newspapers and just about all the buildings have plenty of reading material explaining their history.

The Sanibel Historical Museum and Village is open from 10 a.m. to 1 p.m. Tuesday through Saturday through August 1, and reopens October 20 on a full schedule, 10 a.m. to 4 p.m. Tuesday through Saturday. It is located at 950 Dunlop Road (next to BIG ARTS). Admission is \$10 for adults 18 and older; those under 18 and members are free. Docent-guided tours are available at 10:30 a.m. at no extra charge, based upon docent availability. There is handicap access to all buildings. For information, call 472-4648 during business hours or visit [www.sanibelmuseum.org](http://www.sanibelmuseum.org).

## Island Hopper Songwriter Fest Line-Up For September

The 2nd annual Island Hopper Songwriter Fest along The Beaches of Fort Myers & Sanibel kicks off September 17 with a special performance by Kristian Bush, who built his reputation as one half of the multi-platinum Grammy-winning country duo Sugarland. Other talents include Parmalee, a country/rock group made famous by its No.1 smash, *Carolina* and single *Musta Had A Good Time*. Jana Kramer, a country singer and actress on the TV show, *One Tree Hill*, will perform her smash single, *Why Ya Wanna*.

The festival begins September 17 to 20 in the Captiva Ballroom at South Seas Island Resort on Captiva. New to the festival, downtown Fort Myers will feature midweek performances. The festival closes the weekend of September 25 to 27 on Fort Myers Beach.



The festival will feature mostly free performances from more than 50 hit-makers who have written songs for top country artists including Garth Brooks, Faith Hill, Rascal Flatts, Brad Paisley and Toby Keith.

"The 2nd annual Island Hopper will be even more spectacular than the first," said Tamara Pigott, executive director of the Lee County Visitor & Convention Bureau (VCB). "This is a great opportunity to meet the songwriters, hear their stories and enjoy our slice of paradise."

Presented by BMI, the largest music rights organization in the U.S., along with partners iHeartMedia, and Cat Country 107.1, the Songwriter Fest will take place at popular and intimate island venues.

Visit [www.islandhopperfest.com](http://www.islandhopperfest.com) for more information, to book tickets and view the list of artists, performance schedules and venues. Most shows are free of charge. Special Island Hopper lodging packages are also available. Follow the festival hashtag #islandhopper on Twitter and other social channels.

## Cops And Joggers 5K Race Registration Now Open

Registration for the 2015 Cops and Joggers 5K Race is under way. Runners, walkers or anyone that just wants to come out for a night of fun are welcome. The race is scheduled for Saturday, October 10 at Centennial Park. The fun

continued on page 11



# Sea

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# Discount Movie Tickets For Rec Center Members

The Island Cinema of Sanibel, at 535 Tarpon Bay Road, is offering Sanibel Recreation Center members discounted rates.

Admission for Sanibel Recreation Center members (adult, senior) will be \$6 including tax (40 percent off regular ticket price). All participating members will need to show the theater box office a valid discount movie voucher from the Sanibel Recreation Center. Movie vouchers are available to current recreation center members and can be picked up at the recreation center front desk.

These feature films are offered through a partnership between the City of Sanibel Recreation Center and Island Cinema.

Watch the City of Sanibel's website at [www.mysanibe.com](http://www.mysanibe.com) for movie dates.

Due to limited capacity in the theater, recreation center members wishing to utilize this discount are urged to purchase their tickets at the cinema in advance. For more information, call 472-0345.

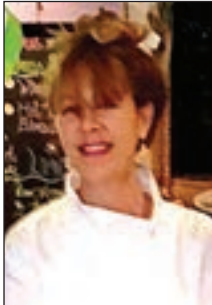
The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available.✧



## What's Cooking at The House?

# Healthy Summer Salads At The July 22 Potluck

The next free potluck supper at The Community House, scheduled for Wednesday, July 22, will feature a salad workshop by Nikki Rood of The Sanibel Sprout. Participants be able to watch, learn



Nikki Rood

and then taste the finished dishes that include chilled almond curried noodle salad, island coconut quinoa salad, arugula and fresh fig salad with raspberry vinaigrette and pineapple tangerine vinaigrette. Recipes will be available, so you can add some new flavors to your summer menus. Additionally, the health benefits of a gluten-free, plant-based diet will be discussed.

The potluck dinners are held the 4th Wednesday of every month and begin at 6 p.m. Bring your friends and neighbors, meet other foodies and enjoy a dinner at The Community House. Many of the attendees have joined the Kitchen Guild, a group that brings together fun loving people who want to see chef demonstrations, learn about local products and vendors and bring cooking experiences to children. Let The Community House know if you would like to join the Kitchen Guild, or showcase your talents.

Bring your favorite potluck item, which can be an appetizer, entrée or dessert to share for about six people, along

with a copy of your recipe, if you would like to share it. The evening is BYOB, but water and iced tea will be provided at no charge.

For more information, call The Community House at 472-2155.✧

# Harris Named Furman Scholar

Livvy Harris, a resident of Sanibel and a student at The Canterbury School, has been named a Furman University Scholar.

Students selected for the program were nominated by their high school guidance counselors and were chosen for their strong academic potential, leadership and commitment to extracurricular activities and community service.

If Furman Scholars apply for admission and are accepted to Furman, they will receive at least \$7,500 in merit-based scholarships per year, or \$30,000 over four years. ✧

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## Wine & Food Fest Supports FGCU Music Therapy Program With Gift

SWFL Children’s Charities Inc., organizers of the Southwest Florida Wine & Food Fest, presented a \$200,000 check to the Florida Gulf Coast University Bower School of Music and the Arts to support its music therapy program. The donation was part of \$3.35 million raised during the 2015 Wine & Food Fest. “We are excited that music therapy is now a major at FGCU, with courses starting this fall,” said SWFL Children’s Charities President Elaine Hawkins, co-chair of the 2014 and 2015 Wine Fests with Dorothy Fitzgerald. “It’s exciting to see this program come to fruition.”

Studies show that music therapy helps babies leave the hospital sooner, stabilizes vital signs, reduces stress and leads to improved weight gain and sleep. In addition, research shows music therapy benefits those with autism and other neurological conditions and is helpful in easing anxiety and depression.

“SWFL Children’s Charities and Florida Gulf Coast University share the vision of helping children heal through the power of music,” said FGCU President Wilson G. Bradshaw. “Our music therapy program will address the growing regional demand for professionals in the field.”

This is the fourth year SWFL Children’s Charities has supported the program. The State University System Board of Governors recently approved FGCU’s Bachelor of Music Therapy degree program, which begins this August.

The 2015 Southwest Florida Wine & Food Fest, held in late February, included nine Friday evening chef-vintner dinners held in private homes from Naples to Captiva Island. One of the top-grossing lots, making its fourth appearance at the Saturday afternoon auction, was the Wine Smackdown at the FGCU School of Resort and Hospitality Management Wine Education Laboratory. Twenty couples will learn how sommeliers pair the perfect wine with each dish during a six-course dinner that



SWFL Children’s Charities President Elaine Hawkins and Vice President Dorothy Fitzgerald, center, present a check to Dr. Cathy Albergo, director of the Florida Gulf Coast University Bower School of Music and the Arts, left, and FGCU President Dr. Wilson Bradshaw

includes an initial tasting of 12 wines.

The Southwest Florida Wine & Food Fest is the signature event of SWFL Children’s Charities Inc. and has raised nearly \$15 million in the past seven years, making it the most successful fundraising event in Lee County and one of the top-grossing wine fests in the country. *Wine Spectator* ranked the event No. 6 on its list of Top 10 U.S. Charity Wine Auctions of 2014.

All expenses for the two-day Wine Fest are underwritten by trustees and sponsors, allowing every auction dollar raised to go to the event beneficiaries, which also include Golisano Children’s Hospital of Southwest Florida and Florida SouthWestern State College’s pediatric nursing program.

The 2016 Southwest Florida Wine & Food Fest is scheduled for February 26 and 27. To learn more, log onto [www.swflwinefest.org](http://www.swflwinefest.org). ☆

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## Island Seniors At The Center 4 Life

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

**Trash & Treasures Sale** will be back in November. The center is currently accepting donations of 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 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.

**Sunset Social on the Causeway** – Tuesday, July 28, 6:30 p.m. Enjoy an evening relaxing and watching the sunset with friends. Meet on the causeway. Bring a dish to share and your beach chair. Contact the center if you are interested in participating and for directions to the viewing area (weather permitting).

### 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 21 and August 4 (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 \$6.75 for non-members. Annual mem-

bership is \$20. Sanibel Recreation Center members must show their membership card to attend.

**Happy Hour Fitness** – Monday, Wednesday and Friday at 8 a.m. This class keeps your brain fit and your heart, lungs and muscles strong with a 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.

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

## American Legion Post 123

On Sunday, July 19, American Legion Post 123 will serve up a fish fry 1 to 8 p.m. Cost is \$11.95. Sunday, July 26 is barbecued ribs and chicken.

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

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

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

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

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

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

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Participants in the 2nd annual Float For Life, whose proceeds will benefit the Sanibel Sea School, pose for a photograph following their 30-minute floating experience off the shores of Fort Myers Beach on Sunday morning  
photos by Jeff Lysiak

# Float For Life Inspires Conservation, Connections With The Water

by Jeff Lysiak

On Sunday morning, more than four dozen locals gathered on Fort Myers Beach to take part in the 2nd annual Float For Life, Southwest Florida's first and only event promoting the environmental, economic, psychological and physical benefits of keeping our waters clean.

Staged on the beach directly behind the Pink Shell Beach Resort & Marina, the conservation-themed get-together featured a 30-minute ocean float and speeches from Sanibel Sea School founder and executive director Dr. Bruce Neill, Float For Life co-founders Dr. Shelley Lynch and Roy Desjarlais as well as Alexandra Cousteau, granddaughter of the legendary marine explorer, filmmaker, inventor and conservationist Jacques Cousteau.

"The sea was infinite back in Jacques Cousteau's day," Dr. Neill told the crowd. "And in the future, we'll soon realize that conservation is the most cost-effective way to

evoke change in our world."

Net proceeds from Float for Life will benefit Sanibel Sea School, whose mission is to improve the ocean's future, "one person at a time."

The primary activity of Float For Life featured groups of participants – divided into a "pod" of three people – walking out into waist-high water, then taking turns at floating for 10 minutes each. While a single person laid on their backs and enjoyed the serenity of the waves surrounding them, the other two people supported their head/shoulders and feet.

"When we float on the ocean and we open up our arms, we are able to connect with the water and connect with nature," added Dr. Neill.

According to event organizers, science shows that being in, on or around water is relaxing and restorative. The benefits floating include the ability to let go of stress, feeling calmer, more peaceful and restoring balance. In addition, since being in the salt water creates a nearly weightless experience, one can relax and release physical and mental barriers. As a result, a person may feel restored, balanced and lighter.

"When people rediscover their love for the water, then they often become stewards for clean water and the environment," said Desjarlais, who explained that Float For Life began when he and Lynch witnessed the impacts that freshwater releases from

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Dr. Bruce Neill of the Sanibel Sea School, right, offers support and instruction to a three-person pod of Float For Life participants



Volunteers at the registration tent for Float For Life



Alexandra Cousteau delivers her keynote address



Float For Life founders Dr. Shelley Lynch and Roy Desjarlais

Lake Okeechobee and seepage caused by septic systems and fertilizer usage were having on Florida.

"Clean water is a vital component of the physical quality of life of any living creature. It is essential for the viability and health of any ecosystem and therefore any organism. With human beings, though, there also exists a psychological element," added Lynch. "Our sense of well-being, confidence and optimism are directly affected by our overall health, and therefore the healthful quality of our environment."

During her keynote speech, Alexandra Cousteau talked fondly about memories of her famous grandfather. The globally recognized advocate on water issues said that Jacques Cousteau – in addition to being a conservationist, author, inventor and marine researcher – was a dedicated educator at heart.

"My grandfather was magical. He had a way of explaining things that anybody could easily understand," she said. "He inspired me to be curious, and that's sort of how I developed my mantra of learning about nature and biodiversity, that we're not the only creatures on this planet. And if enough people are passionate about our world, we can make many positive changes."

Jacques Cousteau, his granddaughter noted, created the popular NBC television series *The Undersea World of Jacques Cousteau*, which ran for 10 seasons. He also authored more than 50 books, founded an environmental protection foundation which today boasts more than 300,000 members and invented the Aqua-Lung. He passed away in 1997 at the age of 87.

"My grandfather was unique in the way that he developed tools that allow us to go beneath the oceans and discover life under the sea," said Cousteau. "He pulled back the curtain for humans to see underwater life – sharks, whales, dolphins and many other species – and inspired generations to explore and discover."

The ocean delivers strong messages. Sanibel Sea School provides an experience that fosters an intimate connection with our ocean planet and a wellspring for lifelong stewardship. This is transformative education and it changes lives. For more information, visit [www.sanibelseaschool.org](http://www.sanibelseaschool.org).



Ray Judah, right, chats with Alexandra Cousteau and Dr. Shelley Lynch

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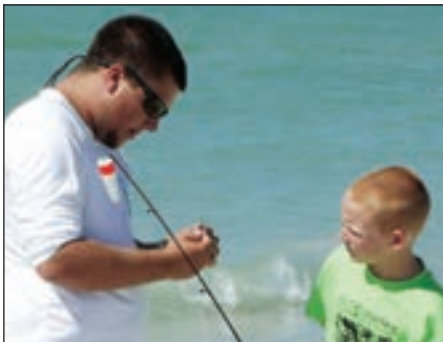
Last Thursday morning, participants in the first-year “Ding” Darling NWR Nature Explorers Summer Camp – led by Environmental Education Specialist Becky Larkins – visited Gulfside City Park on Sanibel for some surf casting fishing photos by Jeff Lysiak

## Inaugural Nature Explorers Camp A Hit At Refuge

by Jeff Lysiak

With a mission of bringing youngsters into the outdoors and inspiring them to learn more about protecting the environment and wildlife, the inaugural Nature Explorers Day Camp at the JN “Ding” Darling National Wildlife Refuge on Sanibel has done exactly that this summer.

The refuge’s first-ever day camp program – geared towards middle school students attending Title 1 schools who might not otherwise be able to afford attending a weeklong camp – was made possible by a \$15,000 grant from an



Camp counselor Davis Horton helps Brendan Ware bait his fishing hook

anonymous donor to the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS). The donation covers the cost of lunch and transportation for day campers, scholarships, T-shirts, digital cameras and other program materials. A donation



Nature Explorers Camp participant Aria Merrikh learns how to bait a hook with the assistance of “Ding” Darling NWR Ranger Becky Larkins



Campers Mariak Brandi and Alexis Marie Garcia-Sheib spent time on the beach dolling in their sketchbooks

from the Gardner families helped purchase backpacks for the campers. Tarpon Bay Explorers also assists with water-

related activities.

“So far, the camp has been pretty awesome,” said Environmental Education Specialist Becky Larkins, who designed day camp programming to reflect the mission and purposes set by the National Wildlife Refuge System. “I’ve been making some great friends and they (the campers) have been making some fantastic memories.”

Weekly activities include nature photography, wildlife observation, saltwater fishing, kayaking, a beach walk, nature sketching, archery, biking and nature crafts.

Last Thursday morning, participants in the Nature Explorers Camp visited Gulfside City Park on Sanibel for some surf casting fishing in the Gulf of Mexico. While most of the kids fished along the shoreline, others spent time searching the sand for shells or doing some sketching of the surrounding wilderness.

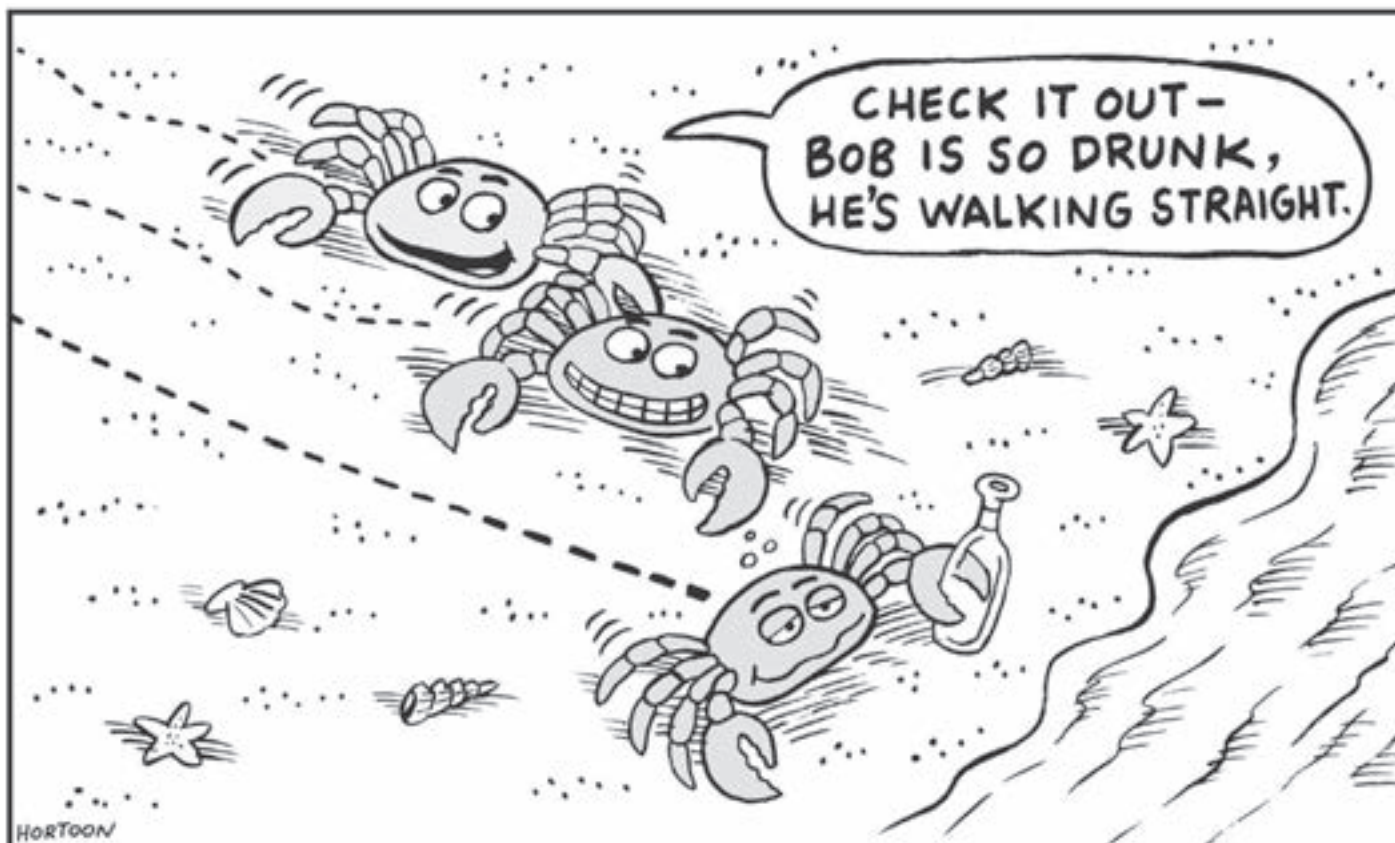
“I’ve been to other camps where you just stay inside and do the same old thing, but this is great,” said Brendan Ware of Tice. “My favorite activities have been biking, fishing and going kayaking.”

Before beginning their fishing experience at Gulfside City Park, Larkins – along with camp counselors Jen Deeks and Davis Horton – shared a number of basic safety tips with the group, telling them how to anchor their fishing pole holders in the sand, how close they should stand from their neighboring anglers and to only wander into waist-high water.

“I’ve learned quite a lot about fishing

continued on page 13

## HORTOONS



HORTOON



Southwest Florida Symphony Board of Trustees Chair Tom Uhler and Acting Executive Director Amy Ginsburg Padilla accept a sponsorship check from David Hall, executive vice president, chief financial officer and chief operating officer of Sanibel Captiva Community Bank

## Bank Sponsors Symphony Series

Sanibel Captiva Community Bank has signed on as a major sponsor of the Southwest Florida Symphony Sanibel concert series. The series launches with a multimedia Beethoven Discovery Concert conducted by Maestro Leif Bjaland on January 13. Maestro Nir Kabaretti will conduct Symphonic Folklore on February 3 and A Soldier's Tale on March 23. The concerts will be held at BIG ARTS on Sanibel and repeated at Shell Point, Faith Presbyterian Church and the Sidney & Berne Davis Art Center.

"The bank is proud to help Lee County's only professional orchestra during its



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55th season," said bank President and CEO Craig Albert. "The concert series is a highlight of the Sanibel Island winter and much appreciated by island residents."

"We are deeply grateful for Sanibel Captiva Community Bank's generous support of the Southwest Florida Symphony," said the symphony's Acting Executive Director Amy Ginsburg Padilla. "This is a clear demonstration of the value the bank places on the arts. We are honored that they have chosen to invest in us."

For ticket information, call the symphony box office at 418-1500, or visit [swflso.org](http://swflso.org).



Michael Harris



Michael Palascak



Robert Van Winkle



Mike Scott

## SalusCare Comedy Night July 25

Edison National Bank has signed on as the Showcase Sponsor of Laughter Is the Best Medicine Comedy Night, a unique new fund-raising event to benefit SalusCare, Inc.

The Showcase Sponsor is the highest level sold for the event that also has the support of more than \$40,000 in sponsorships. The laughter begins on Saturday, July 25 at 7 p.m. at the Sidney & Berne Davis Art Center, located on First Street in downtown Fort Myers.

Other major sponsors include Sam Galloway Ford, Investors' Security Trust, Bill Smith Appliances, Marrikka and Bill Stockman, and The News-Press Media Group. Monologue sponsors are Susan Bennett Marketing & Media and Genoa Pharmacy with support from 20 table sponsors.

"We are very thankful to the leadership of Edison National Bank and our other top sponsors for their generosity in supporting our mission to treat individuals with mental health and substance use disorders," said SalusCare Development Committee Chair Mark Atkins. "Attendees will have the rare opportunity to see eight of our community's leaders on stage performing five-minute comedy routines as well as laugh at the comedy of professional comic Michael Palascak."

Atkins also announced that NBC-2 Chief Senior Meteorologist Robert Van Winkle will serve as master of ceremonies.

Palascak, who has family in Southwest Florida, agreed to perform pro-bono to support SalusCare's cause of helping children with mental health substance use disorders.

In the last three years, Palascak appeared on *The Late Show with David Letterman*, *The Tonight Show with Jay Leno* and *The Late Late Show with Craig Ferguson*. He also has performed at Caesar's Palace in Las Vegas and was the winner of HBO's Lucky 21 Stand-up Contest.

Prior to Palascak's performance, eight local celebrities will each perform five-minute stand-up routines in hopes of winning the title of Lee County's Best Comic:

- Michael Harris – News-Press Planning Editor
- Larry Hart – Lee County Tax Collector
- Gwendolyn Howard-Powell – owner of Gwendolyn's Café
- Doug Molloy – former Chief Assistant U.S. Attorney
- Steve Russell – State Attorney for the 20th Judicial Circuit
- Marni Sawicki – Cape Coral Mayor



State Attorney Steve Russell and Lee County Tax Collector Larry Hart



Doug Molloy



Marni Sawicki



Dr. Glenn Whitehouse



Gwendolyn Howard-Powell

# Sanibel To Receive \$460,395 From BP Settlement

by Jeff Lysiak

Late Tuesday afternoon, the Sanibel City Council concluded a special meeting during which a resolution was passed to accept a \$460,395 “full and final” settlement from BP following the Deepwater Horizon Disaster, which occurred in April of 2010.

According to Sanibel Mayor Kevin Ruane, he will sign paperwork giving gas and oil company giant BP full release from their lawsuit with the city in exchange for the settlement amount.

“The city will receive the settlement check in 60 to 90 days,” said Ruane, who explained that he was limited with the amount of information he was permitted to share. “There will be no restrictions on how the city is allowed to spend the money.”

In attendance at the closed-door meeting – which lasted approximately 25 minutes – was Ruane and fellow city council members Mick Denham and Jim Jennings, City Manager Judie Zimomra, City Attorney Ken Cuyler, attorney Geraldo F. Olivo, III of the Wilbur Smith Law Firm, special counsel to the city, along with a Fort Myers Court Reporting representative.

Ruane also noted that the process Sanibel went through in their legal action against BP was identical to other municipalities filing suit.

Earlier this month, an \$18.5 billion multi-state settlement with BP was announced.

Also on Tuesday, the Lee County School Board voted unanimously to accept a \$2.5 million settlement from BP.\*

## Water Management Bids To Start Caloosahatchee Reservoir Work

The South Florida Water Management District (SFWMD) last week issued a request for bids to start early construction of key features of the Caloosahatchee River (C-43) West Basin Storage Reservoir. The work is the precursor for achieving water storage benefits before the entire reservoir is complete.

“Momentum continues building, and this initial work paves the way for tangible benefits for the Caloosahatchee River and Estuary,” said SFWMD Governing Board Chairman Daniel O’Keefe. “This is the kind of progress that will accomplish major restoration goals.”

The request seeks bids for construction work, including:

- Demolishing existing agricultural features such as buried pipes, culverts, irrigation pump stations and above-ground facilities across the 10,000-acre reservoir site
- Construction of seven compacted, above-ground earthfill mounds reaching 56 feet high at select locations to help compact the ground to support future structures
- Moving approximately 1.8 million cubic yards of fill for the mounds, enough to fill one acre of land to a height of 1,100 feet, or 120 feet higher than the Eiffel Tower
- Preparation of the foundation for construction of the 16-mile dam that will sur-

round the reservoir

The work is the first step for the SFWMD to undertake expediting construction of the facility as part of Governor Rick Scott’s commitment to South Florida ecosystem restoration. The project as a whole is a joint effort between the District and the U.S. Army Corps of Engineers under the Comprehensive Everglades Restoration Plan (CERP).

This action follows a June vote by the SFWMD Governing Board that authorized entering into an agreement designed to help the District receive federal cost credit for expediting construction.

### C-43 Project Overview

The C-43 reservoir project was authorized by Congress in the Water Resources and Reform Development Act (WRRDA) of 2014.

It will one day hold approximately 170,000 acre-feet of water to be used during dry periods to help maintain a desirable minimum flow of fresh water to the Caloosahatchee Estuary. During the rainy season, the reservoir will capture and store excess stormwater and regulatory releases from Lake Okeechobee, helping to prevent excessive freshwater flows to the estuary.

Since 2012, the SFWMD has put the reservoir property to use with emergency water storage of summertime rainfall and high runoff. Temporary pumps and levee improvements have helped capture approximately 4.2 billion gallons of water that would have otherwise flowed to the river.

For more information on projects to protect and improve the Caloosahatchee River and Estuary, visit [www.sfwmd.gov/caloosahatchee](http://www.sfwmd.gov/caloosahatchee).\*

## Coastal Clean Up Opportunity September 19

The annual Coastal Clean Up Project will be held from 9 a.m. to noon on Saturday, September 19. All islanders, visitors and volunteers are invited to come out and help keep our beaches clean.

Dee Century with the Sanibel-Captiva Conservation Foundation will “reserve” a location for participants, but organizers need to get a list of volunteer information as soon as possible.

If you would like to participate in the Coastal Clean Up (i.e. individuals, teams, offices, etc.), send an e-mail to [Bill@SanibelRealtors.com](mailto:Bill@SanibelRealtors.com) or [Joan@SanibelRealtors.com](mailto:Joan@SanibelRealtors.com).\*

## Sanibel Plan Now Available Online

The City of Sanibel’s Comprehensive Land Use Plan, also known as the Sanibel Plan, is now available electronically in its entirety on the City of Sanibel’s webpage at [www.mysanibel.com](http://www.mysanibel.com).

The original Sanibel Plan was adopted in 1976. The plan was amended and extensively revised in 1985, 1989, 1997 and 2007. In 2007, the American Planning Association recognized the Sanibel Plan with the National Planning Landmark Award.

In 2013, the Evaluation and Appraisal Report (EAR) for the Sanibel Plan was completed and adopted. This report concluded that the plan is consistent with all state requirements including changes

continued on page 33



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### 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  
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### CAPTIVA CHAPEL BY THE SEA:

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Captiva. 472-1646.

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evening meeting 7:30 p.m.; Reading room  
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472-8684.

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### SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST:

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School, 9 a.m. Tuesday Morning Prayer, 9  
a.m. Wednesday Healing Eucharist, 6 p.m.  
First Wednesdays Prayer and Potluck.

472-2173, [www.saintmichaels-sanibel.org](http://www.saintmichaels-sanibel.org)

### UNITARIAN UNIVERSALISTS

### OF THE ISLANDS:

Meets on the first Sunday of each month  
from December through April at the Sanibel  
Congregational Church, 2050 Periwinkle  
Way at 5 p.m. A pot luck is held at a mem-

ber's home on the third Sunday of each  
month. For more information call 433-4901  
or email [ryi39@aol.com](mailto:ryi39@aol.com).✽

From page 1

## Cops And Joggers 5K

filled evening is from 5 to 10 p.m. The  
race starts at 745 p.m. There will be food,  
music, police demonstrations, children's  
games and other activities.

## New Art Creations To Be Unveiled At BIG ARTS' Phillips Gallery

Ten new paintings created by kids from Our Mothers Home, Boys and Girls Club  
in Lehigh and Bonita Springs, Pine Manor Association and Church of the Resur-  
rection will be unveiled for the first time at BIG Arts Phillips Gallery on July 22  
at 3:30 pm. Many of the young artists will be in attendance to discuss their paintings.  
The artists ranged in age from 8 to 18.

All the paintings were created since May of this year during Human Trafficking  
Awareness Partnerships' summer ARTREACH programs. So far this summer, 105  
students were taught about the dangers of human trafficking and they collaboratively  
created the artwork since May during 10 hour programs.

Additional programs will be held at the Heights Center this summer with other pro-  
grams planned for later in August. A Rauschenberg Foundation grant has funded the  
efforts of 6 art instructors who have worked with the students all summer. A formal

continued on page 13

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Group photo of H2O students and leaders from Sanibel Community Church

## Young People Connect Across The Miles

From July 28 through August 6, Sanibel Community Church's H2O High School Youth Ministry is sending a group to San Salvador, El Salvador through Envision ministries. The group will be a part of the Vacation Bible School there.

The team will consist of high school students as well as chaperones and leaders. They will get to be a part of something beyond themselves and beyond their comfort zone as they share the gospel with the people of San Salvador.



Youth Pastor Kevin Schafer and Jacob Goodman (with Abigail Nave in the background)

Please be praying for this group as they head into the mission field and become servant-leaders.

Many scholarships were made available to our high school students through the community support of H2O's main annual fundraiser, Starry, Starry Night, which is held every spring at Sanibel Community Church. ✨

From page 11

## BIG ARTS' New Art Creations

curriculum of the program is being developed for use by other organizations across the country who wish to educate their youth about human trafficking.

In addition to the new art, 30 select paintings created over the last 5 years will also be on display. BIG Arts is located at 700 Dunlop Road, Sanibel, FL. For further information about the exhibition or the ARTREACH program, go to [www.humantraffickingawareness.org](http://www.humantraffickingawareness.org) or call 239-415-2635. ✨

From page 8

## Nature Explorers Camp

this summer," added Larkins as she helped untangle the line of one campers' fishing rod.

During Week 3 of the four-week camp, Larkins led the group in a number of environmentally-focused activities

including:

- Wildlife observation and photography along Wildlife Drive
- Biking in the refuge, from the Observation Tower to the Indigo Trail
- Nature sketching along the Bailey Tract
- Beach hike at Gulfside City Park
- Seine netting and mud flat excursion at Bunche Beach
- Tarpon Bay Explorers boat and kayak fishing
- Impoundment fishing within the refuge

"We're trying to show these kids all aspects of the National Wildlife Refuge System and get them interested in being outside more," said Larkins. "A lot of kids really don't go outside very much because they're watching TV, playing video games or looking at their computers. Getting them outside where they can experience nature and see wildlife is what it's all about." ✨

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McKENZIE MILLIS  
& VIVIAN CIULLA

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# CECI Enjoys Magic Show



The campers are excited to learn some magic tricks and – even better – receive balloon animals from magician Brian Boyd

It has been a busy week with the campers at the Children’s Education Center of the Islands. It was Circus Week and no circus is complete without a magician. Local magician Brian Boyd shared his tricks with the children and even taught them a few. A good time was had by all!

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 accept-



Ally Flynt, Ava Wodjeski and Hazel DeCosta participate in a rope trick

ing applications for the 2015-16 school year beginning August 24, as well as their Summer Camp, which goes until August 7. Scholarships are also available on a limited basis.

For more information, call the preschool at 472-4538.✧



Liam Wunder loves his balloon animal



Penny Bowman wears her balloon animal as a hat



Ms. Mandy, the 3-year-old class teacher, is a good sport with magician Brian Boyd



Rodd and Valentina Bell are determined to figure out where the little yellow handkerchief went

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# Big Top Out At Children's Education Center

The big top was out this week at the Children's Education Center of the Islands. During Circus Week, the campers created and performed their own skits for their fellow campers. There were lions, cheetahs and elephants all tamed by the lion tamers, clowns making everyone laugh, trapeze walkers, ballerinas and popcorn to go around. According to CECI staff, Circus Week was a lot of fun for the children and very funny to watch!

For more information, call the preschool at 472-4538.✱



Everyone participated either in ticket sales or the live act. And, of course, everyone enjoyed the popcorn treats

more photos on page 16

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From page 15



Simon played his part of MC perfectly



Penny Bowman, aka Lion Cub, enjoyed her popcorn tremendously



Liam Wunder showed off his muscles while he was the Strong Man



Valentine and Rodd Bell were two of the most ferocious lions we have ever seen



Ernesto Del Valle and Landon Markosky had the hard job of taming lions, cheetahs and elephants for their act



Olivia Rondina was a beautiful ballerina to entertain the campers



Mason Fase and Oliver Bowman had a lot of fun clowning around



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## Sanibel Receives Grant For Turtle Nesting Campaign

The 2015 sea turtle nesting season is under way. Over the next several months, hatchling sea turtles will emerge from their nests and head to the Gulf of Mexico. The City of Sanibel, in partnership with the Sanibel-Captiva Conservation Foundation (SCCF), asks all residents and visitors to do their part in protecting these threatened and endangered species.

Hatchling sea turtles are guided to the ocean by an instinct to travel away from the dark silhouettes of the dune vegetation and toward the brightest horizon-light from the sky reflecting off the ocean.

Artificial lights near the beach can deter females from nesting and disorient hatchling sea turtles. Most hatchlings that wander inland will die of exhaustion, dehydration or predation. Local ordinances in effect year-round prohibit both interior and exterior lights from illuminating the beach.

This year, the City of Sanibel received a \$6,000 grant from the Sea Turtle Conservancy's Sea Turtle License Plate Grant Program, the city has initiated a new educational campaign – After 9, It's Turtle Time! – to remind residents and visitors to close curtains and blinds and

turn off lights after dark. Grant funds were used to create and produce light switch stickers, static-cling window decals, and elevator wraps (posters). These materials are currently being distributed free of charge to beachfront resorts, property owners and managers, and rental agencies for placement in beachfront units. Although most summertime visitors to Sanibel receive some information regarding sea turtles at check-in, the goal of this program is to provide additional reminders at key locations – light switches, windows and sliding glass doors and elevators – that helping sea turtles can be as easy as flipping a switch.

The city believes that this campaign, in coordination with longstanding efforts to enforce exterior beachfront lighting regulations, will reduce the number of disorientation events occurring on Sanibel's beaches. Disorientation from a variety of artificial lighting sources causes thousands of hatchling deaths each year in Florida and is a significant sea turtle conservation problem. In most cases, however, implementing solutions is relatively simple:

- Interior lighting sources, including chandeliers, lamps, and other fixtures that are visible from the beachfront. Unshielded interior lighting, even from just a single beachfront condominium, resort unit, or residence, is enough to disrupt the normal sea-finding behavior of sea turtle hatchlings.

- Close curtains and blinds or turn off lights after dark (Yes, even if the windows/sliding glass doors are tinted "turtle glass").

- Exterior lighting sources, including flood lights, porch ceiling fan lights, parking area lights and other fixtures that are visible from or directly, indirectly or cumulatively illuminate the beach.

- Shield or turn off outdoor lights near or facing the beach. Replace the light source with a low-wattage, yellow or amber bulb, LED preferably.

- Portable lighting sources, including flashlights, lanterns or flash photography. Avoid using flashlights, lanterns or flash photography while on the beach at night. Cover the lens of your flashlight with red cellophane to make it less disruptive to sea turtles.

By following these simple guidelines, you can do your part to ensure the survival of these magnificent creatures:

- Remove furniture and other items from the beach and dune area, when not in use, between the hours of 9 p.m. and 7 a.m. Items left on the beach including beach furniture, toys and trash may provide barriers to nesting or result in entanglement and predation of hatchlings.

- Level all sandcastles and fill any holes dug during play. These are fine during the day but may pose additional hazards at night. Please leave the beach as you found it, so that sea turtles and hatchlings are not hindered on their way to nest or to the water.

- Pick up all trash. Sea turtles mistakenly eat debris – especially plastic – which results in death.

- Honor the leash law. All dogs on the beach must be on a leash and not allowed to disturb nesting turtles or hatchlings.

We look forward to another successful sea turtle nesting season and hope to uphold Sanibel's reputation as having one of the darkest and most "turtle friendly" beaches in the state. We ask for your continued compliance with city's sea turtle protection ordinances and remind all residents and visitors that violations of these ordinances may be subject to city, state and/or federal fines and penalties. Violations should be reported immediately to the Sanibel Police Department at 472-3111, Sanibel Code Enforcement at 472-4136 or Natural Resources at 472-3700.✧

## Shell Found



Terrie McDaniels and Vicki Vadala

Terrie McDaniels from Columbus, Ohio and Vicki Vadala from Gloucester Massachusetts found a horse conch near Pelican's Roost Condominiums. It was 20 feet from beach. They said they were celebrating girls week at the beach.✧

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Sanibel Sea School campers prepare for the weekly surf paddling competition



Sanibel Sea School's goliath grouper-themed 4th of July float

# Goliath Grouper Week At Sanibel Sea School

submitted by Elly Rundqwist

Goliath Grouper Week at Sanibel Sea School was all about honoring the life of our beloved aquarium-dwelling grouper, Morty. You see, we rescued him from a shrimp boat and watched him grow for four long years before he moved on to bluer seas, and we sure do miss him.

When goliath groupers reach their full potential, they can weigh 800 pounds. That's large enough to swallow prey whole in one big gulp, so we learned how that must feel by slurping jello through straws. We also snorkeled among the mangroves (prime habitat for juvenile groupers), ran through a fishy obstacle course and canoed around San Carlos Bay. Then, to celebrate our large-mouthed friend, we paddled out on surfboards to share Morty memories and sent flowers and palm fronds out to sea.

Since groupers tend to spawn according to the moon's cycle, we also made moon phase shell art and ventured into the water under the light of the moon for a night snorkel. At the end of the week, the pink surf team prevailed in our weekly surf competition and placed their bracelets on the Golden Coconut. Campers were also given the opportunity to ride on our grouper-tastic 4th of July float. We think Morty would have been so proud.

Sanibel Sea School is a 501(c)3 nonprofit whose mission is to improve the ocean's future, one person at a time. We offer camp programs for kids ages 4 to 18. For more information, visit [www.sanibelseaschool.org](http://www.sanibelseaschool.org).

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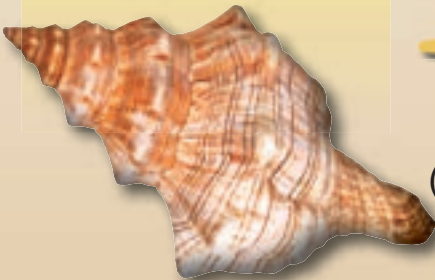


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# Captiva Pass



by Capt. Matt Mitchell

If you're looking for a wide variety of species, Captiva Pass is a good place to be. Not only is the water generally some of the prettiest and cleanest around, the break

between the barrier islands can create a little breeze, making those stagnant blazing hot days of summer just a little bit more bearable. No matter what species you like to fish, it's either here, close to here, or moves through here.

Mangrove snapper and grouper were the main targets when I was fishing the pass this week, although when dropping a line here, you never really know what the next bite will bring. With many of my trips this time of year being laid back family style fishing, clients are looking for both action and a fish dinner to take home, and this pass provided it all.

Weighted shiners dropped straight down to the bottom on spinning gear caught fish after fish with lots of short gag grouper and red grouper along with limits of keeper-sized mangrove snapper and even a few vermilion snapper. The key to catching these bottom fish is to locate the best structure. Rock piles and the edges of the channel in 15 to 25 feet of water were most productive. Turn on the plotting feature of your GPS when drifting the pass to work out the direction of the drift. This allows you to dial in the drift so you spend more time over the most productive bottom structure. Whenever you hit a hot spot, put a mark on the screen and drift it again, it's amazing how many fish will come from one little rock pile or edge.

If keeper gag grouper are your target, switch it up to bigger tackle and bigger baits. Pinfish are a good choice for this along with a little more weight on heavier conventional or spinning outfits. With lots of rocks in the pass, you need all the pulling power possible to get a hard fighting keeper-sized gag up from the rocks they call home. The marks on my GPS in the pass that have produced keeper sized gags continue to produce year after year.



Jim White from Gainesville with a summertime beach snook

## 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](mailto:press@islandsunnews.com); or call 395-1213.

The outside deep trench is a good area to get started on grouper fishing along with the 35-foot hole on the south side of the pass. Periods of slow moving tide are a good time for this as you can hold the boat on top of the best structure for a longer period of time.

If you're into shark fishing, this pass has some real giants in it along with the

usual blacktips and bulls that move up and down the natural channels, dumping into the pass from the bay during the falling tide. Docks and shorelines at both sides of the pass offer snook fishing along with schools of bull redfish using the pass in the fall. Tarpon also move through and frequent the pass and, during hill tides periods, it becomes a pass crab buffet.

All our local passes hold fish but Captiva Pass is one of my favorites because of the variety of species it offers in such a small area.

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

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Dave Doane

## CROW Case Of The Week:

## Black Skimmer



by Patricia Molloy

On June 30, a baby black skimmer was found on the ground after falling from its nest. It was readily apparent that something wrong: the fuzzy little bird was walking with its left foot “knuckled” over.

The youngster was taken to CROW and admitted as patient #15-2010.

The black skimmer (*Rynchops niger*) is a distinctive-looking tern with striking black and white plumage and a thin, black bill that is redish-orange at the base. Found year-round in Florida’s bays, rivers and salt marshes, approximately 50 percent of the state’s skimmer populations live along the central part of the Gulf Coast.

Skimmers are a seabird like no other: they are the only birds on the planet that, by the time they reach adulthood, have a lower mandible that is longer than the upper. When feeding, these birds will “skim” just above the water as their lower bills breaks through the surface, allowing them to grab small fish that swim near the top.

“He’s a young chick and his left leg was almost paralysed,” Dr. Molly Lien explained. “He’s in a foam booty on

that leg. We’re enriching him as best as we can: he has a nice little sandbox (in his cage). It’s a little tropical paradise in there! He’s comfortable and he’s still eating really well,” continued the DVM intern.

Dr. Heather Barron, hospital director, went on to explain that the bird’s leg issues were caused by nerve damage. “The brace was to keep the leg and foot in normal position since he couldn’t ‘feel’ where his leg was, he was walking with his foot knuckled over.”

After approximately 10 days at the clinic, the skimmer’s booty was removed so that he could be placed in a bathtub to test his mobility and flexibility. Just as it is with humans, the younger a wildlife patient is, the faster it will heal.

“They correct very quickly,” said Dr. Heather. “Now he is doing very well without the brace and has regained full use of the leg.”

If you are uncertain as to what an adult black skimmer looks like, take the time to research images on the Web. Better yet, look for them at dusk when breeding colonies actively feed along the Atlantic and Gulf Coasts. Watching them skim across the surface with their long, lower beak cutting through the water is a truly remarkable experience.

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



The young black skimmer, patient #15-2010, wears a corrective booty on his leg



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The year-round golden berries are a food source for birds

photos by Gerri Reaves

Plant Smart  
**Beach Creeper**

by Gerri Reaves

Beach creeper (*Ernodea littoralis*) is a native woody shrub that is perfect for dry, sandy, or rocky areas. Highly drought-, heat- and salt-tolerant, it's a good choice for coastal

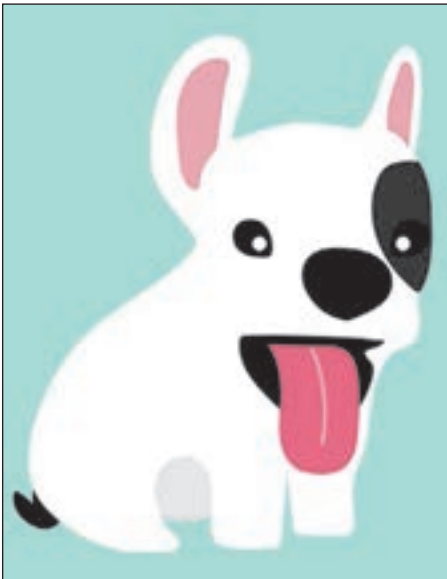
landscapes especially. In fact, littoralis means "of the seashore." Spreading, sprawling and vine-like, it helps to prevent soil and dune erosion to boot. Mature plants usually reach one to two feet tall. The stems are square and reddish at the nodes, and they can root where they arch and touch the soil. The succulent lance-like or oval leaves



Beach creeper is an excellent native groundcover that will tolerate heat, drought, salt and nutrient-poor soil

cluster at the end of stems. The leaves are dark glossy green, but often turn yellow due to stress or over-watering, suggesting another common name, golden creeper. The tubular flowers are quite small – under an inch long – but notable for their four under-curved pinkish lobes. They bloom sporadically throughout the year. The round golden fruit provides food for birds year-round. Each tiny berry contains one seed. Plant low-maintenance beach creeper in full sun. It will grow in nutrient-poor soil and does not require irrigation. Propagate it with seeds or tip cuttings. The medicinal tea made from the leafy shoots gives it yet another name, cough-bush. Sources: *Everglades Wildflowers* by Roger L. Hammer, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, <http://lee.ifas.ufl.edu>, *Plant Smart explores the diverse flora of South Florida.*✽

**Families And Their Dogs Welcome At Summer Celebration**



The Dog Days of Summer is July 25 from 9:30 a.m. to 1:30 p.m.

MessageLuXe Fort Myers wants to pamper furry friends with The Dog Days of Summer event July 25, from 9:30 a.m. to 1:30 p.m. The celebration is taking place at Lee County Domestic Animal Services at 5600 Banner Drive off of Six Mile Cypress Parkway next to the Lee County Sheriff's office. The event will be held indoors at the Animal Services' Lost and Found Pet Center. Those who contribute either wet or dry cat or dog food or supplies such as Milk Bone dog biscuits, cat litter, Kleenex, used blankets and sheets, paper towels, trash bags and bleach will receive a \$10 gift card from MessageLuXe Fort Myers.

All animal supplies and food will be donated to Lee County Domestic Animal Services. According to Cynthia Graf, owner of MessageLuXe Fort Myers, "We are putting on this event to honor pets, their owners and bring awareness to animal health and behavioral needs. "Pets add so much love to our lives and ask for nothing in return," Graf said. "For many people, their four legged friends are members of the family. Like people, pets need to be cared for and pampered," Graf said. Dog Days attendees are encouraged to bring their dogs. There will be cool beverages and light snacks for pets and owners and pet toy giveaways. Festivities include free chair massages by MessageLuXe Fort Myers and advice from animal intuitive behaviorist Bobby Marley of Tucked Away Ranch in North Fort Myers from 9:30 am to 1:30 p.m. Also, animal groomer and obedience trainer, Mandy Massara of All Aspects Animal Care in North Fort Myers, will be offering basic dog grooming such as brushing, nail trimming and ear cleaning from 9:30 am to 10:30 am. Massara will be offering basic obedience training from 10:30 am to 12:30 pm. Animal care and behavior questions will be entertained throughout the event. For more information, visit [www.messageluxefortmyers.com](http://www.messageluxefortmyers.com) or call 332-5893.✽

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# CROW Shares Knowledge For Protecting Sea Turtles



Rachel Rainbolt, education coordinator at CROW, shares information about protecting sea turtles last week during a presentation at CROW's Visitor Education Center

photos by Jeff Lysiak

by Jeff Lysiak

Continuing its mission to rescuing, treating and releasing local wildlife as well as educating the public on the importance of protecting wild animals, the Clinic for the Rehabilitation of Wildlife (CROW) hosted an informative presentation on sea turtles last week at its Visitor Education Center on Sanibel. Led by Education Coordinator Rachel Rainbolt, the 45-minute lecture featured valuable information about the many species of sea turtles – found around the world and native to the waters off of Florida – along with facts about their lifecycle, diet, nesting



Two dozen people attended last week's sea turtle program at CROW, which was delivered by Rachel Rainbolt

season, predators and on-site veterinary care by CROW's staff and volunteers. There are seven different species of sea turtles, including:

- Loggerhead sea turtle
- Leatherback sea turtle
- Green sea turtle
- Kemp's ridley sea turtle
- Hawksbill sea turtle
- Flatback sea turtle
- Olive ridley sea turtle

In Southwest Florida, the most common species of sea turtle found is the loggerhead. Adults grow to approximately three feet long and weigh between 250 and 300 pounds. They reach sexual maturity at 35 years old, with only one in every 1,000 hatchlings reaching adulthood.

According to Rainbolt, mature sea turtles return to their "natal" beaches – the



A model of a hawksbill sea turtle

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Matthew J, Facebook, June 2015

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same location of where they were born – every two to four years to lay their eggs. Generally, sea turtles nest three to five nests per season. Each nest may contain 150 to 200 eggs.

“Nesting season is a very critical time of year for sea turtles,” she said. “It is a very labor intensive and time consuming process.”

After noting that the sex of sea turtles is determined by temperature, Rainbolt asked the crowd of about two dozen people if they knew what sex a warmer temperature would produce. One youngster raised her hand and responded, “Female.”

“That’s correct,” said Rainbolt, who explained that eggs hatch approximately 60 days after being laid. “One way to remember that is to remember the phrase ‘Hot Mamas and Cool Dudes.’”

CROW works cooperatively with the Sanibel-Captiva Conservation Foundation (SCCF), which has a successful sea turtle monitoring program which inspects the local shoreline throughout nesting season – May 1 through October 31 – for signs of nesting activity. They report and stake newly-laid nests, report false crawls and hatches as well as inventory hatched nests.

“Hatchlings are very susceptible to predators,” Rainbolt added, citing animals such as raccoons, birds, ghost crabs and coyotes. “But as adults, sea turtles really don’t have any natural predators.”

However, sometimes humans can unknowingly interfere with sea turtles during nesting season. People visiting beaches can leave behind a number of hazards for sea turtles searching for a place to lay their eggs. Rainbolt suggested:

- Remove all trash, beach furniture (chairs, umbrellas, etc.)
- Collapse all sand castles and fill in any holes dug
- Pick up any monofilament fishing line or lures, dispose in marked receptacles
- Turn your exterior lights off at night; draw your shades, blinds or curtains



Rachel Rainbolt holds the shell of a hawksbill sea turtle

- Do not take flash photographs of nesting sea turtles or hatchlings
- Never touch a sea turtle; if it appears to be injured, call CROW at 472-3544 ext. 222

The only licensed care facility between Sarasota and the Florida Keys, CROW treats between 15 and 20 sick or injured sea turtles annually.

“By far, sea turtles are the most expensive patients CROW treats,” said Rainbolt, who noted that a loggerhead admitted to the wildlife clinic in late May after being struck by a boat has cost close to \$10,000 for its care and treatment. The most common injury seen by CROW’s veterinarians has been boat strikes. Other injuries include being tangled in fishing line, brevetoxicosis (caused by red tide) and fibropapilloma.

Several members of the audience asked questions throughout the presentation. One person questioned how beach restoration projects may affect sea turtles nesting locally. “Beach restoration is not only important to tourists visiting here but for wildlife who lay their nests here,” said Rainbolt.

The next sea turtle presentation at CROW will be held on Tuesday, July 21 beginning at 11 a.m. at the Visitor Education Center, 3883 Sanibel-Captiva Road. Admission is \$5 for adults, \$3 for teens and free for children under 12 and members. For more information, visit [crowclinic.org](http://crowclinic.org).



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# CROW Calendar Of Events

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

For reservations, contact Rachel Rainbolt at [rrainbolt@crowclinic.org](mailto: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 17, 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 17, 2 p.m., \$20** per person, 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 20, 11 a.m., \$5** included with admission – Birds of Prey, presented by CROW staff.

Raptors are predators whose special-

ized 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 21, 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 explain why they are admitted and how the medical staff treats this species.

**Wednesday, July 22, 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 23, 11 a.m., \$5** included with admission – Patient Profiles: Gopher Tortoises, presented by a CROW volunteer.

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

**Friday, July 24, 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.\*

Send your editorial copy to:  
[press@islandsunnews.com](mailto:press@islandsunnews.com)

## Fish Caught



Jack Hansen and Nolan Sease display the 32-inch snook they caught together

Jack Hansen, 9, from Jefferson, Iowa and Nolan Sease, 6, from Cottage Grove, Minnesota worked together to catch and release a 32-inch snook while on a Sea Reed Charter.\*



Burrowing owls make cameo appearances in Hoot

## 'Ding' Family Film Series Continues

The inaugural "Ding" Darling Summer Family Film Series continues its free bi-weekly showings on Sunday, July 19 at 2 p.m. with *Hoot* in the "Ding" Darling Visitor & Education Center. A tie-in kids craft activity will precede the film.

continued on page 27

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# An Inside Look At Wildlife Recovery



Baby fawn being fed  
photos courtesy of CROW

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

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

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

The next CROW Picture Show will be held on Friday, July 17 at 11 a.m. in CROW's Visitor Education Center at 3883 Sanibel-Captiva Road, across from The Sanibel School. Admission is \$5 for adults, \$3 for teens, free for members and children 12 or under. The entry fee also includes access to the Visitor Education Center, which exhibits CROW's efforts to save wildlife through care, education and collaboration.

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



Baby squirrel being fed with a syringe



Baby otter being fed

From page 27

## 'Ding' Film Series

Based on the eponymous novel by Carl Hiaasen, *Hoot* is set in a fictitious Florida Gulf Coast town modeled after Cape Coral and its population of burrowing owls. Much of it was filmed in Boca Grande, Florida.

*Hoot* tells the story of Roy Eberhardt, who has moved so often he has lost track of how many times he has changed schools. After moving from Montana to Florida, he befriends Beatrice and her brother, who show Roy their hideaway, where they secretly take care of a population of burrowing owls. When they learn that a restaurant will be built where the owls nest, the three decide to enlist the help of a local policeman, portrayed by Luke Wilson, to save the birds.

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 final Summer Family Film is *Finding Nemo*, to be screened on August 2. Craft sessions begin at 2 p.m. with the film following.

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Shell Of The Week

# Atlantic Giant Cockle



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

The Atlantic giant cockle, *Dinocardium robustum* (Lightfoot, 1786), is one of the largest

shallow-water bivalves found in the Gulf of Mexico, reaching about 125 mm (6 inches). It is one among eight species of the family Cardiidae present along the shores of Southwest Florida. Its shell is characterized by smooth, rounded radial ribs, usually numbering between 30 and 40 in adult individuals. As it often happens with other species of the family Cardiidae, the Atlantic giant cockle uses its muscular foot to leap away, in pole-vault fashion, from attacking predators.

The photos of the live cockle in this feature were taken by Dr. José H. Leal during a recent low-tide beach walk at Bunche Beach, in Fort Myers. The cockle's "L-shaped" foot, mottled with reddish-brown flecks, is visible on the top part of the photos. Learn more about the Atlantic giant cockle at <http://shellmuseum.org/shells/southwest-florida-shells/>



The Atlantic giant cockle, *Dinocardium robustum*. From left, shell and two views of a live cockle at Bunche Beach in Fort Myers photos by José H. Leal

dinocardium-robustum.  
**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 for adults and \$7 for children; parking at Island Inn is free for beach walk participants. Space is limited; book online at [shellmuseum.org/events](http://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](http://shellmuseum.org) to note any schedule changes)  
 Tuesday at 1:30 p.m.: What Is A Mollusk? Learn about the shell makers in 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.: Arts & Crafts – Make marine-themed art to take home with you.  
 Saturday at 1:30 p.m.: Sanibel Shells – Discover the look, feel and subtle differ-

ences of local shells.  
 Sunday at 1:30 p.m.: Shell Bingo  
*The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit [www.shellmuseum.org](http://www.shellmuseum.org).*✧

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# Sanibel-Captiva Conservation Foundation



Happy the Diamondback Terrapin



Indie the indigo snake

## Tank Talks

On Tuesday, July 21 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 diamond-back terrapins have laid eggs again this summer... meet two 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. SCCF is located at 3333 Sanibel-Captiva Road. Call 472-2329 for more information.

## Turtle Tracks

Learn about the life cycles 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



Softshell



Sea turtle laying eggs on the beach

to protect nesting turtles and their hatchlings. The next Turtle Tracks program is Thursday, July 23 at 10 a.m. at the SCCF Nature Center. The program is free to SCCF members and children, \$5 for adults. Call 472-2329 for more information on these programs. The Sanibel-Captiva Conservation Foundation is located at 3333 Sanibel-Captiva Road.✧

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Bobby Logue



Paul Bova



Chris DeCosta

## Rotary Happenings

submitted by Shirley Jewell

As the gavel was brought down last Friday morning, it was official that Chris DeCosta took on the responsibility of being the new president of the Sanibel-Captiva Rotary Club 2015-16. DeCosta, as many islanders know, is a founding partner in the law firm of Holtz Mahshie DeCosta – Sanibel and Fort Myers, concentrating on real estate litigation. During the summer months, attendance at our Friday morning Rotary club meetings dwindles down to a precious few, but it is also the time when much of the planning for season



takes place. This includes the Sanibel-Captiva Rotary Trust Foundation reviewing the giving activities of the club.

New giving opportunities are discussed and new requests for funds are encouraged and reviewed. One of those new requests is the opportunity of putting in place a brand new Sanibel-Captiva Rotary scholarship at Florida SouthWestern College (FSW). Basically, hand delivering that request was Paul Bova, senior director of development at FSW. Our Rotary club has a long tradition of providing scholarships to students with outstanding academic achievement and financial need. In fact, raising scholarship funds was the driving force for the original Rotary Arts & Crafts Fair here on the island.

Taking every opportunity to bring attention to the changes going on campus at FSW, Bova got up for a few minutes and highlighted some of those changes. Along with the name change a year ago, a new vitality emerged on

campus. Many young people today see the value of attending their local colleges from both an academic and financial prospective, but while attending local colleges, they also want the full college experience. With that in mind, FSW has built two dormitory residences recently and is reintroducing a serious college level sports program at the school. Groundbreaking of the new SunCoast Credit Sports Arena took place last week and, before you know it, tickets to Buccaneers basketball games will be on sale. Just a short distance from campus on the grounds of former Red Sox stadium at City of Palms Park, FSW's Buccaneers baseball and softball teams are getting ready for their upcoming seasons. Keep an eye on the sport's page for announcements of FSW team schedules.

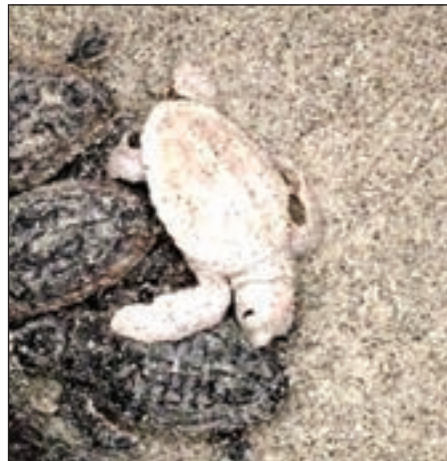
After Bova had a few moments at the podium, he invited Bobby Logue, artistic director at the BIG ARTS Herb Strauss Theatre to update us on theater offerings this year. Logue's personality exudes high energy and enthusiasm for what he does at the theater and his love of theater. When he came to Sanibel, originally to work for JT Smith and the Old Schoolhouse Theater, he never imagined that he would actually stay here and become the head of a theater of his own on the island. Logue spent many years acting and dancing his way around the world; first in Broadway productions and then on cruise ships. It was fun and exciting but dancers have a stage life, so to speak. When he came to Sanibel, he was

contemplating what was ahead for him in the theater business. Well, we all know what happened, but Logue was really not at our meeting to talk about himself; he was here to bring us news about the Strauss' summer production of *Rhythm of the Night* and the exciting season ahead of music and drama at the theater starting in the fall. Now open, *Rhythm of the Night* is a high-octane production exuding the sounds and energy of Latin music over the last decade. Logue has selected music that will have you chair-dancing in your seats and has brought together an outstanding Broadway cast that will bring the romance and fun of the Latin culture to life on stage. Don't walk, but dance your way to the box office at the Strauss and pick up tickets to this dazzling production, which runs through August 15.

As for the upcoming season, starting in November, look for the new musical revue *Duets*, playing November 20 to December 3, followed by a special Christmas/holiday show, running December 18 to New Year's Eve. The new year will bring in *Camping with Henry and Tom*, *Stepping Out*, and ending the season, *Musical of Musicals*, playing March 18 to April 16.

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

## SCCF Nesting Statistics



**Rare albino hatchling found by sea turtle permittee Joan Rogers on July 10. Unfortunately, albino hatchlings face added dangers because their lack of coloring also means lack of camouflage.**

photo by Matt Barker

**S**ea Turtles SCCF Sea Turtle Nesting Stats as of July 10:

Sanibel East: 101 nests, 263 false crawls

Sanibel West: 318 nests, 705 false crawls

Captiva: 108 nests, 188 false crawls

Total: 527 nests, 1156 false crawls

Please observe Lights Out For Sea Turtles. This week, we officially broke our record for total number of nests laid on Sanibel: 419 so far this season (403 loggerhead, 15 green and 1 leatherback).



**Snowy plover mother and chick**

photo provided by SCCF

The previous record, set last year, was 411 on Sanibel. Captiva's record was set in 2000 with 179 nests; we are up to 108 nests on Captiva so far. As of July 10, 53 nests have hatched.

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

### Snowy Plovers

SCCF staff and volunteers monitor snowy plover nesting on Sanibel. As of July 10, the nest total for snowy plovers is 15:

- 1 nest is active
- 11 nests have hatched 31 chicks.

Six nests have fledged 8 chicks; one nest has 3 chicks. All the chicks are gone from four nests.

- 2 nests have been depredated
- 1 nest is gone, fate unknown
- 1 nest was washed out

\*False crawl – a failed nesting attempt  
If you have questions, or would like to know more about nesting stats on Sanibel, contact [seaturtle@sccf.org](mailto:seaturtle@sccf.org) or call SCCF at 472-2329.✱



**Tower Gallery artist Barbara Chloe Murdoch and the Bank of the Islands' Sanibel/Captiva Office Manager Willy Ocasio**

## Bank Displays Murdoch's Art

Bank of the Islands is displaying new artwork as part of its continuing series of lobby exhibits showcasing local artists. The recently created art program is presented in association with Tower Gallery, Lee County's oldest art collective.

The third artist to be featured in the series is Barbara Chloe Murdoch. Her paintings will be on display during banking hours through Monday, July 27.

"We love sharing Barbara's beautiful paintings with our customers and island neighbors," said Bank of the Islands Sanibel-Captiva Office Manager Willy Ocasio. "We also truly appreciate that we can showcase an artist who has donated her work to local non-profits including the Red Cross, Art for ACT, the Southwest Florida Symphony and Breast Cancer Awareness. What a great way to show how much we appreciate being your island bank."

Most recently, Murdoch is painting in mixed media on yupo, a unique paper that contributes to the flowing and moody quality of her work.✱



Exterior of the WaterVentures Mobile Science Lab

## Lee County Day At Shell Museum

To say thank you to the residents of Lee County, The Bailey-Matthews National Shell Museum will offer half-off museum admission for Lee County adults (\$5.50) and free admission for Lee County kids on Thursday, August 20.

The Shell Museum will also host the free WaterVentures Mobile Science Lab that day. Stop by and learn more about Florida's waterways and how to protect them in this visually stunning interactive mobile lab.

For more information about this one-day-only event, to be held on August 20 from 10 a.m. to 5 p.m., call 395-2233 or visit [shellmuseum.org](http://shellmuseum.org). The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road on Sanibel. ✨

From page 10

## Sanibel Plan Now Online

made to state statutes contained in the Community Planning Act of 2011. In 2013, the State of Florida Department of Economic Opportunity, Division of Community Development, issued a finding that the Sanibel Plan, as adopted by City of Sanibel Ordinance 12-010, is in

compliance with Section 163.3184(4) of Florida Statutes.

Questions regarding the Sanibel Plan should be directed to City of Sanibel Planning Director James Jordan at [jimmy.jordan@mysanibel.com](mailto:jimmy.jordan@mysanibel.com) or 472-4136. ✨

Read us online at  
[IslandSunNews.com](http://IslandSunNews.com)



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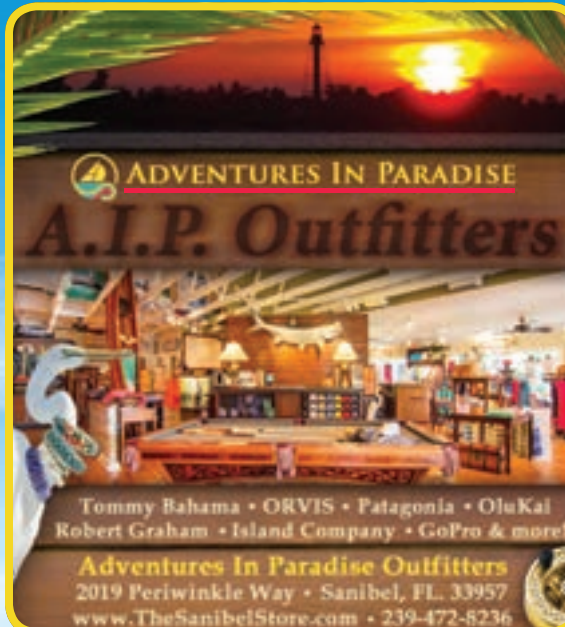
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Sanibel-Captiva Art League

# All-Member Exhibit At Library



Terry Shattuck

Members of Sanibel-Captiva Art League are currently showing 50 landscapes, still life, local points of interest and nature scenes with birds and other animals at Sanibel Public Library in their annual all-member exhibit.



Kathy Taylor

During the year, many Art League members participate in workshops to learn new techniques and refine their skills. Several members teach painting and drawing locally to both adults and children who are at all levels of achievement. Some of the members joined the Art League as beginners because of the friendly encouragement offered by the more professional and award-winning painters.

Art League members participate in the annual auction to benefit the non-profit Friends In Service Here (FISH), neighbors helping neighbors. Bailey's



Stan Timson

General Store provides reusable grocery bags that each artist uses as a canvas to paint a variety of subjects and beautiful local scenes. The bags were displayed in March and the silent auction proceeds of over \$1,000 were donated to the FISH food pantry.

The current art show contains creative artwork by talented artists of all experience levels. Color, design and composition is evident in the large variety of materials used and subject matter. Call 472-2483 for viewing hours and information or log on to [www.sanlib.org](http://www.sanlib.org).

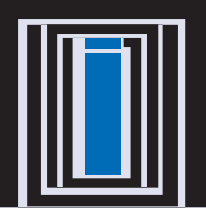
For additional San-Cap Art League information, write to P.O. Box 1192, Sanibel, FL 33957 or visit [www.sanca-part.com](http://www.sanca-part.com).



Pauline Healey



Sylvia Kasparie






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# The Sanctuary Golf Club Hosts Florida Open Qualifier

On July 1, the Florida State Golf Association conducted a qualifier for the Florida Open Golf Championship at The Sanctuary Golf Club on Sanibel Island. Twenty-four players competed for three qualifying spots and two alternates. Austin Davenport had five birdies to take medalist honors with a one under par score of 71. Kenny Goddykoontz was one stroke back at even par.

Three players played off for the last qualifying position and the two alternates. Amateur Jeffrey Corlett birdied the first playoff hole to become the final qualifier. Jordan Burke took the 1st alternate position with a par and Josh McCumber became the 2nd alternate.

“The players praised the condition of The Sanctuary course, especially the smoothness of the greens. I hope we will be able to do more events here in the future,” said Bob Collins, tournament chairman and rules official.

“It was a pleasure for The Sanctuary to host the event,” said Kyle Sweet, Golf Course Superintendent. “Our staff did an exceptional job of creating tournament playing conditions, which is no easy task during the summer months.”

The 69th Florida Open Championship will be contested at Timuquana Country Club in Jacksonville from July 17 to 19. The Florida Open is open to PGA golf professionals, amateur golfers and other professional golfers who meet the eligibility requirements. The Florida Open has a rich history that dates back to 1942 and includes notable champions such as Bob Murphy, Gary Koch, Charles Owens, Bruce Fleisher, John Huston, Dudley Hart and Bart Bryant, among others.✪



Current course record holder Ryan Celano playing from the 18th greenside bunker



Austin Davenport lining up his putt on the 18th hole



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# Former Miracle Miguel Sano’s Major League Debut Borders On The Phenomenal



by Ed Frank

It was the spring of 2009 when Jim Rantz, then director of the minor leagues for the Minnesota Twins, introduced me to a strapping 16-year-old prospect named Miguel Sano from the Dominican Republic. A few months earlier, Sano had signed a \$3.15 million bonus – the highest signing bonus the Twins had ever paid to a prospect from a Caribbean country. The youngster, signed as a shortstop, was listed as 6 feet, 3 inches, 190 pounds and spoke little English. I do recall that when that first interview through an interpreter neared the end, he did know enough English to ask Rantz if lunch was ready.

Sano moved through the Twins system methodically, during which time he was converted to a third baseman, grew an inch and bulked up to 240 pounds. That minor league journey included a stint here with the Fort Myers Miracle in 2013, when he hit .330 and blasted 16 home runs in 56 games.

He missed the entire 2014 season when an injury to his right elbow required Tommy John surgery. He never-the-less began the 2015 season listed by *Baseball America* as the 11th best prospect in baseball.

If you followed Sano’s background and career, you will recall that he was one of the most famous and scrutinized players before signing with the Twins. His age was a question that forestalled his contract approval. That investigation was detailed in an acclaimed documentary film, *Pelotero*.

Sano began this year slowly with the Twins’ Double A Chattanooga, but as the rust wore off, he raised his batting average to .274 with 15 homers.

And then, just two weeks ago, he fulfilled the dream of every minor leaguer when he was called up to the Major Leagues by the Twins.

His first 11 games with the Twins have been nothing short of phenomenal. He has hit safely in 10 of the 11 games played, slugged two home runs, two doubles, reached base 22 times (14 hits, 8 walks) in 45 plate appearances and has eight RBIs in those first 11 games.

Those stats at the All-Star break resulted in a .378 batting average, .489 on-base percentage and .649 slugging percentage. He was used primarily as the designated hit-

ter in those first games. This power is just what the Twins needed as the season passed the half-way mark. Minnesota is truly the surprise of the 2015 season. With a 49-40 record, the Twins at the All-Star break had the second best record in the American League and topped the Wild Card chase in the AL. The 49 wins are the most for the team at the break since 2008, and it is the first time since 2010 that the Twins had a winning record at the All-Star pause. As for Sano, it’s doubtful he can retain the torrid pace of those first 11 games, but at just 22 years old, his future is indeed bright. Don’t be surprised to see him in the All-Star Home Run Derby one year. And for a footnote, the film crew that made that movie about Sano’s signing tra- vails is on-hand producing a sequel now that Sano has reached the Major Leagues.

continued on page 44

## The Dunes Golf Club Friday Night Scramble

The Dunes Golf & Tennis Club  
Friday Night Scramble results from  
Friday, July 10 are:

1st	Team Perrero	27
2nd	Team Windey	29
3rd	Team Stahl	30*



First place winners: George Sell, Graham Sell and Cheryl Perrero

### SPORTS QUIZ

1. Ron Washington holds the mark for most career wins as manager of the Texas Rangers (664). What was his highest single-season total?
2. In 2014, Neil Walker set a Pittsburgh Pirates record for most home runs by a second base- man (23). Who had held the record?
3. Four NFL teams have been to at least two Super Bowls without winning one. Name three of them.
4. When was the last time before 2014 that the University of Dayton’s men’s basketball team reached the NCAA Tournament Elite Eight?
5. In 2015, Philadelphia forward Jakub Voracek tied an NHL All-Star Game record with six points. Who else holds the mark?
6. Name the last NASCAR Cup driver before Kevin Harvick in 2014-15 to finish first or sec- ond in at least eight consecutive races.
7. Who holds the women’s record in the Open Era for most singles championships at tennis’ U.S. Open?

### ANSWERS

1. His Rangers won 96 games in 2011. 2. Bill Mazeroski, with 19 in 1958. 3. Cincinnati (0-2). Philadelphia (0-2), Buffalo (0-4) and Minnesota (0-4). 4. It was 1984. 5. Mario Lemieux, who did it in 1988. 6. Richard Petty, in 1975. 7. Chris Evert and Serena Williams, each with six titles.



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Bookworms group gathered at the Sanibel Public Library

## Lizards And Zombies Invade Library

Area 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 books.

Weekly children's summer programs, with special presenters on Tuesday afternoons continue through July 28. The 3 p.m. Tuesday afternoon programs are for kids of all ages, with no charge to participate. Call Youth Librarian Barbara Dunkle at 472-2483 ext. 201 for more information. The theme for the July 21 afternoon program is Design! Build! Create! John Storms brings his World of Reptiles presentation to the library on July 28.

"After the reptile program, we will present our donation of books to representatives from Golisano Children's Hospital of Southwest Florida," Dunkle said.

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. On Tuesday, July 21, the library will be overrun with the "undead" on Zombie Night. Glam Smash Book Night is July 28, the final VIP After Hours for the summer.

Ongoing weekly youth summer programs include 10 a.m. Mondays, Toddler Time for 12 months to 2-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. Thursdays at 10 a.m. Bookworms is activities and crafts for 3- to 5-year-olds.

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 5 p.m. the day before the program.

The full youth program schedule is online at [www.sanlib.org](http://www.sanlib.org).

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.

For more information about the Sanibel Public Library, call 472-2483 or visit [www.sanlib.org](http://www.sanlib.org).



John Storms brings his World of Reptiles to the Sanibel Public Library on July 28

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# Petland Critters Visit Rec Center Campers



Kids enrolled in the Sanibel Recreation Center's Summer Day Camp were visited last Friday afternoon by a number of animals brought by Petland in Fort Myers. Here, Petland's Tony Weeks allows the youngsters to pet a bull snake – nicknamed Princess – which is native to the Southwestern United States. photos by Jeff Lysiak



Sherrie Heath of Petland shows of a young rabbit to the campers, who learned about the animal's diet and mannerisms



Sherrie Heath coaxed a parrot called Yoshi to say "Hello" and flap its wings



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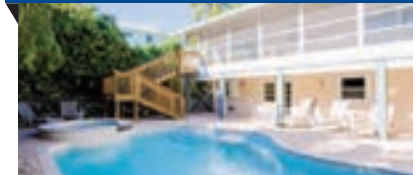
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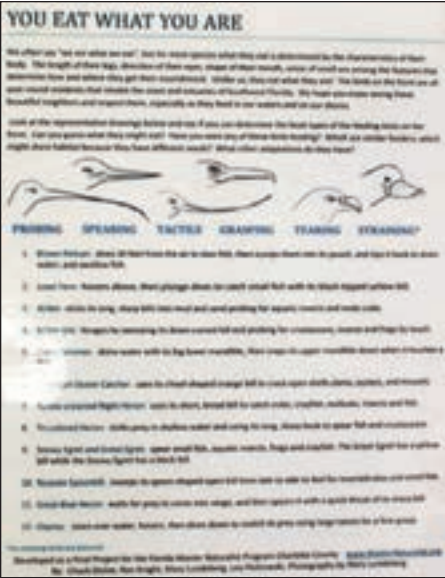
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# Tarpon Bay Explorers' Employee Earns Master Naturalist Certification



Pictures of residential bird species found in Southwest Florida who behave & look specifically to what they eat (Part of Divine's *You Eat What You Are* guide)  
photo by Mary Lundeborg

Tarpon Bay Explorers' employee Chuck Divine recently received the honor of becoming a certified Florida Master Naturalist. Divine completed three core modules: Freshwater Systems, Coastal Systems and Upland Systems to acquire this honor. Divine is a four-year veteran, fee booth professional with Tarpon Bay Explorers.



## Certified Master Naturalist Chuck Divine's final project, *You Eat What You Are*

He is the first smiling face each visitor greets before entering Wildlife Drive within the J.N. "Ding" Darling National Wildlife Refuge. Wildlife Drive inspired his final project for the program, *You Eat What You Are*, a concise guide that helps the beginner birder connect bird behavior, shape and size to its final identification. "You see a lot of bird diversity on Wildlife Drive, so why not create something helpful for visitors to make an accurate I.D. and a more informative experience," explained Divine. Tarpon Bay Explorers is proud that all of their employees, including the few who are not as frequently in the field, aspire to acquire knowledge pertaining to Tarpon Bay Explorers' mission that creates a positive and educational experience for all who visit the refuge.✧



Chuck Divine with his Master Naturalist plaque

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Nikki Rood, center, owner of the Sanibel Sprout, with her helpers Mirella Miville, left, and Claudia Gonzalez

## Café And Juice Bar Is Sprouting In New Directions

by Anne Mitchell

It's been less than a year since Sanibel Sprout uprooted from its original location and moved to Bailey's Center and already this small, independent café and juice bar has put down strong roots not only in the community, but with neighboring merchants and island businesses.

It's a charming gathering place with a family-size dining table in the center sporting a chess set made in Peru depicting Incas and Conquistadores for customers to use.

"We started really, really small and we are still small but we are evolving into a place where there is a dialog and people come in with new ideas of what our relationship to food can be," said Nikki Rood, owner/operator. "That starts with plant-based food and juicing and local, organic farm-to-table ingredients," she added.

Although Rood has been studying and practicing vegan and raw nutrition for many years, she suddenly finds herself in the forefront of a national trend toward healthy eating and of eliminating harmful additives and artificial ingredients to our diets.

"It can't be denied that people are being sickened by processed food," said Rood, noting that the Food & Drug Administration has reversed its stance on trans fat, working to ban it from the food supply.

An example of the symbiosis that's occurring locally is that Margarethe Miville, owner of Captiva Tea Company, has found Sanibel Sprout to be a natural partner for marketing her line of imported, family-grown teas from India and also for her home-fermented kombucha, a tea-based drink rich in probiotics, glucosamine and other healthy ingredients. It comes in various flavors. The teas will be available for consumption in the store as well.

Don't mistake healthy food for bland food. Rood's long experience with raw and vegan food results in a wide variety of dishes, both sweet and savory, that are so artfully crafted that, for instance, sinful-

looking tarts with fresh, vibrant flavors contain raw fruit, nuts and little else.

Richard Johnson, owner of Bailey's Center, is happy to have Rood as a tenant and hopes to offer some of her healthy desserts in Bailey's Store.

"We want to find ways to encourage folks to healthy eating habits," explained Johnson who with his wife Mead is a regular at the juice bar. Furthermore, Johnson said, he has added natural, grass-fed beef to Bailey's meat department.

The Sprout also carries gluten-free cookies from the New England Bakery in North Fort Myers, whose owner delivers a basket of Frogges and Zalentini bars fresh each week.

Another food alliance is with Global Organics that allows customers to sign up for two, six or 12 months for fresh produce. Members receive a weekly email listing the items available and place their orders for pick-up each Wednesday from 1 p.m.

Yet another alliance is with local artist Myra Roberts, whose "Buy Local" artwork is on printed on sturdy canvas bags for sale in the store to replace plastic bags.

This is more than a juice bar, how-



Margarethe Miville, owner of Captiva Tea Company, with daughter Mirella Miville at the tea display at the Sanibel Sprout

ever, with a menu that includes hot lunch items, soups, salads and sandwiches. For example: Raw Vegan Lasagna; Zucchini Pesto Pasta; Portobello Paradise Loaded Baked Potato; Smoked Paprika Hummus & Sprouts; Un-tuna & Sprouts; Island Coconut Quinoa Mexican Salad with Walnut Taco Meat and Cashew Queso; Kale Salad with Creamy Avocado Chipotle Dressing; and Happy Belly Salad.

Something that's proving popular is the weekly Juice Fest – note it's fest, not

fast – that Rood prepares each morning for pick-up.

"You get a breakfast smoothie with plant-based protein at 9 a.m. and a green drink at 11 a.m. and 2 p.m. At 4 p.m. you get another juice like Garden Goddess and pureed soup for dinner," she said. Also included is a packet of vitamins and probiotics, a "good fat," Vitamin B complex and Vitamin C, plus one plant-based elixir such as a ginger shot.

Rood suggests a five-day regime, but some people opt for three days. The cycle begins every Monday and the price is \$45 a day.

"Almost universally they don't have hunger pains and don't feel starved or deprived," she said.

"The point is not weight loss," Rood noted, "but it happens."

Happy hour at the Sprout is Friday from 4 to 7 p.m., when juices and smoothies are half price.

The Sanibel Sprout is at 2463 Periwinkle Way, Sanibel, in Bailey's Center, phone 472-4499; or [www.sanibelsprout.com](http://www.sanibelsprout.com). Hours are Monday to Saturday, 9 a.m. to 7 p.m., closed Sunday, serving breakfast, lunch and dinner, dine-in or carry-out; delivery available.✪

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Will Power

# Death & Debts – Five Things Surviving Family Members Need To Know



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

When a loved one dies, the last thing family members want to do is field calls from debt collectors. If you are the personal representative (executor) of the estate or trustee of your loved one's revocable trust, chances are you will have to deal with your loved one's debts and creditors. But is it your responsibility to pay the debts out of your own pocket?

Here are five things surviving family members need to know:

First, the decedent's estate is responsible to pay off the decedent's debts before distributions are made to the estate beneficiaries. This is true in almost all states, including Florida. If the

personal representative/trustee makes distribution before clearing all of the decedent's creditors as provided under the law, however, then the personal representative/trustee may be personally liable to pay out of his or her own pocket. The estate beneficiaries are generally not responsible for paying off the decedent's obligations.

Second, there is an order to how debts must be repaid. Taxes, funeral expenses, and professional fees to administer the estate are paid first. Next come secured debts such as mortgages or pledged asset loans. Unsecured debts (such as credit card bills, medical expenses and the like) are paid last. If the estate does not have enough money and the personal representative/trustee has followed the correct debt payment priority, then at least some of the creditors will be out of luck, or they may only receive a portion of their money in the form of repayment.

Third, Florida exempts certain assets from the claims of creditors. This includes the decedent's homestead (except secured debt such as a mortgage which remains in place), up to two automobiles owned for personal use, life insurance and certain retirement accounts. One exception to this rule includes taxing authorities, such as the IRS or state departments of revenue, who may be able to collect against those assets. The homestead exemption only inures to the benefit of heirs at law, such as a surviving spouse and/or children. If the homestead is left to a friend, for example, the equity of the homestead could be used to satisfy creditors if no other assets are available for

such purpose.

Fourth, a guarantee of the decedent's debts may leave you liable for them. If, for example, Father guarantees daughter's student loan debts, and daughter dies, then father will likely have the responsibility to repay the lender. Along those same lines, while joint accounts may typically fall outside of the probate process, where a beneficiary is added as a joint-account holder but did not contribute any money or assets to the account, then the account may remain an asset subject to the claims of the decedent's creditors.

Fifth, if you receive debt collection calls you may be able to ignore or report them. You should determine if the claim is valid, and if so, direct the claimant to the attorney for the estate who should be retained to provide the creditor with a proper notice as required by law. If the creditor fails to file a timely claim, it could be forever barred from making a claim against the estate or against the estate's beneficiaries. If creditors are harassing you, then you can report them to the appropriate governmental agencies. The Consumer Financial Protection Bureau also has sample letters on its website you can use, or forms to file a formal complaint.

There are exceptions to all of these general rules, so consult with your loved one's estate attorney before acting. Generally speaking, don't continue to use the decedent's credit cards after his or her death, as sorting out what you might be liable for and what the estate could be liable for becomes fraught with legal difficulties.

Take solace that in most cases you are not responsible for your loved one's debts, so long as you follow the proper legal protocols.

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## School Smart



by Shelley M. Greggs, NCSP

**Dear Shelley,**  
My children are enrolling in a new school next month, where there is a big emphasis on social skills. I hope this doesn't take away from their

academic work. Are social skill classes really that important?

Lucy A., Fort Myers

**Lucy,**

Good social skills are critical to success in life. The extent to which children possess these skills can influence their academic performance, behavior, social and family relationships, and even school safety. Social skills encompass a range of behaviors, such as waiting your turn, asking to use something, joining a group, managing anger or frustration, respecting other people, not interrupting, asking for help, and understanding the social cues of other children.

Most children pick up positive skills through their everyday interactions with adults and peers. However, because of increased negative influences in life today such as media violence and pressures on the family, it is important that teachers and parents reinforce this casual learning with direct and indirect instruction. This is particularly true given the critical role that social skills play in maintaining a positive school environment and reducing school violence. Aggressive or disruptive behavior often occurs because children do not know how to express themselves or respond to classmates appropriately.

Effective social skills programs involve parents and teachers working together. They can be implemented at a school-wide, classroom, family and individual level and always emphasize teaching a desired skill, as opposed to punishing negative behaviors. Adults can reinforce positive social skills a number of ways.

- Praise children when they behave correctly. For children who have particular difficulty, it may be necessary to intentionally "catch" them doing the right thing or create situations in which they can make a good choice.

- Offer alternatives to inappropriate behavior. Explain why the child's first

choice is incorrect and have them practice the appropriate skills before going on with their activity.

- Model good social skills. Children learn through observation. Adults can provide important examples of positive behaviors by how they interact with each other and, importantly, with the children themselves.

- Create a culture that fosters good social skills. School and home environments can affect a child's ability to learn and perform good social skills. For instance, establishment of specific routines for coming into class and getting settled may prevent a student from becoming unruly in the morning. Schools can also provide visual reminders, such as posters and key phrases, throughout the building. Children may have difficulty getting prepared for school each day if there is not a scheduled and structured plan of success.

- Communicate between home and school. Schools should include parents and other caregivers in social skills training and activities so that they can reinforce skills taught at school. They should also work together to develop individualized strategies for a child who has a specific issue or need.

- Focus on all age groups. Adults sometimes overlook inappropriate behavior in young children because they believe that they will "grow out of it." On the contrary, the earlier children start to learn good social skills, the fewer problems they will have as they get older.

- Avoid a "one size fits all" approach. Most children will need a combination of strategies that are matched to their particular needs and backgrounds. For example, students who speak English as a second language might need intensive social skill instruction to promote acculturation and peer acceptance. Children with disabilities might need adaptive curriculum and learning strategies.

- Schools across the country are discovering that integrating social skills into the curriculum has a significant impact on the quality of the school experience. Using many of the same techniques at home and in school results in both settings becoming more positive. We see improved behavior in the classroom, reduced conflicts at recess and lunch, and an increase in students' ability to resolve problems on their own. This translates into fewer referrals for discipline problems and a better learning environment for all students.

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.✉



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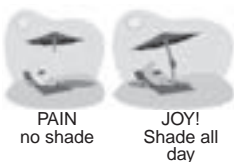
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# What Your Favorite Colors Say About You



by Jeanie Tinch

The psychology of color is fascinating. Every day, there are more and more studies conducted which reveal new information about how color impacts our lives.

For instance, did you know that...

**Red** – Increases the pulse rate, breathing and blood pressure? If you like red, you yearn for the impulsive life. Red is the color of action, love and courage. You are likely to be outspoken, athletic and somewhat fickle.

**Blue** – A wonderful calming color. Did you know that blue actually causes the brain to send off 11 chemical tranquilizers? If you like blue, you are probably a capable, conservative and sensitive person.

**Green** – Mother nature's favorite color. If you like green, you might be fresh, natural and friendly by nature. Green shades tend to evoke a sense of relaxation, comfort and quietness. It also represents

new growth and new beginnings, and can be used as a stress reducing color.

**Yellow** – A stimulating color. People who like yellow tend to be smart and high minded. You might find yourself remaining optimistic in most situations, and are generally enthusiastic about new ideas. You enjoy action, and have the ability to project your ideas well to others.

**Orange** – An exuberant and bold color. Orange lovers tend to be friendly, cheerful and are able to get along with practically everyone. You are social by nature, and hate to be alone. You want the world to be warm and mellow like the glow of a fireplace.

**Purple** – A royal and fantasy invoking color. If you like purple, you could possibly be an artist at heart. You like to surround yourself with talented people and tend to be very free spirited by nature.

**Brown** – A warm and comforting color. Brown lovers are often conscientious, and steady in their ways. You tend to be very interested in genealogy and home. The company of your family is paramount in your life.

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

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Doctor and Dietitian

# Summer Grilling And Food Additives



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

Who doesn't love a summertime potluck with friends? Whether you are hosting or attending, it is best to make everything fresh and from scratch. At a recent gathering, each of us made some tasty side dishes and one friend said she would make homemade cheeseburgers as the main protein dish.

All of the sides contained fresh veggies, fruit, whole grains, legumes and fresh herbs. Not only were they healthy, but delicious! However, when I saw the package the burgers came in, I became suspicious.

Every time I make homemade burgers, I purchase ground sirloin or ground beef and add some onions, salt, pepper, garlic

or even some other fun things like olives and jalapenos. Unfortunately, my friend was trying to save time and purchased pre-made burgers in a box. Though I have never purchased these, I thought they would just be made of beef and pressed into patties. However, there were many more ingredients: beef, beef liver, soy, soy protein isolate, monosodium glutamate and seasonings.

Being extremely sensitive to chemicals in foods, particularly monosodium glutamate (MSG), eating a simple burger could mean feeling miserable all day. For those who have sensitivities to MSG, reactions may include migraines and facial swelling, among many other symptoms. It just goes to show, you need to look at the labels, especially if you are serving a group of people who may have food sensitivities. Soy protein isolate and seasonings can also contain MSG or other chemicals.

For those of you who love whipping up burgers and enjoy grilling in the summer, be cautious about purchasing pre-made burgers and other boxed food by checking labels. Saving time by purchasing pre-made products may be detrimental to your health. Instead, give homemade burgers a try. You can add your favorite ingredients, plus, you know exactly what's in them.

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

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From page 36

# Former Miracle Miguel Sano's Major League Debut

## Miracle 12-7 In Season's Second Half

The Fort Myers Miracle began the week with a second-half season record of 12-7 and a second-place standing in the Florida State League South Division, one game behind first-place Palm Beach.

Through Monday, Fort Myers had a winning record of 8-5 for the month of July. Catcher Alex Swim leads the team in hitting with a .308 average while 6-foot, 10-inch Aaron Slegers anchors the pitching with a 6-5 record and a 2.99 ERA in 99 innings pitched.

Fort Myers begins a three-game homestand Sunday against Jupiter. First pitch is 4:05 p.m.

From page 9

# Comedy Night

- Mike Scott – Lee County Sheriff
- Dr. Glenn Whitehouse – FGCU

Associate Dean, Planning & Assessment

Audience members will "vote" for the best comedic performance by placing cash or checks in containers labeled for each comic.

To help the celebrity comics prepare for the evening, Sam Walch, a professor at Florida Gulf Coast University, is working with them individually to perfect their routines. Walch is a former touring stand-up comedian who teaches comedy and public speaking in the Communications Department at FGCU.

Individual tickets may be purchased at [www.saluscarecomedyntnight.org](http://www.saluscarecomedyntnight.org) or by calling 791-1575. Tickets for individual seats are \$100 each and include heavy hors d'oeuvres, beer and wine in theater-style seating. All tables have been sold.

Funds raised at the event will be used to provide outpatient psychiatry and therapy to children and adolescents in our area whose families can least afford it. One in 10 children has serious mental health problems severe enough to impair how they function at home, in school, or in the community, according to the National Center for Children & Poverty at Columbia University. Left untreated, mental illnesses can lead to more difficult to treat illnesses and to the development of co-occurring disorders.

# HealthPark Named One Of The Most Beautiful Hospitals In The U.S.



HealthPark Medical Center

**H**ealthPark Medical Center ranked fifth in the Top 20 Most Beautiful Hospitals in the U.S. for 2015 by Soliant Health, a leading provider of specialized healthcare staffing services whose travelers have observed the link between beautiful hospitals and pleased patients as they work in facilities around the country.

HealthPark Medical Center may be among the top 100 U.S. hospitals for cardiology and intensive care, but it was beautifully designed, both inside and out, to create an environment which promotes healing and comfort for patients and their families. Visitors and patients are removed from the clinical setting by an atrium that brings Florida's natural beauty and sunlight indoors. It is also home to a new fresh-food café featuring rounded dark-wood counters, glass-encased carving stations, and lustrous flooring that has its patrons comparing it to a cruise ship or luxury hotel.

"We are honored to be recognized as one of the most beautiful hospitals in the nation. Being in a clinical environment can be stressful for patients and their loved ones. Having such a beautiful, healing setting can take you away from all that and help in a patient's recovery," explained Donna Giannuzzi, Chief Administrative Officer for HealthPark Medical Center. "Working here is something the staff is proud of. We take pride in our hospital, and more importantly, we take great pride in the care we provide."

Coming in fifth with 14,345 votes, HealthPark Medical Center is more than just a pretty place. It boasts an impressive top-notch cardio-thoracic program and houses the only children's hospital between Tampa and Miami, saving countless families from the added expense and hassle of travelling for care. It also houses cutting-edge technology, including advanced diagnostic imaging and an expansive surgical department. Being among Healthgrades' America's 50 Best Hospitals signifies a higher quality of care and lower risk of complications.

Soliant Health's 7th annual list of the 20 Most Beautiful Hospitals in America were chosen through an online voting process. This year, Soliant received a record-breaking 388,505 votes, making 2015 the most successful year in its contest history. HealthPark Medical Center ranked fifth in the nation despite greater competition than ever before.

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To learn more about Soliant Health's Top 20 Most Beautiful Hospitals in the U.S., visit <http://blog.soliant.com/most-beautiful-hospitals/2015>.

## Foundation Launches Post-Stroke Initiative

**T**he Stroke Research Foundation is hosting its first launch party on Sunday, July 26 from 3 to 5 p.m. to familiarize the Southwest Florida community with the foundation's mission of improving post-stroke lifestyles.

The launch party will be held at The Community House, located at 2173 Periwinkle Way on Sanibel. Wine and cheese will be served. Admission is free but registration is required at Friends@StrokeRF.org or call 254-8266. RSVP by Friday, July 25.

Guest speaker Bob Mandell will speak about his new book, *Stroke Victor, How To Go From Stroke Victim To Stroke Victor*. He will share stories and little-known therapies that made a significant impact in his recovery during his talk, *From Nursing Home Bed To America's Cup Yacht - Conquering A Stroke*. Mandell, a resident of Naples, is the founder of The Stroke Research Foundation.

People erroneously believe that stroke is an elder disease. However, based on the most recent data, more than one-third of new diagnoses apply to patients under 65. In fact, stroke is the number



**Bob Mandell**

one long-term disabling disease. There has been little privately funded research given the magnitude and seriousness of the disease.

The Stroke Research Foundation's mission is to improve post-stroke lifestyles by promoting a range of therapeutic modalities and addressing the underfunding of rehabilitation research. The foundation is a Florida 501(c)(3) charitable organization under IRS regulations. Find out more online at <http://strokeRF.org>.



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Eden Energy Medicine

Thump To Jump – Tap Or Press K-27s



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

To boost all of your nine energetic systems to jump start your day, tap, buzz or press the K-27 points, which is one of the four

thumps, which thumps are part of the Daily Energy Routine, taking about five minutes to complete. To place the K-27 thump in perspective, some of the energetic systems activated when you thump (and with which you may be familiar) include:

- The Meridians – Energy pathways serving the “blood stream” of our energetic system. Each meridian runs on the surface of the skin, but also deep inside the body bringing energy to the organ for which it is named, impacting us physically and emotionally.
- The 5 Rhythms – Reflect the rhythmic pulse of life, providing a framework to view chronic health issues, personality characteristics and emotional patterns.
- Chakras – Spiraling disks that store and process the body’s energies, providing fuel for all organs and systems of the body. Together with meridians, they govern the endocrine system.



Jet lag chart from EEM book page 145

• Aura – Surrounds the body with seven nested fields and seven concentric bands connecting us to and protecting us from the environment. They act as our antenna.

The K-27 acupressure point is the end point on your kidney meridian (the beginning point is on the bottom of your foot). In Chinese medicine, the kidney meridian is believed to conduct the vital energy from the Earth through the meridian for distribution to other meridians.

To locate the K-27 points, place your fingers on the collarbone, move them inward until touching the L-shape edge of the collarbone, then slide your fingers down about an inch to locate the points.

The Thump To Jump technique is easy. Use several fingers or knuckles to tap or thump the K-27 points vigorously for 15 to 20 seconds on both sides of the body (at the location as shown in the picture). Do this daily as part of the 5 Minute Routine or whenever you need an energetic boost.

Have fun with your energy! Next week’s topic is Thymus Thumping Boosts Immune System.

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

Mom And Me



by Lizzie and Pryce

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

**Dear Mom & Me,**

I am in a canasta group with 20 other women. We meet weekly in one another’s homes. We have all retired to this historic town from all different parts of the country.

One of our member’s husbands was an admiral with the U.S. Navy, and they have a dog that is very much a part of their lives. Every time we go to their

home, the admiral is constantly saying, “Does the admiral’s doggie want his lunch?” or “Does the admiral’s doggie want to go out for a walk?” or “I think the admiral’s doggie wants to go out and play.”

We are all very aware that he had a very successful career, but we are fed up with listening to him. How do you suggest we cope with this type of behavior.

Della

**Dear Della,**

I think the admiral is having a very difficult time dealing with his loss of status. Many very successful people do and some succeed and others just cannot adjust to being an ordinary person again.

Since you only meet at his home about every five months, I would suggest that you just put up with it, for his wife’s sake. And be glad you don’t have to live with him.

Lizzie

**Dear Della,**

Most of us with animals have silly ways of talking with our animals. I am sure if anyone heard how I talk to my dog, they would conclude that I am.. well, abnormal. I think the man is just talking to his dog.

Who knows? Maybe referring to the dog as the “admiral’s doggie” is an inside family joke.

Pryce

Lizzie and Pryce’s email address is [momandmeaging@hotmail.com](mailto:momandmeaging@hotmail.com).\*

Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** I have been dating someone for about a month and I have noticed some behaviors that I am not sure about. I think he drinks too much sometimes and he gets aggressive. I also noticed that he talks a lot about himself and never really asks me about my interests. What do you think?

**A:** The fact that you are writing about these concerns is an indication that

you are questioning if this is a person worthy of you continuing to see. When you notice such behaviors that you are addressing, it is a red flag. While someone may say certain things, it’s important to watch their behavior as their actions do speak louder than words. Most importantly, you have to be able to trust yourself and listen to that inner voice. Your inner guidance system will never lead you astray. If this persons behavior makes you uncomfortable, ask yourself, why am I going out with him? Is it really worth it to me?

You know the answer within. Pay attention and you will know the right thing to do for your highest good.

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](mailto:constanceclancyfisher@gmail.com).\*

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dearPharmacist

## How DHEA Optimizes Health, Improves Fertility



by Suzy Cohen, RPh

**Dear Pharmacist:**

Infertility is becoming widespread these days, but in the early 1900's, families with five children or more were commonplace. A century later, we now have fertility

clinics available to women who want to just have one child. Infertility treatment is expensive and painful for couples who often become desperate after years of failed treatments. One common overlooked reason is low DHEA levels. DHEA is short for DeHydroEpiAndrosterone.

This is the "fountain of youth" hormone and it's a natural adrenal hormone which peaks at age 25, then steadily declines as we age. DHEA can be converted into testosterone and estrogen. Less DHEA means less of these sex hormones. Blood or saliva tests are available to gauge DHEA levels which must be in balance with other adrenal hormones, especially cortisol. High cortisol will cause you to hold on to belly fat.

Cortisol goes up in response to stress. Remember, these two are supposed to be

in balance, like a see-saw. So you can see where I'm going with this. Cortisol climbs up and up in many women given the fast paced 21st century non-stop information overload, lack of sleep, caffeine, work-related stress, financial obligations or relationship stress. When it comes time to have a baby, cortisol could be high while DHEA levels may be seriously tanked! Some signs and symptoms include bad PMS (premenstrual syndrome), fatigue, brain fog, mood swings or high cholesterol.

But wait, the fertility doctor told you it was a low count of eggs. Yes, that could be true; it's technically termed "Low Functional Ovarian Reserve" or LFOR, which could occur from aging ovaries. At puberty, you may have had 250,000 to 500,000 eggs, but by age 37 perhaps there are 25,000 eggs, and by the time you hit menopause you may have less than 1,000 eggs. If you have LFOR, a specialist in this field will often complement in-vitro fertilization (IVF) with DHEA supplements and/or testosterone medications. According to a recent study published in the *Journal of Ovarian Research*, research supports it. Female participants received 75 mg of DHEA for three consecutive menstrual cycles prior to IVF experiences. Those who received DHEA had more embryos leading to more successful pregnancies. But don't supplement with DHEA by yourself, dosing is dependent on many factors, especially genes which I study every day.

Your response and metabolism of DHEA is dependent on your personal genetic variants meaning supplementation

can be good or bad depending on your genes.

Cellular and animal studies show that SNPs in any of the following genes affect your metabolism of DHEA: Aromatase, steroid 5 $\alpha$ -reductase, sex-hormone binding globulin (SHBG), fragile X mental retardation protein and breast cancer type 1 (BRCA1 gene) can affect levels of androgens in women.

Short of screening yourself for all

potential genetic variants, I think it's better for you to just do hormonal assessments to see if you have low DHEA or low testosterone.

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

## FSW Supervision And Management Program Offers New Degree Focuses

Students in Florida SouthWestern State College's (FSW) Supervision and Management bachelor degree program can now choose one of four new areas of focus:

- Accounting
- Retail Management and Marketing
- Entrepreneurship
- Health Services Administration

"Previously, students followed a general track, which focused on some aspects of each area," said Dr. John Meyer, dean, School of Business and Technology. "Now, if they have a particular interest in one area, we can customize a plan for them through our School of Business and Technology while Health Services Administration is offered in conjunction with FSW's School of Health Professions."

These four areas were identified as being some of the greatest needs for local employers through Workforce Now, a regional research initiative to identify current and future talent requirements for the five counties of Southwest Florida. The initiative is designed to provide better information on workforce gaps including skills and characteristics desired by regional employers.

"FSW's Supervision and Management degree is one of the most popular degrees we offer," Dr. Meyer added. "The degree is convenient, accelerated, versatile, and prepares students for managerial positions in virtually any organization. A graduate of any associate in arts or associate in science program is eligible to enroll in the bachelor's degree program and emerge with exactly those credentials employers say they want."✱

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# My Stars ★★★★★

FOR WEEK OF JULY 20, 2015

**ARIES** (March 21 to April 19) Starting something new is always exciting for the adventurous Aries. And here's the good news: This time you might be able to get some assistance in helping you finish what you've started.

**TAURUS** (April 20 to May 20) Put your daydreaming penchant on hold for now, and face the facts as they are, not as you'd like them to be. Your customary hardheaded approach to "deals," etc., is called for.

**GEMINI** (May 21 to June 20) Problems beyond your control might delay some of your plans. But things should start to get back to normal by midweek. The weekend could bring an unexpected (but welcome) visitor.

**CANCER** (June 21 to July 22) It's a good time to buckle down and tackle those unfinished tasks so you'll be ready to take on other projects. The week's end could bring an invitation from a most surprising source.

**LEO** (July 23 to August 22) Mixed signals could create a few stressful moments for the Lion. But by midweek, explanations should help ease the tension. The weekend is party time! Share it with someone special.

**VIRGO** (August 23 to September 22) This is a good "catching up" week for finishing tasks, calling old friends and maybe reading that book you haven't opened yet or renting that movie you wanted to see again.

**LIBRA** (September 23 to October 22) Money matters should be worked out, even if it takes time away from a more romantic situation. Better to settle things before feelings turn hard and angry on all sides.

**SCORPIO** (October 23 to November 21) A job-related problem could turn out to

be less troublesome than it seemed at first. Just a few moments of talk 'twixt the parties resolves everything to everyone's satisfaction.

**SAGITTARIUS** (November 22 to December 21) The Sagittarian Archer takes aim at health and fitness issues this week. Watch your diet, and try to put more exercise time into your typically busy schedule.

**CAPRICORN** (December 22 to January 19) As you continue to focus on a career or job change, it's a good time to look over some of your rarely used skills and see where they can fit into your future workplace plans.

**AQUARIUS** (January 20 to February 18) A loved one's health might be worrisome, but there's good news by midweek. Expect people who share your ideas and your goals to try to contact you by the week's end.

**PISCES** (February 19 to March 20) A colleague's request that makes the typically perceptive Pisces feel uncomfortable is a request you probably will want to turn down. The weekend favors family get-togethers.

**BORN THIS WEEK:** You have a gift for making others feel warm and wanted. Even newcomers will feel like old friends.

## THIS WEEK IN HISTORY

- On July 26, 1775, Congress establishes the United States Post Office and names Benjamin Franklin the first postmaster general. While postmaster, Franklin streamlined postal delivery with properly surveyed and marked routes from Maine to Florida, the origins of Route 1.

- On July 23, 1878, gentleman bandit Black Bart robs a Wells Fargo stagecoach in California. At the next robbery he left behind a handkerchief. Through a laundry

mark, Pinkerton detectives traced the handkerchief back to Charles Bolton, an elderly man in San Francisco. Bolton confessed to being Black Bart.

- On July 24, 1915, the steamer Eastland overturns in the Chicago River, drowning more than 800 of its passengers. The disaster was caused by serious problems with the boat's design. The Eastland capsized next to the dock, trapping hundreds of people on or underneath the large ship.

- On July 21, 1959, Elijah Jerry "Pumpsie" Green makes his Boston Red Sox debut, becoming the first black ever to play for the Red Sox, the last team in the major leagues to integrate.

- On July 25, 1965, singer-songwriter Bob Dylan rocks the world of folk music when he performs at the Newport Folk Festival and abandons his acoustic guitar for an electric one. By going electric, Dylan eventually moved rock and folk music closer together.

- On July 20, 1972, a U.S. government study disputes consumer advocate Ralph Nader's charges against the Chevrolet Corvair. Conducted by the National Highway Traffic Administration, the two-year study concluded that 1960-63 Corvairs were at least as safe as other cars sold in the same period.

- On July 22, 1990, American cyclist Greg LeMond wins his third Tour de France after leading the majority of the race.

## STRANGE BUT TRUE

- It was 19th-century French journalist, preacher and political activist Jean-Baptiste Henri-Dominique Lacordaire who made the following sage observation: "Neither genius, fame nor love show the greatness of the soul. Only kindness can

do that."

- Walt Disney wanted at first to use the name "Mickey Mouse Park" for what we now know as Disney World.

- The first successful human organ transplant occurred in 1950. It was a kidney.

- You might be surprised to learn that manatees have fingernails on their flippers. Flippinails, perhaps?

- Thanks to the schedule of the American school system, U.S. sales of peanut butter increase dramatically in September and suffer an equally dramatic drop in June.

- If you've ever gone to a shoe store and had your foot measured to determine length, width and arch length, you might be interested to learn that the gadget used to make such measurements is called a Brannock device. Charles F. Brannock, the son of a shoe industry entrepreneur, patented his first prototype in 1926, and his invention is still the industry standard. Some early models are even featured in the Smithsonian Institution.

- In India of long ago, it was considered ideal for a man to be three times the age of his wife.

- Those who study such things say that the younger you are, the longer your baths tend to be.

- A friend of Sir Isaac Newton first came up with the symbol we use to represent the concept of infinity, but he originally meant it to mean a very small quantity.

- Until 1836, the river that formed the border between the United States and Mexico was not the Rio Grande; it was the Colorado.

## THOUGHT FOR THE DAY

"Criticism is prejudice made plausible."

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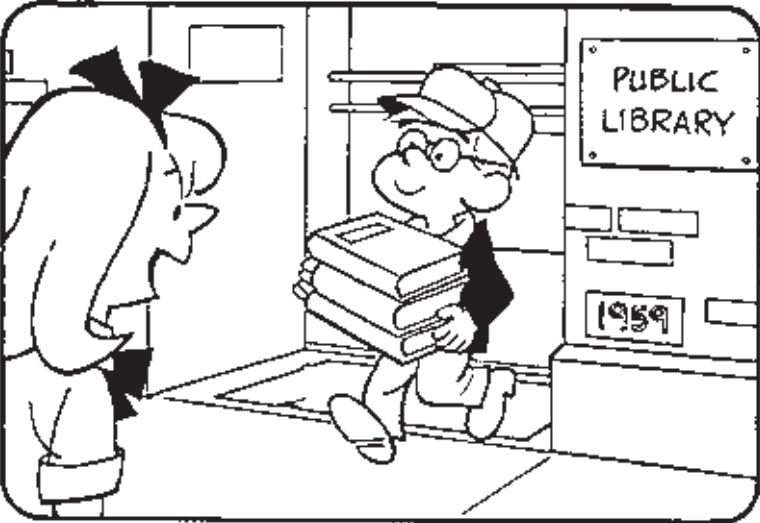


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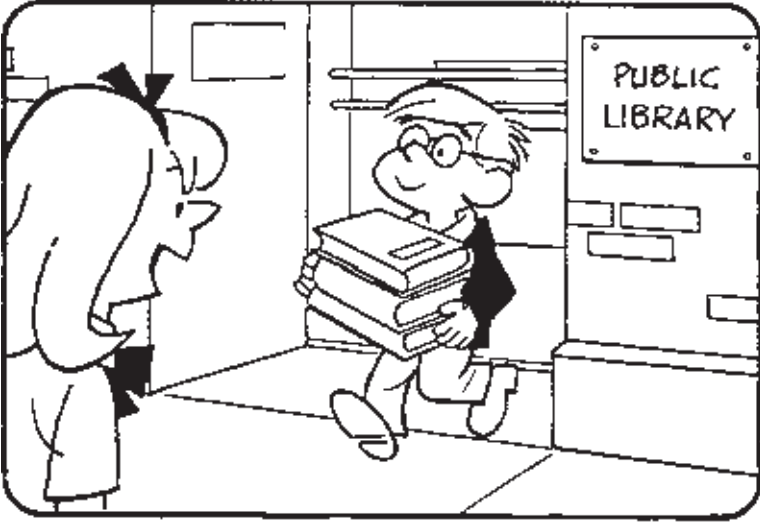
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HOCUS-FOCUS

BY  
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Bow is smaller. 2. Sleeve cuff is missing. 3. Cap is missing. 4. Book is reversed. 5. Mat is missing. 6. Cornerstone is missing.



"Think they'll ever come up with a 36-24-36?"

SCRAMBLERS

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

Bloom  
LOWFER  
Liberal  
ROSEPUF  
Blunt  
TRICED  
Little  
LIMBEN

TODAY'S WORD

answer on page 51

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

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Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Fort Myers	Fort Myers	1969	3,713	\$1,195,900	\$1,196,000	9
Fort Myers	Fort Myers	2006	6,343	\$1,150,000	\$1,110,000	63
Siena	Miromar Lakes	2005	2,673	\$825,000	\$790,000	41
Beachview Country Club Estates	Sanibel	1994	2,039	\$710,000	\$695,000	559
Cape Coral	Cape Coral	1998	2,140	\$724,900	\$675,000	148
Savona	Fort Myers	2014	2,584	\$644,524	\$637,500	484
Pine Island	Bokeelia	2001	2,139	\$697,000	\$637,000	66
Parkridge	Fort Myers	2003	3,100	\$644,900	\$625,000	73
Cape Coral	Cape Coral	2002	2,610	\$649,900	\$610,000	158
Santa Lucia	Estero	2007	2,788	\$609,900	\$605,000	74

Courtesy of Royal Shell Real Estate

NOW HERE'S A TIP

- To keep the kids' word skills fresh over the summer, we are playing sight word bingo practically every day now. It was really easy to make and laminate bingo cards. And I use the flash cards we got from school to "call" the words. Bingo is a win-win! -- JoAnn
- "In my house, we love straws. Because we're

into recycling, we make sure to get the most out of each one. I keep a small jar at the sink, where we rinse straws before setting them in the jar to dry. Reuse at will." -- F.O. in Pennsylvania

- "Is there too much food left at the end of the party? When throwing a potluck, make sure you remind your guest to bring some take-home containers. Have them fix a few containers of "seconds" and store them in a big cooler

by the front door. Hang a few take-out bags on the doorknob, and your pals won't forget to take their goodies home!" -- M.W. in Florida

- Kids clamoring about whose turn it is? No fear. You've got the solution in your desk drawer. Simply write each child's name on a self-stick note, and stack them. The kid on top takes the first turn, and then peels his or her name off and moves it to the bottom. Easy peasy.
- Going on a road trip this summer? Check

your tire pressure to save money. Maintaining the correct tire pressure can have a direct effect on how many miles you get to the gallon. It can save you in everyday driving, but it really adds up when traveling longer distances. Check your car's manual for the correct pressure. Or, some cars have a sticker in the doorwell or glove box with that information.

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SUDOKU

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

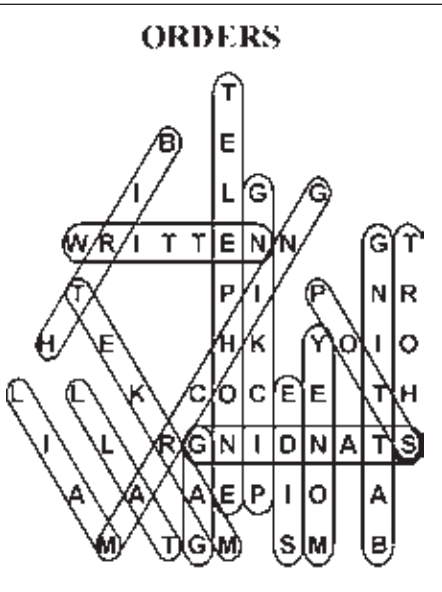
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ION WAS IEPH FATING  
LOVE ANT VARRIAGE STATE  
KNEELS AGE UNITE  
SIL LIE FL NIS NIPS  
ENTERS N BLACK EYED BEE  
RES TWO NOONE NEL USA  
SH PPI NG FLEA ATTEMPTS  
TIO SCOLDS OLE VAR  
UNS B OFA SA OON  
MEARA RIGGRFISHTOFLY  
ELMONT OHARE COEE S  
SEENOWEEVIL RAYE ANE  
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IN T ROACH FORTH STARS  
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KING CROSSWORD

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ORE ALMA OTIS  
SOLENOID WEEP  
ENERGY ICE  
RED SOLEMN  
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**239-579-0511**  
\*RS 1/4 CC TFN

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

SEASONAL RENTAL

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

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

ANNUAL RENTAL WANTED

**ANNUAL RENTAL WANTED**  
Medical professional, wife and 1 high  
schooler looking for 1-2 yr. annual rental  
2-3 bedroom w/garage. Previous Sanibel  
homeowner for 8 yrs, excellent references.  
(810) 471-0025  
\*NS 6/26 CC 7/31

**ANNUAL RENTAL WANTED**  
Retired couple with 25lb house broken  
6 year old Cocker Spaniel. Furnished  
non-smoking house or condo preferable.  
Excellent references.  
Jim 303-523-8775  
\*NS 7/10 CC 7/31

ANNUAL RENTAL

**ANNUAL RENTALS  
SANIBEL**  
**BAY FRONT RESIDENCE**  
This spectacular Bay Front home  
offers Panoramic Views of the Bay,  
4 bedrooms + maid's quarters, large  
garage, pool on Bay and UF.  
\$5,200/mo.  
 **472-6747**  
**Gulf Beach Properties, Inc.**  
Paul H. Zimmerman, Broker/Owner  
Serving The Islands Rental Needs Since 1975  
\*RS 7/17 BM TFN

**SUNDIAL BEACH AND  
TENNIS RESORT CONDO**  
Ground floor, one bedroom, screened lanai  
just steps to the beach. Freshly painted.  
Please call for details.  
Claudia 917-208-6018.  
\*RS 7/17 CC 8/28

SERVICES OFFERED

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

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

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

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

SERVICES OFFERED

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

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

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

**HOME/CONDO WATCH  
CONCIERGE SERVICES**  
Dorado Property Management  
\* Island Resident \* Licensed & Insured  
\* 24/7 \* www.doradoproperty.com  
Call Lisa or Bruce at 239-472-8875  
\*RS 3/21 CC TFN

HELP WANTED

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

**VOLUNTEERS NEEDED  
IMMEDIATELY**  
The Senior Companion Program  
provides volunteer opportunities to  
seniors 55 yrs. old and older, to offer  
companionship & friendship  
to frail elderly individual who are  
homebound and generally living alone.  
These volunteers serve 20 hours each  
week and receive a small non-taxable  
stipend, of \$2.65 per hr. and .40 a mile  
for travel, on-duty insurance, as well  
as annual health screening.  
Please call the Dr. Piper Center  
at (239) 332-5346  
ask for Jonah or Lourdes.  
\*NS 2/20 NC TFN

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

## HELP WANTED

### HELP WANTED

Elderly Couple on Captiva Island looking for a seasonal (Nov. till June) partial/full time help as live in's, with separate guest cottage living supplied. Could be a couple and we will provide car for appointments.

Full job description will be sent and provided when resume and references are supplied by mail to PO Box 729, Captiva FL 33924.

★NS 7/17 CC 7/31

## LOST AND FOUND

### LOST CAT

Black and White.

Last seen East End of Island, Yachtsmans Drive. Reward.

Please call 239-224-8471 or 277-0058.

★RS 6/19 CC TFN

## BOATS - CANOES - KAYAKS

### DOCKAGE

Hourly, Daily, Weekly and Monthly.

Captiva Island 472-5800

★RS 1/4 NC TFN

## VEHICLES FOR SALE

### GOLF CART FOR SALE



Street legal, "gas" powered. \$6,500. 239-209-6500

★NS 7/17 BM TFN

### HAIR STYLIST BOOTH RENTAL AVAILABLE

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

★RS 3/13 CC TFN

### JERRY'S FOODS WAITRESSES OR WAITERS

Looking for experienced Waitresses or Waiters with open availability Monday through Sunday. If interested call and ask for Kim 472-9300.

★NS 5/29 CC TFN

### VOLUNTEERS NEEDED

The Bailey-Matthews National Shell Museum needs Education and Great Hall volunteers. No experience necessary, will train. Please contact Melanie at (239) 395-2233 ext 11.

★NS 7/11 NC TFN



**GARAGE • MOVING • YARD SALES**

### ESTATE SALE BEHIND PERIWINKLE PLACE

1990 Sunrise Cir-SANIBEL  
Player Piano, Furniture, Electronics, collectibles, housewares & MORE!  
Sat. July 18, 8:00AM-1PM

★NS 7/17 CC 7/17

## FOR SALE

### MAINE COON KITTENS

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

★NS 4/3 CC TFN

### Shore Fishing:



### Don't Harm The Fish

by Capt. Matt Mitchell

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

- Hold the fish in the water while you unhook it if you're going to release it.
- The less you can touch a fish before release the better for the fish.
- If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.
- Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.

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

## LIVE ON THE ISLANDS

**The Crow's Nest Beach Bar & Grille at 'Tween Waters Inn** has live entertainment with Steve Farst Trio on Friday and Saturday. Crab shows are on Mondays and Thursdays.

**The Jacaranda** has live entertainment on Friday and Saturday with Cruzan Vibes, playing reggae and dance. Renata plays funk, jazz and contemporary on Monday. On Tuesday, it's Sir Mitch, playing classic rock, R&B and dance. Wednesday is Barbara Dexter, playing contemporary, oldies and current hits. Thursday is Eric Malibu, playing contemporary, reggae and dance.

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

Monday; Perry English plays on Tuesday; and Gene Federico plays on Wednesday.

**Sea Breeze Café at Sundial Beach Resort & Spa** has island style live entertainment on Mondays from 5:30 to 8:30 p.m.

**Traditions on the Beach at Island Inn** has live music Friday and Saturday with Joe McCormick and Marvella Marzan, playing classic R&B, jazz and pop. Woody Brubaker performs jazz and pop on Wednesday. Joe McCormick and Marvella Marzan play on Thursday.

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

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

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

## Cycling Safety Notes

Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous



**SANIBEL BICYCLE CLUB**

Pets Of The Week



Koro ID# 612878



Jet ID# 627676

My name is Koro and I'm a volunteer favorite at the shelter. They say I have a magnetic personality. Why not pay me a visit and see what all the talk is about. I would love to play fetch with you and if you like the water as much as I do, we could be great buddies. My adoption fee is \$40 (regularly \$75) during Animal Services' Red, White or Blue adoption promotion.

I'm Jet and there's nothing remarkable about how I ended up at the shelter. I'm just one of over a thousand kittens that have arrived here in the last two months. You can make a remarkable difference in my life, however. Just give me a forever loving home. You may also want to consider adopting one of my buddies too, since cats and kittens are 2 for 1. My adoption fee is \$30 (regularly \$75) during Animal Services' promotion.

For information about this week's pets, call

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

The shelter is open for adoptions from 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.

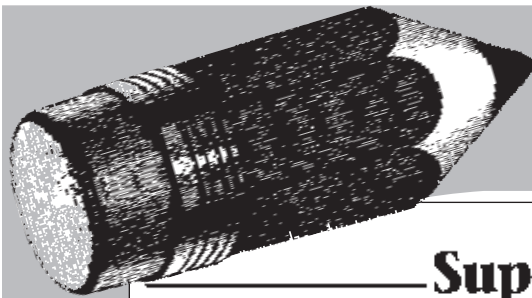
All adoptions include spay/neuter surgery, age-appropriate vaccinations, rabies vaccination and county license if three months or older, flea treatment, worming, heartworm test for dogs six months and over, feline AIDS and leukemia test for cats, training DVD, 10-day health guarantee, and a bag of Science Diet pet food.

The adoption package is valued at \$500.\*

Island Sun  
NEWSPAPER  
Sanibel & Captiva Islands

CALLING CARD 239-395-1213

Emergency .....	911
Sanibel Police .....	472-3111
Lee County Sheriff's Office .....	477-1200
On Call Captiva Deputy .....	477-1000
Fire Department - Sanibel .....	472-5525
Fire Department - Captiva .....	472-9494
Florida Marine Patrol .....	332-6966
Florida Highway Patrol .....	278-7100
Poison Control .....	1-800-282-3171
Chamber of Commerce .....	472-1080
City of Sanibel .....	472-4135
Administrative Office .....	472-3700
Building Department .....	472-4555
Planning Department .....	472-4136
Library - Sanibel .....	472-2483
Library - Captiva .....	239-533-4890
Post Office - Sanibel .....	472-1573
Post Office - Sanibel (toll free) .....	800-275-8777
Post Office - Captiva .....	472-1674
Sanibel Community Association .....	472-2155
Center 4 Life - Senior Center .....	472-5743
ARTS	
Arcade Theater .....	332-4488
Art League Of Fort Myers .....	275-3970
BIG ARTS - Barrier Island Group for the Arts .....	395-0900
Broadway Palm Dinner Theatre .....	278-4422
Fort Myers Symphonic Mastersingers .....	288-2535
Gulf Coast Symphony .....	472-6197
Lee County Alliance for the Arts .....	939-2787
Naples Philharmonic .....	597-1111
The Herb Strauss Schoolhouse Theater .....	472-6862
Sanibel Music Festival .....	336-7999
Sanibel-Captiva Art League .....	472-4258
SW Florida Symphony .....	418-0996
CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc. ....	565-7872 or 433-7798
American Legion Post 123 .....	472-9979
Angel Flight SE .....	1-877-4AN-ANGEL
Audubon Society .....	472-3744
CHR Community Housing & Resources .....	472-1189
Community Foundation of Sanibel-Captiva .....	274-5900
CROW - Clinic For The Rehabilitation of Wildlife .....	472-3644
FISH of Sanibel - Friends in Service Here .....	472-0404
Sanibel Island Fishing Club .....	472-8994
Horticultural Society of the Islands .....	472-6940
Horticulture and Tea Society of Sanibel and Captiva .....	472-8334
Kiwanis Club .....	677-7299
League of Women Voters .....	sanibelLWV@gmail.com
Lions Club, Tom Rothman .....	395-3248
Master Gardeners of the Islands .....	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie ....	395-9232
Newcomers .....	472-9332
Notre Dame Club of Southwest Florida .....	768-0417
Optimist Club .....	472-0836
PAWS .....	472-4823
Rotary Club .....	472-7257 or 472-0141
Sanibel Bike Club .....	sanibelbicycleclub.org
Sanibel Beautification Inc. ....	470-2866
Sanibel-Captiva Orchid Society .....	472-6940
Sanibel-Captiva Power Squadron .....	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus .....	395-1202
Sanibel-Captiva Shell Club .....	395-1770
Sanibel Youth Soccer .....	www.sanibelsoccer.org 395-2040
United Way of Lee County .....	433-2000
United Way 211 Helpline 24 hour .....	211 or 433-3900
Zonta Club .....	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews Shell Museum .....	395-2233
JN "Ding" Darling National Wildlife Refuge .....	472-1100
Sanibel Historical Museum & Village .....	472-4648
SCCF Sanibel-Captiva Conservation Foundation .....	472-2329
To be listed in calling card email your information to: press@islandsunnews.com	



# BEACH CHAIR PASTIME

answers on page 51

## Super Crossword

### BUG-INFESTED

#### ACROSS

- 1 Subject to quizzing  
9 Analyzed as ore  
16 A little of a lot  
20 Not positive about  
21 Placards and posters  
22 Scheme  
23 Insect from Fast Sussex?  
25 Bucket  
26 Mechanical twisting  
27 Singer Young  
29 Thurman of "Bo Am"  
30 Calo's 2,002  
33 Ho-hum grades  
34 Insect enjoying a novel?  
38 Try charged thing  
39 Had life  
40 Plans tent  
42 Diner activity  
43 Think it's lemmie when insects wed?  
48 Iowa, for one  
49 Bell sounds  
50 It's just a number  
51 Form a bloc  
53 Use a rough

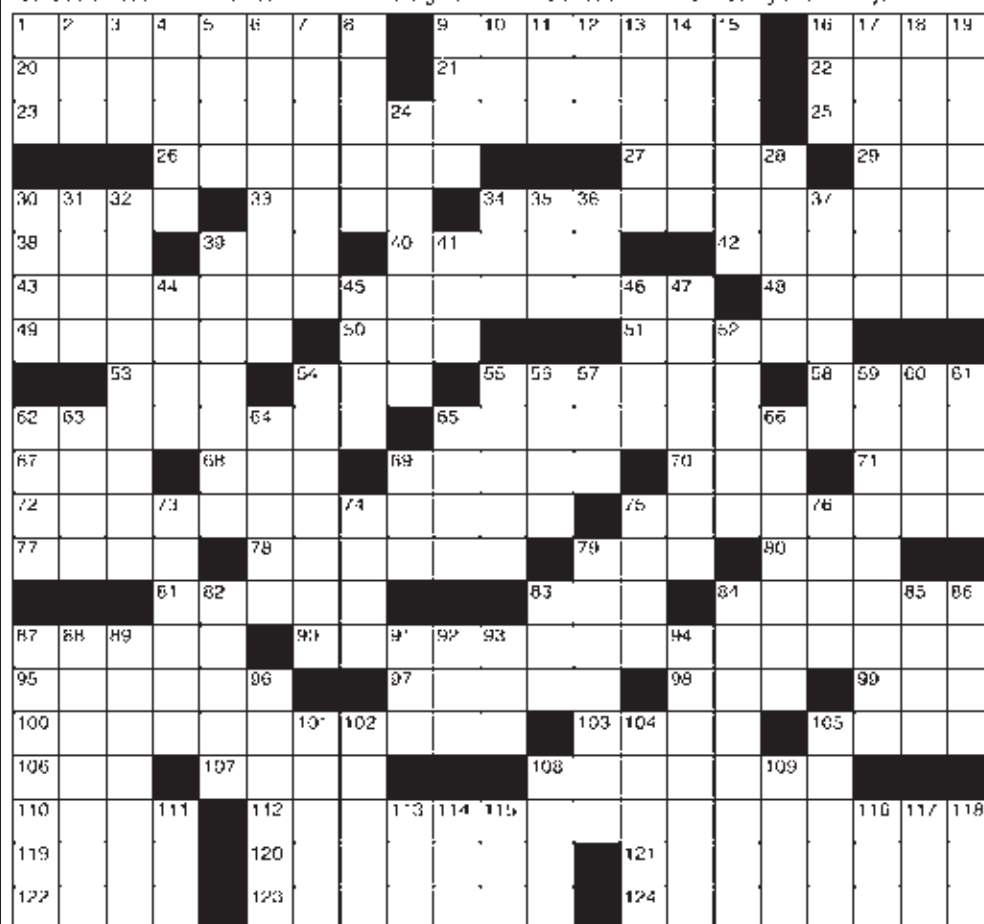
- 54 Use a bed  
55 Fire-starting stones  
58 Puppy bites ore  
62 Joins, redundantly  
65 Insect with a shiner?  
67 Low-graphics Jim  
68 Opposite of everybody  
70 "— Blu Dipinto di Blu"  
71 USSR's Cold War foe  
72 Insect mailing a package?  
75 Stabs, so to speak  
77 Basebatter Martinez  
78 Cries  
79 Cry to a malador  
80 Alternate spelling of a wd.  
81 Remove from a mailing list, informally  
83 All sudden  
84 Oater bar  
87 See 105-Across

- 90 More sizable lake swimmer from an insect's perspective?  
95 Truile Crown town on Long Island  
97 Chicago air hub  
98 Iowa college  
99 Grafton's "— for Evidence"  
100 Don't notice an insect?  
103 Martha of old comedy  
105 With 87-Across, Jerry Stiller's wife  
106 Laugh half  
107 Faith faction  
108 Murders' mates  
110 for the long term  
112 Insect that's an agent to celebrities?  
119 "Inny"  
120 Ductile  
121 Monds  
122 Increase  
123 Turn traitor  
124 Having vowel rhyme

- 3 Ene-lo-Raleigh dir.  
4 "— Frail"  
5 Guthrie of folk  
6 Bar recycles  
7 Least tense  
8 Escort in "The Hunger Games"  
9 Slippery — ee  
10 Auntie, to Dad  
11 USMC NCO  
12 Singer D Franco  
13 One-named New Ager  
14 Urged (on)  
15 Craving  
16 Angry Bros. for one  
17 Supermodel Schiffer  
18 Apparel  
19 Increase  
24 Kidnappee, at times  
28 Slightest  
30 "1%" drink  
31 Europa, e.g.  
32 Buys, as stock  
34 Mar. follower  
35 Architect I.M. from China  
36 "... from man, made — woman": Genesis 2:22

- 37 Go to  
39 Racecar driver Darrell  
41 Previous to  
44 Tahari of fashion  
45 Chief  
46 Lcky stuff  
47 Multination cooperation  
52 "The best to come"  
54 Pride baby  
55 See 57-Down  
56 Lang of Smallville  
57 With 55-Down, "frozen floating sheets"  
59 Acel is a brand of it  
60 Irking insect  
61 A whole lot  
62 Once, once  
63 Longtime soda brand  
64 — chard  
65 Fearless  
66 Give a lift to  
69 Pro Bowl gp  
73 Add abundantly, as salt  
74 Desert in east Asia  
75 Jar tail?  
76 St. — (resort near Rennes)  
79 Bidding one

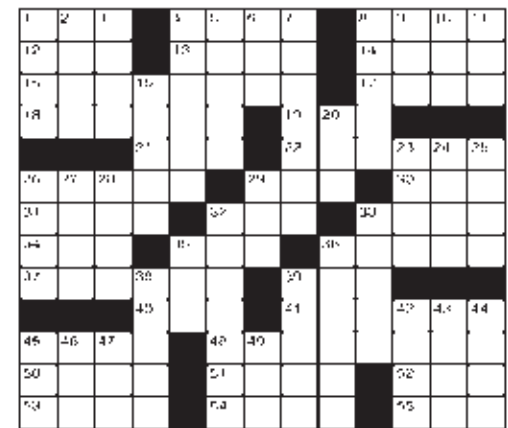
- 82 Some iPods  
83 Bobby of the NHL  
84 Barefoot, perhaps  
85 Actor Ken  
86 NASDAQ counterpart  
87 Fitting together  
88 The Beatles' Higby  
89 Italian explorer Vespucci  
91 URL ending  
92 J preceding's ending for either or  
94 Cropoppers  
96 Dweebs  
101 College or university  
102 Net sales?  
104 "Ad por aspora"  
105 Martin (James Bond's car)  
108 Shelley, e.g.  
109 This in Peru  
111 Triple A job  
113 Hiter Ripken  
114 "Girls" airer  
115 Winter hug  
116 Parsoghian of football  
117 "— and Slimpy"  
118 Onetime JFK jet



## King Crossword

#### ACROSS

- 4 Stashed  
8 "Kapow!"  
12 Crooner Jerry  
13 — mater  
14 Soul singer Redding  
15 Magnetic coil  
17 Cry  
18 Vm  
19 Lennieux mieu  
21 Houlette bet  
22 Gravo  
26 House on an estate  
29 "Glee" network  
30 Meadow  
31 Winged  
32 Gracian vesse  
33 Opening day?  
34 Oriega preeder  
35 Emulate  
36 Eoson rival  
37 Excluding all else  
39 Bro or sis  
40 Existed  
41 Ms. Earhart  
45 Prop for Dr. House  
46 Grammatical ship  
50 Culture



#### DOWN

- 1 Firetruck necessity  
2 Unyielding  
3 Take out of context?  
4 Brit's sausage  
5 Harold of saints  
6 Parisian pal  
7 Unger's sloppy roommate

- 8 "Wheel of Fortune" purchase  
9 Noshed  
10 Ricing  
11 Sixth sense, for short  
16 Fielder's woe  
20 Courtesy of "Cougar town"  
23 "Desire Under the —"  
24 Repast  
25 Houston acronym  
26 Navigator's slack  
27 Moreover  
28 Hammer's target  
29 Saute  
32 James Joyce masterpiece  
33 Mediterranean  
35 Peninsula st.  
36 Stopwatches  
38 Basins' accessories  
39 Comic Soupy  
42 Tale teller  
43 G Iligan's home  
44 Pumps up the volume  
45 Upper limit  
46 Past  
47 Siesta  
49 Eggs

## MAGIC MAZE • ORDERS

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

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

Batting  
Birth  
Gag  
Mail

Marching  
Market  
Money  
Picking

Short  
Side  
Standing  
Stop

Tall  
Telephone  
Written

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Fine Shops



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