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JULY SUNRISE/SUNSET: 24 6:49 • 8:21 25 6:50 • 8:20 26 6:50 • 8:20 27 6:51 • 8:19 28 6:51 • 8:19 29 6:52 • 8:18 30 6:52 • 8:17



Cast of *Rhythm Of The Night*

A Latin Beat Musical Revue At The Herb Strauss Theater

by Di Saggau

Now showing at the Herb Strauss Theater is a musical revue that is not to be missed. *Rhythm Of The Night* stars six magnificent dancers and singers in a fiery revue with powerful vocals, Latin-infused music and choreography that will amaze you. Bobby Logue, artistic director and choreographer at the Strauss, is the talented powerhouse behind the show. He directed it, choreographed it and also stars in it. Way to go Bobby.

The show is called part *Dancing With the Stars* and part *Moulin Rouge*. There isn't

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Members of the Sanibel-Captiva Optimist Club present the winners of the 36th annual Road Rally, Granny's Gang, with their first place certificate at The Sanibel Grill last Wednesday afternoon. Members of Granny's Gang include, standing behind the event banner from left, Gary Greenplate, Carol Strange, Kelsey Bard, Ryan Greenplate, Sandy Gales and Bryan Bard. Also pictured are the 2014 Road Rally winners, The Martini Mamas.

photo by Jeff Lysiak

36th Annual Road Rally Winners Announced

The 36th annual Sanibel-Captiva Optimist Club Road Rally "Ralliers" had a detecting good time during this year's Independence Day. The 4th of July rally was a bit more engaging, but the teams stepped up... and accelerated!

An afterglow party was held at the end of the course at the Sanibel Grill, whose staff outdid themselves with an abundance of food and outstanding service. The Road Rally

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Silver Star Recipient Returns To Captiva For Some Fishing



Cpl. Christian Brown, center, who visited Captiva in 2013 thanks to Operation Open Arms, returned for a second stay at Jensen's Twin Palm Cottages and Marina last week courtesy of the Jensen family. Pictured with Brown is Dave Jensen, left, and Jimmy Jensen.

photo by Jeff Lysiak

by Jeff Lysiak

Two years after Corporal Christian Brown made his first visit to Southwest Florida thanks to Operation Opens Arms, the retired United States Marine Corps veteran returned to Sanibel and Captiva last week through the generosity of the Jensen family.

The Munford, Tennessee resident, who was severely injured after stepping on an explosive device while deployed in Afghanistan in 2011, spent a week-and-a-half on the islands courtesy of Jensen's Twin Palm Cottages and Marina, where Brown had stayed during his 2013 visit.

"I just called Christian to see how he was doing, and I told him to let us know any time he wanted to come back down here," said Dave Jensen, who operates the Captiva business along with his brothers, Jimmy and John. "He called me back and said that he'd like to come for a visit in July."

According to Brown, it was the positivity and friendliness of the Jensens – as well as the entire Sanibel and Captiva community – that made him want to return for a second visit.

"I really enjoyed all of the fishing, being out on the water and seeing things like manatees. That's what people come here for," said Brown, who received the Silver Star Award for his service to the country.

Highlights of his five-day stay on the islands two years ago included a patriotic welcome

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In 2013, Cpl. Christian Brown was honored as a recipient of the Silver Star

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Receiving their third place certificate are members of the Driving Miss Crazy team, including Charlye Sue Burton, Edgar Burton and Wendy Harriman. Team member Roy Gibson was not able to attend last week's Road Rally awards presentation event.
photos by Jeff Lysiak

From page 1
Road Rally Winners

answers were provided to the participants, which always leads to interesting discussions, questions and lively conversations.

"Many a good story was told that afternoon," organizers announced.

The winners received their prizes last Wednesday afternoon at the Sanibel Grill.

The Sanibel-Captiva Optimist Club and the Rally Masters would like to thank all of our wonderful sponsors, participants and volunteers. Please know with your continuing support we help many local children.

The 2015 Road Rally winners include:

- 1st Place – Granny's Gang
- 2nd Place – Silly Sanibel Sleuths Seeking Signs by the Sanibel Sea Shore
- 3rd Place – Driving Miss Crazy

The coveted last place prize was awarded to the Rock Starz.

Other teams placing in the top 10 include Moving Fast & Going Nowhere (4th), Dosinia Dynamos and Strangers With Candy (tied for 5th), Martini Mamas and The Wineaux (tied for 6th), Kara's Kruisers (7th), Big Smiles (8th), Sharp Cookies EH (9th) and Wit's End (10th).

Additional participants and Road Rally placement include Best In Show (11th), The "4" Loggerheads and Bayou Bombers (tied for 12th), The Great White Grill (13th), Sunset Seekers and Food Fighters (tied for 14th), Simon's Flock, Trouts and Krauts and Witches of East Lake (in a three-way tie for 15th), Lentz Leaders (16th), Kelly Family (17th), The Five Dribwons (18th), Manatee Mayhem (19th), Pagafinchi (20th), Yoursanibelrealestate.com (21st), Captain Bubby's (22nd), Gang of Four and Bailey's Baggers (tied for 23rd), War

Eagle (24th), Illinois 3-minus-2 (25th), A & A Inc. (26th), We Are The Millers (27th) and Wacky Racers (28th).

The team Epic Summer was given an honorable mention for a valiant try. The Best Decorated Car Award went to Witches of East Lake.

In addition, the Sanibel-Captiva Optimist Club would like to thank all of our generous 2015 Road Rally sponsors, including:

EVENT SPONSORS – Sanibel-Captiva Community Bank and The Timbers/Grille

LION PAW LEVEL – Doc Ford's Sanibel Rum Bar & Grille, The Howboys, Las Vegas, NV, Bailey's General Store, Tween Waters Inn, John and Martha Wolf and Jensen's Twin Palm Cottages and Marina

JUNONIA LEVEL – The Timbers/Grille, Lazy Flamingo, Seahorse Cottages, Tarpon Bay Explorers, Island Pizza, Barrier Island Title Services, Inc., Steve and Laura Kreter, The Cedar Chest Fine Jewelry, Nu Way Concrete Forms and Splash Man Pool Service

CONCH LEVEL – West Wind Inn, Pinocchio's Original Italian Ice Cream, T-Shirt Hut, Over Easy Café /Yellow Dogs, Tuttle's Sea Horse Shop, Bob and Ana Finks, Dave Graham and Donna Schauer, The Jacaranda Restaurant, Chloe's of Captiva, Matzaluna Restaurant, Captiva Island Store, Sanibel Café, Sanibel-Captiva Sail and Power Squadron, Janet Strickland, P.A., CHR, Tammie's Total Care LLC, George and Wendy's Seafood Grille, Lighthouse Café of Sanibel, Mon Reve Lawn Care Inc., Island Insurance Services, Barefoot Charley's Painting Co., American Legion Post 123, *Island Sun*, *Islander*, Lifeline Designs and Island Graphics.

And to anyone else we may have missed, thank you too!*



Stan Howard of the San-Cap Optimist Club, left, prepares to start the Witches of East Lake team, named the Best Decorated Car at the 36th annual Road Rally



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Scot Congress and Mike Stone, co-founders of San Cap Motor Club, Nanette Scoville, CROW's Development Director, Ben Dahlmann and Ken Huggins of Periwinkle Place Shops

The San Cap Motor Club and Periwinkle Place Shops hosted the Rims & Fins Auto Show on Memorial Day weekend to benefit CROW. The event raised over \$3,000 and will support direct patient care at CROW's wildlife hospital. Fundraising activities included door prizes and raffles that were made possible by contributions from Periwinkle Place Shops and various Sanibel Island merchants. Additional sponsors include Yolo Watersports, Sanibel Art and Frame, Congress Jewelers and Mike Stone of John Naumann Realty.✱

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Sanibel Fellowship SBC donated \$400 to The Community House redevelopment campaign

The Community House Receives Donation Towards Renovations

Sanibel Community Association recently received a \$400 donation from Sanibel Fellowship SBC toward the upcoming renovation of the existing facility. Sanibel Community Association, also known as The Community House, is a historical non-profit built in 1927 for the community as a gathering place for local civic, cultural and educational gatherings.

Sanibel Fellowship meets at The Sanibel Community House every Sunday from 9 until 11 a.m. and is open to all. A typical morning consists of a continental breakfast and pastor-led Bible teaching that is designed to help people to better understand the Bible and how it affects their lives in an informal and interactive environment where people are free to ask questions, share experiences and establish friendships.

"The Fellowship has been meeting at the house for over a year now and the folks who gather and run the program are really about the joy of belonging and sharing in a comfortable and supportive environment," said Teresa Riska-Hall, executive director.

Pastor Mark Hutchinson, who leads the group, explained during the check presentation that "Sanibel Fellowship is deeply invested in supporting the island community, and their group actually voted to start giving away \$400 a month, out of their offerings, to assist with different community projects that are really helping to make the Sanibel community a better place to live for everyone."

The Fellowship found that connection through supporting SCA.

"As a Christian group, we began to search for helpful ways to reach out to the community and try to assist in serving their need," added Hutchinson. "More specifically, we wanted to support a local organization that helped people get connected to the Sanibel community. What better way to show that we care than by helping The Community House, which serves as the home for so many of the non-profits, service clubs and civic organizations on the island. We believe in what The Community House is doing and we want to help in the upcoming renovation. We meet at the community house most Sundays of the year and are excited about the new renovation project."

Sanibel Fellowship SBC was known as Sanibel Baptist Church before a name change last year. They are still associated with Southwest Baptist Church of Fort Myers, and Royal Palm Association of Southwest Florida.✱

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'Ding' Days Photo Contest Is Under Way

July marks the opening of the 28th annual "Ding" Darling Days Amateur Nature Photography Contest. The deadline for submission is September 15. The contest, sponsored by the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), is held in conjunction with "Ding" Darling Days, running October 18 to 24.

For an entry form and other contest information, visit www.dingdarlingsociety.org/photo-contests. Or contact DDWS at sarah@dingdarlingsociety.org or 472-1100 ext. 233.

DDWS will announce winners and award prizes at Conservation Art Day on Saturday, October 24 during "Ding" Darling Days.

Entries may be delivered in person to the JN "Ding" Darling NWR or by mail to "Ding" Darling Wildlife Society (DDWS), One Wildlife Drive, Sanibel, FL 33957 (Attention: Sarah Lathrop).

- There is a \$25 per person entry fee that provides you with a membership to the Society and is used to defray the cost of the contest. One fee covers two entries per person.

- Only amateur (all ages) photographers are eligible to enter (may not possess a professional photographer tax identification number for the sale of photographs).

- Photos must be taken at the JN "Ding" Darling NWR and have been taken within two years of entry date.

- Photos must be 8" x 10" (or full frame 8" x 12") with an 11" x 14" mat. This will facilitate display in the Visitor Center. (Please, no hangers on the backs of photographs.) Frames are not permitted. Please submit a digital copy on a CD/DVD/Flash Drive. Each photo must be at least 2MB. The two photo entries can be copied onto the same CD/DVD/Flash Drive.

- Each person may enter up to two photos but is eligible to win only one award. One \$25 fee covers two entries per person.

- Photos that have won awards in previous "Ding" Darling Wildlife Society photo contests may not be resubmitted.

- Judging will be anonymous. Please do not put your name or anything that will identify you on your photograph.

- Judging criteria:

- 1) Technical excellence (sharpness, lighting, composition, exposure)

- 2) Originality/creativity

- 3) Interest

- 4) Ability to be reproduced for publication

- On digital photos, only limited image modifications are permitted. Minor manipulation should be used only to produce a more natural looking photograph. Cropping is allowed but adding any elements not existing in the original scene will not be allowed. Judges, at their discretion, will disqualify any photos that appear to be manipulated beyond these guidelines.

- All photos will become the property of DDWS and will not be returned. There is no need to include a return envelope or postage. Photos may be used by DDWS in any way with appropriate credit.

- First, second, and third place winners and honorable mentions will be formally announced during the "Ding" Darling Day's weeklong celebration held in October. Cash prizes will be awarded.



Charles Woodrich's prothonotary warbler took first place in the 2014 "Ding" Darling Days Amateur Nature Photography Contest

- The refuge and Wildlife Society cannot be held responsible for loss or damage of photos.

- There are three judges: A refuge staff person, a professional photographer, and a member of the Sanibel community.

"Ding" Darling Days sponsors for 2015 include: Roseate Spoonbill Sponsors: Doc's Ford Sanibel Rum Bar & Grille; Great Egret Sponsors: George & Wendy's Seafood Grille; Great Blue Heron Sponsors: Arthur Printing, Bailey's General Store, Mike and Terry Baldwin, Bank of the Islands, Island Sun, Jensen's on the Gulf and Marina & Cottages, Jerry's Foods, Mitchell's Sand Castles & Forty/Fifteen Resorts, Sanibel Captiva Community Bank, Sanibel Moorings, Spotlight Graphics, Jim and Patty Sprinkle, Sanibel-Captiva Beach Resorts; Reddish Egret Sponsors: Sarah Ashton and Jim Metzler, Sanibel-Captiva Kiwanis Club, Stewart and Sons Insurance, Inc.; Snowy Egret Sponsors: Charlotte Harbor National Estuary Program (CHNEP), Grounds by Green Ways, Over Easy Café, Sanibel Art & Frame, She Sells Sea Shells, Suncatchers' Dream, Winston and Barbara Spurgeon.

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

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69 Acres Of Vital Black Mangrove Basin Protected On Captiva Island

In furtherance of its mission to protect the environmental integrity of Captiva, the Captiva Civic Association, together with the Sanibel-Captiva Conservation Foundation and the Conservancy of Southwest Florida, have worked for many years to oppose the destruction of mangrove wetlands resulting from proposed development of Harbour Pointe at South Seas Island Resort. After several years of meetings and legal proceedings, the Army Corps of Engineers (ACOE) denied the development request. Following an appeal, the denial was upheld by the ACOE.

The developer, Plantation Development LTD (PDL), the corporate name for the Harbour Pointe project used by the Mariner Group that developed South Seas Plantation Resort, brought a lawsuit in the U.S. Court of Federal Claims (in Washington, DC) claiming that the denial was a “taking” under the Fifth Amendment to the Constitution and that it was therefore entitled to compensation in that ACOE’s action extinguished all economic value of the property.

The U.S. Department of Justice defended the case on behalf of the United States. In May 2014, the Judge referred the case to an Alternative Dispute Resolution process, appointing another Judge as the mediator. Following months of negotiations, a final settlement has been reached and publicly filed with the court.

The Settlement

The U.S. Government, in order to avoid further litigation expense, agreed to compensate PDL in the amount of \$2.4 million (plus interest and legal costs) in exchange for PDL’s agreement to transfer 69 acres, comprising the potential Harbour Pointe development site, to the United States.

Recently, the U.S. Treasury Department was ordered by the court to pay the settlement amount to PDL by June 26. PDL has agreed to transfer the property to the United States within 10 days following receipt of the compensation and to then



Artist rendering of prior proposed Harbour Pointe Development at South Seas' harbour entrance

dismiss the lawsuit. Under the terms of this settlement, this agreement cannot be construed as an admission of any legal liability on behalf of the United States nor can it be interpreted to constitute a precedent or argument in this or any other case.

The property has now been transferred.

Future Use Of Harbour Pointe Property

The title to the land has been transferred from Plantation Development to “The United States of America, acting by and through the United States Fish and Wildlife Service, United States Department of the Interior, 1875 Century Boulevard, Atlanta, Georgia 30345, for management as part of the National Wildlife Refuge System, JN Ding Darling National Wildlife Refuge.”

Captiva Civic Association Response

“We are pleased that the permit for this project was denied after years of legal challenges. The result of our joint efforts is that the vital black mangrove basin wetland habitat will not be developed but will be preserved. It would have been a substantial loss had the final outcome allowed the development of these wetlands as proposed by Plantation Development. That did not occur, and the land will now be conserved to protect its critical ecological values and functions. Importantly, the uplands that exist on this property are protected as well, in perpetuity. Harbour Pointe Settlement.”

The CCA is thankful to its partners, the Sanibel-Captiva Conservation Foundation and the Conservancy of Southwest Florida, for their efforts over many years to maintain the environmental integrity of Captiva. The CCA is appreciative as well of the principled efforts of the Army Corps of Engineers, the Department of Justice and the Department of Interior in their upholding and maintaining the ecology and unique ambiance that is Captiva.✧

Children Enjoy Camping In



Ava Wodjeski enjoyed her ice cream treat during a quick sunny moment



Bode Lackenby takes a break from camping in to pose for the camera

Not even a rainy week could deter the campers at the Children’s Education Center of the Islands from having a great time. It seemed that every time the campers would get out onto the playground to set up their tents, the rain or thunder would start again. So instead of them camping “out,” they decided to camp “in.” Armed with sleeping bags, blankets, sheets and clothespins, the campers created their own little camping world inside. Throw in a few crafts and some s’mores and everyone was quite happy!✧



Emma Spencer and Ally Flynt lick the chocolate off of themselves from their delicious s’mores



Landon Markosky is intrigued by the designs he can make when painting his campfire with a marshmallow

Beat The Heat At Next SCA Potluck August 26

What better way to beat the heat than indulging in some delicious ice cream. Mark your calendars for the monthly potluck dinner at The Community House, 2173 Periwinkle Way. On Wednesday, August 26 at 6 p.m., Pinocchio’s Original Italian Ice Cream will show you how to take your favorite frozen confection and turn it into a memorable part of your meal.

The Kitchen Guild of The Community House has been growing through their monthly potlucks. Maybe you would like to join them. If you enjoy good eating, bring a food item to serve six – appetizers, entrees, bread, dessert, etc. Over 80 of your friends and neighbors enjoyed the last potluck and many new ideas for the future are now on the list, including trips, tastings and classes. All are looking forward to the new kitchen that will be a key part of the redevelopment of the House. Bringing the community together through food is how the House started back in 1927... and some things never change!

Call 472-2155 to make reservations as seating will be limited for this potluck event.✧





One of the community events the Sanibel Fire & Rescue District supports and hosts every year is Pink Out Sanibel & Captiva Islands, held during Breast Cancer Awareness Month each October

Sanibel Fire ISO Rating Lowered To Class 3

by Jeff Lysiak

Last month, the Sanibel Fire & Rescue District was notified that its Insurance Service Organization (ISO) rating had been reduced. That alone is great news, since the last time the district's ISO was lowered came in 2010, when the rating dropped from a 6 to a 5.

But how do you do even better than dropping one point? By dropping two points, of course.

"The last time the ISO rated us (in 2010), they gave us a little idea of what it would take to lower it (our rating) even further," said Danny Duncan, chief of the Sanibel Fire & Rescue District. "The key really is the record keeping. But if we do the training and it isn't recorded properly, we don't get credit for it. It's up to everybody here to keep good, accurate records."

On June 19, the district received notification from the offices of the Insurance Service Organization, which visited Sanibel several months earlier to conduct research associated with the ratings report. Fire departments are scored from a 10 (being the lowest rating possible) up to a 1 (the best rating possible).

"They look at things like emergency communications (9-1-1 dispatch), training, inspections, pre-plans for commercial businesses records, personnel and equipment certification records, water systems and supplies, including fire hydrants," explained Duncan. "We might be the only fire department in the country that owns all of our own fire hydrants."

The ISO rating is used by insurance companies across the country to evaluate the local fire department's capability and ability to reduce loss from fires. In evaluating the local fire loss capability, insur-

ance companies can use this information for marketing, underwriting and helping establish fair premiums for homeowners and commercial fire insurance. In general, the price of fire insurance in a community with a good (low) rating is substantially lower than a community with a high rating.

"This reduction in our ISO rating is the result of a total team effort, including all 28 employees and our board of commissioners," he added.

According to Duncan, the district was able to lower its rating through mutual aid agreements and first unit response times; training records and annual inspections.

A summary of the ISO report states:

- Sanibel received 9.43 of 10 possible credits for emergency communications
- The district tallied 37.20 of 40 possible credits for water supply
- Sanibel was given 29.24 of 50 possible credits for the department (which counts equipment, personnel, training and operational considerations)

"The only way we could increase our class would be to build another fire station or add another pumper," said Duncan. "We know that's not very cost-effective, so it's not likely to happen. And that would have to be a mandate from the people."

Noting several particular categories in the summary, Duncan said that he was particularly proud of the training record kept by the district, which received 8.76 of a possible 9 points. In addition, the district had to inspect and flow each of the city's 462 fire hydrants, which is a time-consuming process but "well worth the effort." In that category, Sanibel scored 37.2 of 40 possible points.

"Everything we do, every decision we make is about improving our department," said Duncan. "We are constantly looking to improve service in the most effective way possible. Our commission is very active and forward thinking and allows our administration to do our job and manage and lead our personnel in a positive atmosphere." ❄



Firefighters Cliff Steele, left, and Capt. Tom Tracy remove a "victim" during search-and-rescue training at Sanibel Fire Station #1 under the supervision of training officer Tim Barrett, right
photos by Jeff Lysiak

Spirit Of '45 Day Returns August 9

The 2015 Keep The Spirit of '45 Alive, a World War II veterans tribute, will take place on Sunday, August 9 from 4:15 to 7:15 p.m. at Sanibel Harbour Marriott Resort, located at 17260 Harbour Point Drive in Fort Myers. Admission is free to WWII veterans and their spouses; for others, the dinner and ceremony is \$25 per person.

Highlights of the annual tribute includes dinner (which begins at 4:15 p.m.), the march of the Color Guard, singing of the *Pledge Of Allegiance/National Anthem*, opening prayer, guest speakers, a Fallen Soldier ceremony, POW/MIA service, wreath service, poppy service, *Amazing Grace* performed by a gagpiper, honor guard performing three volleys and the playing of Taps.

Reservations must be made by July 29. For more information or to make reservations, contact Eryka at 800-527-5395 ext. 852. ❄

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Rotary Happenings

submitted by Shirley Jewell

Every once in a while, a Sanibel-Captiva Rotary Club Friday morning meeting speaker comes across a conflict in their professional life that makes it impossible for them to attend our meeting to present their topic. This past week, Stuart Spoede from Florida Fish & Wildlife had one of those conflicts and had to reschedule. Therefore, our new club President Chris DeCosta had to do some magical thinking and pull a rabbit out of a hat to keep us Rotarians engaged for more than 15 minutes. Of course, we always have about 15 minutes of club rituals after breakfast, from introductions to happy bucks – sort of our own club laugh-therapy session – and then proceed with the business portion of the meeting.

Luckily, an important mission report from Gift of Life in Haiti had just come out, which gave Rotarian, past club President, Sanibel-Captiva Rotary's RI Trust Foundation representative Chet Sadler the opportunity to bring us up-to-date on the Gift of Life program as a whole. This program was designed to identify and qualify young children from impoverished areas of the world in need



Eldon Bohrofen

of heart surgery the chance to receive this surgery here in the United States, giving thousands of children the Gift of Life. Each of these surgeries cost between \$5,000 to \$10,000, even with doctors and other medical professionals donating their time and talents. Although this program was highly successful, it was evident that the cost of these life-saving surgeries and money spent to bring these children and their families to the United States could be better used if facilities and medical training for doctors and other medical professionals were available closer to areas in need where more children could be helped through Gift of Life.

The report for Haiti Gift of Life is an outstanding example. Rotary International

encouraged Rotary Clubs to financially fund the Gift of Life mission at St. Damien Hospital in Haiti supporting seven medical missions treating 76 children along with one screening mission in 2014, where an additional 91 children were evaluated and placed on a National Cardiac Waiting List.

Sanibel-Captiva Rotary proudly contributed to the funding of this project along with a dozen or more Rotary Clubs and these contributions were then graciously matched by Rotary International. Thanks also for Rotary's partnering organizations on the Gift of Life Haiti mission: Open Hearts Haiti, Haiti Cardiac Alliance and Akron Children's Hospital.

Now with a few more minutes to fill, DeCosta convinced one of our newer members, Eldon Bohrofen, to rise to the occasion and tell us something about himself that maybe we didn't know. He began in the usual fashion, identifying himself as an attorney... sort of down-playing what exactly that meant. But the interesting part was exactly what road he traveled to become a lawyer. Eldon's family owned a farm in Iowa, but this farm boy had a big problem: He was allergic to grain. So his father pretty much summed up the situation – Eldon was not meant to be a farmer. He better go to college. Not just any college but Drake University, where his first foray into networking happened when he joined a fraternity. His fraternity brought in speakers on many topics including How To Grow Yourself. One of the speakers owned a clothing business and somehow zeroed

in on Bohrofen and his tie-clasp. He told him to remove it and proceeded to tell him why. You don't want someone look down at your shiny tie clasp; you want them looking straight at you. You want to be able to look them in the eye and sell yourself. It was a lesson Eldon never forgot.

Still after graduating from Drake, he still wasn't really sure about what he wanted to do but he knew he wanted to continue his education and decided to attend Duke Law School. Bohrofen probably was a pretty good student, but after turning in one of his papers to his law professor and friend, he got a strong wake-up call. "You probably know your content of the law well, but you are extremely weak at writing articulate conclusions on your topic." His mentor brought him around and that was soon corrected.

After graduation from law school, Bohrofen taught law for a while and, again through networking, began a career in banking and trusts. Success with his trust clients led him to join one of them in business as the fourth largest auto parts suppliers to the Ford Motor Company. When that company was sold, he went back into trust management and law eventually becoming senior partner at RohdeDales, LLP in Wisconsin.

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.✱

Church To Offer Series On Religion's Role In American Life

The English writer and Christian apologist G. K. Chesterton once famously said that "America is the nation with the soul of a church." Clearly, while the United States does not have an established church, and religious liberty is a cornerstone of American democracy, the role of religion in the shaping of the United States is inarguable. And, as America becomes increasingly pluralistic, religion continues to play a major role in America's

national life. But what role?

Sanibel Congregational United Church of Christ will present a five-part study based on the video series *God In America* on Sundays, from August 2 to 30. The class will explore topics ranging from life in Puritan New England to the role of the Black Church in the Civil Rights movement. The class will include an examination of church-state relations in the final session.

The class will be facilitated by Senior Pastor, the Rev. Dr. John H. Danner, and Associate Pastor, the Rev. Deborah Kunkel. The class is open to the public and free of charge. Sessions will be held in the church's Heron Hall on Sundays at 9 a.m. For further information, call the church office at 472-0497 or visit www.sanibelucc.org.

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way on Sanibel.✱

From page 1

A Latin Beat Musical

much of a storyline but that's OK because the musical numbers and various dance styles infused throughout stand on their own. The energy and passion of the music and the performers is what will grab you. I was impressed with the use of color in both lighting and costuming and yet it was the black and white scenes that added a lovely air of sophistication to the revue. The dance styles include

salsa, tango and even a touch of Fosse. You truly want to get up and dance with them.

The cast consists of Logue, Christopher Dean Anderson, Marley Dove, Juan Louis Espinal, Tempest Perrin and Sheridin Wright. Each has their own chance to shine. Dove excels in her rendition of *I Am I Don Quixote* as does Espinal with *Besame Mucho*. Perrin has fun with *Don Juan*, Anderson with *Sway*, and Wright with *I'm Going Bananas*. Logue leads the ensemble in the lively *All Night Long* and *The Story of My Life* as well as other riveting numbers.

This is an extremely talented cast in a fast-paced show that will leave you feeling energized and wanting more. Performances are 7 p.m. on Monday, Tuesday, Wednesday and Saturday through August 15. The show runs one hour, 30 minutes. Tickets are \$30 for reserved seats and \$5 for students and children. Call the Herb Strauss Theater box office at 472-6862 or go online at www.bigartsorg.org.✱

American Legion Post 123

On Sunday, July 26, American Legion Post 123 will serve barbecued ribs and chicken from 1 to 8 p.m. Cost is \$12 to \$14. Sunday, August will be a Mexican Fiesta.

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.✱

Top Ten Books On The Island

1. *Go Set a Watchman* by Harper Lee
 2. *Sanibel Flats* by Randy Wayne White
 3. *The Girl on the Train* by Paula Hawkins
 4. *Gift from the Sea* by Anne Morrow Lindbergh
 5. *The Rosie Project* by Graeme Simsion
 6. *Captiva* by Randy Wayne White
 7. *Selection* by Kiera Cass
 8. *Grey* by EL James
 9. *All the Light We Cannot See* by Anthony Doerr
 10. *Think Twice* by Lisa Scottoline
- Courtesy of Sanibel Island Bookshop.*✱

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Common Gray Fox Returns To The Wild

On June 25, a male common gray fox was admitted to CROW from LaBelle for a laceration on its front right leg and hypovolemic shock (an emergency condition in which severe blood and fluid loss make the heart unable to pump enough blood to the body).

After almost 2.5 weeks of care and rehabilitation at CROW, it was returned back into the wild in LaBelle last week.*

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Common gray fox released into the wild by CROW last week



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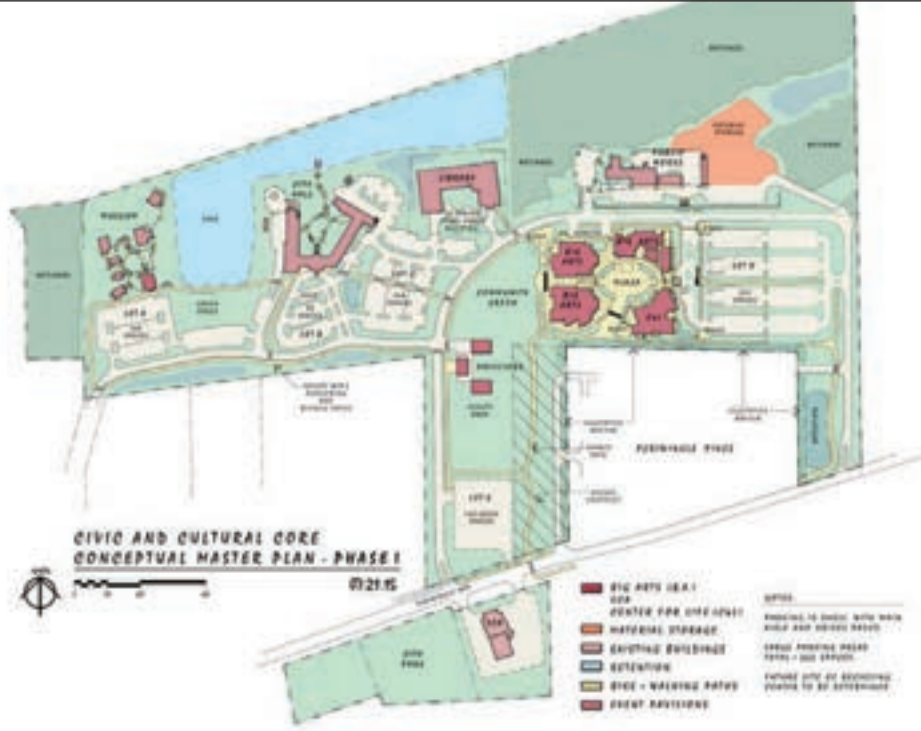
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Latest Civic Core Conceptual Plans Unveiled



The latest update to the ongoing Sanibel Civic Core conceptual plan, unveiled during Tuesday's city council meeting, includes more green space between the current site of the Herb Strauss Theater and the Sanibel Public Library

by Jeff Lysiak

During Tuesday's city council meeting, MacKenzie Hall was filled with a number of interested members of the public who came to see the most recent Sanibel Civic Core conceptual plan, which has been in the works for more than one year.

Henry Woodruff, the architect assigned to work with city officials and stakeholders associated with the civic core project – including BIG ARTS, Sanibel Community Association, Sanibel Historical Museum & Village, Center 4 Life – unveiled the most recent version of a plan that would consolidate the island's most frequented facilities onto a 25-acre site adjacent to city hall.

"The plan has evolved, but it remains a work in progress," said Mayor Kevin Ruane, who added that the only way the project would work would be through a pub-



The conceptual plan for the Civic Core Plaza includes a collection of buildings – including a performance hall, theater, gallery, Lifelong Learning facility and Center 4 Life – surrounding a central courtyard with a stage

lic/private collaboration. "I believe that we'll continue to tweak this and modify this."

According to Woodruff, after working directly with both BIG ARTS and the Sanibel Community Association's architects and boards, the latest version of the civic core layout includes a hub of five buildings – a performance hall, theater, gallery, Lifelong Learning facility and Center 4 Life – surrounding a central courtyard with a stage. The Civic Core Plaza would be elevated, located between a large community green (to the west) and parking (to the east), surrounded by a shared use path and including both stairs, access ramps and ample public seating and gathering spaces.

In addition, the community green would be located to the north of a smaller green space (where the Herb Strauss Theater is currently located) and would include two pavilions and public restrooms, which would allow two events to be held simultaneously.

Woodruff also displayed several artist's renderings of what the facilities would look like once completed.

Following his presentation, councilman Jim Jennings chimed in with a suggestion of rebranding the project the Cultural Community Core to avoid some people confusing the latest plans with the previously proposed Sanibel Town Center, which was to have been a mixed use development with both residential and commercial elements. That proposal, which occurred more than five years ago, was met with strong public opposition.

"This is not the council's plan," noted Ruane. "This is what our citizens have asked for."

continued on page 38



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Ruane, Governor Announce \$1.7 Million For Water Projects

Sanibel Mayor Kevin Ruane joined Florida Governor Rick Scott in Bokeelia on July 14 to announce the funding of eight local projects within the Caloosahatchee watershed aimed at protecting and improving local water resources. Attending the announcement at the invitation of the governor, Ruane took note that watershed runoff accounts for more than 50 percent of the water volume that we receive annually and therefore is one of our greatest challenges to restoring the quality of flows to the Caloosahatchee Estuary.

"Our unprecedented collaborative efforts of all working together, state, local and regional governments has resulted in the funding of these important local projects," said Ruane.

The \$1.7 million in funding from the State of Florida for these projects will require a dollar-to-dollar match from Lee County.

The local projects approved in the governor's budget include Yellow Fever Creek/Gator Slough, Fichters Creek, Telegraph Creek Preserve, Bob Janes Preserve, FPL Power Line Easement, Spanish Creek at Daniels, Caloosahatchee Creeks Preserve and Prairie Pines Preserve.✱



Sanibel Mayor Kevin Ruane, left, joined Governor Rick Scott, right, in Bokeelia to announce funding of eight Caloosahatchee restoration projects

Family Reunion



Back row from left, Marvin Pokrant, Robert Znoy, Gary Pokrant; front row from left, Alan Pokrant, Gail Pokrant, Louise Pokrant, Kaye Pokrant, Elaine and Frank Znoy.

The Pokrant Family held a reunion at Sanibel Arms West in mid-July in honor of Louise Pokrant's 95th birthday. A good time was had by all.✱

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OBITUARY



JOHN EDWARD "NED" SAUERWEIN

John Edward "Ned" Sauerwein, 91 of Sanibel, Florida and Brielle passed away on Thursday, July 9, 2015 at home in Brielle. Ned was born and raised in Elizabeth, New Jersey and upon graduation from high school, he entered the army. Ned served his country during WWII. He was assigned to the 294th Combat Battalion and during his service Ned was involved in five battles and after fighting and surviving them, he thought of every day after as a gift. After his service to our nation, Ned returned home and received a law degree from Rutgers Law School. Ned was employed by St. Paul Insurance

Company of East Orange and Boston, Massachusetts for over 30 years. After retiring from St. Paul Insurance Company, he co-founded Princeton Insurance Company Princeton, New Jersey and was CEO for 12 years before retiring in 1973. Ned was an avid golfer and he also enjoyed boating and sailing. He was a former member of Roselle Golf Club and a longtime member of Manasquan River Golf Club. Ned loved his wife Marie, his children, grandchildren and great grandchild. He also loved his friends and was a true friend to all.

Ned was predeceased by his wife of 68 years, Marie (nee McDonough) Sauerwein, in October of 2014. He is survived by his two daughters and their husbands; Barbara and Harold Rausch of Scottsdale, Arizona and Janie and Kevin Maloney of Westfield, New Jersey. Ned is also survived by five grandchildren; Tyler Maloney, Brittany Smutko and her husband Greg, Griffin Maloney, Brianne Marsh and her husband Chris, and Lane Maloney. Additionally, Ned is survived by a great granddaughter, Riley Marsh, and a brother Richard (and Flossie) Sauerwein of Linden, New Jersey.

A mass of Christian burial was held on Tuesday, July 14 at St. Denis Church, Manasquan. At the request of the family, donations may be made to Frances Foundation of Kids Fighting Cancer, 8 Bryce Road, Holmdel, NJ 07733 or by email: <http://www.francesfoundation.net/>.

To send condolences to the family, visit <http://www.orenderfamilyhome.com/>.✽

OBITUARY



ROBERT "BOB" ERVIEN III

Robert "Bob" Ervien, III of Sanibel, Florida and Trail's End, Assembly Point, Lake George, New York entered into rest July 16, 2015.

He was born in Philadelphia, Pennsylvania on May 9, 1928, the only child of Robert and Elsie (nee Harrison Heim) Ervien. His paternal decedents date back

to the Baron of Bonshaw Tower from 1450-1513. He was preceded in death by his partner, Roderick Burlingame Seabrook.

After graduating from Swarthmore College with a masters in education, he served in the United States Navy (1951-1954). With the rank of lieutenant, he received awards for China and Korea Service, the Korean Presidential Unit Citation, a United Nations Medal, and a National Defense Medal.

Robert taught math at the Hun School in Princeton, New Jersey until his retirement.

Memorial donations may be made in Bob's name to Sanibel-Captiva Conservation Foundation (SCCF), 3333 Sanibel Captiva Road, Sanibel, FL 33957 and the Sanibel Public Library, 770 Dunlop Road, Sanibel, FL 33957; also, to Friends of Mountainside Library, 195 Sunnyside Road, Queensbury, NY 12804-7762, or to The Fund for Lake George, 2199 U.S. 9, Lake George, NY 12845.

"Death leaves a heartache that no one can heal, love leaves a memory no one can steal."

Friends are asked to email favorite photos and remembrances to: rememberingbobervine@gmail.com.

When completed, a booklet on Bob's life journey will be available to all.✽

Churches/Temples

ANNUNCIATION GREEK ORTHODOX CHURCH:

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www.orthodox-faith.com, 481-2099

BAT YAM-TEMPLE OF THE ISLANDS:

The Reform Congregation of Bat Yam Temple of the Islands meets for Friday night services at 7 p.m. in the Fellowship Hall of the Sanibel Congregational United Church of Christ, 2050 Periwinkle Way. Rabbi Myra Soifer. For information call President Martin Pokedoff at 239-395-2544.

CAPTIVA CHAPEL BY THE SEA:

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

FIRST CHURCH OF CHRIST, SCIENTIST:

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

SANIBEL FELLOWSHIP, sbc

Join us for worship Sunday mornings 9 a.m. Bible Study and 10 a.m. Worship Service at The Community House, 2173 Periwinkle Way. 239-671-5502.

SANIBEL COMMUNITY CHURCH

1740 Periwinkle Way, Sanibel, 472-2684
Dr. Daryl Donovan, Senior Pastor

Sunday Worship Hours:

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

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST:

2050 Periwinkle Way 472-0497
The Reverend Dr. John H. Danner, Sr. Pastor. The Reverend Deborah Kunkel, Associate Pastor. 10 a.m. Full Service with Sunday school and nursery care provided. Elevator access.

ST. ISABEL CATHOLIC CHURCH:

3559 San-Cap Rd., 472-2763
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ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH:

5 p.m. Saturday Eucharist, 9:30 a.m. Sunday Eucharist, 9:30 a.m. Sunday 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

UNITARIAN UNIVERSALISTS OF THE ISLANDS:

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

August Prayer And Potluck At St. Michael's



Parishioners and friends gather for dinner fellowship

St. Michael and All Angels Episcopal Church invites Sanibel residents and visitors to its third summer Prayer and Potluck on Wednesday, August 5, beginning at 6 p.m.

The gathering starts in the church's Sanctuary for a half-hour devotional service, led by David Bath. The service, based on evening worship from Scotland's Isle of Iona and drawing on the practices of the Rev. J. Philip Newell, formerly Warden at Iona Abbey, features celtic music and prayer. The theme, Listening to God Together: A Midsummer Meditation, includes both readings and congregational hymn singing.

Reciters for the service are Gillian and David Bath and Judy Workman. Accompanist is Jan Holly.

The Potluck dinner follows at 6:30 p.m. in the Parish Hall. Diners share their favorite recipes buffet style. All are welcome. The devotional services and potluck dinners continue on September 2.

The church is located at 2304 Periwinkle Way. For more information, call 472 2173 or visit saintmichaels-sanibel.org.✽

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 – August 4 and 18 (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 membership is \$20. Sanibel Recreation Center members must show their membership card to attend.

Happy Hour Fitness – Monday, Wednesday and Friday at 8 a.m. This class keeps your brain fit and your heart, lungs and muscles strong with a combination of aerobics and muscle conditioning exercises and balance. Hand weights, stretch cords and your body weight will

be used. Class begins with a joke and ends with a positive thought for the day. Athletic footwear required. Silvia Villanueva is the instructor.

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

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

Gentle Yoga – Tuesday and Thursday at 9:30 a.m. Stretch, tone and strengthen

while improving flexibility, proper alignment and circulation. Mats are used to meet the needs of varying experience levels. Bring a towel. Kim Kouril is the instructor.

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

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Captiva Fire District Welcomes Community To New Station

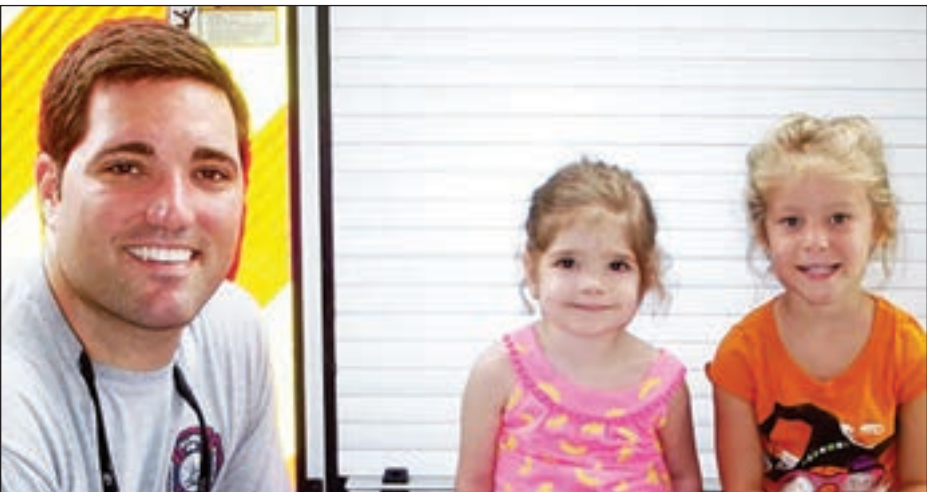


Captiva Island Fire District Commissioners Bob Brace, Sherrill Sims and CW Kilgore disconnect the hoses in a ribbon-cutting ceremony officially opening the new fire station on Captiva Drive last Saturday morning

photos by Jeff Lysiak



More than 100 people attended the grand opening of the new Captiva fire station. Following the opening ceremonies, lunch was served and tours were given of the facility.



Sanibel Fire & Rescue District firefighter Josh Koza, with his daughter Lilly and Samantha Pawul, daughter of Captiva Fire District Deputy Chief Jeff Pawul



Captiva Fire District Deputy Chief Jeff Pawul, left, received a warm ovation after receiving an award for his dedication to the construction of the new station. Also pictured is Chief Rich Dickerson and Fire Commissioners Bob Brace and Sherrill Sims.



The new 6,110-square-foot facility includes three bays for fire trucks and emergency vehicles, an administration building with living quarters, offices, reception area, treatment rooms, a training room and break rooms



Captiva Fire District Chief Rich Dickerson



Members of the Captiva Island Fire District stand in front of the new three-bay fire station



People attending the fire station open house enjoyed free giveaways, including flying discs, coloring books and badges



The Laucius family of Fort Myers - Tara, Eric and Jacoby - at Saturday's open house



Sherrill Sims, Sandy Stilwell and Sharon Brace

Local Competes For Miss Jr. Teen

Savannah Biddle, formerly of Sanibel who now resides in Fort Myers, was recently selected to participate in the 2015 Miss Jr. Teen pageant competition that will take place on Sunday, July 26.

Biddle learned of her acceptance into this year's competition when the pageant announced their selections following interviewing in the local Fort Myers area. She submitted an application and took part in an interview session that was conducted by this year's Fort Myers Pageant Coordinator.

Biddle will be competing for her share of thousands of dollars in prizes and specialty gifts that will be distributed to contestants. She will be competing in the Miss Jr. Teen division, one of four divisions that will have young ladies ages 7 through 19 competing in modeling routines, which include casual wear and formal wear.

Most important, Biddle will display her personality and interviewing skills while interviewing with this year's judging panel. Personality is the number one aspect that each contestant is judged on during all phases of competition. If she were to win the title of Miss Jr. Teen, Biddle would represent Fort Myers and the surrounding communities at the National Competition, which will take place in Orlando. Over \$30,000 in prizes and awards will be presented at the event.



Savannah Biddle

Community businesses, organizations and private individuals will assist Biddle in participating in this year's competition by becoming an official sponsor to her. Through sponsorship, each contestant receives all the necessary training, rehearsals, and financial support which will allow her to become a very confident and well-prepared contestant in this year's pageant.

Any business, organization or private individual who may be interested in becoming a sponsor to Savannah Biddle may contact the Miss Jr. Teen pageant coordinator by calling 1-877-403-6678.✱

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

Deadline For Zonta Grant Applications Is August 1

Zonta is reminding local nonprofit organizations that the deadline for submitting preliminary applications for financial grants is coming up on Saturday, August 1.

Each year, funds raised through Zonta's annual home tour, A Peek at the Unique, are distributed through a carefully controlled process. As previously publicized, the Zonta Foundation of Southwest Florida, the non-profit arm of the Zonta Club of Sanibel-Captiva, is seeking preliminary applications for a grant cycle that begins in the fall, with distribution of awards in early 2016.

Formerly, Zonta focused on specific organizations written into each three-year strategic plan, and those organizations were the ones invited to apply for grants. Beginning with this year, Zonta aims to expand the reach of the money available, and invites applications from all 501(c)(3) organizations in Southwest Florida whose mission is compatible with Zonta's – to empower women and girls.

Successful applications, explained Carol Gestwicki, co-chair of the foundation grants committee, will not only be on mission, they will also be specific, with measureable outcomes. In addition, applicant agencies must have the ability to attract a Zonta member who will act as liaison/champion throughout the grant cycle.

Those that are approved will receive detailed applications in early October, with a submission deadline of November 6. Typical grants are in the range of \$5,000-\$10,000; however, these are not minimum or maximum amounts.

"We have received a number of interesting proposals," added Virginia Jones, Zonta's president. "It is so inspiring to read how each intends to empower women and girls. Also, the entire grants process serves to energize us to work even harder to prepare for our next Peek at the Unique in March."



Zonta's mission of empowering women and girls also includes time out for fun. Here, club members participated this year in the island's Independence Day parade.

To download an application, visit www.zontasancap.com. Find the link on the home page for "Preliminary Application." Email the completed application to info@zontasancap.com.

The Zonta Club of Sanibel-Captiva is a service organization of professional women working together to provide hands-on assistance, advocacy and funds to strengthen women's lives on the islands, in Lee County and around the world through Zonta International.✧

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Larry Haas holds up the large snook he recently caught

Larry Haas caught a huge snook while fishing at Blind Pass on July 15.✱

SCCF Nesting Statistics

SCCF reported the following sea turtle nesting statistics as of July 17:

Sanibel East: 109 nests, 278 false crawls
 Sanibel West: 347 nests, 751 false crawls
 Captiva: 120 nests, 203 false crawls
 Total: 576 nests, 1232 false crawls
 As of last Friday, 100 nests have hatched and over 5,000 hatchlings have made it to the sea.

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 17, the nest total for snowy plovers is 15:

- One nest is active
- 11 nests have hatched 31 chicks. Six nests have fledged eight chicks; one nest has two chicks. All the chicks are gone from four nests.
- Two nests have been depredated
- One nest is gone, fate unknown

• One nest was washed out
 *False crawl – a failed nesting attempt
 If you have questions, or would like to know more about nesting stats on Sanibel, contact seaturtle@sccf.org or call SCCF at 472-2329.✱

An Inside Look At Wildlife Recovery



Baby turtles soaking in water

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,



Baby box turtle inside his shell

photos courtesy of CROW

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 31 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.✱

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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 rainbolt@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 24 and Monday, July 27, 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.

Tuesday, July 28, 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 29, 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 30, 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 31, 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.✱

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The “TeePee Women” commemorate their five years of Coral Reef Week friendship with Big Pine Key Fishing Lodge T-shirts

Sea School Holds Coral Reef Week

submitted by Elly Rundqwist

Last week, 11- to 15-year-old campers from Sanibel Sea School boarded a bus with snorkel gear in hand and headed south to the Florida Keys for the adventure of a lifetime. The wheels came to a halt at the Big Pine Key Fishing Lodge and Campground after a stop at The Turtle Hospital in Marathon to learn all about sea turtle rehabilitation.

Once at the campground, campers pitched their tents and settled in for a week of camping and underwater exploration. Five miles off the coast of Big Pine Key lies a spur-and-groove reef called Looe Key, an underwater national park that serves as a home to thousands of species of coral and fish. We swam with giant tarpon, “oohed” and “ahhed” at beautiful angelfish, and trailed looming reef sharks while we practiced our free-diving skills.

High winds made daily trips to the reef impossible, so we also found fabulous snorkel locations right off our campsite, including under the bridge that connects Big Pine Key to Spanish Harbor. Many bottles, seashells and other treasures from the sea were collected.

When campers weren’t out having face-to-face experiences with the fishes, they were busy experimenting in our campground lab. With just a bit of guidance, we were able to grow sea urchins into their late gastrulation stage. We also dissected red algae and were surprised to discover how much life was hidden inside – mantis shrimp, brittle stars, decorator crabs and even a rare sea spider. Then we learned how sponges filter water by injecting them with dye and watching it move through their body.

Combine all of this with exploring Big Pine Key’s mud flats and nature trails, guarding the camp food supply from Key Deer and competing in the annual Tent Cup competition, it made for one unforgettable week. Perhaps most importantly,



Bill and Emily Roudebush set up a sea urchin embryology lab for Coral Reef Week campers at Big Pine Key Campground



Coral Reef Week campers snorkel around the bridge to Big Pine Key

campers formed friendships that they will carry with them forever.

A big thank you to the Roudebush family for cooking outstanding campground meals and sharing sea urchin embryology expertise, and to Island Pizza for providing delicious sustenance upon our return.

Sanibel Sea School is a 501(c)3 non-profit whose mission is to improve the ocean’s future, one person at a time. Learn more at www.sanibelseaschool.org.✪



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Days Of Dodging The Rain



by Capt. Matt Mitchell

Prevailing southwestern winds brought us lots of rain this week, which came through at just about anytime day and night. Most days, the showers were generally on the small side and fast moving, which made it possible to still get out and be able to stay dry for the most part. Once out if you kept a eye on the sky and weather radar, the rain was generally moving in from the west making it easy to move either north or south as the next downpour quickly raced by. Weather conditions like this are certainly nothing new for

our summertime fishing and with no lightning are no reason not to go fishing. If anything, the overcast days were a much needed break from the extreme heat and humidity that we have been experiencing

Filling your live well up with a good mix of shiners of all sizes that can be found on just about any shallow grass flat made for great mangrove snapper and small snook action. The five mangrove snapper per person limit came easy with what seemed like just about any deeper shoreline with decent current holding lots of these fish up to 16 inches. A few scoops of live shiners chummed from the whiffle ball bat on a likely shoreline quickly let you know of you where in the right place as these hungry fish came out of the woodwork smashing the baits on the surface and jumping on the easy meal. Once fired up, you could get them to take a smaller pinfish, too. But for the best action, nothing beat the live shiners. Rig up with 1/0 lightwire hooks and 3 to 4 feet of light 20# fluorocarbon leader to get in on this crazy summertime snapper bite. It seems no matter how hot it is, these fish just always cooperate when other species won't.

Send Us Your Fish Tales

The *Island Sun* would like to hear from anglers about their catches.

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



Dan, Anthony, Frank and Frankie Monteforte from New York with a 25-inch redfish caught while fishing with Capt. Matt Mitchell in the southern sound this week

Pass fishing for snook is still going off as it has for what seems like months and months now. Most of our passes are still loaded up with boats getting in on this easy catch-and-release bite. Live pinfish and grunts are the baits of choice for this with the bigger the bait, the bigger the snook you will catch. When you're drifting with a dozen other boats and a angler on every boat is hooked up on a snook, it's just going on! If you are new to this or just not familiar with this technique, just sit back and pay attention to how the other boats are fishing the pass then get in line in the drift. Everyone can get in on this action and get along. It only takes one newbie or freelancer to anchor up or hold themselves on a trolling motor right in the most productive part of the drift to screw it up for everyone.

Reports of redfish action have still been very hit and miss from other anglers I talk to. We did manage a few slot reds this week, which came while soaking fresh chunks of cut ladyfish during the very top of the high incoming tide, although we really had to put our time in. for very few fish For a few days during these prime tide days, I would give redfishing a try for a hour or so and picked up only one fish here and one there. I did have one good report though after the fact from another guide mid-week, who had some of the best redfish action he had experienced in months while fishing in the southern end of the sound. Apparently after he tried all kinds of live and cut baits on these perfect redfish tides that we had experienced mid-week, he got five nice upper slot redfish to eat on frozen jumbo shrimp. With our water temperature now hanging right around a bath like 90 degrees, this dead shrimp redfish bite it's not that surprising. I just wish I had though to try this method earlier in the week when the tides were better for it.

Our local waters continue to get less congested with boat traffic the further we move into our dog days of summer. August and September will be as quiet as it gets all year, with angling pressure at a annual low and action still being great. To beat the summer heat, it's all about going early and being off the water before noon. During this little bit cooler time is when the fish are definately the most active; by mid-afternoon during the sweltering heat, everything seems to just shut down.

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.*

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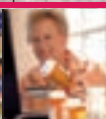
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Captiva Cruises received a fifth consecutive TripAdvisor Certificate of Excellence

Captiva Cruises is proud to announce they have received a TripAdvisor Certificate of Excellence, Hall of Fame Award. TripAdvisor added this special award to honor attractions who have received a Certificate of Excellence Award for five consecutive years. Captiva Cruises has received a Certificate of Excellence Award since TripAdvisor began the program in 2010.

The TripAdvisor Certificate of Excellence Award celebrates and recognizes attractions that consistently earn great reviews and ratings from travelers, allowing business to shine and stand out from competitors. Of the total winners this year, only nine percent have qualified for the Certificate of Excellence Hall of Fame.

“Captiva Cruises is proud to receive this newly created honor,” said Paul McCarthy, president of Captiva Cruises. “Our staff works hard to provide excellent customer service, giving our passengers a top notch experience.”

Open daily, Captiva Cruises is located at McCarthy’s Marina, 11401 Andy Rosse Lane, and South Seas Island Resort on Captiva Island. They offer sunset, wildlife, shelling and island cruises to Cayo Costa, Useppa, Cabbage Key and Boca Grande as well as private charters. For more information, call 472-5300 or visit www.captivacruises.com.✧



The Lily & Co. Team, from left, Stephanie Mincy, Danielle Cimeo, Dan Schuyler, Karen Bell, Kalliopi Alvarez, Sharon Schuyler, Kimberly DeVito and Kathy Bobb

Lily & Co. Jewelers Turns Nine

Lily & Co. Jewelers has called its charming white building with beautiful native fauna and a cute front porch home for the past nine years. It is like visiting good friends with two well-trained Labradors – named Gracie and Angel – who swagger out to greet all guests.

“We have spent the past nine years creating the most unique shopping experience for our guests,” said Dan Schuyler, co-owner of Lily & Co. “It brings us joy when a guest feels at home.”

He and co-owner Karen Bell attribute the store’s success to wonderful partnerships with their designers, faithful guests and island residents who have continually supported them throughout the past nine years. “They have made us who we are today,” the partners said.

Lily & Co. honored its time on picturesque Sanibel Island with a three-day Show & Sell celebration. It featured an open house with a full catered lunch, refreshments and a cake cutting ceremony.

“It has been a fascinating journey since we opened our doors in July 2006,” said Schuyler and Bell. “We are grateful for the success.”

Lily & Co. Jewelers is located at 520 Tarpon Bay Road on Sanibel.✧

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Berke Named To Dean’s List

Ian Berke, a resident of Sanibel, has been named to the University of Delaware’s Dean’s List for the 2015 spring semester. To meet eligibility requirements for the Dean’s List, a student must be enrolled full-time and earn a GPA of 3.33 or above (on a 4.0 scale) for the semester.✧

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CROW Case Of The Week:

Pileated Woodpecker



by Patricia Molloy

If you live in Southwest Florida, you are no doubt familiar with the rhythmic drumming sound created by the pileated woodpecker (*Dryocopus pileatus*). At 15 inches in length, it is one of the biggest woodpeckers native to North America. The non-migratory bird is easily recognizable due to its flaming red crest, long bill, and zebra-striped head and neck.

The enthusiastic drumming sound created by these birds is similar to loud hammering and can be heard from a great distance. The behavior is a woodpecker's way of establishing its territory and to attract a mate. The whacking away at dead trees also helps a woodpecker find its favorite meal: carpenter ants. After drilling a hole or pulling strips of bark off a tree with its sharp bill, the woodpecker use its long, sticky tongue to drag out the insects. The omnivorous birds also eat termites, beetle larvae, wild fruits, berries and nuts.

On July 13, a pileated woodpecker was brought to CROW after a window strike. Upon presentation, the bird was found to be bright and alert, but unable to stand well.

"He had motor and sensory (issues)," said Dr. Molly. "We put him on oxygen, because it was difficult to hear any heart sounds because there were so many lung sounds. It just seems like there's a lot of effort (to breathe) and possibly some fluid (on its lungs)."

Once the large bird was stabilized, the wildlife veterinarians were able to conduct more tests. They determined that the woodpecker had suffered a spinal cord injury in the accident. "The damage to the spinal cord is leading to a lack of sensation and paresis (partial loss of voluntary movement) in the rear limbs, but the inner layers of the spinal cord are still intact," explained Dr. Heather.

Despite the serious nature of the woodpecker's injuries, there is still room for hope. As Dr. Heather concluded, "With continued care, he may regain the ability to walk over time."

The area's rich wildlife cannot afford its own insurance and medical care is very expensive. To help CROW treat sick and injured bald eagles, gopher tortoises, rabbits and, of course, this beautiful pileated woodpecker (patient #15-2165), be a good steward of the environment and make a donation. The clinic relies 100 percent on the philanthropic support of individuals, corporations and foundations. Go to www.crowclinic.org for more information.

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



After a quick weigh-in, the pileated woodpecker returns to its cage for breakfast



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Shell Of The Week

Little Dove Strawberry Cockle



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

The little dove strawberry cockle, *Americardia columbella* H.G. Lee & M. Huber, 2012, is a moderately rare species of the family Cardiidae found in the Gulf of Mexico and along the coasts of Southwest Florida. Its shell has a more triangular shape in relation to other local cockles, and the “pinched” aspect (caused by the presence of a posterior groove, or sulcus) sets it apart from its closest relatives in the genus *Americardia*. Dr. Harry G. Lee, from Jacksonville, Florida, a past National Shell Museum board member and frequent visitor to Sanibel, and Markus Huber from Switzerland named the species in 2012 in the museum’s scientific journal *The Nautilus* to distinguish it from close relatives, which include the Western Atlantic species *Americardia media* (Linnaeus, 1758), this latter found along Florida’s east coast. Learn more about the little dove strawberry cockle at <http://45.55.251.154/shells/southwest-florida-shells/america-columbella>.



The little dove strawberry cockle, *Americarida columbella*, from Sanibel
photo by José H. Leal

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 or \$7 for children and includes half-off museum admission. Parking at Island Inn is free for beach walk participants. Space is limited; book online at shellmuseum.org/events or call 395-2233 to make a reservation. (Current Island Inn guests: Please book through the Inn).

Daily Tank Talks, 11:30 a.m. and 3:30 p.m.: Our marine biologists offer insights into the fascinating world of mollusks.

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

Tuesday at 1:30 p.m.: What Is A Mollusk? Learn about the shell makers in this hands-on presentation.

Wednesday at 1:30 p.m.: Midday Tank Talk with a marine biologist.

Thursday at 1:30 p.m.: Shell ID Clinic – Bring in your mystery finds for identification from an expert!

Friday at 1:30 p.m.: Shell Arts & Crafts – Create shell art and take it home with you.

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

Sunday at 1:30 p.m.: Shell Bingo

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

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Youth Summer Campers Visit Tarpon Bay Explorers Weekly



Marcy Koonce presents a red mangrove propagule to campers



Marcy Koonce shows off critters in Tarpon Bay Explorers' aquarium touch tanks

Every week since the end of May until the first week of August, children from the Sanibel Recreation Center's Youth Summer Camp came to Tarpon Bay Explorers for a Nature & Sealife Cruise out on the bay. Once per week, kids ranging from first through eighth grade have had a chance to enjoy a unique field trip on the tranquil waters of Tarpon Bay. They spend the first portion of the tour learning and handling wildlife from the bottom of the bay such as sea stars, horseshoe crabs and live shells. The last part of the tour, the campers hopped aboard *Explorer III* in search for a diversity of wildlife that call Tarpon Bay home. Most trips proved very productive. Campers were able to witness dolphins, manatees, birds and even sharks in action.

"I think this a great opportunity for the campers. They get the best of multiple worlds: athletics, arts and crafts, games and now wildlife. Seeing as Sanibel is two-thirds conservation land, it's a perfect fit," said naturalist Marcy Koonce, who has been their fearless leader on most excursions and has become popular amongst the campers.

"We really enjoy having these kids come along on our tours. Stewardship of the environment starts with youth," added manager and part owner Wendy Schnapp. "If we can encourage these kids to be better stewards of the environment and provide them with a memorable experience, chances are better that they will transcend that message to their peers and future generations. We need that sort of message now



Tarpon Bay Explorers' Naturalist Marcy Koonce shows a young camper wildlife living in the touch tanks



A few campers search for fish, crabs, shrimp and more within the aquariums



Campers get an up close experience with the benthic wildlife of Tarpon Bay



Campers excited for the cruise pose aboard *Explorer III* more than ever."

Education is a valued part of Tarpon Bay Explorers' mission, which is why all school groups get to partake in their tours for half price. Tarpon Bay Explorer's encourages visitors and locals of all ages to join them on the peaceful back-bay waters and experience something special.✧

Shells Found



Riley Outten

Riley Outten, 13, visiting from Windermere, Florida, found five alphabet cones while shelling on the beach at Blind Pass on July 16. “A stormy week made shelling a challenge,” she said.✧



This Little Blue Heron landed right in front of Meg Rousher on a Bird Patrol walk
photo by Meg Rousher

Lakes Park Upcoming Events

Morning Meander at Lakes Park, a nature walk with a bird patrol guide, will take place on Saturday, August 1 beginning at 8 a.m. at Lakes Regional Park, 7330 Gladiolus Drive in Fort Myers. Participants should meet at Shelter A7. Enter Lakes Park gate from Gladiolus and turn right. Drive to the end of the road and continue through the parking lot. Shelter A7 is

located near the Train Station. This easy walk along clear paths offers an opportunity to see birds in native vegetation with experienced bird patrol guides pointing out the many species in Lakes Park, a Lee County birding hot spot and crucial nesting area for many birds. Please wear comfortable shoes and dress to be outside. Bring water, sun-screen and binoculars. The next two Morning Meanders held at Lakes Park will take place on Saturday, September 5 and Saturday, October 3, both starting at 8 a.m. This tour is provided in cooperation with Lee County Parks and Recreation. It's free with paid parking. For more information, call 533-7580 or 533-7576, or visit www.birdpatrol.org.✧

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FOOD



The funnel-shaped fragrant flowers are used to make Hawaiian leis
photos by Gerri Reaves

Plant Smart

Frangipani

by Gerri Reaves

Frangipani... the very word evokes the romance and beauty of the tropics. Most people know frangipani as the flower used to make leis, Hawaiian flower necklaces.

Even gardeners committed to "native plants only" might find it difficult to shun or replace this native of tropical and subtropical America and the Caribbean. The tubular flowers emit what is arguably the most heavenly fragrance of South Florida's imported blooming trees.

Many species of plumeria exist, and it has long been a popular landscape tree in the state's subtropical climate.

This broad-crowned tree usually grows to about 15 to 20 feet high and can be almost as wide as tall.



Even when bare during the winter, the gray-green branches have an aesthetic appeal

The five-petaled flowers are tubular, funneled, and two to four inches across. Common species in this area are *P. obtusa*, which have white flowers with yellow centers, *P. rubra*, with pink or red, and *P. alba*, with white.

The stocky branches are smooth, rounded, and silvery gray-green. Flowers appear in clusters on the branch tips.

The coarse, narrow leaves can be up to 20 inches long. They fall during winter, but frangipani's attractive bark and network of branches make this no mere barren tree to hide in the back corner.



Frangipani is a popular non-native flowering tree

The twin seed pods are forked and up to a foot long. But if you want to propagate frangipani, cuttings are the way to go.

Remove a lower branch, clean away leaves and flower stalks, and chop into foot-long sections. Beware of the white sap, which can irritate the skin.

Leave the cuttings in a shady spot for a few weeks to heal. Then use them to start new trees in potting soil.

Plant a cutting in full to partial sun where it will have plenty of room to spread a canopy but is protected from cold northern wind.

Frangipanis require regular fertilization, are susceptible to pests and creates yard work with shedding leaves, so if maintenance is a primary concern, plant native flowering trees that tend to be no- or low-maintenance.

Because frangipani is so cold-sensitive, some people prefer to grow it in containers that can be brought inside a garage or lanai during cold snaps.

Sources: <http://edis.ifas.ufl.edu>, *Florida, My Eden* by Frederic B. Stesau, and floridata.com

Plant Smart explores the diverse flora of South Florida.✱

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Fish Caught



Malcolm McKillop, left, and Capt. Darrin Covert

Malcolm McKillop, a resident of Sanibel, caught the biggest snook during a recent fishing excursion with Capt. Darrin Covert of Covert Operations Fishing Charters. McKillop was fishing with family members Peter and Adeline Sanchez of Sioux Falls, South Dakota.✽

Fish Caught



Peter Sanchez

Peter Sanchez, visiting from Sioux Falls, South Dakota, caught a trout while fishing off of Sanibel last week.✽

Fish Caught



Adeline Sanchez

Adeline Sanchez of Sioux Falls, South Dakota caught a small snook while fishing the waters of Southwest Florida last week.✽

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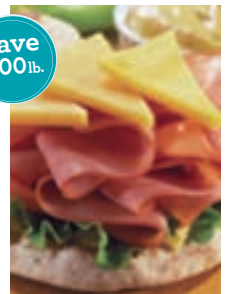
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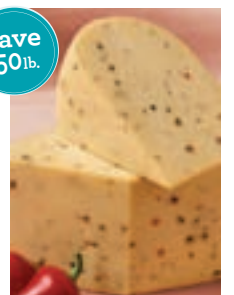
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At Periwinkle & Casa Ybel



Mucho Mango Bread Pudding

6 slices bread or pound cake,
torn into small pieces
2 mangos, peeled, seeded and
diced into medium-sized pieces
¼ cup natural sugar
3 eggs, lightly beaten
2 cups low-fat milk
1½ teaspoons natural vanilla extract
1½ teaspoons ground cardamom
2 tablespoons butter
¼ cup natural sugar

Preheat the oven to 350 degrees F.
Lightly butter a 9x11-inch glass baking
dish.

Toss together the pieces of bread and
mango; pour into buttered baking dish.

In a medium bowl, whisk together the
sugar, eggs, milk, vanilla and cardamom.
Pour over the bread and mango mixture.

Place small dollops of butter on top
of the pudding (approximately ¼ stick of
butter total).

Bake for 45 to 50 minutes in the
preheated oven, or until slightly puffed
and golden brown. Serve warm with ice
cream and fresh, sliced mangoes.

Drizzle Rum Sauce over the top.

Rum Sauce

2 tablespoons butter
1 tablespoon cornstarch
½ cup natural sugar
1 cup low-fat milk
3 tablespoons rum

Melt butter in a small saucepan over
medium heat. Mix together the sugar and
cornstarch; stir into the melted butter.

Slowly pour in milk, stirring frequently
until the mixture begins to lightly boil.

Continue cooking until thick, stirring
constantly.

Remove from heat and stir in rum.
Serve warm.*



Mucho Mango Bread Pudding

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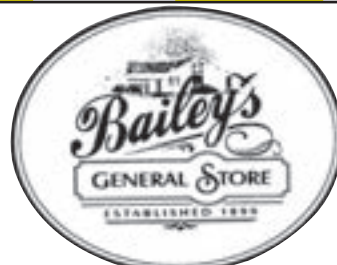
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Call To Artists For Paint The Beach, A Plein Air Art Festival



Kathryn A. McMahon won first place last year for her shoreline painting

Planning is well under way for the 6th annual Paint the Beach, a plein air painting competition and art show. This festival is free to the public and will take place on November 2 through 8 on Fort Myers Beach.

The Fort Myers Beach Art Association is now accepting applications for artists to participate in the festival. Artists who work in a variety of media are encouraged to apply. Registration is limited to 60 artists for the main competition and 30 artists for the Quick Draw competition. Those interested in applying should go to the website, www.fortmyersbeachart.com, and complete the application. Deadline for registration is October 30.

During the week, artists will paint on location from November 3 to 5 throughout the town of Fort Myers Beach. On November 6, there will be a reception from 5 to 7 p.m. in the festival tent at Santini Marina Plaza. The Quick Draw competition will be held in Times Square

on November 7. Artwork will be on display and for sale until 2 p.m. November 8 in the festival tent. Artists will be treated to a meet and greet, breakfast, a demonstration lunch and a goodie bag.

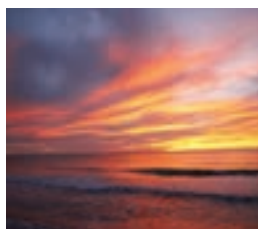
Paint the Beach will present over \$3,000 in cash awards and prizes to the plein air painters. The first place winner will receive \$1,000 and a 1/3 page ad in *Plein Air Magazine*. Second place winner receives \$750 and third place winner receives \$500. Several other cash and prize awards will be given. The awards judge for the competition is Joseph W. Palmerio.

"What I like the best about the Paint the Beach art festival is the wide array of painting sites to choose from. In Fort

Myers Beach, you can find hidden coves and harbors, ships and yachts of all sizes, fantastic shrimp boats at dock, a beautiful sandy beach coastline and many waterfront restaurants. This event includes a Quick Draw competition and a fantastic reception with cash prizes. What else can a painter ask for? There is so much activity in Fort Myers Beach. It is a painters dream," said Kathryn A. McMahon, first place winner in 2014.

For a detailed map of the festival site, complete list of artists, activity schedule, free parking areas, visit www.fortmyersbeachart.com. Volunteers are needed to help with the festival, and interested individuals may e-mail Paintthebeachfmb@gmail.com.

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Shell Found



Parker Davis

Parker Davis, 16, from Davenport, Iowa found an alphabet cone while scooping up shells at Blind Pass on July 14 during his family vacation on Sanibel.✱

Our email address is
press@islandsunnews.com

From page 1

Silver Star Recipient Returns To Captiva

by the students of The Sanibel School, a Mullet Marching Band Parade down Andy Rosse Lane, a flight aboard a Lee County Sheriff's Office helicopter and a fish fry at American Legion Post 123.

And, of course, lots and lots of fishing. "I'm an avid fisher and hunter, which gives me healing beyond what doctors can do," said the 31-year-old veteran, who lost both of his legs as a result of his combat injury. "I love being out on the dock around sunset, just hanging out, fishing and talking with Dave (Jensen). There aren't any expectations, either. It's really very calm and peaceful and self-healing."

Since his last stay on the islands, Brown completed his rehabilitation at the Walter Reed National Military Medical Center in Washington, DC and has returned to his hometown. During rehab,



Cpl. Christian Brown, center, with the staff at Famous Tattoos in Fort Myers, where he received two new tattoos

he began honing his skills as a wood-worker, hand-crafting items such as turkey calls, duck calls and wine stoppers.

"I had always enjoyed the craft of it," he noted. "And I really enjoy being back home and getting re-acclimated with my community."

Most recently, Brown – thanks to The Gary Sinise Foundation's R.I.S.E. (Restoring Independence Supporting Empowerment) program and the Building For America's Bravest partner program – broke ground on a specially-adapted "smarthome" in Munford. A ceremony held at the site on July 10 was attended by members of The Gary Sinise Foundation, U.S. Navy Seals and approximately 200 people from his hometown.

"I've had input on everything from the floor plan to the furniture. Every step of the way, it's being designed on my say so," said Brown, who added that he was humbled by all of the support he's received. "Being an American means working together for the common good... we take care of each other. That's what our country was founded on, and it feels great to see people committed to that ideal, reaching out and helping others."

Sinise and his Lt. Dan Band, named for the actor's character in the hit movie *Forrest Gump*, staged a benefit concert to raise money for Brown's custom-designed home late last year.

During his 10-day stay on Captiva, Brown enjoyed both on-shore and off-shore fishing, dining at some of his favorite restaurants – including the Lazy

Flamingo and Doc Ford's Rum Bar & Grille – and even planned on trying his hand at parasailing off the Sanibel Causeway.

"I saw some people parasailing while I was out on the water and I said to myself, 'Man, I've gotta try that!'" he said with a smile.

In addition, he visited Famous Tattoos in Fort Myers, where he received two new tattoos.

"The tattoos sort of commemorate the guys that I served with who gave their lives for this country, whether they were killed in action or have committed suicide since coming home," he explained. "So that every time I look at them (the tattoos), I'm reminded of their memory and I can appreciate how valuable life is."

Brown also took time to thank the people of Sanibel and Captiva, as well as the Jensen brothers.

"What sets this place apart from other places is these guys and the family environment they've created here," added Brown. "Everybody down here has been so great to me. They're so welcoming, want to just chat or help out whatever way they can. People who stay here really come together – it feels like a community."✱

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Sanibel-Captiva Art League
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Leslie Corneliuson

Local tropical and nautical scenes are always a favorite with visitors to the Sanibel-Captiva Art League Annual Summer Art Exhibit currently on view through September at Sanibel Public Library, 770 Dunlop Road.



Joanne Durst

Many nature studies are included in the exhibit along with still life, architecture, portraits and abstract paintings in a variety of media and sizes. The beautiful changing color of the waters of the Gulf of Mexico along with the lush vegetation and delicate flowers provide wonderful subject matter during the Art League's weekly paint-outs.

The library staff and volunteers invite residents and visitors to visit the library and see the new books, CD's and



Debra Butler

DVD's as well as all the other services such as computers, Internet connections and eBook availability. The changing educational and interesting monthly themes often specialize in a variety of subjects that are unique to this area.

For library hours and information, call 472-2483 or log on to www.sanlib.org. For San-Cap Art League information, write to P.O. Box 1192, Sanibel, FL 33957 or visit www.sancapart.com.



Anne Kittel



Diane Olsson

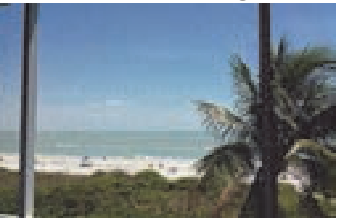


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Youth Programs At Sanibel Library



Nate and Luke Trover enjoy the magic of Brian Boyd at the Sanibel Public 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 the 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. Families are asked to give their children’s “number of hours read” to Miss Barb by Saturday, August 1.

John Storms brings his World of Reptiles presentation to the library at 3 p.m. on Tuesday, July 28. His program is for kids of all ages, with no charge to participate. “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, July 28 after the library is closed, there is a VIP After Hours for kids entering sixth grade and older, where middle and high schoolers can enjoy crafts, snacks and games. Glam Smash Book Night is the final VIP After Hours for the summer.



Ventriloquist and comedian Jacki Manna’s puppetry lesson at the library



VIP After Hours participants at the Sanibel Public Library

The full youth program schedule is online at 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.

HORTOONS



Sponsor Named

Signal Inn, located on Old Middle Gulf Drive, was welcomed as a new sponsor at the City of Sanibel’s Recreation Center Hall of Sponsors: Proceeds from sponsor signs assist (on a sliding scale) parents, grandparents and legal custodians who financially qualify for their children to attend the After School program, Fun Days, Holiday and Summer Day Camp at the Sanibel Recreation Center.*

Read us online at
IslandSunNews.com

A Raft Of Injuries In His Senior Years Doesn't Stop Professional Golfer Fred Funk



by Ed Frank

If you're a senior citizen, you know full well the aches and pains that proliferate your "golden years." But if your livelihood depends upon fighting your body such as a professional golfer on the Champions Tour, those injuries take on an all different perspective.

Golfer Fred Funk, at 59 years old, has struggled with a raft of injuries that would retire most athletes, but he continues to compete at a high level, winning \$1.2 million last year when he won his ninth championship on the Champions Tour.

We caught up with Funk recently on a trip north while he was playing in the Encompass Championship in Chicago where he finished sixth with sub-par scores of 65, 70 and 71, pocketing \$64,600.

That 65 was the lowest first round score of the tournament.

Just imagine playing week after week competitively after enduring these medical procedures – a complete knee replacement in 2009, a bone fuse with wires and two pins in his left thumb in 2011 and fighting painful tendonitis in his left elbow today.

"Your body responds and heals with proper rehab, but it's a never-ending process," Funk said.

After years of chronic pain in his left knee, he had the knee replacement in early 2009. In June of that year, he became the oldest qualifier at age 53 for the U.S. Open. And in August of that same year, he won his second major championship on the Champions Tour, the U.S. Senior Open at Crooked Stick Golf Club in Indiana.

Today, Funk is sponsored on the tour by Stryker Orthopedics, the company that supplied his new knee. "It was a tough way to get a new sponsor," he laughed.

The pain in his left elbow has been so severe that at one time he couldn't even twist a cap off a bottle, let alone grip a golf club.

"After two months, it still wasn't any better and some doctors suggested surgery that would require at least six to 12 months away from the tour," he said.

But a fellow player suggested treating the injury with electromagnetic pulse therapy, and after 10 days of treatment, he returned to the golf course.

"I just don't like taking pain killers as I don't like what they do to your body," he said.

So he continues to fight through the pain to play the game he loves. His career earnings total over \$22 million with nine victories on the Champions Tour (\$10 million) and eight victories on the PGA Tour. Fred Funk is walking testimony that your senior years do not have to be relegated to a rocking chair. We can all learn from his spirit of competitiveness.

Miracle Begin Six-Game Home Stand Tonight

The Fort Myers Miracle begin a six-game home stand tonight (Friday) hosting Tampa at 7:05 p.m. at Hammond Stadium. The same two teams meet again Saturday night at 6:05 p.m.

The Miracle began the week with a second-half season record of 14-11, third place in the Florida State League South Division.

Lakeland provides the opposition for four games, Sunday through Wednesday with a Sunday matinee at 4:05 p.m.

Fort Myers began the week with a 2-1 win Monday night over Jupiter. Miracle pitcher Aaron Slegers pitched seven innings of one-run ball to gain his seventh victory against five losses. He tops the Miracle pitching staff with 106.1 innings hurled and a 2.88 ERA.*

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Billy's Rentals Sponsors 10K Race 4 FISH

Billy's Rentals is a Gold Sponsor of the 7th annual 10K Race 4 FISH, one which draws hundreds of runners from near and far to Sanibel Island for a worthy cause. Proceeds benefit FISH of SANCAP, a non-profit organization that provides a helping hand to those in need who live, work or visit Sanibel or Captiva islands.

"We support FISH because of all the necessary needs it meets in our community," said Salli Kirkland, who owns and operates the sales and rental business with her husband, Billy. "We have watched them expand their services over the years to better serve the needs of our diverse population."

FISH recently purchased and moved into a more efficient home at 2430 Periwinkle Way to better serve its clients. The entrance is ADA compliant and offers space for simultaneous workshops or seminars, a client resource room, child's room and a food pantry with commercial refrigeration.

"We are honored to have a sponsor



FISH of SANCAP board chair John Pryor, left, race committee member Pete Bender, race committee co-chairs Nancy Bender and Ed Ridlehoover with Billy and Salli Kirkland, owners of Billy's Rentals

like Billy and Salli Kirkland, who live by the motto 'Give back to the community in which you live and work,'" said race committee co-chairman Ed Ridlehoover. "It is because of neighbors like them that allows FISH to continue fulfilling its mission of neighbors helping neighbors."

The 10K Race 4 FISH will take place on Saturday, October 17 with the

start and finish line at The Community House. There are a variety of sponsorship slots available – Gold, Silver, Bronze or Friend. For Gold to Bronze, your name or logo will appear on the back of T-shirts featuring the Hortoon race logo and worn by the runners, as well as all banners and printed race material.



Billy Kirkland

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Anyone who is interested in becoming a race sponsor should contact Nancy or Pete Bender at benderlaw@juno.com or 472-5220. The deadline is September 15.*

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SPORTS QUIZ

1. Who was the last major-leaguer before Houston's Jose Altuve in 2014 to amass at least 225 hits, 44 doubles and 55 steals in a season?
2. How many times did Ken Griffey Jr. drive in 100 or more runs in a season during his 22-year major-league career?
3. Entering 2015, the University of Alabama's football team had been ranked No. 1 in The Associated Press poll at least one week for how many consecutive seasons?
4. In 2014, the Los Angeles Clippers' Jamal Crawford became the fourth player to win the NBA's Sixth Man Award twice. Name two of the other three.
5. The University of Minnesota has won three of the past four NCAA women's hockey championships (2012-15). Who won the other title during that time?
6. Which is the only South American county to have its men's soccer team not play in a World Cup?
7. Name the last school before the University of Denver (2015) to win the NCAA men's Division I lacrosse title and not be from the Eastern time zone.

ANSWERS

1. Detroit's Ty Cobb, in 1917. 2. Eight times, with a high of 147 RBIs in 1997. 3. Seven consecutive seasons. 4. Kevin McHale, Ricky Pierce and Detlef Schrempf. 5. Clarkson, in 2014. 6. Venezuela. 7. It had never happened before 2015.



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Coyne’s Sanibel Biking Update 2015



Frank and Denise Coyne

submitted by Frank and Denise Coyne

This year, we had decided to take a little rest and not do as much biking as previous years. We decided to ride the bikes each morning for breakfast to the Lighthouse Café – thanks Mike and to all the team for many wonderful breakfasts.

After breakfast, we decided to take a rest so Frank could catch up on his reading and I – having taken up Bridge last year – had promised all my Bridge friends at home to read my Bridge notes and become a much better player.

Unfortunately, we have “Biking Fever” and instead of relaxing by the pool or on the beach, once again after breakfast it was on the bikes again. This is our way of switching off and relaxing!

Thanks to Barbara and staff at Finnimore’s for looking after us whenever we broke down or had a puncture.

We have made so many friends biking here on Sanibel. In fact, lots of these friends spent some time with us in Dublin this year, including Jewel and Kevin and Melinda and Stan. So it was like our home away from home, coming to Sanibel and meeting up with them again.

To date this year, we have 3,000.7 miles on the odometer with less than two weeks left before we return home. That brings our total mileage up to 34,212 over a period of 13 summers here. Is this a record?

We will be counting the days until hopefully we return next May. In fact, we counted 273 days until we return in 2016. Hope to see you all again then!✱

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Three t-shirt designs are shown. The top shirt features a graphic of palm trees, a sun, and a lizard, with the text "Sanibel Island" above and "Florida Fast Food!" below. The middle shirt features a graphic of a triathlete on a bike, with the text "Florida Triathlon" above and "Sanibel Island" below. The bottom shirt features a graphic of a cat and a lizard, with the text "Goodbye Kitty" above and "Sanibel Island, Florida" below.

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From page 10

Latest Civic Core Conceptual Plans



Mayor Kevin Ruane, left, presents 35-Year awards to city employees Steve Henry and James Phillips



Kevin Ruane, left, presents 30-Year awards to city employees David Fehlandt, Karen Gudella, James Jordan and Bill Tomlinson

Opening the meeting to public comment, resident Karen Storjohann asked if the proposal was ADA-compliant, which Woodruff responded it was. She then pointed out that the closest parking area to the plaza was much further from each proposed facil-

ity than any current building, which would negatively impact elderly or handicapped persons.

"If you wanted to go to the theater, the closest parking lot is actually at city hall," she later noted.

Gib Warren, one of the Sanibel Public Library commissioners, suggested that the access road leading to the new Civic Core Plaza be renamed Bob Janes Way in honor of the late Lee County commissioner and one-time mayor of Sanibel.

Richard Johnson, speaking on behalf of the Sanibel Community Association's board, spoke in favor of the latest version of the civic core proposal. "We feel really good about this," he said. "This fits in with our community really well."

Ruane also noted that currently, work on investigating the viability of a Sanibel Civic Core has cost approximately \$93,000. Previously, the city spent \$180,000 on developing a master plan for the proposed Town Center project.

"Like any project, I think we need to bring all of the details together and allow the public to know what those details are," he added, explaining that the project would only move forward if approved by island residents in a public referendum. "I think we've made significant progress."

No word was given regarding the next presentation on the civic core plan. In other business, the council unanimously approved awarding the 2015 street resurfacing contract to Community Asphalt Corporation in the amount of \$569,888.

The street resurfacing project includes resurfacing of portions of Sanibel-Captiva Road, Dixie Beach Boulevard, East Periwinkle Way, East Gulf Drive, South Donax Street, Beach Road, the intersection of Periwinkle Way and Causeway Boulevard, and the intersection of Dixie Beach Road and Albatross Road.

Paving of Wulfert Road and the west end of Periwinkle were removed from the project because they would have exceeded the \$600,000 budgeted for the work.

In addition, councilors approved awarding the 2015 shared use path repair contract to Bonness, Inc. in the amount of \$135,952.77. The city had budgeted \$150,000 for the work.

Finally, a second special meeting focused on traffic management on the island has been scheduled for Monday, August 3 beginning at 9 a.m. at MacKenzie Hall. The joint workshop session, which will include members of both the city council and planning commission, will be open to the public.✧

Council Introduces Budget With Rolled-Back Millage Rate

by Jeff Lysiak

When they arrived at MacKenzie Hall on Tuesday afternoon to hear the initial draft budget presentation for fiscal year 2015-16, members of the Sanibel City Council were delivered a proposed budget of \$55,702,398, which was prepared with a millage rate of 1.9995.

But after looking at ways the budget could be adjusted by lowering reserves to the city's contingency fund, insurance deductibles, transportation special reserve fund and other "low hanging fruit" in the proposed draft budget, council unanimously approved a proposed operating millage rate of 1.939 mills, identical to last year's approved and adopted rolled-back rate.

According to Mayor Kevin Ruane, the city would be able to lower the millage rate if it could trim approximately \$370,000 from the proposed draft budget. In addition to adjusting the contingency fund from \$275,000 to \$175,000 and adjusting the transportation special reserve fund from \$315,000 to \$215,000, Ruane found other cost-cutting measures including capping the subsidy for the Sanibel Recreation Center, eliminating the expense of purchasing Tasers and body cameras for the Sanibel Police Department and delaying a ballfield improvement project.

"That's going to save us about \$900,000, and we only need to find \$370,000 to get to the rolled-back rate," said Ruane, who said that the conservative adjustments he was proposing only looked at "low hanging fruit" in the city's budget.

"I'm happy with that," said Vice Mayor Mick Denham. "I might argue one or two of those items, but for today, I like it."

Councilman Chauncey Goss also suggested taking a look at beach parking revenues. "If you take a look at beach parking, the lots are always full," he said. "I think we're leaving a lot of revenue out there."

During public comment on the budget, resident David Bath offered that the city take another look at installing video cameras at city hall, which would allow people to view their meetings either live or afterwards. Currently, the city website has streaming audio of all city meetings. He also suggested that the city look into updating the master plan for the shared use path system, since the current version was adopted in 2009.

In addition, the city's proposed aggregate taxes levied, exclusive of voted debt service levies, is \$8,635,291. The millage levy for the sewer voted debt service is 0.2026 mills, the millage levy for the land acquisition voted debt service is 0.0761 mills and the millage levy for the recreation center voted debt service is 0.1179 mills.

After Ruane made a motion to approve the draft budget, which was seconded by Denham, council unanimously passed the resolution.

The council will conduct the first budget public hearing on Saturday, September 12 at 9 a.m., during which they will discuss and adopt the tentative millage rate and budget. The second and final budget hearing will be held on Tuesday, September 22 at 5:01 p.m.✧

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New Hope For Patients With Common Heart Condition

Atrial fibrillation (Afib), an irregular heartbeat, affects millions of Americans, causing a host of problems including congestive heart failure and leaky valves. However, the biggest concern is that approximately one-third of patients with Afib will experience a stroke.

While blood thinners have been the traditional route for treatment, Paul DiGiorgi, M.D. is the only cardiothoracic surgeon in Southwest Florida offering the new minimally invasive, hybrid surgical option that can reduce the risk of stroke.

The cardiothoracic team at HealthPark Medical Center has created a comprehensive program to address Afib and reduce stroke in our community. With options ranging from catheter based ablation to the Maze procedure: an ablation and clipping surgery with an expected 90 percent return to sinus rhythm, even for patients with years of persistent Afib.

"The Maze procedure has been around for 30 years, but was not commonly adopted because it required traditional, complex open-heart surgery. However, the original surgery was found to be associated with a dramatic restoration of sinus rhythm and a reduction of stroke risk by over 99 percent," said



Surgeons using the Maze procedure

DiGiorgi. "But with improvements in technology, we are now performing this procedure minimally invasively. The same ablation lines as the original procedure are achieved but without the trauma to the patient."

Mark Richards, a resident of North Fort Myers, was the first patient to undergo the procedure in Southwest Florida. The 63-year-old had been managing chronic Afib with medications for about 10 years.

"My wife said that when she would put her head on my chest it was not a regular heart beat at all," explained Richards. "I didn't like being on blood thinners and other meds, especially with all the side effects. Being that I was in chronic Afib, my cardiologist didn't feel that regular ablation would be very effective in my

case. So I figured let's just get rid of it. Let's go for the Maze procedure."

To understand how the Maze procedure essentially cures atrial fibrillation, it helps to understand what happens in the heart during Afib.

"Normally, the atria (the smaller, back chambers of the heart) fill and beat, sending blood to the main, larger ventricular chambers," Dr. DiGiorgi explained. "With atrial fibrillation, the atria do not beat properly, but fibrillate and decrease the filling of the main pumping chambers. Because the blood does not pass through as smoothly and quickly, it gets stagnant. Additionally, there is a pouch-like appendage on the back of the heart, called the left atrial appendage, which can harbor blood clots that can break off and cause a stroke."

The Maze procedure involves the ablation (burning) of nerves in specific lines in the atria, which force the heart's electrical impulses to follow a path that prevents the erratic atrial fibrillation rhythm. Additionally, the left atrial appendage is clipped, which helps to reduce the risk of stroke.

"This is an exciting time for patients with persistent Afib – those patients who have had a stroke and those who have not," said Dr. DiGiorgi. "They have alternative to a lifetime of ineffective medical therapies; and it's an alternative that is safe, minimally invasive and may significantly reduce their risk for stroke. It is important to note that currently these procedures are only used for patients with symptoms or complications related to Afib and that anticoagulation meds may need to continue even if normal sinus rhythm is achieved, depending on the individual's results and medical history."

The hospital stay after a Maze procedure is usually three days and the recovery is one to two weeks.

"I'm off the Afib meds and the blood thinners and I should never have this problem again. This is the best treatment for Afib," said Richards. "I feel great and my stroke risk is now less than one percent. I didn't realize how bad I was feeling until I felt good. I have so much more energy now!"

It's a common misconception that Afib is a concern only for the elderly. You can be a young, otherwise healthy adult, have Afib and not even know it. Afib results in 350,000 hospitalizations

continued on page 44

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Sound Government Contributes To Economic Growth In Florida

By sustaining high-quality local services and holding down property taxes while attracting new business, cities across Northwest Florida and around the state maintained steady economic growth in 2014, according to the latest State of the Cities report released last week by the Florida League of Cities.

"An important part of our continued growth over the past year was no secret – slow but steady was the approach to sound municipal government," said Florida League of Cities President Matt Surrency, who is mayor of Hawthorne. "Florida's growing population requires that municipal governments be responsive to the citizens they serve, and we are ensuring that our residents, new and old, will remain here for years to come."

The League's Center for Municipal Research and Innovation produced the annual report. It shows that statewide, the total amount of municipal property taxes fell by more than 3 percent in the 2012-13 fiscal year compared with the previous year, reflecting at least four straight years of overall declines in municipal property tax collections.

The report also shows the majority of building permits issued by cities around the state are issued in smaller communities, not the big urban areas. Of the 113,426 municipal building permits issued in 2012-13, a total of 52 percent were issued in cities with fewer than 60,000 residents.

Municipal leaders throughout Florida were able to take advantage of various economic development incentives in order to attract businesses. More than half of the smallest cities – those with populations of fewer than 5,000 – used community redevelopment agencies to create a framework for population growth and public projects. In addition, many cities worked to lower developer costs by offering expedited permitting.

Among the information provided in the 2014 State of the Cities report:

- **Economic Development** – Cities with smaller populations were far less likely to provide economic development incentives: only 60 percent of municipalities with fewer than 60,000 people utilized incentives of any kind, compared to 94 percent of cities with greater than 60,000 people. Additionally, job incentives, which were offered by over half of larger cities, were offered by only 12 percent of smaller ones.

- **Taxes/Revenue** – Property taxes make up an average of 17 percent of cities' revenue stream. Property tax collections fell 3.12 percent, but the growth in population led to an overall 3.3 percent increase in municipal income to pay for public services. As a result of this increase, nearly two thirds of municipalities were able to give raises to their staff, and the remaining third were able to hold staff pay steady.

- **Water** – Florida remains at the forefront of the nation in providing quality-of-life amenities to its citizens. According to the report, 65 percent of cities offer water services for residents. This is actually slightly down from the previous year's 69 percent, a change that created an opportunity for water-rich municipalities to provide water services to other areas. Two out of five cities provide water or wastewater services to other jurisdictions.

- **Infrastructure** – In addition to water, Florida continues to be a leader in providing municipal services. One in ten cities provides a health clinic for its employees, and a small but growing percentage provide electric and natural gas services. Additionally, most cities – 85 percent, in fact – provide solid waste collection, and 72 percent provide recycling services. These efforts ensure that Florida cities and the areas around their beaches, rivers and lakes remain clean.

- **Housing** – 76.1 percent of the 113,426 building permits issued in Florida cities last year were residential. Of those residential permits, most were issued for building single-family units. Surprisingly, however, multi-family units accounted for more than 35 percent of permits in cities with fewer than 5,000 people, compared to only 25 percent in cities with populations of more than 60,000.

- **Parks and Services** – Florida continues to be a leader in promoting tourism and active lifestyles: 91 percent of cities provide municipal parks, many of which consist of beach access points, and 17 percent provide a city-run marina. Most municipalities – 85 percent, in fact – provide solid waste collection directly or through third-party agreements, ensuring that Florida cities and the areas around their beaches, rivers and lakes remain clean.

The State of the Cities report notes that as of last year, Florida's population of more than 19 million people was evenly divided between those who live in cities, towns or villages and those who live in unincorporated areas. The populations of these cities vary greatly, from more than 800,000 residents in Jacksonville to fewer than 10 in Weeki Wachee.

The full State of the Cities report and results of the 2014 CityStats Survey are available online at www.floridaleagueofcities.com/Assets/Files/2014StateoftheCities.pdf. Contact Liane Schrader at LSchrader@flcities.com or 850-222-9684 for more information or to request a printed copy of the report.*

Superior Interiors

Some Sound Color Advice

by Barb Cacchione



When it comes to color, I advise my clients to follow their heart. As an interior decorator, my color philosophy revolves around the fact sometimes color preferences

are not always the same as your favorite colors. But when some sound thought is considered when planning for a new color scheme, generally your heart's color desires will rule supreme! And as most people have discovered, planning a color scheme is a carefully thought out process.

I suggest that my clients follow five easy steps in assessing their space for a new color scheme.

First, decide where your best opportunities are for using color. Will painting one wall in an accent color give your room the spark you desire? Or perhaps, a soft blending of similar color hues will give your new room it's desired "feeling or mood."

Then, take a critical look at your room's architectural features. Do you want them to stand out, take center stage or be minimized? For instance, perhaps you have painted bookshelves flanking a room's fireplace. Adding an accent color to the back walls of your bookshelves might add just a bit of much needed color flair to the entire wall scheme.

Thirdly, try to definite how your space is being used. Reading, relaxing, game

playing or watching TV? An important consideration in selecting your new color scheme is how you actually use and enjoy the space.

Next, analyze your room's lighting. How much natural light does your room have? A room with a lot of artificial light will definitely call for a different color plan than one with a lot of natural light.

And last, but not least, it's critical that you take into account your "new" room's relationship to the other rooms in your home. Color continuity is key to creating the overall look most people desire for their homes.

Barb Cacchione is an interior designer on Sanibel/Captiva Islands. She can be reached at barb@coindceden.com.*

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- Brian Murty 239.565.1272

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- Huge Outdoor Lanai, Game Room
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- John Nicholson 239.849.3250

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- \$925,000 MLS 2150430
- Jason Lomano 239.470.8628

CASTAWAY ESTATES



- 3BR/3BA - SHORT SALE
- Double Lot, Private Pool
- Boat Dock, Canal, Gulf Access
- \$695,000 MLS 2150335
- Burns Family Team 239.464.2984

DUNES



- Incredible Lake & Golf Course Views
- Elevated 3/2 with Huge Pool
- Fantastic Dunes Location, Quiet
- \$549,000 MLS 2150332
- Andre Arensman 239.233.1414

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NEW PRICE

- Canal Front Condo
- 2 BR/1 BA Tennis Place unit
- Completely renovated, direct Gulf access
- \$359,000 MLS 2150540
- Burns Family Team 239.464.2984

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, I know that kids need strong academic skills to be successful in life. I'm sure that is not enough. What else should I try to help my kids

learn how to do so they can be successful?

Silvia A., Bonita Springs

Silvia,

You are correct in thinking that academic skills are not the only thing a child needs to succeed in life. The University of Chicago Consortium for Education has recently examined this question and drawing on research from many fields, theory and practice to identify building blocks for life success, their report establishes a framework to help answer that question.

First of all, the authors defined success means. They have described success as that "young adults have the potential to fulfill their goals." They also identified other behaviors that lead to success, including the ability to influence the world around them, and having a clear sense of which they are an "integrated identity." To achieve these success skills and behaviors, the report suggested that children's lives include experiences to develop the following four qualities:

Self-Regulation – The awareness of oneself and one's surroundings, and management of one's attention, emotions and behaviors to achieve goals.

Knowledge and Skills – Information or understanding about oneself, other people and the world, and the ability to carry out tasks.

Mindsets – Beliefs and attitudes about oneself, the world and the interaction between the two. They are the lenses individuals use to process everyday experiences.

Values – Enduring, often culturally-defined, beliefs about what is good or bad and what one thinks is important in life.

These qualities grow and reinforce each other through life, but some are especially important to develop during certain stages of childhood because they lay the groundwork for successful development in the next.

In summary, the key developmental tasks during early stages of development are:

- Early childhood (ages 3 to 5): Self-regulation; interpersonal (social-emotional) knowledge and skills
- Middle childhood (ages 6 to 10): Self-regulation (self-awareness and self-control); learning-related skills and knowledge; interpersonal skills
- Early adolescence (ages 11 to 14): Group-based identity; emerging mindsets
- Middle adolescence (ages 15 to 18): Sense of values; Individuated identity
- Young adulthood (ages 19 to 22): Integrated identity

Developmental experiences happen at home, at school and in organized activi-

ties in the community and require for action and reflection. Adults can nurture these qualities by providing children and teens with rich experiences, and ensuring that young people have opportunities to reflect on the experiences. Ensuring that young people grow into successful young adults requires investments in their learning and development, from birth to young adulthood, so that all of them have ongoing opportunities to truly reach their potential.

*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.**

Keylime Bistro Wins Award

Sandra Stilwell, owner of Stilwell Enterprises, announced that her Keylime Bistro on Captiva has won the coveted *Wine Spectator* Award Of Excellence for the ninth year in a row.

"Of my eight restaurants, Keylime Bistro still is the engine that drives the train," she said.

Stilwell noted that her company's support in the local community includes recently hosting the Golden Apple Teachers Collegium. Coming up on August 23, Stilwell Enterprises will sponsor a motorcycle run from Six Bends Harley-Davidson in Fort Myers to Captiva, with 100 percent of brunch proceeds going to the Abuse Counseling Treatment Center in Fort Myers.*

Hurley Named To Dean's List

Timothy Hurley, a resident of Sanibel, has been named to the Dean's List at Rensselaer Polytechnic Institute for the spring 2015 semester. The Dean's List recognizes full-time students who maintain grade-point averages of a minimum of 3.0 out of a possible 4.0 and have no grades below "C." Hurley studies Computer Science.*

Royal Shell Real Estate Expanding To Cape Coral

Royal Shell Real Estate has closed on the purchase of a two-story office building in downtown Cape Coral announced Michael Polly, vice president of real estate operations. The 9,000-square-foot office with large conference rooms, meeting rooms and other spaces will undergo major renovations, and is expected to be fully operational by fall 2015.

The expansion represents not only growth for the company, but additional

job opportunities for sales representatives and support staff. According to Polly, the company anticipates adding 30 to 40 Realtors and three to six additional staff for the Cape office by the end of the year.

This is Royal Shell's 16th office in Southwest Florida, with an additional office in Central Florida and four in North Carolina bringing the total number of offices to 21. While renovations are underway, Royal Shell Real Estate continues to service Cape Coral clients from its two Fort Myers offices, located at 7290 College Parkway and 1870 Clayton Court.

The move comes after the largest independent brokerage in Southwest Florida recorded more than \$500 million in sales in the first five months of 2015, and represents another step in the company's journey of extending its brand and expanding its growth in Southwest Florida.

The new location will allow Royal Shell Real Estate to cater to the growing Cape Coral real estate market. It also allows Royal Shell to better connect with the city's re-emerging luxury, high-end real estate buyers and sellers.

"We've been serving the Lee County market for a long time because it is a great place to do business," Polly said. "This strategic move highlights our continued investment in the local area."

For more information, call Royal Shell Real Estate at 689-7653 or visit www.royalshellrealestate.com.*

Island Builder To Appear On HGTV

Island Builder, American Gallery Homes completed a project in conjunction with HGTV's television series *Vacation Homes For Free*. The six-week remodeling job was completed for an episode which will air on Sunday, July 26 at noon.

"We had a lot of fun with the host and the production team during the remodeling and filming process," said Ken Colter. "Our subcontractors – Browning Landscaping, Innovative Cabinets, Tuttz Plumbing, Noel Painting, Security Electric, TPI Aluminum, Southwest Insulation and Bailey's Flooring – were a tremendous asset in supplying discounted materials for this project. Interior Designer Connie Davis helped pull it all together for the reveal."

Colter added, "It was definitely a unique experience which will add to our portfolio of Island Homes. It is going to be fun to see how they condensed six weeks of work into 30 minutes!"*

Read us online at
IslandSunNews.com

Just Published...

Common Cents Estate Planning

by Craig R. Hersch



Craig Hersch is a Florida Bar Board Certified Attorney and "Will Power" columnist



This groundbreaking book is based on attorney Craig R. Hersch's 25 years of experience helping clients address real life estate planning situations. Topics include:

- Will and Trust basics
- Beneficiary matters
- Estate planning for second and blended marriages
- Dealing with family dynamics
- How Florida estate planning is unique
- Probate and trust administration basics

Mr. Hersch's new book is available at **Amazon.com**.

To order a copy, follow the link at **www.sbshlaw.com/books**.



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Will Power

Estate Administration And Short Term Markets



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

Several years ago, I took on an estate-planning client, "Kevin," who had worked at the Eastman Kodak Company for his entire adult life. He had earned stock bonuses in the company over the years, so that by his retirement a significant portion of his net worth consisted of Kodak stock. Kevin asked me to draft a revocable trust for him, and as part of the work, I interacted with his financial advisors to make sure that his portfolio would be transferred to his trust.

Because so much of Kevin's net worth was tied up in one stock – Kodak – I remember the financial advisors continually urging Kevin to diversify. "You shouldn't have all of your eggs in the Kodak basket," they warned.

Kevin scoffed at the notion. In 1976, Kodak accounted for 90 percent of film and 95 percent of camera sales in America. Until the 1990s, it was regularly rated one of the world's five most valuable brands. In 1988, Kodak employed over 145,000 workers worldwide, and in 1996 its sales peaked at \$16 billion, with a market capitalization of \$28 billion. They were an effective category monopoly.

"Why should I sell the stock of a company that has been so good to me over the years and continues to perform so well?" he said. "Besides, if I sell the shares I will end up paying the IRS substantial capital gains taxes, and lose any future dividends and chance at appreciation on those shares."

So Kevin held firm.

He died in 1999. By then, a gadget called a "digital camera" appeared. Because digital cameras were clunky with limited clarity and storage capacity, Kodak didn't see them as a major threat.

When Kevin died, the financial advisors again urged his son, "Ed," who served as Kevin's successor trustee to administer the estate, to sell the Kodak shares from the estate portfolio. "You are in a short term market now," they said, "meaning that between the date of your father's death and the date that his estate administration winds up and is distributed to the family, the stock could take a precipitous drop in value. Since the estate taxes are based on the date of death value, it doesn't make any sense to have a portfolio so over-weighted in one company's stock."

The financial advisors pointed out that one of the reasons Kevin did not sell his Kodak shares – because he didn't want to pay a capital gains tax – no longer existed. As of Kevin's date of death, his portfolio received a "step-up" in its tax cost basis equal to the fair market value. Selling the Kodak shares would have resulted in minimal, if any, capital gains.

Ed didn't budge. "Our family has an emotional attachment to Kodak," he explained. "It's where dad worked. He loved that company. I just can't sell it."

By 2005, digital cameras became more ubiquitous and better equipped. People loved taking pictures that they could instantly see and only print those that came out well. They no longer had to develop rolls of film hoping that some of the shots would be worthwhile.

By 2007, Kodak was losing money, and in 2008 the iPhone included a built-in digital camera. Kodak's sales plummeted.

In 2012, the company declared bankruptcy, with its workforce reduced to 14,800. In that same year, Instagram – a startup company that created digital picture applications used on iPhones and Androids – was bought by Facebook for \$1 billion. Instagram had 13 employees at the time.

Let this be a warning to all who believe that having a portfolio heavy in just one or a few securities is prudent. When someone passes away with such a portfolio, the step-up in tax cost basis usually eliminates or sharply reduces the impact of capital gains taxes. So the reason many families won't sell is therefore largely due to emotional attachments, or the feeling that the company they invest in isn't vulnerable like Kodak was.

If you feel this way, allow me to leave you with this thought. A generation ago, the average duration of a company that landed on the Fortune 500 list was 57 years. By 2005, that duration was reduced to 17 years, and by 2020, pundits believe that the average company will rotate off the Fortune 500 list in less than seven years.

We live in a world of rapidly changing

technologies and business practices. Competition isn't from around the block; rather, it's from around the globe.

When a surviving spouse or other family member depends upon the viability and health of a financial portfolio, it only makes sense to take emotion out of the equation, and make decisions based on present facts and circumstances. The tax laws work in our favor to so accomplish. Don't let emotion sway prudent investment decisions.

©2015 Craig R. Hersch. Learn more at www.sbshlaw.com.✪

During Hurricane Season, Don't Forget To Prep Your Finances, Too

The 2015 hurricane season is now under way, and while Floridians have so far remained free from a severe storm, natural disasters can strike at anytime – some without warning.

Chief Financial Officer Jeff Atwater encourages Floridians to remember an often forgotten part of disaster preparedness: financial planning. To help Floridians plan successfully, the Department of Financial Services has prepared an Emergency Financial Preparedness Toolkit to help Floridians keep their personal financial information organized for easy access during or after an emergency.

"We're already into hurricane season but this being Disaster Education and Awareness Month, it's the perfect time to take a few minutes to download our toolkit, fill it out, and store it in a safe place," said Atwater. "As Benjamin Franklin famously said, 'An ounce of prevention is worth a pound of cure.'"

This easy-to-use toolkit contains simple tips – like keeping a photo or video log of your possessions on a thumb drive – but, more importantly, it provides a space to keep track of account information, important phone numbers, and post-emergency repairs and claims. Having all of this information in one compact place is imperative in an emergency, and this toolkit makes it easy to do just that.

The Emergency Financial Preparedness Toolkit is available online at www.myfloridacfo.com/Division/Consumer/Storm. This website also contains a wealth of consumer-friendly disaster preparedness information.✪

Our email address is press@islandsunnews.com

Thomas R. Louwers, M.S.T.

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Assisted Living Seminars Offered



The Springs at Shell Point offers affordable, month-to-month assisted living on a private-pay basis, with access to Shell Point’s resort-style amenities and healthcare services

Shell Point Retirement Community invites senior adults and their family members to two educational seminars in August that will cover basic questions about assisted living care. Both free presentations are hosted by Shell Point’s assisted living expert McKenzie Millis at The Springs at Shell Point.

Learn the top 10 signs that indicate when one should consider making a move to assisted living during When Is It Time to Move to Assisted Living? on Friday, August 7 at 10 a.m. Gain a better understanding of the differences between independent living, assisted living, and skilled nursing care. Reservations are required at 454-2077.

Worried About a Parent? Here’s What You Need to Know About Assisted Living will be held on Thursday, August 27 at 6 p.m. This crash course about assisted liv-



Previous disaster relief training in action

Salvation Army To Hold Disaster Relief Training

We’re more than a month into hurricane season, and The Salvation Army stands ready to provide disaster relief with teams of trained staff and community volunteers. The Salvation Army will host a disaster training day for new volunteers who are interested in joining its disaster team and helping others during the next emergency. The next training day will be held on Wednesday, August 5 from 8 a.m. to noon at 10291 McGregor Blvd. in Fort Myers. The class is free, however, registration is required.

This training day provides an overview of The Salvation Army’s emergency disaster services program and explains how trained volunteers are deployed in times of crisis. The training also gives an introduction to the cornerstone of Salvation Army disaster services, mass feeding and The Salvation Army mobile kitchen. Participants will learn the basics of response protocol.

The Salvation Army disaster training is free, but due to space limitations, all participants should register in advance. To register for the class, go to www.disaster.salvationarmyusa.org and visit the Upcoming Classes page on the website, then select Florida.

For questions about the class, call Volunteer Specialist Kris Volpone at 278-1551.

ing is designed for those with a loved one who may need assisted living care in the near future. This presentation will provide a comprehensive overview of assisted living services, suggest who would benefit most from it, and discuss what to consider when searching for assisted living facilities. Reservations are required at 454-2077.

The Springs at Shell Point is located off of Summerlin Road and McGregor Boulevard, two miles before the Sanibel Causeway, at 13901 Shell Point Plaza in Fort Myers. The Springs offers affordable, month-to-month assisted living care on a private-pay basis, and provides access to Shell Point’s resort-style amenities and healthcare services.

For more information about The Springs at Shell Point or to request a brochure, call 454-2077 or visit www.shellpoint.org/assistedliving.

Heart Condition

a year and people older than 40 have about one in four chance of developing it in their lifetime. As you age your risk increases. Regular checkups, such as annual exams, are important.

Visit www.leememorial.org for more information.

ISLAND SUN BUSINESS NEWSMAKERS

Bergstrom Honored

Chuck Bergstrom was named the top selling associate at RE/MAX of the Islands during the month of June. Bergstrom was inducted in to the RE/MAX Hall of Fame in August 2014 and is a recipient of the RE/MAX International Above The Crowd award, presented to associates that have given back to their local communities through humanitarian and charitable work.



Chuck Bergstrom

Top Producers



The Burns Team

Royal Shell Real Estate recognizes their top producers for the month of June.

The Sanibel/Captiva Office Top Listing Producers Team are the Burns Family Team; Top Listings Producer Individual/Partners is Sally Davies; Top Sales Producers Team are the McMurray & Nette Team; and Top Sales Producers Individual/Partners is Brian Murty.



Sally Davies



Brian Murty



McMurray & Nette

Top Producers

VIP Realty Group announce their top agents and sales teams for the month of June.

Arika Bjorkedal was recognized as top sales agent.

Mary Lou Bailey was recognized as top listing agent.

Marlene Donaldson was recognized as top producing agent.



Arika Bjorkedal



Mary Lou Bailey



Marlene Donaldson



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dearRPharmacist

Treating Babesia And Lyme



by Suzy Cohen, RPh

Dear Readers: Babesiosis is the name of an infection caused by Babesia, which includes various symptoms that range in severity. The infection may cause temperature regulation

difficulties, drenching night or day sweats, headaches, nervous system abnormalities, disequilibrium, dysnpea or air hunger, anxiety, déjà vu and much more. The complete article I wrote on how to recognize a Babesia infection is still posted on my website. Today's article is Part II of the story as I promised and focuses more on treatment options. As a reminder, Babesia is a co-infection which usually comes from a tick bite, along with Lyme disease. They go together.

The blood tests for Babesia rarely identify it and treatment is difficult. But not knowing about Babesia is also difficult because you wind up taking medications for 10 different symptoms which might be related to one single infection. I'm trying to help people by giving Babesia some attention.

Focusing on immune system improvement is critical, and eliminating food anti-

gens will allow your immune cells (which have been hijacked) to at least focus on the germ. One key is to kill Babesia organisms, but this must be accomplished very carefully so you don't kill yourself. No joke.

Remember, Babesia is a blood parasite. Imagine that every very time you kill an organism you are simultaneously blowing up a red blood cell so you have to approach with caution. Generally speaking, the rotation of prescribed antibiotics and herbal anti-microbials is a great idea. Keep Babs guessing!

I only have so much space here, so to receive a more comprehensive version of today's article sign up for my free newsletter at suzycohen.com and I'll email it to you. Right now, here are some treatments that a Lyme-literate medical doctor (LLMD) may suggest:

Mepron or Malarone – These popular prescription anti-protozoals have helped many people with Babesia, however, antibiotic resistance is now appearing. And being bluntly honest, I would never recommend them to you my friend. The depression associated with these drugs is swift, severe and scary. LLMDs sometimes forget to warn you, but luckily the mood changes are reversible upon discontinuation of the medication.

Flagyl or Tindamax – These go by metronidazole and tinidazole respectively. Tindamax is better because it penetrates the brain and heart better since it's lipophilic. Tindamax has less resistance, too. Additionally, these hit the cyst form of Borrelia burgdorferi (Lyme) so you get a bang for your buck.

Cryptolepis sanguinoleta – An herb sold online by Woodland Essence that seems to be effective for people who have failed on other medications. Bring "crypto" in with other medications or herbs, but go slow because it's strong.

Sida Acuta – Basically a beautiful weed, it's commonly used in combination with cryptolepis for Babesia. Babesia destroys red blood cells and Sida Acuta works to protect the red blood cells. This is also by Woodland Essence.

Artemisinin – A favorite among LLMDs for Babesia, however, it is both

neurotoxic and hepatotoxic. Use with caution.

Septra or Bactrim (sulfamethoxazole/trimethoprim) – This is a "sulfa" prescription drug that is most effective when combined with a macrolide (such as clarithromycin or azithromycin).

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.✽

Dr. Prendiville Honored

Fort Myers facial plastic surgeon Dr. Stephen A. Prendiville has been named one of the nation's Top Doctors by Castle Connolly Medical Ltd. in New York. Dr. Prendiville was selected for the honor in the Otolaryngology-Head & Neck Surgery specialty, which includes surgery of the ear, nose, throat, facial plastic and reconstructive surgery, and related structures of the head and neck.

Dr. Prendiville is the only Fellowship-trained facial plastic surgeon in Fort Myers who is certified by both the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology – Head and Neck Surgery. He has performed more than 3,000 surgical procedures during his 10 years of practice in Fort Myers.✽



Dr. Stephen A. Prendiville

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Doctor and Dietitian

The Athlete And The Carb-Loading Myth



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

Pick up any sports journal, sports medicine text or marathon training article and there it will be: "Eat more carbs!" Athletes are told to eat, drink and think carbs!

Carbohydrates are basically sugars. You can equate this to eating candy if you like. Therefore, the questions to ask are, how will athletes – such as football players – build muscles by drinking chocolate shakes in the morning and eating a couple peanut butter crunchy bars for lunch? Will this help improve stamina? Marathoners often go to restaurants before a big race to carbo-load and eat eight pieces of garlic bread, down three

bowls of pasta, and have some cannoli to go. Boy, are they going to be ready for the marathon race after that!

Carbohydrates increase insulin levels, decrease anabolic hormone levels and put the body into a fat-storing mode, not a muscle-building one. Muscle is almost all protein. Endurance athletes get most of their energy from free fatty acids, which ultimately come from eating fat. In order to be in optimal health and improve athletic prowess, athletes must eat substantially more of the essential fats and proteins that the body needs.

This does not mean eating more French fries, potato chips and dip. Essential fatty acids are found in food such as olive, flax and canola oils, fish, nuts and seeds. Proteins are found in foods such as meat, fish, poultry, eggs, nuts and seeds.

What an athlete consumes during a race is completely different than what an athlete consumes during training. Yes, they may need to supplement more during the athletic event with rapidly metabolized foods such as sports drinks and other carbohydrate foods, but they should not make a habit of consuming these foods all day long.

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@caringmedical.com.✽

Got A Problem? Dr. Connie Is In



by Constance
Clancy

Q: I am full of regret over hurting someone I care about. How can I overcome this?

A: One thing we all know for sure is that we are here to learn. Certainly we have all made mis-

takes that we regret. I prefer to call them learning experiences in this journey of life. We also know that we cannot change the past, however, we can learn powerful lessons from these experiences. We always have a choice to move forward or repeat the lesson.

If we can learn to focus on the things that are within our control, it can help us to take positive action rather than falling into the vicious shame cycle of repeating the same negative behaviors over and over. Feeling regret is an opportunity to discover what your motivation was to begin with that ended up with you feeling this way.

Embrace your vulnerability and know that you can restructure your past regrets. Focus on appreciating everyone and practice being more in the moment for this is all we have.

If we can accept the fact that we do

things that are not always in our highest good and accept the consequences, then we have taken a big step into our own healing and can focus on new possibilities.

If you have hurt someone and you are feeling regret, now is the opportunity to strengthen your relationship with this person. The words "I'm sorry, please forgive me, I love you" are very powerful. While nothing is perfect, we can learn to be thankful for everything we have.

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.✱

Free Skin Cancer Screening

Harris Dermatology will be offering a complimentary skin cancer screening at the Sanibel Recreation Center on Friday, July 24 from 8 a.m. to 11 a.m.

Screenings are quick and easy. The exam is a non-invasive, visual inspection of exposed areas of the body that will be done after a brief medical history is completed. No appointment or registration necessary, and walk-ins are welcome.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information, call 472-0345 or visit www.mysanibel.com.✱

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 read your column quite regularly. I am a retired gerontologist living in an over 55 community and I must say I disagree strongly with your advice to Freda.

I do not see Freda as intimidated but annoyed at young people who belittle her and are "mean." It is not easy to ignore such behavior. It often translates into a situation where the old person with a legitimate concern is bullied into believing they are stupid. Pryce's comment regarding computers and new technologies are not solutions either. I consider myself well able to use them, but the rapidly increas-

ing technologies boggle my mind. I feel at my age, I should be able to use a telephone book and/or get information by telephone or in person rather than spending an inordinate amount of the few years I have left on earth to figure out why my password is invalid or why Comcast has "lost" my signal again.

I sense it is OK not to criticize younger folks starting in preschool for fear that we will hurt their self-esteem and shatter their egos. Don't people of age deserve the same consideration?

Bottom line, instead of accepting verbal abuse and other ageisms, wouldn't it be better to resurrect and teach youngsters the old fashioned "virtues" as respect for one's elders and/or the notion that the customer is always right?

Thanks for listening.

*Loretta C. Buffer, PhD,
Fort Myers*

Dear Loretta,

I have recently read in some published literature that the more a country is technologically advanced the less that society values their aged population. Computer and technologies are here to stay. You and I grew up in a more gentle society, but to survive we have to keep up to date with change.

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

Our email address is
press@islandsunnews.com

Eden Energy Medicine

Thymus Thumping Helps Boost Immune System



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

In the last two weeks, you have learned the Grounding Thump and the K-27 thump, all part of the 4 Thump EEM exercise, which is

part of the Daily Energy Routine, the keystone of EEM. Today, we learn or revisit the Thymus Thump.

What benefit is received by thumping the thymus? The thymus gland – located behind the center of your sternum – makes T-cells, which are part of the immune system. The gland helps protect you when you are under stress and it seeks to eliminate the hormonal residue that is created by stress. Do you remember the gorilla in the *Tarzan* movie (and, of course, Tarzan himself) as he thumped his chest? That behavior is used by mammals to intuitively strengthen their immune system, and the harder the thump, the more benefit and boost the immune system receives. So we are borrowing this innate behavior observed in gorillas to benefit ourselves.

Thumping thymus is easy: Use your

fingers or knuckles and vigorously thump the center of your sternum for 15 to 20 seconds. Enjoy the boost! Play some music, dance and move to the thumping. If there is concern with auto-immune disease, heart issues or reluctance to thump on the body directly, then thump in your field directly in front of the sternum and receive positive benefit this way. Do it daily, but thump more if you are feeling low on energy, feel tired, want to relieve stress, or just feel the need for strength and vitality. I remind clients to thump their thymus regularly and frequently (you can never thump too much) when they feel a cold or illness coming on. Thumping is especially helpful when flying in airplanes, since it activates your immune system. Thumping at airports has resulted in comical situations.

While going through security in San Diego, a guard asked me what I was doing. When I explained I was making sure my energy was crossed and thumping to boost my immune system, she asked if I could show her – so I did! My colleague was laughing when she saw me doing the Cross Crawl and thumping with security guards in the middle of the airport – it just shows that energy work is fun, universal and beneficial.

Have fun with your energy! Next week's topic is Activate Metabolism With Spleen Thumping.

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



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My Stars ★★★★★

FOR WEEK OF JULY 27, 2015

ARIES (March 21 to April 19) A bit of Arian contrariness could be keeping you from getting all the facts. Turn it off, and tune in to what you need to hear. It could make all the difference this week.

TAURUS (April 20 to May 20) Getting an answer to a vital question involving financial matters might take longer than you'd expected. A new factor might have to be dealt with before anything can move forward. Be patient.

GEMINI (May 21 to June 20) Use your good sense to see what might really be driving a colleague's workplace agenda. What you learn could lead to a new way of handling some old problems.

CANCER (June 21 to July 22) A change of mind might once again turn out to be a good thing. True, most of your co-workers might not like the delay, but as before, they might appreciate what follows from it.

LEO (July 23 to August 22) You revel in golden opportunities this week. One cautionary note, though: Be careful to separate the gold from the glitter before you make a choice. Someone you trust can help.

VIRGO (August 23 to September 22) Marriage is important this week, as are other partnerships. Don't let yourself be overwhelmed by sentiment. Instead, try to steer a path between emotion and common sense.

LIBRA (September 23 to October 22) Dealing with someone who has let you down is never easy. But the sooner you're able to clear up this problem, the sooner other problems can be successfully handled.

SCORPIO (October 23 to November 21) A "friend" who is willing to bend the

rules to gain an advantage for both of you is no friend. Reject the offer and stay on your usual straight and narrow path.

SAGITTARIUS (November 22 to December 21) After all the effort you've been putting in both on the job and for friends and family, it's a good time to indulge your own needs. The weekend could bring a pleasant surprise.

CAPRICORN (December 22 to January 19) You might want to do something new this weekend. Close your eyes and imagine what it could be, and then do it, or come up with the closest practical alternative.

AQUARIUS (January 20 to February 18) Your good deeds bring you the appreciation you so well deserve. But, once again, be careful of those who might want to exploit your generous nature for their own purposes.

PISCES (February 19 to March 20) Trolling for compliments isn't necessary. You earned them, and you'll get them. Concentrate this week on moving ahead into the next phase of your program.

BORN THIS WEEK: Meeting new people usually means you're making new friends. People want to be reflected in your shining light.

THIS WEEK IN HISTORY

- On July 31, 1916, future racing legend Louise Smith is born in Barnesville, Georgia. In the mid-1940s, racing promoter Bill France was looking for a female driver as a way to attract spectators and recruited Smith, who was famous for outrunning law enforcement on the local roads.

- On Aug. 2, 1923, President Warren G. Harding dies of a stroke. Harding, 58, was returning from a presidential tour, a journey some believed he had embarked

on to escape corruption rumors circulating in Washington.

- On July 30, 1945, the USS Indianapolis is torpedoed by a Japanese submarine in the Pacific and sinks within minutes in shark-infested waters. Of the 1,196 men on board, an estimated 900 made it into the water and just 317 survived to be rescued four days later.

- On July 29, 1958, Congress passes legislation establishing the National Aeronautics and Space Administration. NASA was created in response to the Soviet Union's launch of the first satellite, Sputnik I.

- On Aug. 1, 1961, the amusement park Six Flags Over Texas opens. The park was the first to feature a log flume and a 360-degree looping roller coaster. A day at Six Flags cost \$2.75 for an adult.

- On July 28, 1978, "National Lampoon's Animal House," a movie spoof about 1960s college fraternities, starring John Belushi, opens in U.S. theaters. "Animal House" became a box-office hit and part of pop-culture history.

- On July 27, 1981, Adam John Walsh, age 6, is abducted from a mall in Hollywood, Florida, and later found murdered. In the aftermath of the crime, Adam's father, John Walsh, became a leading victims-rights activist and host of the long-running TV show "America's Most Wanted."

STRANGE BUT TRUE

- It was ancient Chinese military strategist and philosopher Sun Tzu who made the following sage observation: "Opportunities multiply as they are seized."

- It's been reported that putting earmuffs on a homing pigeon will keep it from wandering off. Tiny earmuffs, I imagine.

- Have you ever heard of pink turtle-head, creeping Charley, scarlet monkey, lady's ear drops, painted tongue, false dragonhead or the beefsteak plant? If you're a horticulturist you may have; they're all names of flowers.

- The ferret, a domesticated relative of the weasel, gets its name from the Latin word for "little thief."

- If you're a fan of the classic film "Casablanca," you know that actors Claude Rains and Sydney Greenstreet portrayed the characters Renault and Ferrari. You might not be aware, however, that those characters' names also are the names of two leading European auto manufacturers.

- Until 1928, women who wanted to swim at the beach in Atlantic City were required to wear stockings.

- Noted American composer and conductor John Phillip Sousa started out as an apprentice in the U.S. Marine Corps band at the tender age of 13.

- Those who study such things say that among all prison inmates convicted of violent crimes, murderers are the ones least likely to have tattoos.

- It caused a bit of a scandal in the art world when a papercutting of a sailboat by famed French artist Henri Matisse hung upside-down in New York's Museum of Modern Art for more than a month. It seems that in the artwork, the water's reflection of the boat was mistaken for the boat itself, causing the mishap.

- When the tide changes in San Francisco Bay, fully one-sixth of the water is moved in or out.

THOUGHT FOR THE DAY

"When the mind is full of lust, the heart is full of lies." -- Scottish proverb

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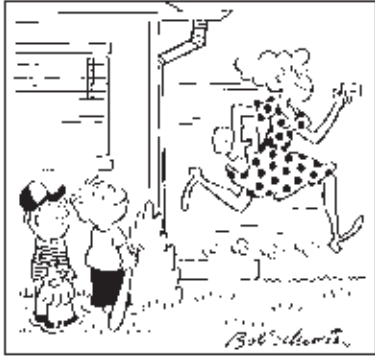
BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Jacket is missing. 2. Dog's ear is different. 3. Cap is reversed. 4. Cuffs are missing. 5. Cloud is different. 6. Radio is missing.



"There goes my sister—she just got her first card!"

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!

Ease FLIERE

Flow SCOURE

Classic GNAVITE

Plunge ODEUS

TODAY'S WORD

answer on page 51

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

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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Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Captiva Beach	Captiva	2002	10,356	\$9,500,000	\$8,600,000	322
FA Lanes Bayview	Captiva	2000	2,518	\$2,345,000	\$2,150,000	169
Cape Coral	Cape Coral	2014	3,012	\$1,750,000	\$1,655,000	23
Verona Lago	Miromar Lakes	2002	3,947	\$1,800,000	\$1,591,000	40
Mcphie Park	Fort Myers Beach	1950	1,500	\$1,600,000	\$1,500,000	30
Cape Coral	Cape Coral	2003	4,102	\$1,549,900	\$1,350,000	134
Riverwalk	Bonita Springs	1995	3,661	\$1,137,000	\$1,125,000	158
Cape Harbour	Cape Coral	2002	2,979	\$1,340,000	\$1,000,000	52
Whiskey Creek Club Estates	Fort Myers	1983	5,227	\$850,000	\$807,000	31
Cape Coral	Cape Coral	2003	2,399	\$789,000	\$760,000	211

Courtesy of Royal Shell Real Estate

NOW HERE'S A TIP

• I have stained coffee cups. My hands have arthritis, and it's hard to wash them by hand. A young woman at church suggested I purchase a small bottle of dishwasher soap, even though I don't have a dishwasher. I squirt a little in the cup and add hot water. It sits while I wash up the other dishes, and then swishes

right out. The stains are gone. -- T.T. in Missouri

• Check your area to see if vocational schools offer low-cost or free auto repairs. Sometimes you can have work done for the cost of parts so that students can be trained on your issue. -- R.E. in North Carolina

• For the summer, I fill a gym-size duffel bag with "spontaneity supplies" and keep it in the trunk of my car. It includes swimsuits for all

family members, a blanket and cups, plates and silverware for a picnic. Now if we find we have some unexpected free time, we can go to the beach or pool, or have a picnic by just picking up some sandwich supplies from the closest grocery store! Ð A Reader, via e-mail

• You can use a clean paper milk carton to pour batter for pancakes. The spout makes it easy to pour and reduces splatter.

• I got tired of always looking for the dustpan,

and so I put a magnet on the back of it. It sticks right on the side of the fridge, right next to the broom. -- L.M. in Kentucky

• Avoid eye strain by making sure your computer monitor is in the correct position. It should be placed directly in front of you, at least an arm's length away. If you have trouble seeing the screen, adjust the resolution to make the screen items bigger.

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PUZZLE ANSWERS

SUDOKU

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

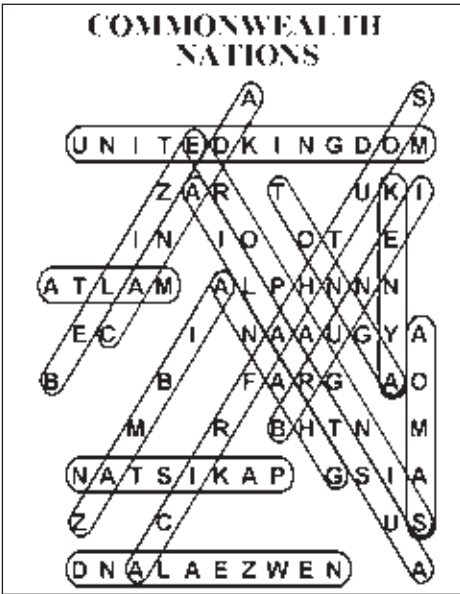
SUPER CROSSWORD

CELEBS MEDUSA AGHIPPA
OMEARA ADORER NERV ER
DIGDIGITIZING CLASPED
STAD FETE SOTHA PLO
LEERED HOTHOTEL ER
ATH ZOA HOARSE IDG
PICTERACING YIN TARM
AGIRL USOEARN RADII
WEFELOST REDREDUCT ON
PARTIV JCT RNA ETC
ARMS APEAPERITIF RUSE
SOU ANI NRC SAVE C
HUGHUGUENOTS PED GREC
ESSEX SNAP ESE MEETS
STYX VIA SAYSAYONARA
ABO BLOOMS NOR LEI
DOCDOCILITY KNOLLS
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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 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

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

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

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

TO PLACE A CLASSIFIED LOG ONTO:
IslandSunNews.com

CLICK ON
PLACE CLASSIFIED

★ ★ ★ CLASSIFIEDS ★ ★ ★ CLASSIFIEDS ★ ★ ★

SERVICES OFFERED

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

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.
*NS 1/23 CC TFN

BUSINESS OPENING

BUSINESS OPENING

Gigabyte Solutions
coming soon.
We come to you PC repair.
*NS 7/24 CC 7/24

HELP WANTED

PART TIME HELP WANTED

Needful Things – Tahitian Gardens
Call 239-229-2657 to apply.
*NS 7/24 CC 7/24

VOLUNTEERS NEEDED

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

HELP WANTED

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

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

SUNDAY SCHOOL NURSERY TEACHER 0-K

Sunday School Nursery Teacher 0-K
wanted at Sanibel Church wanted to start
immediately. This is a year round paid
part-time position for Sunday mornings
only. Background check and references
required. Mainstream theology required.
Previous childcare/teaching experience
preferred. For details call 239-472-0497.
*RS 7/24 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

FOR SALE

TROPICAL COFFEE TABLE

Tropical all glass coffee table. The round
3/4ths inch solid tempered glass
top is 42 inches in diameter.
This is an artist designed piece. \$125
472-7293 Sanibel
*NS 7/24 CC 7/31

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



**GARAGE •
MOVING • YARD
SALES**

MOVING/GARAGE SALE

Multi-family sale.
Sat. 7/25/15 from 8AM to 11:30AM
1586 Century Court, Gumbo Limbo
Lots of STUFF!
*NS 7/24 CC 7/24

LIVE ON THE ISLANDS

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

The Jacaranda has live entertainment on Friday and Saturday with Hipnauticals, playing classic rock and oldies. 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 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

Hello, my name is Trooper. I'm a 5-month-old neutered male black and tan hound mix. I was found with a severely fractured back leg that could not be surgically repaired, so it had to be amputated. I have been staying in a foster home and my foster mom says that having only three legs hasn't slowed me down a bit. I love to go for walks and car rides and will do nicely in crate if you have to run errands. I'm ready for a new home with lots of activity, so kids would be a bonus. My adoption fee is \$75.



Trooper ID# 624165



Nor'ester ID# 622255

Hello, my name is Nor'ester. I'm a 1-and-a-half-year-old spayed female black domestic medium hair. I'm super loving and that probably is all you need to know. If you are looking for a lap cat to lavish you with attention, I will be a purr-fect addition to your family. Don't forget cats and kittens are two-for-one, so you may want to get twice the love! My adoption fee is \$15 (regularly \$50) during Animal Services' Red, White or Blue adoption promotion.

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

The shelter is open for adoptions from 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.*

PAWS Of Sanibel

Sandy

This little boy was found on May 26 near Sand Pointe Condominiums on Sanibel. PAWS of Sanibel has named him Sandy (short for Sand Pointe) and volunteers are guessing he was about 6 weeks old when he was found. Sandy would love to find his forever home. Contact Pam at Sanibel PAWS if you can help Sandy, 472-4823.*



Sandy



PAWS Of Sanibel

Mommy And Daughter

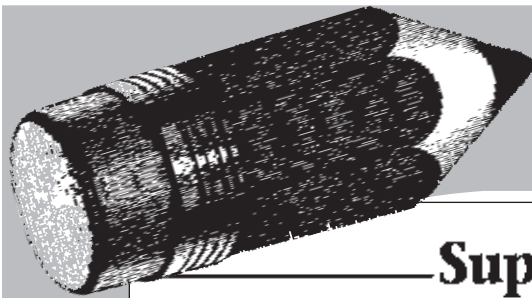
Take us home! Mommy and daughter need a home. Call Pam at Paws of Sanibel to give these wonderful girls a home, 472-4823.*

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

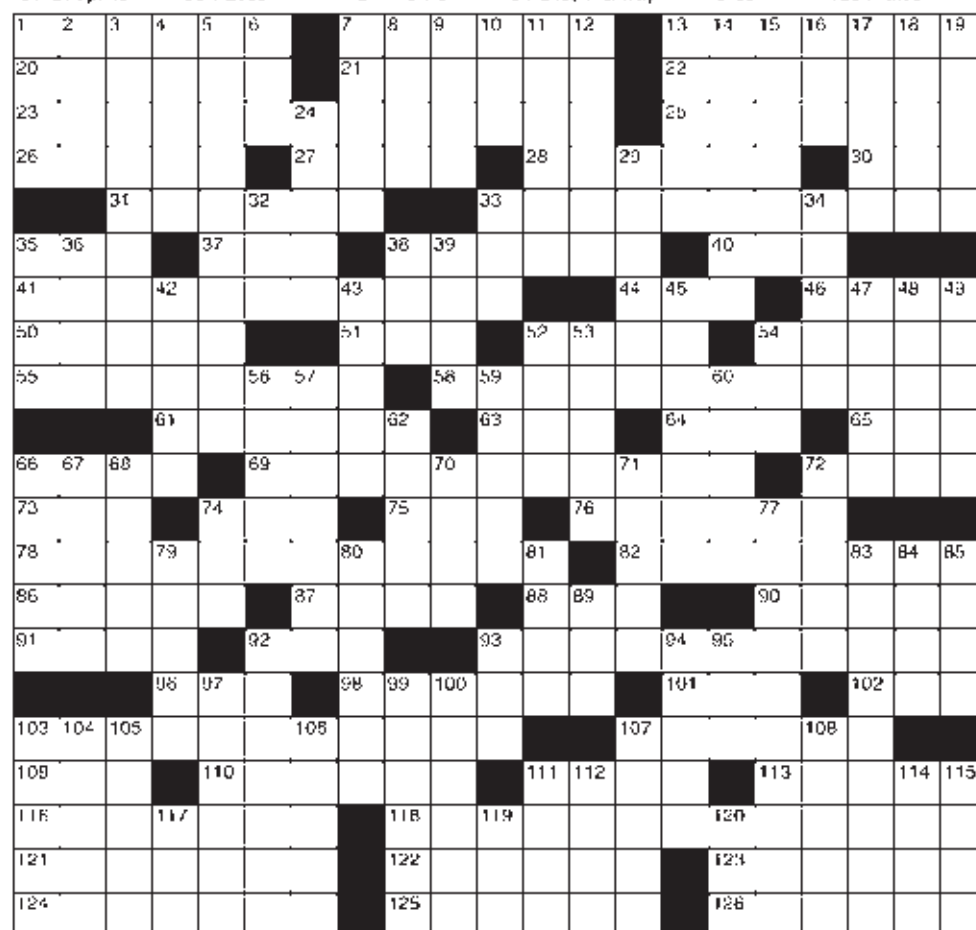
answers on page 51

Super Crossword

NOT
NOTEWORTHY

ACROSS

- 1 Film stars, e.g.
7 Snake-haired Gorgon
13 General who advised Augustus
20 Goller Mark
21 Rabid Ian
22 More gutsy
23 Really get into making electronic scans?
25 Embraced
26 Strallaced
27 Grand party
28 With the result being
30 Abbas' go
31 Gazed wantonly
33 Conras
Hilton with a fever?
35 Part of NCAA or AAU Abbr.
37 Animals' Suffix
38 Like a rough, harsh voice
40 Oath reply
41 Cobular
cutter's job?
44 and yang
46 Raise crops
50 "Two Guys and a"
51 GI uplifter
- 52 Make at work
54 Wheel
55 Disoriented driver's remark to a passenger, maybe
58 Decrease in sunburn severity?
61 Last of a tetralogy
63 Boeing plane
64 Stranded stuff in cells
65 "Too many to list" abbr.
66 Tentacles
69 Goliath's pro-dinner drink?
72 Bit of deceit
73 "wester" (storm type)
74 Songwriter DiFranco
75 Reactor safety org.
76 Put a backup copy on
78 Embrace o'd French Protestants?
82 Purebred's genealogy
86 Vintage auto
87 Ginger treat
88 Suffix with Man or Born
90 Facs
- 91 Mythical river
92 By means of
93 Bid a Tokyo resident farewell?
96 Blood-typing letters
98 Flowers
101 "wester" (storm type)
102 Waikiki wear
103 Meekness of meekness?
107 Hi locks
109 That, in Latin
110 Backyard
111 Names of "The Web"
113 Vex greatly
116 Suspended ski lift cabin
118 How senior citizens address teens?
121 Old French region
122 Tijuana Brass' Herb
123 She's a deity of wisdom
124 Progress relay
125 Sea serpent
126 Paring tool
- DOWN
- 1 Cousins of haddock
2 Throw off
- 3 To whom properly lawfully passes on
4 "— Was a Lady" (1933 hit song)
5 Francine who's a control freak
6 Get less firm
7 Paired up to breed
8 Blue pencil
9 Sleep briefly
10 Mental st
11 Burglar alarm component
12 Local lingo
13 — chil (kind of pepper)
14 Asp ingredient
15 Like many violent films
16 ICU drips
17 Longsucking of kid lit
18 "Edward" playwright
19 Passion partner in cartoons
24 Start to a bit of bad news
29 "And — off!"
32 — v. Wade
33 Ugly witch
34 Lie, in a way
- 35 "Land —" (Oscar winning Disney short)
36 Buster Brown's bulldog
38 That boy's
39 — about
42 Gets ready
43 Lit's darling
45 Ready to roll, as a car
47 "Farewell"
48 Prison brawls
49 Choo to bits
52 German river
53 "— a jealous mistress"
54 Elvis' label
56 Chimp's kin
57 Second cen. pope
59 Throw off
60 In need of a meal
62 While with Pat Sajak
66 Fire covers
67 Shake to wake
68 Rocky's gangster partner in cartoons
70 Stage brood
71 Sticky r's
72 Actor Seth
74 La Cage Follos
- 77 Asian nation since 2002
79 Group of six
80 Equip
81 Striching line
83 2011 film about boxing robots
84 Raison d'—
85 Actor Morales
89 Pl. of GPS
92 Like A. E. I. O and U
93 Tamar, e.g.
94 Koli of the U.N.
95 "— hou"
97 Colombian capital
99 Like Qaddafi
100 Actor Peter
103 Painter Edgar
104 "— Mio"
105 Art. as a to
106 "The Comp eat Angler" writer
107 19/1 Jane Fonda film
108 Shop shaper
111 Peepers
112 Singer of film
114 Duncan of Obama's cabinet
115 Ivan or Peter
117 Artistic touch
119 Good times
120 Hais



King Crossword

ACROSS

- 1 Abacus components
6 America's Cup contenders
12 Cyclist's need
13 Ottoman, for one
14 Ill will
15 Perfectly
16 Tangle
17 Eastern potentate
19 Conditions
20 Ganges garment
22 Corrode
24 Citric acid
27 Simcox
29 Unrivalled
32 Quick pick-me-up?
35 Information
36 Cheshire countenance
37 Supporting
38 Mid-afternoon, in a way
40 "The Thin Man" pooch
42 Green machine?
44 Wire measures
46 Author Uns
50 Clutches
52 Using the Web
54 Give the
- same old story
55 Brought up
56 Sailor's ascent
57 Fyeld problems
- (Abbr.)
9 Become friends
10 Not kosher
11 Witnesses
12 "Let me think..."
18 Strong wind of southern France
21 Wanted-poster abbr.
23 Alien of anhr
24 Help
25 "CSI" evidence
26 Rough guess
28 Collage's tool
30 "The Matrix"
- role
31 Always, in verse
33 Skater
34 Babylonia
34 Can. prov.
35 Suggest
41 Soothe
42 City of India
43 Device detector
45 Land in the water
47 Green acres?
48 Change for a five
49 Homer's neighbor
51 Vast expanse
53 Trawler need

DOWN

- 1 Sutor
2 Right angles
3 Off
4 Calendar
5 At the wheel
6 Bigfoot's cousin
7 "Moon-struck" subject
8 Bookkeeper

MAGIC MAZE • COMMONWEALTH NATIONS

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

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

Australia	Ghana	Pakistan	Tonga
Belize	Kenya	Samoa	United Kingdom
Brunei	Malta	Singapore	Zambia
Canada	New Zealand	South Africa	

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239.472.8111



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