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SANIBEL & CAPTIVA ISLANDS, FLORIDA

AUGUST 21, 2015

AUGUST SUNRISE/SUNSET: 21 7:03 • 8:00 22 7:03 • 8:00 23 7:04 • 7:59 24 7:04 • 7:58 25 7:05 • 7:57 26 7:05 • 7:56 27 7:06 • 7:55

Sanibel Sea School Campers Observe SCCF Turtle Nest Inventory



Sanibel Sea School students observe a sea turtle nest inventory led by SCCF volunteer Nancy Riley

submitted by Leah Biery

Sea turtles are beloved creatures on Sanibel and Captiva. They nest on our beaches during the early summer months, and come July and August, tiny hatchlings emerge by the thousands. Island residents eagerly wait to find out how successful this year's turtles have been at producing young, and it takes a lot of people to answer that question.



SCCF volunteer Nancy Riley shows students a tiny loggerhead hatchling



Sanibel Sea School student Niko Palanzi is amazed by the depth of the turtle nest

About three days after a turtle nest hatches, trained Sanibel-Captiva Conservation Foundation volunteers trek out to the beach to conduct a nest inventory. They gently dig the sand out of the hatched nest, count the number of hatched and unhatched eggs, and check to see if there are any live hatchlings that need a bit of help climbing out. These observations are recorded and shared with scientists at SCCF and around the state and country who track the data from year to year.

Last week, a few lucky Sanibel Sea School campers were invited by SCCF turtle biologist Kelly Sloan and volunteer Nancy Riley to observe a nest inventory, and all agreed

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Turtle and plastic bags underwater

SCCF Annual Coastal Cleanup

On Saturday, September 19, SCCF invites you to participate in an international volunteer effort to rid our coastlines and waterways of marine litter, pollution, and debris. On that day volunteers worldwide remove millions of pounds of coastal trash that can hurt local economies, injure and kill marine wildlife, and choke

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Online Submissions Now Open For BIG ARTS Sculpture Exhibit

Artists are invited to submit up to two entries of original three-dimensional art for the BIG ARTS on Sanibel. The digital submission process involves filling out a form via BIG ARTS' website, uploading digital images of the piece(s) entered and paying the entry fee through the secure site via credit card. BIG ARTS allows a two-week window in which to submit entries online. Artists whose works are accepted into the show will be notified at least two weeks prior to the receiving date.

All entries must be submitted digitally to BIG ARTS. Online submissions close August 28.

The entrance fee for up to two entries is \$25 for current BIG ARTS members and \$35 for non-members.

Wall pieces may not exceed 96 inches in any direction or 50 pounds in weight and must be properly prepared for installation. Standing floor or pedestal works shall not exceed 144 inches in height (including pedestal) or 150 pounds in weight. Any special instructions for installation must be written

continued on page 4



Bronze by Charles Reina


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I visited Sanibel
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Every summer I visited my grandmother's cottage. Our favorite pastime was to open up an old chest she had stashed in the attic, put on all of her vintage clothes and drape ourselves in her jewelry. We would dance and sing for hours.

Now they're all gone. I thought I'd lost all those great memories — until I walked into Lily and Company and saw a collection that transported me right back to that attic. I closed my eyes and for a few seconds I was that little dancing girl again.


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Cracker Fest Returns November 6

The Sanibel-Captiva Chapter of Solutions to Avoid Red Tide (START) will host the 7th annual Cracker Fest celebration on Friday, November 6, beginning at 6 p.m. at The Bait Box. There will be dining under the stars, live music by The Apple Butter Band, all in good company of friends and family – cracker style.

The relaxed atmosphere of Cracker Fest celebrates Florida's cultural heritage while raising awareness and financial support for START, the local water quality organization. The proceeds from this event will go directly to START's mission to preserve and improve the marine environments through research, public outreach and programs that restore marine habitats.

Tickets are \$100 per person, which includes admission, dinner, beer and wine, live music, 50/50 raffle, and silent and live auctions. Tickets are by reservation only and are limited to the first 300 attendees.

For more information or reservations, contact Ben Biery at 472-8585 or email START@sanibelseaschool.org.✱



American Legion Post 123

On Sunday, August 23, American Legion Post 123 on Sanibel is serving barbecued ribs and chicken from 1 to 8 p.m. The following Sunday, August 30, corned beef and cabbage will be on the menu.

On Wednesday, August 26, Post 123 will host a ping pong tournament beginning at 5 p.m. Tournaments will be held every Wednesday through September.

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

Tuesdays feature soft shell or deep fried tacos all day.

"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.✱

Community House Ice Cream Potluck

This month's Sanibel Community House potluck will feature Tom and Donna Puma of Pinocchio's Original Italian Ice Cream, a Sanibel tradition for more than 33 years, telling about their signature frozen confections.

The potluck will take place on August 26 at 6 p.m. Attendees will learn about gelato, ice cream, sorbet and sherbets, and then sample the Puma's unique creations.

The Kitchen Guild of The Community House is a fast growing group of foodies dedicated to fun and good eats. Typically those who attend bring a food item to serve six, such as appetizers, entrees, bread and vegetables. This month there is no need to bring a dessert, as Pinocchio's has that covered. Iced tea and water will be provided, but attendees are free to bring other beverage choices.

Bringing the community together through food is how the community house started in 1927 and some things never change. This popular event is held the fourth Wednesday of every month.

Call 472-2155 for reservations as seating will be limited.✱



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Island Seniors At The Center 4 Life

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

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

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

The featured book for Wednesday, September 9 is *Slumdog Millionaire* by Vikas Swarup, a story about a penniless orphan who wins India's *Who Wants to*

Be a Millionaire?

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 – August 21 and 28, 12:30 to 3:30 p.m. Pappas teaches 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, August 25, 6:30 p.m. Meet on the causeway at 6:30 p.m. Bring a dish to share and your beach chair. Contact the center for directions to the viewing area.

Trip to IKEA & Women's Exchange – Tuesday, August 25.

Travel with friends for the day at IKEA in Tampa. Shop at one of the world's largest furniture stores specializing in ready-to-assemble furniture. On the return home, there will be a stop at the Women's Exchange in Sarasota. The non-profit consignment store supports the Arts of Sarasota. Includes round trip transportation, lunch on your own. Depart from Center 4 Life at 8 a.m. Members are \$5, non-members are \$15. Seating is limited and advance registration is required.

Sawgrass Mills Shopping – Wednesday, September 2. Grab a couple of your friends and do a little pre-holiday shopping. The trip includes round trip transportation and coupon book to the outlet mall. Depart from Fort Myers location at 7:30 a.m. Seating is limited. Register at the center to reserve your spot.

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 – September 1 (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 flex-

ibility training with hand weights, stretch cords, chairs and stability balls. Athletic footwear required. Mahnaz Bassiri is the instructor.

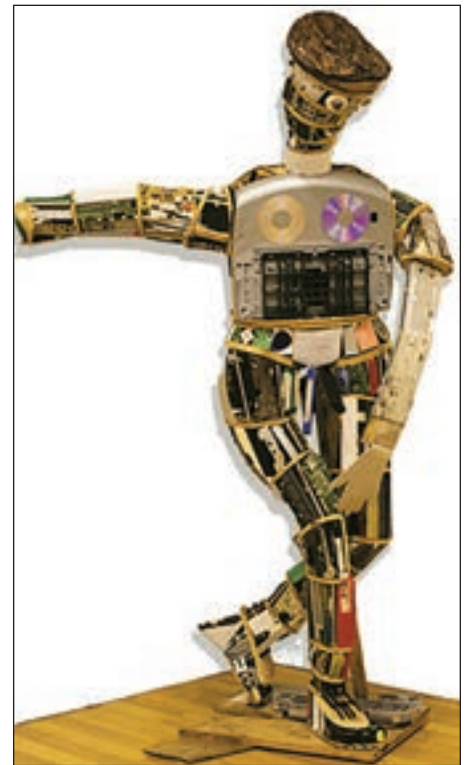
Power Hour Fitness – Tuesday and Thursday at 8 a.m. Hand weights, stretch cords, stability balls and mats are used. Improve core strength and balance. Athletic footwear required. Mahnaz Bassiri is the instructor.

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.✱

From page 1

BIG ARTS Sculpture Exhibit



Robot by Jerry Churchill

and included with the art work. Objects that are considered to be purely craft items will not be accepted. Mechanically reproduced items will not be accepted. Submitted work may not have been exhibited at BIG ARTS previously. Artists are asked to bring their own pedestals. All artwork must be available for sale.

The exhibit will open October 14 in Phillips Gallery at BIG ARTS.✱

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Arts For ACT Winter White Party To Feature World-Renowned Artist

The work of one of the biggest names in modern art, Fort Myers-based artist Marcus Jansen, will be showcased at this year's Arts for ACT Winter White Party on Saturday, November 14 at the Harborside Event Center in Downtown Fort Myers.

With museum collections in places like the Moscow Museum of Modern Art (MMOMA) in Russia, the New Britain Museum of American Art in Connecticut, and the Smithsonian Institution in Washington, DC, Jansen's work has been noted as a catalyst of urban contemporary landscape painting. His work's reputability, meaning and value are hoped to encourage art lovers from across the world to attend the Arts for ACT event in the name of sustaining programs to eradicate domestic violence, sexual assault and human trafficking in Southwest Florida.

Jansen has achieved paramount success as an International award-winning artist with awards, including The Laguna Art Prize 2013, Venice Italy, the Dave Bown Project Award in 2012 and inclusion at the Fleurieu Art Prize 2013 Biennale, Australia noted as the highest valued landscape painting prize anywhere in the world curated by Nigel Hurst, director and chief executive, Saatchi Gallery London.

Jansen is also one of the ABSOLUT VODKA artists of this century alongside names Damien Hirst, Andy Warhol and Keith Haring. "We are thrilled and grateful that Marcus Jansen has generously given his time, art, and support of the Arts for ACT annual signature fundraiser," said Jennifer Benson, chief executive officer of ACT. "Alongside current sponsors, including NBC-2, *Florida Weekly*, Pulse Business Solutions, Stillwell Enterprises and Planned Perfection, Inc. Marcus' work strengthens our offerings for a great event."

Additional sponsors for the event include *Happenings Magazine* and IBERIABANK. Premium level sponsorships are still available for Arts for ACT and offer an excellent opportunity for businesses to join together in support of the important services provided by ACT. Moreover, with live auction sponsors such as Crave Culinaire by Chef Brian Roland, businesses can heighten their visibility through donations for the live and silent auctions. Volunteers are also encouraged and welcome to sign up.

The Arts for ACT Winter White Party event tickets are \$150. Event patrons will enjoy hors d'oeuvres, a new mobile bidding-based silent auction process, as well as the option to purchase premier art and other fine offerings during the live auction portion of the program. All event proceeds will go towards program services provided by ACT in Lee, Hendry, and Glades counties.

For more information on sponsorship and volunteer opportunities, or to register for the event, contact Jennifer Benton at 939-2553 or visit www.artsforact-fineartauction.com.✪



Marcus Jansen

photo by Eric Kellar



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Marcus Jansen's contemporary artwork on display



Keylse Schafer, Gretta Livermon and Chloe Selby enjoy dramatic play at Summit Christian Preschool at Sanibel Community Church.

Preschool Friends

Keylse Schafer, Gretta Livermon and Chloe Selby are excited to join their friends at Summit Christian Preschool at Sanibel Community Church, located at 1740

Periwinkle Way. Preschool begins on Monday, August 31. Youngsters will be enjoying activities in art expression, language arts, premath activities, dramatic play and will also learn Spanish. Call Summit Christian School at 472-5500 to enroll or inquire about classes.✽

Festival Of Trees, Tux & Trees Gala Dates Announced



Last year's Tux & Trees Gala, a benefit for the Southwest Florida Goodwill Foundation

The Southwest Florida Goodwill Foundation will host the 9th annual Festival of Trees on Wednesday, Thursday and Friday, December 2 to 4. The Tux & Trees Gala will be held on Saturday, December 5 while Santa's Block Party and Festival takes place on Sunday, December 6.

This year, participants have the opportunity to take home a tree. In addition to the trees that will be auctioned at their Gala, a limited number of lavishly decorated trees will be raffled to the general

public during the Festival. More details will be announced soon.

Embrace the spirit of giving by being a sponsor of Goodwill's Festival of Trees. Just like gifts under the tree, opportunities abound in all shapes and sizes.

Tux & Trees Gala Sponsorships

Each sponsorship includes tickets, signage, recognition in the program, on Goodwill's website and during the Tux & Trees Gala.

Presenting Sponsor – \$10,000

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FISH Youth Service Volunteers

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous to you, your family, and your community.

At FISH of SanCap, many youngsters help the organization fulfill their mission while receiving community service hours.

"We feel it is important to get children involved in what we do," said FISH office and volunteer manager Lyn Kern. "Community involvement is one of the best ways to feel connected to your community. By the simple gesture of offering your skills and enthusiasm, you will positively impact other lives, as well as your own. Even helping out with the smallest tasks can make a real difference to the lives of people, and organizations in need."

Here are just a few examples of how our youth community service volunteers assist and feel about FISH:

• Written by Carson Towle while attending The Sanibel School, from his *Why Am I A Humanitarian?* essay. Carson assisted in the Food Pantry and

Walk-In Center with various tasks:

"I started out volunteering at FISH when I was in fifth grade (year 2011), when I wasn't required to do so. I wasn't really sure what community service was all about at the time, and after four years at FISH, I think I can say I finally have a handle on things. My favorite job was helping out all the customers finding items and bringing them to their cars. I love interacting with them, and I didn't learn what FISH was all about until I helped them.

It feels great to volunteer for FISH because of the fact that I am a part of the behind-the-scenes action that ends up helping hundreds of people on Sanibel and Captiva. FISH has given me experiences that I will remember for a lifetime and I hope to continue with them in the future. I have been with them for 4 years now, and everyone there has become family to me."

• Written by David Wright while attending Fort Myers High School and assisting FISH with equipment and other projects:

"As a Fort Myers High IB student, I am required to accumulate 150 hours of community service before graduation. When it was time for me to begin gathering these hours the first organization I offered my services to FISH. They were

my first choice because growing up on Sanibel, one was constantly exposed to tales of good-deeds performed by FISH. Knowing FISH was involved in activities such as feeding the underprivileged, and providing medical equipment to the elderly made my choice easy; who wouldn't want to be part of such a selfless and fundamentally righteous organization? The jobs I do for FISH are rather simplistic—cleaning medical supplies, hanging-up posters, transporting equipment to and from different locations, etc. But nonetheless, they are all jobs that must be done, and they are all jobs that I am more than happy to do for FISH. No matter how small the job, I know every act performed by FISH and those who volunteer for FISH makes Sanibel Island, my home, a better place."

• Written by Cameron Sadighi while attending Fort Myers High School and assisting FISH with the food pantry, equipment and other projects:

"I absolutely loved my experience at FISH. From the food pantry to moving equipment, the realization of how many people I was helping really drove me to volunteer. It didn't take that much of my time but even the smallest amount helped in the biggest ways to the community! Thank you for letting me volunteer at FISH. I'm so thankful for the experience

and opportunity to help people in my community!"

Many other youth community service volunteers including sibling teams, family teams and individual students were unavailable for comment. These young volunteers helped FISH with special projects, food pantry supplies pick up, sorting of fruits and vegetables from the Sanibel Farmer's Market and more. FISH is grateful to have the assistance of our future leaders.

For additional information, visit www.fishofsancap.org.✱

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Rotary Happenings

submitted by Shirley Jewell

On August 14, the Sanibel-Captiva Rotary Club got right down to business. Instead of a speaker for last Friday morning's meeting, Rotarian Robert Monk with the Law Office of Robert Monk, Esq. suggested that we should have a roundtable discussion with the intent of examining the current business environment on Sanibel and Captiva. It's no big secret that Sanibel-Captiva Rotary has a fairly good number of retired professionals in the club, but we also have a pretty good percentage of business professionals in the club actively engaged in the business community on our islands.

Talking points for the roundtable were retail, trends in real estate, and personal and business changes seen by our island professionals.

First to speak was Scot Congress of Congress Jewelers. Being in the higher-end jeweler business, Congress Jewelers was definitely affected – like all island businesses – by the U.S. economic downfall in recent years. And although the economy is recovering, customers are slightly more conservative in their spending. The jewelry business itself has had to adjust to higher gold prices and the



Robert Monk

devaluation of diamonds. This summer, the traffic counter at the store registered an uptick in the number of people coming into the store. The average sale is up from the last few years but not back to before the economic crisis. High-end jewelry sales are down but people are still buying quality jewelry pieces, including the Congress Sealife Collection. Although business comes in waves in the summer, the store has seen customers coming in from Sundial Beach Resort and South Seas Island Resort. This is definitely a healthy sign; tourists are getting more comfortable with higher-end vacation spending, and this will help all island businesses.

Trent Peake, membership services manager of Sanibel-Captiva Chamber of



Trent Peake and Holli Martin at the podium

Commerce, spoke in general about the visitors to the islands during the summer. Businesses are reporting great numbers, room rates are less expensive during summer, which is bringing in nearby visitors from Tampa, Orlando and Miami for family travel. They may be traveling on a budget but they still are enjoying all our islands' offer: renting bikes, visiting the JN "Ding" Darling National Wildlife Refuge, the Bailey-Matthews National Shell Museum, CROW, eating out and "retail therapy."

Although the islands are still seeing foreign travelers from Canada and Europe, the concern for the value of the Euro and fluctuations in overseas economies impact travel plans for this visitor pool. Balancing that out this year will be Fort Myers Beach road construction project during season. This construction will send the day-trippers our way, so get ready. Good for business, not so good for residents.

There definitely is great optimism in our island business community. We have seen a number of new businesses open over the last few months, and new restaurants are definitely going to increase dining options.

It's pretty much a given that most of our island residents first came here as visitors. So how about the real estate market? Prices are trending up, there

is an increase in new house construction and definitely confidence in investing in island real estate. The resale real estate market is getting stronger, particularly in the mid-range category.

Holli Martin, insurance agent for Heidrick & Company Insurance, is seeing the effects of real estate sales in her office. Business is booming for both new sales insurance coverage and the generational shift of inherited property. Because Florida has not had any major natural disasters in recent years, our state's property insurance corporation, Florida's Citizens Insurance Company, cash reserves are strong and some of their policyholders have seen premiums going down. Since 2013, Florida lawmakers want Citizens to get out of the insurance business. Private insurance companies are now capable of taking on the risk of insuring some of Citizen policyholders at reasonable cost. The state has selected a number of private insurance companies they have confidence in and basically encouraging customers to transfer to these companies. Right now, higher-end properties over \$900,000 will continue to be covered under Citizens until their contract expires, but then will not be eligible for coverage through Citizens and will have to go to private insurance coverage. In January 2016, the coverage limit amount is reduced to \$800,000 and in 2017, the coverage limit will be \$700,000. Flood insurance policies held by Citizens are going to cost you more if you own property on the islands and to not reside in the state for the required six-month period per year or if you rent your property on the islands.

We had many more Rotarians join in on the conversation regarding our island economy and how traffic concerns are causing great apprehension for business owners, particularly during season. Rotarians had a lot of input on this including some out-of-the-box thinking. So, we invite city planners to come conduct their own roundtable discussion on this and other matters with Rotarians. This is a pretty smart group.

Sanibel-Captiva Rotary Club meets at 7 a.m. on Fridays at The Community House, 2173 Perwinkle Way on Sanibel. Guests are always welcome.✧

Call To Artists For Downtown Fort Myers Fair

The Downtown Fort Myers Saturday Art Fair committee is looking for vibrant, accomplished artists and crafters to set up in downtown Fort Myers to sell the works they create. Artists will set up on the First Street sidewalks. Acceptable works include fine art, jewelry, ceramics, designer wear and unique fine crafts. Prints from original works are also acceptable. Art vendors will be placed on the sidewalk at prominent businesses

on First Street starting at Royal Palm Avenue and ending at Dean Street. Vendors will be given a nine-foot-long by three-foot-wide space on the sidewalk. Vendors' presentation space must be approved by the Saturday Art Fair jurying committee.

The Saturday Art Fair is held the third Saturday of each month from 10 a.m. to 5 p.m. November through January.

The fee to artists for a spot on the sidewalk is: \$50 for one month; \$90 for two months; \$100 for three months. Full payment is due before November 15.

If you wish to pay monthly, the fee is \$50 per month payable before the second Saturday of the month. There are 50 art vendor spots available.

For more information, contact Claudia Goode at cgoode@actabuse.com or 337-5050.✧



Copyright Basics Seminar Offered At The Alliance

Creative works such as photographs, music, movies, books, computer games and computer programs can be protected under the law through the proper use of copyright. But what exactly does "proper use of copyright" mean?

A free educational seminar titled Copyright Basics and the Use of Publicly Available Materials: When Fair Is Foul and Foul Is Fair will be held on Monday, August 24 from 10 to 11 a.m. at The Alliance for the Arts, located at 10091 McGregor Boulevard, just south of Colonial Boulevard in Fort Myers.

The keynote speaker at the seminar

is Rich Vermut, intellectual property attorney at Rogers Towers, PA, a statewide law firm. Following his lecture, a question-and-answer session will be conducted.

For more information about the seminar or to make reservations, call 425-1760.

The seminar is sponsored by Rogers Towers, PA.✧

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OBITUARY



MARY JEANNE MCAWARD

Mary Jeanne McAward of Leighton, Pennsylvania died suddenly on August 3, 2015. Mary Jeanne, known as "MJ" to friends and family, was born in New York City in 1960, and was raised in Halesite, New York. Mary Jeanne earned a degree in Journalism from Southampton College, and began her career as assistant editor with *Field And Stream* Magazine, where she covered hunting, fishing and outdoor living in the Pacific Northwest. Mary Jeanne was one of the first female firefighters in Long Island's Suffolk County, and when she earned the rank of Lieutenant in the Halesite Fire Department, she was noted as the first female lieutenant in the county.

In 1991, her love of writing led her to Sanibel Island, where she became a features editor for the weekly *Island Reporter*, and also developed freelance pieces for a variety of boating and fishing magazines. While on Sanibel, Mary joined the Sanibel Fire Department as a volunteer, and then in 1994 started a new career as a professional firefighter/paramedic for the City of Sanibel. As a firefighter/paramedic, Mary was recognized with Phoenix Awards for lifesaving efforts on two separate occasions.

Mary retired from the City of Sanibel Fire Department and then relocated to Leighton in 2013, where she could pursue her interests in hunting and fishing.

Those who knew Mary knew her love of dogs; she was a strong supporter of dog rescue and she surrounded herself with a pack of well-loved canines – always a few more than absolutely necessary, but her dogs were, first and foremost, her family.

Mary is survived by her mother Phyllis Rose Kelleher and stepfather Charles Kelleher of Sanibel; her older brother Jeremiah of Weissport, Pennsylvania; her younger brother James of Blue Point, New York; her sister-in-law Kimberly of Blue Point; her nephew Harry and niece Annie of Blue Point, and many relatives and friends. She was predeceased by her father Jeremiah McAward in 2012.

Donations can be lovingly made (or you can pet a dog near you) in Mary's

honor to Protection of Animal Welfare Society or PAWS of Sanibel, P.O. Box 855, Sanibel, FL 33957.✧

Sanibel CERT Looking For Volunteers

The Sanibel CERT (Community Emergency Response Team) is looking for volunteers to participate in upcoming training. The training will consist of eight aspects of response to emergencies such as hurricanes, tornados and others. The Sanibel CERT

members are members of the community that are willing to help others in a time of need, when our police officers and firefighters are busy with other aspects of a disaster. CERT members learn first-aid, preparedness and overall safety. The course will take place over eight weeks, meeting once a week for approximately two hours a week.

The course takes place at Sanibel Fire Station One on Palm Ridge Road, Wednesday evenings from 6 to 9 p.m. The course starts on September 9 and runs through November 4. Contact Assistant Chief Matt Scott at 472-5525 or mscott@sanibelfire.com if you would like to participate in this training opportunity.✧

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Students from Lexington Middle School in Fort Myers volunteered to pick up debris last year at Lighthouse Beach as part of the 28th annual International Coastal Cleanup, sponsored by the Sanibel-Captiva Conservation Foundation, Keep Lee County Beautiful and the Ocean Conservancy. This year's event will be held on September 19.

photo by Jeff Lysiak

From page 1

Coastal Cleanup

the ocean environment. SCCF's partner in the Ocean Conservancy's 29th Annual Coastal Cleanup is Keep Lee County Beautiful.

Participation is easy so bring your friends and family to the Sanibel-Captiva Conservation Foundation at 3333 San-Cap Rd between 9-12 am on Saturday, September 19 to check in and pick up your Coastal Cleanup Data cards and trash bags. Please bring your own water and gloves to reduce the use of plastic.

Lunch and snacks on the SCCF Nature Center porch will be available from 10 til 12 am as well as a dumpster to deposit your trash. Be sure to fill out your data card and turn it in at SCCF.

Worldwide last year, 560,000 volunteers picked up 16 million lbs. of trash in 91 countries on 12,000 miles of coast. Cigarettes and food wrappers topped the list of things found with plastic bottles coming in third. Annually an average 1,500 Lee county volunteers collect 10,000 lbs. of trash. Trash in the ocean is one of the most widespread problems threatening our waterways and wildlife.... and it is all preventable.

If you have questions, want to reserve your favorite "clean up" spot, or get your data cards ahead of time please call SCCF Sept. 14-18 at 472-2329 and ask for Dee. See you at the Coastal Cleanup.✱

Police Seek Witnesses To Hit-And-Run

On August 11 at 10:50 p.m., the Sanibel Police Department received a phone call regarding an accident involving a man in a wheelchair on Casa Ybel Road.

Chief William Tomlinson said the investigation showed the victim was struck by a vehicle in the southbound lane at 887 Casa Ybel Road.

"We are looking for a blue vehicle with front end damage," Tomlinson explained.

The victim has been identified as Sanibel resident Douglas Tabor.

Police are seeking the help of anyone who may have witnessed the accident. If you have any information that can assist the Sanibel Police Department with this investigation, contact detective Mark Steele at 472-3111 ext. 237.✱

www.angwatechnology.com/lee_devel/PublicServiceRequest/ or by contacting the LCMCD directly at 694-2174. If the LCMCD receives complaints from a specific area or neighborhood, the District dispatches personnel to conduct a mosquito count and, if warranted, will fog or spray the area.

For additional information regarding mosquito control on Sanibel, visit the Lee County Mosquito Control District's website at www.lcmcd.org/.✱

Sanibel School Resumes Classes

It's back to school time again as The Sanibel School starts a new year of classes on Monday, August 24.

The Sanibel Police Department reminds all drivers to be cautious and remember to stop to allow the bus drivers to pick up and discharge the children in a safe manner.

Vehicles in both directions must stop when the school bus has its red lights on and the stop sign is lowered. Also, the speed limit in the school zone is 20 miles per hour.

Please do your part to keep our children safe.✱

Sanibel In Midst Of Mosquito Season

The Lee County Mosquito Control District (LCMCD) provides mosquito control for Sanibel and all of Lee County. "Mosquito season" typically runs from May through October and mosquito activity increases with rain, particularly after heavy rains that produce large areas of standing water. Due to the abundance of mangroves, wetlands and salt marshes, Sanibel is a prime breeding ground for mosquitoes.

Island residents who may be experiencing a high number of mosquitoes can make a service request by visiting

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From page 1

Sanibel Sea School

that it was an incredible experience. Students learned about the sea turtle life-cycle and helped count over 70 hatched eggs. Two tiny loggerhead hatchlings were rescued from the nest for later release into the ocean.

"We always see sea turtle nests marked on the beach, but we never get to see what's inside," said camper Jaime

Gustafson, 12. "Seeing the eggs and the baby turtles was so cool!"

A big thank you to SCCF, Kelly Sloan and Nancy Riley for making this experience possible for our students, and to Amy Speckman at Casa Ybel for providing parking passes.

Sanibel Sea School is a 501(c)(3) non-profit whose mission is to improve the ocean's future, one person at a time. To learn more, visit www.sanibelseaschool.org.✽

From page 6

Festival Of Trees

Starlight Sponsor – \$5,000
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Goodwill is also seeking vendors for Santa's Block Party. The event is a day of fun consisting of arts and crafts, entertainment, a brunch with Santa and more. Santa himself kicks off the whole celebration by arriving by fire truck and marching band.

Vendor tables are just \$50. Additional vendor and sponsorship information is available at www.tuxandtrees.com.

Volunteer opportunities are also available. Visit www.tuxandtrees.com/volunteer to see how you can help. For other questions, email MadisonMitchell@goodwillswfl.org or call 995-2106 ext. 2213.

The Festival of Trees and the Tux & Trees Gala are the signature events of The Southwest Florida Goodwill Foundation. All events will be held at the Sidney & Berne Davis Art Center, 2301 First Street in the Fort Myers River District. For more information about Goodwill's programs and services, visit www.goodwillswfl.org.✽



Festival of Trees entry from last year

Sustainable Initiative Program To Recycle Graduation Gowns

Greener Grads, a national sustainability initiative, will partner with Goodwill Industries of Southwest Florida in collecting polyester graduation gowns. The program furthers the sustainable journey of recycling versus mass production as well as reduces the financial burden for students and families.

"Goodwill already collects caps and gowns, so partnering with Greener Grads seemed like the right fit," says Goodwill spokesperson Madison Mitchell. "After graduation is over, most people aren't sure what to do with their gown so it usually ends up sitting in the back of a closet. We're offering an outlet to donate that graduation gown, so that others can put it to good use."

More than five million gowns eventually end up in landfills each year. Greener Grads partners participate in the recovery-reuse-recycle initiative, directly aiding in the goal of diverting unnecessary pollution from the country's waste stream. In addition, the Greener Grads' recycling program allows graduation gowns to be rented at future commencement ceremonies for a substantially lower cost than purchasing a new one.

"About 3.2 million gallons of oil are used to make 5.5 million graduation gowns each year," said Mitchell. "Greener Grads will take a donated gown and will see it get at least 12 uses before being repurposed into lining and filler materials."

The public is encouraged to bring their gowns to any Southwest Florida Goodwill Retail & Donation Center. To find a location near you, visit www.goodwillswfl.org/retaildonations.✽

Airport Recognized For Best Commercial Airport Project

The Florida Department of Transportation (FDOT) honored Southwest Florida International Airport (RSW) with the 2015 Commercial Service Airport Project of the Year for its Closed Circuit Television (CCTV) upgrades. This award was presented to the Lee County Port Authority, Kimley-Horn & Associates,

continued on page 13

Sanibel-Captiva Conservation Foundation



Alligator and babies

Gator And Crocodile Tales

The biology of alligators and crocodiles is an ancient tale of survival. On Wednesday, August 26 at 10 a.m., come to the SCCF Nature Center and learn about these living dinosaurs to ensure our safety and their survival on the islands. With higher summer temperatures, island alligators are very active and females have nested.

During the program, watch a video of alligator nest hatching and learn the story of Sanibel's saltwater crocodile. Cost to attend the program is \$5 for adults, with SCCF members and children admitted free.

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



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H2O High School Mission Team from Sanibel Community Church

Teen Mission Trips Ignite Summer For Students

Forty-seven teens and adults from H2O Student Ministries at Sanibel Community Church just returned from two different mission trips.

In July, 34 students and leaders worked alongside New Hope Community Church in Staten Island New York to help them run a Vacation Bible School (VBS) day camp for a week. Students participated in puppets, crafts, science experiments, teaching Bible lessons, drama,

games, hands-on activities and music. One of the evenings they were able to go to the nearby high rise communities to pray and encourage the tenants there.

"One of the highlights of their trip was on Thursday during camp when several of our H2O students were able to pray with some of the campers to receive Jesus as their personal Savior," said Kevin Schafer, Youth Pastor at Sanibel Community Church.

The group also had a few days to go to the top of the Rockefeller Center, ride the subway, coast on the ferry rides, travel to the Statue of Liberty and see the lights of Times Square.

A few days following the New York



Sanibel Community Church's H2O Middle School Mission Team



SCC team members ham it up with Christ Community Church team members, who partnered with SCC on the San Salvador trip

trip, 14 high school students along with adult leaders traveled to San Salvador, El Salvador on a 10-day mission to share the love of Christ. They stayed and ministered alongside the Envision Wired office there, which is affiliated with The Christian and Missionary Alliance. While

there, the team spoke in the school systems and held a three-day VBS including games, puppets, crafts, music, memory verse and snack. Some of the highlights for the children were the mega parachute games and the animal balloons. The team was also able to perform a skit in a local

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BAT YAM-TEMPLE OF THE ISLANDS:

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

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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.

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Sunday Worship Hours:

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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.*

church there, preach at youth night, run a soccer tournament, share their personal testimonies, and hike around one of El Salvador's main volcanos.

"We praise the Lord for the great unity and protection while there, as well as the opportunity to see several people choose to follow Jesus with their lives," Pastor Schafer added.

Both teams are now excited about serving here on Sanibel and Fort Myers as they continue to spread the love of Jesus.

On Sunday, August 16, Sanibel Community Church will hold its annual Youth Sunday. The students will be sharing all that they saw the Lord do while on these trips. Then on August 19, fall youth group will be starting again on Wednesday evenings. Sixth through eighth grades meet in the youth center from 5 to 7 p.m. and high school students meet from 6 to 8 p.m. at the same location.

Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market). If you know of any teens who would like to attend, they are more than welcome to join us. For more information, call 472-2684 or visit www.sanibel-church.com.✱

From page 11

Airport Project

Inc. and Owen-Ames-Kimball Company at the Florida Airports Council Annual Conference held in Boca Raton, Florida.

Due to improved technology, the Lee County Port Authority determined that upgrading the CCTV System would enhance the overall safety and security at Southwest Florida International Airport. The project included identifying and installing additional cameras in the terminal and throughout RSW's property, along with upgrades in functionality for cameras already in place and the fiber optic cabling system. In addition, technology updates were made to access control and video management software systems and the airport communications center.

The FDOT Aviation Office annually reviews aviation projects for the Airport Project of the Year Award. To be considered, the project must demonstrate exceptional professional skills and represent a significant contribution to airport development, sustainability, efficiency, capacity and/or safety. The award is also given to the primary consultants and contractors who worked on the project. This is the fifth time Southwest Florida International Airport has received this statewide accolade.✱



The St. Michael and All Angels Prayer and Pot Luck informal gatherings are open to Sanibel residents and visitors alike photo by Jan Holly

Prayer And Pot Luck At St. Michael's

St. Michael and All Angels Episcopal Church invites one and all to its fourth summer Prayer and Pot Luck on Wednesday, September 2 at 6 p.m. The gathering meets first in the church Sanctuary for a half-hour devotional service, a traditional evening prayer.

Organizer for the event and lead reciter is Bettie Modys, accompanied by organist and pianist Jan Holly, with the congregation participating in hymn singing.

The pot luck buffet dinner, at 6:30 p.m. in the Parish Hall, is a pre-celebration of Labor Day. Diners are encouraged to share their recipes.

Everyone is welcome. Attendees are asked to bring a favorite Labor Day dish to the dinner and dinnerware if possible, or just bring themselves to share the camaraderie and get better acquainted with your fellow islanders.

The church is located at 2304 Periwinkle Way. For details, call 472 2173/saintmichaels-sanibel.org.✱

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An Inside Look At Wildlife Recovery



Baby black crowned night heron
photos courtesy of CROW

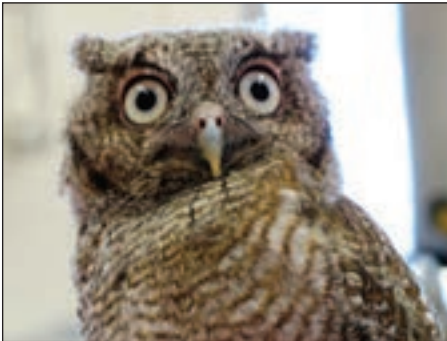
The CROW Picture Show presents informative anecdotes about the native and migratory wildlife species brought to the Clinic for the Rehabilitation of Wildlife, along with photos of patients admitted to the facility.

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

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



Green heron chick



Screech owl chick

teer.

The next CROW Picture Show is on Friday, August 28 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, and free for members and children 12 or under.



Baby barn owl

The entry fee also includes access to the Visitor Education Center, which exhibits CROW's efforts to save wildlife through care, education and collaboration.

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

Read us online at
IslandSunNews.com

Fish Caught



Mikey and Gene Brown display the redfish they caught

Mikey and Gene Brown, visiting from Hollywood, Florida, caught and released a 26-inch redfish while on a Sea Reed Charter.

Fish Caught



Colton Fanning smiles while displaying a 32-inch snook

Colton Fanning, age 14, of Sanibel, caught this 32-inch snook off Chino Island with cut bait on Saturday. The fish was quickly released unharmed after the picture was taken.

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Plant Smart

Pygmy Date Palm

by Gerri Reaves

Pygmy date palm's (*Phoenix roebelenii*) arching feathery fronds and small stature make it a popular landscape plant in South Florida.

This native of Southeast Asia resembles its relative, the massive Canary Island date palm (*Phoenix canariensis*), but surpasses it in versatility.

Because it grows only to the size of a large shrub, it is useful in entryways and even as a potted palm on a pool or terrace.

It is especially pretty planted in clusters to give the illusion of a multi-trunked palm, with smaller plants arranged around it.

It usually reaches about 10 feet high with a crown spread of six feet or more. The bare but spiny-looking trunks grow to about six inches in diameter.

The leaves, or fronds, of about four feet long are delicate in appearance and arch over near to the ground.

The dark green slender leaflets are shiny.

Two- to three-inch thorns are found at the leaf bases, so take care to not place this palm near walkways or play areas.

Spathed spikes of flowers grow amid the fronds. Male and female cream-colored flowers are produced on different plants.

The inedible dark-red dates measure about one-half inch in diameter.

This tree needs moisture, good drainage and partial to full sun. It is not tolerant of salt or salt spray, so it's not suitable for coastal landscapes.

Pests include red scale, brown spot and Ganoderma butt rot. Magnesium, manganese and potassium deficiencies are also a concern.



Non-native pygmy date palm's size and open form make it a popular plant for entrances, pool decks and terraces

photos by Gerri Reaves



Thorns appear at the bases of the stems and short spikes of creamy flowers emerge amid the fronds

If wildlife-friendliness and lower maintenance are priorities, consider planting a relatively small native palm that benefits wildlife instead, such as needle palm (*Rhapidophyllum hystrix*), buccaneer palm (*Pseudophoenix sargentii*), or saw palmetto (*Serenoa repens*).

Sources: *500 Plants of South Florida* by Julia F. Morton; *Florida Landscape Plants* by John v. Watkins and Thomas J. Sheehan; *Florida, My Eden* by Frederic B. Streasau; *A Handbook of Landscape Palms* by Jan Allyn; *Waterwise: South Florida Landscapes* by the South Florida Water Management District; floridata.com; and ifas.ufl.edu.

Plant Smart explores the diverse flora of South Florida.✧

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Sea turtle hatchling emerges from its egg
photo by SCCF

SCCF Nesting Statistics

A total of 232 nests have hatched – 47 on the East End, 143 on the West End, and 42 on Captiva. SCCF Sea Turtle Nesting Stats (as of August 14):
Sanibel East: 119 nests, 298 false crawls
Sanibel West: 394 nests, 799 false crawls
Captiva: 133 nests, 226 false crawls
Total: 646 nests, 1,323 false crawls
Please observe Lights Out For Sea Turtles!
*False crawl = a failed nesting attempt
If you have questions, or would like to know more about nesting stats on Sanibel, email seaturtle@sccf.org or call SCCF at 472-2329.*

Canal Upgrade Will Help Improve Water Quality



Map of the Everglades Agricultural Area

The South Florida Water Management District (SFWMD) has approved construction of canal upgrades to enhance flexibility for moving stormwater from the Everglades Agricultural Area (EAA) into wetlands that improve the quality of water before

it reaches the Everglades. Improvements on the Bolles East Canal, which runs east/west in the EAA south of Lake Okeechobee, will also help reduce the potential need for emergency pumping of excess stormwater into the lake.

“Expanding the District’s flexibility for managing water south of Lake Okeechobee provides multiple benefits across the entire region,” said SFWMD Governing Board Chairman Daniel O’Keefe. “Further, this project reflects our commitment to ensure that our flood control mission is integrated with achieving Everglades water quality goals.”

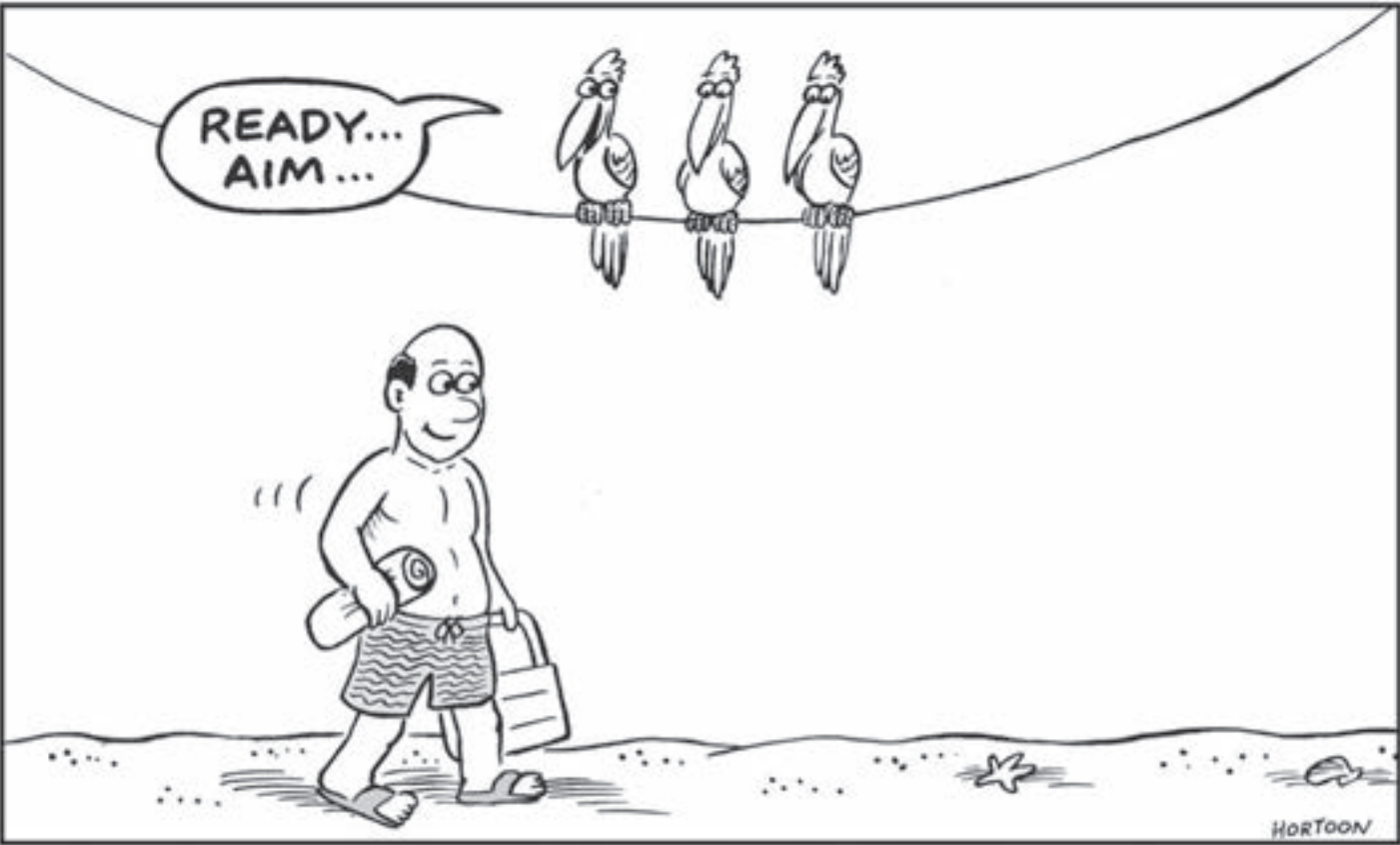
The Bolles East Canal currently provides a link between the Hillsboro and the North New River canals, serving adjacent agricultural landowners by supplying irrigation and drainage. As currently configured, the canal has limited capacity to convey water, because it is shallow and has constrictions at a bridge and culvert.

Work that includes expanding the canal bottom width to 40 feet will improve water flow east/west across the EAA. This in turn will provide increased flexibility for moving water into the Stormwater Treatment Areas (STAs), which use aquatic vegetation to remove excess nutrients in the water before it reaches the Everglades. The STAs are an integral part of the Governor’s Restoration Strategies to improve Everglades water quality.

Canal upgrades will also have the ancillary benefit of providing water supply and flood protection for nearby farms.

Great Lakes Dredge and Dock Company, LLC, the lowest responsive and responsible bidder, will soon begin work on the approximately \$3.8 million project. Work is expected to be complete by early 2017.*

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Mangrove Snapper Mania Continues



by Capt. Matt Mitchell

The summer-time mangrove snapper bite continues to keep going strong with these tasty fish still being relatively easy to locate. Mangrove islands and creeks with good mov-

ing current are both good places to get started. Firing them up to pop on the surface on some live shiners never hurts, either. The average size mangrove snapper this week was right around 12 inches, with a few bigger ones in the mix going as large as 16 inches. When clients request fillets, these are my go-to species all summer long.

Trout fishing improved this week with more and more slot-sized trout showing up out on the open flats. Drop-offs from shallow sandbars that transition into grass with potholes have been the best bet. The long bar that runs from Mackeever Keys all the way north to Cork Island as a great area to work. Target the sand holes out in 3 to 5 feet of water throwing popping corks. This trout bite has been pretty consistent, with the majority of the trout caught right at or below the 15-inch minimum. Stick it out though and you will get your keepers, with even a few right around or over the 20-inch max. Look for clean, clear water for the best trout action. Expect to catch some Spanish mackerel along with jacks and ladyfish that are hanging around with the trout.

Redfish action was tough for me the one afternoon I really fished for them this week. I worked lots of favorite mangrove



Jim Jerozal visiting from Chicago with a bonus baby tarpon caught while fishing with Capt. Matt Mitchell this week

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.

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islands and shorelines in the southern sound using both jumbo frozen shrimp and a variety of live baits and never did get one. After a few hours of no reds, we ended up getting chased off the water by a fast moving thunderstorm.

Catch-and-release snook are still biting good in the way back creeks if you get a breezy enough day to keep the no see em's from eating you up. Finding any larger snook that want to play has been a little tougher, though. The passes that

where so good for the last 3 to 4 months seem almost void of snook. With snook done spawning, they are now just very spread out being basically anywhere from out on the beaches, to the passes, scattered in the middle sound and even in the creeks.

The bonus fish of week was a small tarpon caught while dock fishing around St James City for snook. After hooking and losing a tarpon on a live shiner, Jim Jerozal hooked and landed the second one. These five- to 15-pound class tarpon are fast running and high jumping and to me are the perfect gamefish on light spinning tackle.

All in all, it was another great week out on the water with the variety of species being just outstanding. One of the real joys of fishing Pine Island Sound is that if one species is just not happening, it's easy to switch it up and target another. Having options sure makes putting clients on fish whole lot easier.

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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Dave Doane



The Atlantic carrier snail, *Xenophora conchyliophora* (Born, 1780)

photos by José H. Leal.

Shell Of The Week

Atlantic Carrier Snail



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

The Atlantic carrier snail, *Xenophora conchyliophora* (Born, 1780), is a moderately rare species in the barrier islands of Southwest Florida. Almost all members of the carrier snail family Xenophoridae have the ability to cement other shells, shell fragments, worm tubes, corals and even little pebbles to their own shells. They hold the object to be cemented in place with their foot, then proceed to secrete shell material to affix the object permanently to their own shell edge. Some species specialize in cementing elongated shells such as augers and turret shells, which they do in radial fashion, such

as the spokes in a wheel. Members of our local species mostly cement other shell fragments to their own shell. There are many possible reasons for the carrier snails' object-cementing behavior, including camouflage, causing the snail to be more difficult to swallow by predators, and even a probable "snowshoe" effect, with the objects providing the snail with more surface area, therefore more stability on soft, muddy substrates. Read more about the Atlantic carrier snail at <http://shellmuseum.org/shells/southwest-florida-shells?family=family-xenophoridae>.

Shell Museum Events

Thursday, August 20, Lee County Day featuring the free WaterVentures Mobile Science Lab. For one day only, Lee County adults receive half-off museum admission and Lee County kids get in free from 10 a.m. to 5 p.m. The Mobile Science Lab is free for all.

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, \$7 for children and includes half-off museum admission. Parking at Island Inn is free for beach walk participants. Space is limited so 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.

Tuesday at 1:30 p.m.: Shell BINGO: Learning has never been so fun.

Wednesday at 1:30 p.m.: Mid-Day Tank Talk with a marine biologist.

Thursday at 1:30 p.m.: Cool Shells – Get to see some of our coolest shells not on exhibit.

Friday at 1:30 p.m.: Marine-themed arts and crafts – Create 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.

Visit shellmuseum.org for potential schedule changes.

The Bailey-Matthews National Shell Museum is at 3075 Sanibel-Captiva Road. Phone 239-395-2233 or visit www.shellmuseum.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. 228 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, August 21 and Monday, August 24, 11 a.m., \$7 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, August 25, 11 a.m., \$5 included with admission – Patient Profiles: Birds of Prey, presented by CROW staff.

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

Wednesday, August 26, 11 a.m., \$7 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, August 27, 11 a.m., \$7 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 how the medical staff treats this species.

Friday, August 28, 11 a.m., \$7 included with admission – Why Animals Come to CROW, presented by a CROW volunteer.

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

Friday, August 28, 2 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

Southwest Florida is filled with fascinating wildlife, and CROW provides a unique opportunity to look into wildlife rehabilitation and meet the staff responsible for their care. Wildlife walks are the best opportunity for visitors to get an in-depth look into the inner workings of the hospital and the treatment process. The program has two parts: an introductory presentation covering medical and rehabilitation methods and then a guided tour through treatment areas of the hospital, concluding on the rehabilitation grounds. Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. This program is open to all, but it is not recommended for children under the age of 13.✧



Campers snorkel for sea hares at Sanibel Sea School

An Amazing Week At Sanibel Sea School

submitted by Leah Biery

The topic of camp last week at Sanibel Sea School was the sea hare, a magnificent animal that should not be confused with the sea hair you get after swimming in the gulf. Sea hares are gastropod mollusks (like whelks and conchs), but their shell is hidden inside their body. Often found swimming gracefully through Sanibel's waters, these spotted slugs have sensory organs that resemble a rabbit's floppy ears and spend most of their time grazing on red algae.

In celebration of sea hares, our campers snorkeled in search of them, explored their spawning habitat at Bunche Beach, and made a giant slip and slide on the beach so they could feel what it's like to be a slippery sea slug.

Sea hares also produce a fragrant purple ink that inactivates the senses of their predators, so we posted our own purple warning signs around the school, tie-dyed T-shirts in shades of purple, and experienced sensory inactivation for ourselves during an experiment with miracle fruit and lemons.

We ended the week with our traditional surfboard paddling race and Friday afternoon cookout, but this week we ate our burgers with a side of sea hare egg strings (or green spaghetti, depending on who you ask). We think our campers would agree that it was our best and slimiest week yet!

Sanibel Sea School is a 501(c)3 marine conservation nonprofit whose mission is to improve the ocean's future, one person at a time. For more information, visit www.sanibelseaschool.org.✧

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Sanibel Casting Call

Filmmaker Mark Meyers is looking for a leading lady for a short video he's producing for VIP Realty titled *Memoirs of Sanibel*. Meyer's explained that he would like to use local talent, if possible.

"Our leading lady needs to be between 45 and 60 years of age. She needs to be outgoing, have great people skills and a great sense of humor and personality," Meyers said.

Interested actresses should send an email with a headshot or a picture to mark@trademarkfilms.com.

Meyers is also looking for people to play a number of supporting roles, including children, young adults and middle aged adults. Those interested may contact him at the same email address.✧

Thomas R. Louwers, M.S.T.

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Fish Caught



Ben Jenkins

Ben Jenkins from Atlanta, Georgia caught and released a snook near Blind Pass. It was only his second visit to Sanibel.

Fish Caught



Sue Jenkins

Sue Jenkins, visiting from Atlanta, Georgia, caught and released a shark near Redfish Pass.

Email your editorial copy to:
press@islandsunnews.com

Watershed Research Project Completed

Rookery Bay National Estuarine Research Reserve (RBNERR) in Naples has completed the Restoring the Rookery Bay Estuary project, a three-year watershed-focused research project aimed at understanding freshwater inflows to the Rookery Bay estuary and associated ecological effects. A significant outcome of the research has been the development of a hydrologic model, which is a tool that can be used by private and public sectors to run different scenarios to help manage the volume and timing of water entering the estuary.

Guided by a diverse advisory group comprising local, state, federal and non-profit stakeholders, the project focused on gaining a better understanding of altered freshwater inflows and gaining insights on how local water resource decisions are made and implemented.

“Through this project, we have learned about changes in the Rookery Bay watershed over the past 75 years,” said Kevin Cunniff, research coordinator at RBNERR and applied science lead for the project. “Based on the data, we learned that the overall amount of fresh water entering the estuary has not changed significantly, but the distribution and timing of fresh water entering the estuary is considerably different. This new understanding can help us better develop and implement strategies aimed at restoring a more natural hydrology within this watershed, which will benefit the ecology of the estuary, while continuing to meet public water supply and flood control needs.”

The project used an integrated watershed management approach and hydrologic, biological and social science research to identify freshwater distribution



Rookery Bay National Estuarine Research Reserve

issues, estuarine ecological impacts and potential solutions for mitigating impacts and restoring a more natural watershed hydrology. Results can be used to improve the quality, timing and volume of freshwater inflows into surrounding estuarine and coastal environments. These improvements can enhance downstream habitats, such as seagrasses and oysters, which support robust fisheries and the recreational and commercial interests that rely on them.

“We are pleased to partner with Rookery Bay on this project,” said Lisa Koehler, South Florida Water Management District’s Big Cypress Basin administrator. “Placing their model in our Model Management System provides user-friendly access to model data, saving time and money on future modeling data collection.”

In addition to understanding changes in freshwater inflows to the estuary over time, the project provided insights into how marine life in the Rookery Bay estuary study area has responded to changes in salinity based on historic fisheries research conducted in Rookery Bay since the 1970s. The project also identified and mapped current RBNERR aquatic benthic habitat resources through high-resolution aerial imagery analysis and specifically assessed changes in seagrass within the Rookery Bay study area based on historical imagery analyses. Lastly, the project

continued on page 34

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CROW Case Of The Week:

Saving The Majestic Osprey



by Patricia Molloy

It has been said that it takes a village to raise a child. In the case of ospreys (*Pandion haliaetus*), it has taken an entire island to ensure the prosperity of these majestic raptors.

According to The International Osprey Foundation, Sanibel naturalist George Campbell was devastated to discover a dramatic population decline of these native avians on the island. In 1974, with the assistance of Charles LeBuff of the U.S. Fish and Wildlife Service at JN "Ding" Darling National Wildlife Refuge, the first osprey platform was constructed. By the year 2000, six to eight more were built on private property, city land, in "Ding" Darling, on Sanibel-Captiva Conservation Foundation land and atop Lee County Electric Cooperative utility poles. (Before that time, the electric company had systematically destroyed osprey nests because electrical outages were commonly caused by these birds of prey being electrocuted.) Between 1978 and 2003, the osprey population on Sanibel increased by 400 percent.

Early this month, a down and depressed osprey was found in a local canal. The raptor was carefully examined and subsequently admitted as patient #15-1514. While it did not have any broken bones, it was apparent that the osprey was far too ill to fend for itself.

After receiving supportive care for approximately five days in the clinic's ICU, the osprey was moved to an outdoor large flight enclosure where it has room to make short flights that will help it rebuild its strength and stamina. After a week outside, Dr. Molly Lien, DVM intern, said, "He's still in the Large Flight and he is starting to make better, more reliable flights."

As soon as the bird's ability to fly has been fully restored, this magnificent fish-eating hawk with the white-crested head will be released so that it can once again perform breathtaking aerial acrobatics in the skies over Sanibel.

CROW has been on the front lines of the fight to save ospreys by treating and releasing hundreds, if not thousands, of the native avians since it opened its doors in 1968. The wildlife clinic's tireless efforts to educate the public about the necessity of protecting all native and migratory wildlife populations in Lee County has also aided in the conservation efforts.

With the continued, combined efforts of local agencies and concerned residents, Lee County's native and migratory wildlife will continue to prosper. Never underestimate the difference that you, as an individual, can make to impact



The enclosures on CROW's wooded campus were designed to simulate, as much as humanly possible, a natural environment for its patients. Each one is species specific.

change. Start by volunteering your time or donating money to support CROW in its mission to rehabilitate sick, injured and abandoned wildlife for present and future generations to enjoy.

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a non-profit wildlife

hospital providing veterinary care for native and migratory wildlife from our local area. The hospital accepts patients seven days a week from 8 a.m. to 5 p.m. Mail donations to P.O. Box 150, Sanibel, FL 33957. Call 472-3644 or visit www.crowclinic.org. ✨



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Sanibel-Captiva Art League

Art League Paints The Island



Marcy Calkins, new president, and Kathy Taylor, past president, with the sign celebrating the art league's 50th anniversary

For over 50 years, the Sanibel-Captiva Art League members have been meeting to encourage each other in the visual arts. They continue to improve their drawing and painting skills by participating in the weekly seasonal portrait open studio, Thursday outdoor painting sessions, three yearly judged exhibits, classes offered at BIG ARTS and other educational workshops. A large selection of members' work can be seen at the Sanibel Public Library during regular library hours. For more information about the services the library offers to residents and visitors, call 472-2483 or log on the www.sanlib.org.



Two bags painted by Pat Baker



At the Sanibel-Captiva Art League's February meeting, artists display painted bags donated to the March 2015 annual fundraiser silent auction, which raised over \$1,100 for FISH

Many art league members participate in community events, donate their artwork to various non-profit fundraisers and also make their work available to the public in local galleries and island art fests in local shopping areas. One of the most interesting and colorful shows, which is on display every two years in the Sanibel Library lobby, is the collaboration of Sanibel Island Garden Club and the art league. Garden club members design floral arrangements inspired by paintings. At most of these events, the public can meet the artists and ask them questions about their materials and subject matter. For more information about art league events, log on to www.sancapart.com.

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2 tablespoons lime juice, freshly squeezed
1 tablespoon cilantro, chopped
1 tablespoon green onions, chopped
1 tablespoon jalapeño pepper, finely chopped
kosher salt and freshly ground pepper to taste
Combine all ingredients. Cover and refrigerate 1 hour to let all of the flavors come together. Tip: This light summer-style salsa is a great way to liven up fresh Florida seafood. Use this salsa recipe as a template to make any kind of salsa; just replace the melon with your favorite fruit or veggie.
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Midsummer Melon Salsa

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Sanibel Library Collects Kids' Reading Points



Shane Rafferty of Golisano Children's Hospital speaks to children at Sanibel Public Library

Area children have been Reading for Others in the Sanibel Public Library's annual Summer Reading Program.

For the summer reading program, Barbara Dunkle, youth librarian, helped children set reading goals. Whether they reach the goals or not books are earned to build their home library. The Sanibel Public Library Foundation matches each book earned so the child also earns a book for Golisano Children's Hospital of Southwest Florida.

Children need to give their log of hours read and earned points to the Library by Monday, August 31.

On July 28, Shane Rafferty, a child-life specialist at Golisano Children's Hospital, spoke to the summer readers at the library. Rafferty told the children about his work at the hospital and the importance of these donated books to the pediatric patients. Certified child life specialists use a variety of tools, including books, toys, dolls, technology and play to help normalize patients' daily lives while they are in the hospital. The child life specialists work with the medical staff and families to provide education, play time and other support.

Last summer island readers earned 1,301 books for the children's hospital in the Reading for Others program. This year the goal is 1,500 books.

During the summer the Library hosts weekly programs for kids of all ages. 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, a 20-year Sanibel resident.

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



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Art is Supposed to Hypnotize You or Something, 2014, acrylic on inkjet print on canvas by Wayne White photo courtesy Joshua Liner Gallery

Acclaimed Artist To Exhibit At Bob Rauschenberg Gallery

Florida SouthWestern State College will host an exhibition of paintings, drawings and a newly-commissioned, site-specific installation, titled Wayne

WHITE: Here Comes Mr. Know-It-All at the Bob Rauschenberg Gallery from September 11 to November 7. Los Angeles-based, internationally-acclaimed artist Wayne White won three Emmy Awards for his set design and puppeteering on the landmark children's TV show *Pee-Wee's Playhouse*, creating iconic characters including Randy, Cool Cat, Chicky Baby and Dirty Dog. White is the subject of a 2012 feature-length documentary, *Beauty is Embarrassing*,



Wayne White

directed by Neil Berkeley and a 382-page hardbound monographic book designed and edited by Todd Oldham, titled *Maybe Now I'll Get the Respect I So Richly Deserve*. He will be in residence at Florida SouthWestern State College for a week in advance of his show to work with FSW students to create a super-sized puppet/sculpture of Lee County resident artist and gallery namesake Bob Rauschenberg. In addition to his newly commissioned Rauschenberg puppet/installation and related opening night performance, the exhibition will also include a selection of the artist's now iconic humorous

"Word" paintings and a series of recent watercolor drawings and collages (on subjects including local environmentalist, author and political cartoonist "Ding" Darling) produced during White's month-long Robert Rauschenberg Foundation Residency on Captiva in 2013. White said, "I've always had the do-it-yourself approach. I grew up in this blue collar family and didn't have a lot of toys, so you had to make your own fun. Building forts out of sticks and scrap lumber – that's where I learned the joy of making something from nothing."

continued on page 37

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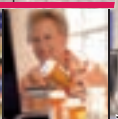
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King	
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3rd	
Burns	33
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Haungs	
Morphy	
Closest to the hole on number 11, Mr. Hunter.	✱

Registration Open For 3rd Annual Surf And Turf Experience On Captiva

Registration is now open for the 3rd annual Surf & Turf Experience fundraiser to benefit Disabled Veterans Insurance Careers (DVIC). The fundraiser will take place from October 16 to 18 at South Seas Island Resort on Captiva. The three-day, two-night sportsman’s weekend consists of three-person teams competing in fishing and golfing contests.

The weekend activities include a fishing and golf tournament, accommodations at South Seas Island Resort, evening cocktail receptions, breakfast and lunch. The \$1,500 entry fee also includes the Friday evening dinner and casino night and the Saturday evening dinner featuring an auction and awards ceremony. In addition, players will receive custom, limited edition apparel and a commemorative gift.

All proceeds from the event will support the mission of DVIC to educate, train and create meaningful employment opportunities within the insurance industry for disabled veterans.

To register or become a sponsor of the event, contact Stacey Mercado at 433-7189 or SMercado@BBandT.com.✱

SPORTS QUIZ

- 1. Who was the last New York Yankee before Jose Pirela in 2014 to triple in his first major-league at-bat?
- 2. During the 1970s, three players hit a home run in their first World Series at-bat. Name two of them.
- 3. Who holds the record for most career wins by a quarterback at the University of Florida?
- 4. Name the last NBA player before Miami’s Norris Cole in 2012-14 to appear in the NBA Finals in his first three pro seasons.
- 5. When was the last time before 2014-15 that the Philadelphia Flyers swept the Pittsburgh Penguins in the season series?
- 6. Name the last Olympics in which the U.S. men’s hockey team won a medal outside of North America.
- 7. Which two golfers hold the LPGA record for most consecutive rounds under par?

ANSWERS

- 1. Steve Balboni, in 1981.
- 2. Gene Tenace (1972), Jim Mason (1976) and Doug DeCinces (1979).
- 3. Tim Lincecum and Chris Lee, with 35 wins each.
- 4. Scott Williams of the Chicago Bulls, 1991-93.
- 5. It was the 1983-84 season.
- 6. It was a silver medal at the 1972 Winter Olympics in Japan.
- 7. Lydia Ko and Annika Sorenstam, with 29 rounds each.

Rivalries Pale In Importance When News Of Red Sox Skipper John Farrell’s Cancer Is Reported



by Ed Frank

The bitter, often contentious rivalry between the Boston Red Sox and the New York Yankees that dates back decades suddenly came to a screeching halt last week with the announcement that Red Sox manager John Farrell had been diagnosed with a treatable form of cancer – Stage One lymphoma.

Within minutes of the report, the Yankees took to Twitter to wish the Red Sox skipper “a full and speedy recovery.”

Those few words from the Yankees makes us all realize that baseball and all other sports are just games and are of secondary importance to the real issues in life.

John Farrell is a classy guy. He’s had his ups and downs with the Red Sox in his three years as manager, but has always been cordial and cooperative with the media.

He is taking a medical leave for the remainder of the season and his bench coach, Torey Lovullo, was named acting manager in his absence.

In a press conference late last week, Farrell explained that the cancer was found during hernia surgery earlier in the week. He said it is a “highly curable” lymphoma that will be treated with chemotherapy. The treatments began this week.

The press conference included emotional remarks of support for the manager from Red Sox stars David Ortiz and Dustin Pedroia.

Sports crosses boundaries far broader than a baseball diamond, football field or basketball court.

As soon as Terry Francona, manager of the Cleveland Indians, heard the news, he couldn’t find a phone fast enough to tell his longtime friend that he will accompany him to his first treatment, which was Tuesday.

By coincidence, the Indians were scheduled to be in Boston this week for a three-game series.

The relationship between the two began in 1988 when they were teammates with the Indians, and it grew stronger over the years. Farrell was pitching coach under Francona from 2007 through 2010, when he left to become manager of the Toronto Blue Jays.

Francona was ousted by the Red Sox after four seasons, but that rather acrimonious split has nothing to do with his support for Farrell.

“I have no doubt that he will beat the hell out of this, probably with one hand tied behind his back,” Francona told reporters when learning of the illness.

Francona said it is weird that his team will be in Boston (their only visit to Boston this season) when his friend begins chemotherapy.

“I’m glad, just because he’s my friend and I care about him a lot. I hope that helps because you’re kind of limited with what else you can do,” he said.

Farrell’s treatment Tuesday was the first of nine weeks of chemotherapy. Doctors have told him the cancer is localized and “highly curable.”

The sadness of a life-threatening disease almost always draws a family closer together. We saw that this week with baseball’s family – a bonding far more important than winning a game or winning a championship.

Miracle Season Down To Three Weeks

As the week began, the Fort Myers Miracle baseball team had only 19 games remaining in the 2015 season, and their hopes were fading to retain the Florida State League Championship.

Although the Miracle won two of three games last weekend from first-place Palm Beach, they remained six games behind the Cardinals with a 28-23 second-half season record through Monday of this week.

Fort Myers begins a six-game homestand this Sunday facing Jupiter and then Bradenton in two three-game series.✱



Red Sox manager John Farrell photo courtesy Boston Red Sox

Will Power

Different Language



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

It was a very trying and difficult time when my mother was being treated for acute myeloid leukemia at the MD Anderson Cancer Center in Houston, Texas. After discovering that she had the disease through her local doctor, we flew to Houston to get the best advice and care possible.

"There are several protocols available for AML..." the doctor began.

"What's a protocol?" I asked.

"It's a clinical trial."

"As in experimental?"

"Yes. She needs a stem-cell transplant. But before she gets

that there are a number of chemotherapies available, and many of them are in the trial stages."

"I thought she needed a bone marrow transplant..." I asked.

"She does. A stem cell transplant is the medical term. Lay people call it a bone marrow transplant."

Don't get me wrong, the staff and physicians at MD Anderson were very helpful. They were professional, caring and knowledgeable. Everything that one would want when facing such a terrible diagnosis.

But doctors speak a different language. I learned that during our time (my mother has survived two bone marrow transplants there) that I don't understand a lot of what they were telling us. They'd give us manuals to take home and read. The next morning we would have meetings to discuss them and to arrive at decisions related to my mother's care.

It was all so overwhelming. I consider myself intelligent – I have two accounting degrees and a law degree – but the language that the doctors used, their vocabulary and acronyms, were foreign to me.

I keep how I felt in Houston in mind when I'm dealing with my estate planning clients. They're smart people. Many of them, however, don't have a legal, tax or financial background, so many of the words and phrases that are commonly used are foreign to them.

Many are afraid to ask questions – they may view them as too basic. "What's a trust?" for example. Or "what is the difference between a trust beneficiary and a trustee?"

No question is too basic to ask of your attorney, CPA or financial advisor. They are there to guide you and help you make informed decisions. If you don't understand the words and phrases that they are using to give you the background information you need, then you should ask them to explain.

Because ultimately the client has to make his or her own decisions based upon his or her own goals and risk tolerance. I'm frequently asked the question "What would you do in my situation?" I hesitate to answer that question because my risk tolerance may be much higher than the client to whom I am speaking.

But I was on the other side of that equation when in Houston. The thing about medical clinical trials is that there are usually two or more choices the patient must select from. But once the selection is made, it is irreversible. The decisions you are asked to make are life and death.

So when confronted with the choice, I asked the physician what he would do.

"I'm not allowed to tell you that," he said.

To hear that was frustrating. He explained that in clinical trials it is important that the patients not be swayed by their physician's bias. So I went about it a different way.

"Where was 'Protocol A' first developed?" I asked.

"Seattle Cancer Center," he answered.

"And where was 'Protocol B' developed?"

"Sloan Kettering in New York."

"Where were you trained?"

"Seattle."

"Did you get excellent training there?"

"The best!"

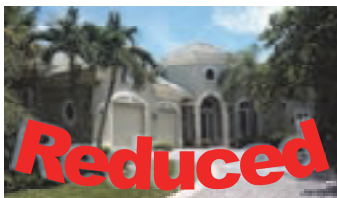
"We're going with Protocol A then." I said.

Maybe my legal training helped in arriving at the answer. Despite only a 10 percent chance of survival (as the doctors first told us) my mother made it through the transplant. It's important to know that questions are okay. You saw in that interchange the doctor didn't hesitate to give me the information I wanted so long as he didn't violate the rules.

Same goes with law and accounting. We don't have clinical trials, but we always prefer that the client make an informed decision. It's fine for you to ask questions until you feel that you both understand the choices, including the advantages and consequences of your decisions.

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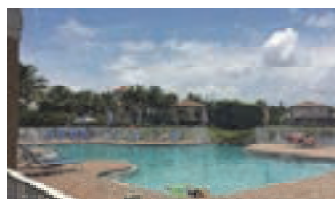
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Sanibel Community Church Sponsors 10K Race 4 FISH



Front, from left, Sanibel Community Church Senior Pastor Dr. Daryl Donovan and Missions Pastor Brad Livermon; back, from left, 10K Race 4 FISH Committee Members Pete Bender, Nancy Bender and Ed Riddlehoover

The Sanibel Community Church (SCC) continues its Gold sponsorship of the 7th annual 10K Race 4 FISH, an island race that draws hundreds of runners for a worthy cause. Race proceeds benefit the nonprofit organization FISH of SanCap, which provides valuable human services to those who need it most in the community.

"We are delighted to have Sanibel Community Church as a partner of FISH and the 10K race," said Ed Riddlehoover, vice chair of FISH board and co-chair of the 10K

committee. "People like the church's congregation make it possible for FISH to continue helping our neighbors in need."

Sanibel Community Church and FISH became partners nine years ago when the church hosted a community fish fry to raise funds for the nonprofit. "The relationship has grown deeper over the years," said Senior Pastor Dr. Daryl Donovan. The church first sponsored the 10K race in its fifth year and members continue to volunteer on race day and take part as runners.

"Many of our teens participate in the race, which is a great way to get them involved in community service," said Youth Pastor Kevin Schafer. SCC was founded a century ago as a non-denominational church under the belief that would best serve the islands – making "community" its middle name. The congregation remains dedicated to the community and is delighted to have FISH as a neighbor.

"We love how FISH is a pooling place where all of the churches can partner in lending support for the needs of our community," said Missions Pastor Brad Livermon. "While each church on the island supports specific outreach ministries, FISH provides a common channel of help to any who have a need on the islands."

FISH has been fulfilling its mission of neighbors helping neighbors since it was founded more than three decades ago. It has touched thousands of lives throughout those years when help was needed most – from emergency financial assistance and youth scholarships to life skills workshops and medical equipment loans. The new FISH Walk-In Center, 2340 Periwinkle Way, allows for an expanded food pantry and more space to better serve its clients.

"We are thrilled to partner with FISH in lending a helping hand to our neighbors in need," said Administrative Pastor Shelton Gwaltney.

There are a variety of 10K Race sponsorship slots available – Gold, Silver, Bronze or Friend. For Gold to Bronze sponsorships, your name or logo will appear on the back of T-shirts featuring the Hortoon race logo and worn by the runners, as well as all banners and printed 10K materials. Friend sponsors will be included on all banners and 10K materials.

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

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, I have heard that there will be a new SAT test for students. Do you know why this is such a big deal? Are students supposed to study for it like before? Do they have to take classes for it? I have two kids in high school that might want to take this test.

Lyndsay M., Cape Coral, Florida
Lyndsay,

The College Board just introduced a new practice tool for the redesigned SAT, which will first appear in March 2016 and they have announced that they are joining forces with Khan Academy to provide free SAT practice programs and resources to all students. This new online tool will make test preparation materials available for free, a move aimed at making the college admissions race less stressful and more fair. College Board President David Coleman said, "the partnership aims to level the college admissions playing field by putting high-quality training within easy reach of students without the funds for commercial test-prep services or the family support often needed to stick with a self-paced practice book."

The redesigned SAT will be graded on a 1,600-point scale last used in 2004, and will make the currently required essay section optional. Test-takers no longer will lose points for wrong answers, a feature meant to discourage guessing but instead produced many criticisms that the exam was more an exercise in strategy than a measure of college readiness.

The free online test prep, developed

in conjunction with the nonprofit Khan Academy, gives students customized feedback as they progress through the material. To start each subject, users take a short quiz to determine the level of difficulty for the practice test questions. Then, after they work through items, the system highlights wrong answers and provides detailed explanations of the math, writing or reading items. There are also video lessons and reference articles available to help students hone their skills.

"The new questions were written with an eye toward adhering more closely to what students are learning in high school and evaluating the practical knowledge they will need for life beyond college," Coleman said. For example, higher-level vocabulary words like "querulous" have been replaced with more commonly used terms such as "synthesis," he said.

"Everything we are doing is to make it easier for students to navigate this territory we know has typically been filled with anxiety," Coleman said.

Khan Academy and the College Board will work together continuously to ensure that practice materials are of the highest quality and focus on the work that matters most. And they will train tutors, counselors, mentors and others to help students take full advantage of all resources.

For more information on this or to sign up to use the practice tool, visit <https://collegereadiness.collegeboard.org/>

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

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Portfolio Review And Strategy

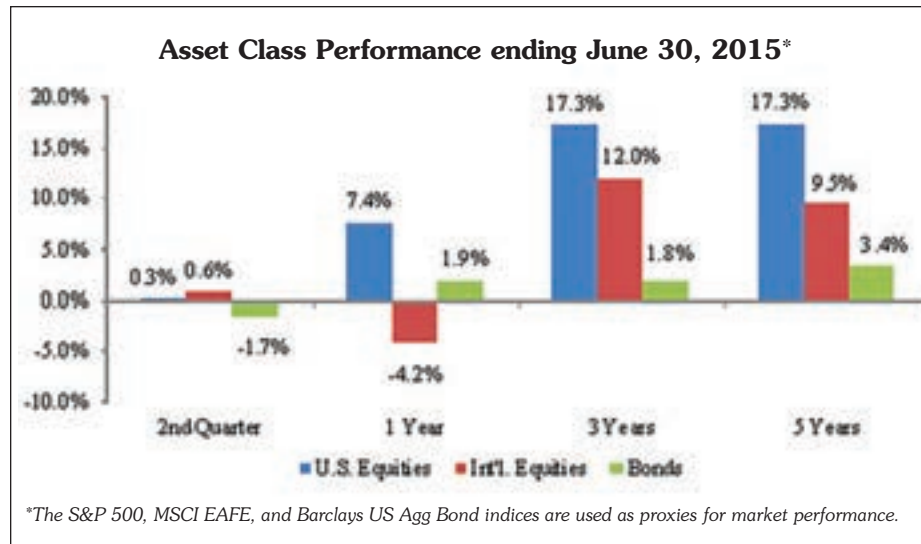


by Ian Breusch,
CFA, Vice
President, Portfolio
Manager, The
Sanibel Captiva
Trust Company

U.S. equity
markets
have been
flat since our last
report in March.

From a macroeconomic perspective, the dramatic rally in the U.S. dollar has subsided, and energy prices have rebounded from the lows seen earlier this year and since have stabilized. GDP growth remains tepid, and the unemployment landscape continues to improve.

With that said, the fundamentals of the equities we own for our clients remain quite strong. U.S. equity valuations are neither exciting nor excessive at this point. The chart reveals a three- to five-year time period that was very pleasing for investors willing to stick with a U.S.-based equity portfolio. Going forward, we believe double-digit annualized returns are less likely. Nonetheless, we expect the majority of our U.S. equity positions to appreciate at rates that coincide with their underlying earnings growth. We remain



comfortable with our allocation to U.S. equities, as well as the individual positions we have selected for our clients' portfolios.

Bond markets have seen the first bit of volatility in quite some time. Interest rates rose during the second quarter by a relatively large margin. The yield on the 10-year Treasury note moved higher by approximately 0.5 percent, a sizeable move in such a short period of time. Anyone who was holding lengthy maturity/long duration bonds has seen the impact on the price of their bonds and/or bond funds. We have been warning investors for quite some time that when, not if, interest rates rise, bond investors would find themselves earning meager (and in many cases negative)

real rates of return. For this reason, we have avoided traditional fixed-income (bond) investments and will continue to do so until interest rates rise. Instead, we continue to use our high-income strategy as an alternative to traditional fixed-income for clients requiring current income. Our strategy focuses primarily on securities with consistent (and growing) distributions and utilizes high-quality dividend stocks, preferred stock, REITs, and master limited partnerships (MLPs) in taxable accounts. Our high-income strategy is also susceptible to movements in interest rates and will become increasingly volatile as interest rates change. Nonetheless, we feel confident we are not exposing clients to the permanent price declines that bond holders

will experience if interest rates continue on their current course.

International equity markets were strong in the first half of the year. International markets have been (and remain) far more attractive from a valuation standpoint than domestic equities. While we expect our international investments to increase in price commensurate with underlying profit growth, it is also reasonable to expect some level of price multiple expansion as Europe continues its "quantitative easing" program. In other words, investors may be willing to pay more for \$1 worth of earnings than they were before. Within our international allocation, we continue to allocate capital to emerging markets where the overall valuation metrics are most attractive. Our actively managed approach toward international investing continues to add value.✱



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Captiva Cruises Staff Nominated For Hospitality Awards



Captiva Cruises Owner and President Paul McCarthy

Three staff members at Captiva Cruises have been nominated for Lee County Visitor & Convention Bureau (VCB) Elaine McLaughlin Service Awards (E-Awards). Winners will be announced at the August 27 awards ceremony at the Hyatt Regency Coconut Point Resort & Spa in Bonita Springs.

Captiva Cruises Owner and President Paul McCarthy was nominated for the Boss of the Year award, and Capt. Brian Holloway and Capt. Skip Laney were nominated in the Good Samaritan



Capt. Brian Holloway

category. The E Awards recognizes employees in the hospitality industry who positively impact a visitor's or resident's experience in Lee County. "Just to be nominated is an honor," said McCarthy. "All the staff at Captiva Cruises work hard to provide outstanding customer service. Whether it is island hopping, having lunch at Cabbage Key, or a dolphin and wildlife cruise, from start to finish, it is our goal to provide an experience of a lifetime to every passenger aboard our cruises."

The E Awards have been successful in increasing public awareness of



Capt. Skip Laney

outstanding customer service being provided by Lee County hospitality professionals. Held annually, there are seven award categories and any employee who works in the hospitality and allied industries is eligible to be nominated for an award. For more information on the E Awards, contact Lee County VCB Visitor Services at 590-4855.

Watershed

conducted social science to better understand local attitudes about water. The project was funded in 2011 through an \$815,000 grant awarded by NOAA's National Estuarine Research Reserve System's (NERRS) Science Collaborative funding program and commenced in 2012. RBNERR staff worked with contractors such as hydrologists, engineers and university faculty on project components including aerial imagery, maps and educational products. A comprehensive final project report will be available online at rookerybay.org in September.

Twenty-eight National Estuarine Research Reserves from around the continental United States and Puerto Rico were invited to apply for this grant. Of the 17 proposals submitted, seven were funded including RBNERR's proposal. The NERRS Science Collaborative is jointly administered by NOAA and the University of New Hampshire.

Chico's Scarf Will Support Stand Up To Cancer Effort



The limited edition Chico's scarf is in cerulean blue and sells for \$50, with \$10 going to Stand Up for Cancer

boutiques across the U.S. and Canada, as well as online at www.chicos.com. Chico's will donate \$10 to Stand Up To Cancer (up to \$100,000) for every scarf purchased from now through October 31.

"I learned about Stand Up To Cancer many years ago and have been personally invested in this organization since it was started," said Johnson. "I became involved because I've lost so many friends and close family members to cancer. Only research can answer why this disease touches so many, and research needs dollars to continue the fight."

"We're thrilled to continue our important collaboration with Stand Up To Cancer and to join forces with powerhouse Sheila Johnson to help raise funds and awareness for such a worthy cause," says Liz Hodges, Chico's senior vice president of customer experience. "Stand Up To Cancer is a formidable organization that is pushing cancer research forward to an unprecedented degree. Chico's, together with our customers, is proud to be able to contribute to such a dynamic effort."

Stand Up To Cancer is changing the culture of cancer research through its unique funding model, which facilitates collaboration among scientists in different disciplines from different institutions. Over 940 researchers from 123 institutions in six countries are collaborating on SU2C-funded research.

"We are deeply grateful to Chico's for helping raise awareness about Stand Up To Cancer among their customers all over the U.S. and Canada. We can each play a role in the fight against cancer," said SU2C co-founder Sherry Lansing.

For more information about the collaboration, visit www.chicos.com or contact Kristin McClement: kristin.mcclement@chicos.com, 346-4870 or Amy Sedlacek: amy.sedlacek@chicos.com, 346-8674.

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.sbslaw.com/books.



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NEW LISTING

Junior Anglers Go Fishing With Optimist Club



Participants in the Sanibel Recreation Center's Summer Day Camp joined the Sanibel-Captiva Optimist Club on a fishing excursion with Adventures In Paradise last Monday morning
photos by Jeff Lysiak



Capt. Mike Sauer demonstrates side-casting for the summer campers
by Jeff Lysiak

Summer Day Camp participants from the Sanibel Recreation Center joined members of the Sanibel-Captiva Optimist Club on a fishing cruise with Adventures In Paradise last week off the Sanibel Causeway.

During Week 10 of the rec center's summer program, 22 campers participated in the Junior Angler program

— an activity supported by the San-Cap Optimists — and boarded the deck boat out of Port Sanibel Marina and headed out on a 90-minute excursion. Adventures In Paradise provided the vessel, guides, bait and fishing poles for the youngsters.

"When you're casting, make sure you look around because you don't want to catch your hook on anybody," said Stan



Brandon Stevens reeled in a pinfish
Howard of the Optimist Club, a longtime advocate of the Junior Angler program. Before the group boarded the boat,



Liam Murray caught the first fish of the day, a hardhead catfish
Howard added, "I think the girls are gonna catch more fish today than the
continued on page 37



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Comfort Is Key

by Barb Cacchione



Despite their easygoing appearances, casual decorating schemes don't just happen. They call for the same amount of effort that the most formal of design settings require. There's a big difference between

a room that's decorated "haphazardly casual" and one that features a well thought out casual design. Your goal should be to have your new casual room look as if it's not premeditated. Most importantly, your design scheme should be comfortable and well integrated with other rooms in your home.

Comfort should be your first consideration. Does the furniture feel good to sit on – to touch? Just as important, does it look comfortable? An overstuffed chair with an ottoman sends the message, "Come, and sit here." Certain fabrics and materials naturally lend themselves to a more casual style. Leather has always been an excellent choice for upholstery in casually elegant rooms, as have nubby, heavier textures, like chenilles and woven upholstery fabrics. However, selecting a brocade or moiré fabric for your upholstery would be contrary to casualness in decorating.

The placement of furnishings in a

room decorated in a casual style is usually asymmetrical because this type of room arrangement presents a less rigid appearance. Informal balance seems to lend itself well to rooms where the message is to relax and unwind. It's much more restful to the human eye than a formal, symmetrical balance where placement of furnishings is exact and unyielding.

So relax in casual comfort. After all – you deserve it!

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

Trafficking Event

On August 28 from 4:30 to 6 p.m., Homewood Suites Hotel at Bell Tower will be hosting Not on My Watch, an opportunity for businesses, law enforcement and community leaders to meet and informally discuss ways to make their employees aware of the signs of human trafficking. Hotels are one of the main venues in Florida for human trafficking.

Facts about human trafficking:

- Human trafficking is the second largest international crime in the world.
- Florida ranks as one of the top three states with the most instances of human trafficking in the U.S.
- The hospitality industry is the second largest industry in Florida and is a major venue for trafficking.
- Children between ages 11 and 15 are the number one targeted group by traffickers.

These facts add up to a need to be

informed about the dangers of trafficking. It is important to learn how to protect yourself, your customers and your children.

The typical victim of trafficking in a hotel is a young American girl.

Lee Bellamy, a board member of Human Trafficking Awareness Partnerships (HTAP) and vice-president of the Lee County Hotel Association, is working in conjunction with HTAP to host the event. Information about trainings available to different businesses and prevention programs will be made available. Law enforcement representatives and other members of the SWFL Regional Human Trafficking Coalition will be present to answer questions.

Complimentary hors d'oeuvres, beer and wine will be served. There will be a raffle and a silent auction with many hotel packages and other items.

For more information, contact HTAP at 415-2635 or info@humantraffickingawareness.org. Homewood Suites Hotel-Bell Tower is located at 5255 Big Pine Way in Fort Myers.✱

From page 28

Wayne White

The Bob Rauschenberg Gallery is open Monday through Friday from 10 a.m. to 4 p.m. and Saturday from 11 a.m. to 3 p.m. Closed Sundays and holidays.

The gallery is located on the Florida SouthWestern State College Lee County Campus, 8099 College Parkway in Fort Myers. For more information, call 489-9313.✱

From page 36

Junior Anglers

boys... what do you guys think?"

While the girls all cheered, the boys quickly assembled a small circle, put their hands into the center and counted down their own ovation: "One... two... three... GO BOYS!"

After sailing through several mangrove forests and passing underneath the high bridge of the Sanibel Causeway, the boat finally dropped anchor in the shallows just off Span C. The eager anglers grabbed their poles, baited their hooks with live shrimp (some requiring the assistance of the adults on board) and dropped a line into the water.

And then they waited. And waited. And waited some more.

"Did anybody catch a fish yet?" asked an inquisitive Seth Stanley from the front of the boat.

"There's a reason they call it 'fishing' and not 'catching,'" quipped Howard with a smile.

The impatient anglers began to grow restless, so Capt. Bob Spriggs steered the vessel to another location in San Carlos Bay. Soon, the first few fish – in fact, the only two fish the group caught – came calling. Liam Murray brought aboard a hardhead catfish while Brandon Stevens reeled in a pinfish.

After a few photos, the fish were set free and the junior anglers headed back to port.

"Better to catch two fish than to be shut out completely," said Capt. Spriggs.✱

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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 volunteer at a local nursing home, visiting the patients and bringing a little of the outside world to them.

I feel so sorry for some of these people because their families say that they are too busy and do not have time to visit.

One resident has a visitor each Monday at 1 p.m. I asked the director who this woman was and could she be part of our volunteer team? I was surprised to hear that she is a paid visitor. The resident's daughter is too busy to visit. What is happening in our society?

Phyllis

Dear Phyllis,

Society is changing drastically and with increased longevity, many social and family problems have developed.

Some people have had a family but they are all scattered around the world and it is impossible for them to visit. Others are working, including the wives, in stress-filled occupations and also trying to raise children, and rarely have the time to visit.

This family is doing their best to work around their problems and is prepared to pay someone to make a friendly visit.

You are doing a great volunteer service and the residents you visit are most fortunate. Keep up the good work.

Lizzie

Dear Phyllis,

Society is different now than what it was just a few years ago.

You have no idea what stresses and difficulties that many of these families are facing and I think you are judging based on your own standards.

The family who is paying for a visitor to check on their parent or family member is showing concern and keeping up with their care and treatment. The family could just ignore this person and go on with their own lives.

Increased longevity is fine if people are well and can enjoy their extra years, but it can also create problems if the older family member has multiple health problems.

Pryce

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

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I have a boyfriend of three months and he does not follow through. I end up frustrated and disappointed. I don't know what I should do.

A: When you have an expectation and trust that your significant other will follow through and does not, it can lead to resentment, frustration and bewilderment. There is obviously an avoidance issue going on as he is avoiding something. Avoidance happens to be the number one coping technique.

This type of behavior is damaging to a relationship even if it is in the beginning stages of dating. Ask him why he does

not follow through and see if you can understand the breakdown in his miscommunication. You can also ask him what he wants and make him aware that what he says is not in alignment of how he behaves. If he continually hurts and disappoints you, you have to get clear and ask your inner guidance what you want and if it is worth it for you to continue this relationship.

You cannot change his behavior but you can change how you choose to handle yours. At the very least, if he is just preoccupied or too busy to follow through, do you really want this kind of person in your life? Ask yourself what you really want and if it is for someone to be present and cognizant of honoring and respecting you, then perhaps you need to move on. Your intuition already knows so tune in and your answer lies within.

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.*

Eden Energy Medicine

Find Focus/Clarity With Wayne Cook Posture



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

Is there a time of day when you feel "droopy" or unfocused, but really need to be alert and mentally present? Although tapping your K 27

points helps get the meridians moving forward, providing increased stamina, there are times when the meridian energy is chaotic and literally scrambled. This is the time to use the Wayne Cook Posture (part of the 5 Minute Routine), which dissipates the feeling of being overwhelmed or hysterical; provides clarity to concentrate, confront someone or find balance after a confrontation. Clues that energy is scrambled include not recalling what you were doing, losing your words when talking, confusing right and left, reversing letters or numbers, or you keep reading the same paragraph over and over.

Developed by Wayne Cook to address stuttering and dyslexia, this technique is so effective in connecting the energy circuitry between the forebrain and the reptilian back brain, it is now used to harmonize the energy throughout the body. Energies may be scrambled due to prolonged stress, preventing the nervous system from getting rest to begin rebuilding, or from a defense mechanism forcing you to stop and regroup. Whatever the reason, the result is the same; an inability to assimilate and store new information due to the energy disconnect between the brain and the body's energies. The technique is easy:

Step 1. Sit with spine straight. Place left foot over right knee. Hold left ankle with right hand and bottom of left foot with your left hand.

Step 2. Breathe in through the nose while stretching leg toward you. Exhale through mouth while relaxing body. Repeat at least four times.

Step 3. Switch by placing right foot over left knee, etc. and repeat four times.

Step 4. Uncross legs and place all fingertips and thumbs of both hands together creating a "steeple," resting both thumbs above the bridge of the nose. Breathe slowing in through nose and out through mouth three times. On exhale, place fingers in middle of forehead, push in to stretch skin on forehead and pull fingers to temples.

Now feel you will feel calm, be able to focus, think more clearly and learn more efficiently. Use it before doing any presentation or activity requiring intense focus. As a teacher, musician, artist, CEO, lawyer, doctor or long distance truck driver – it works!

Have fun with your energy! Next week's topic is Sharpen Memory and Find Inspiration with The Crown Pull.

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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dearRPharmacist

Relieve Joint Pain Without Ibuprofen



by Suzy Cohen, RPh

Dear Readers: Many people have aches and pains that require ibuprofen and no one would begrudge you for taking this pill for an acute migraine or severe pre-menstrual cramps. I've been asked if I believe in

ibuprofen and I do, but only for occasional use. I've even recommended a 200mg tablet of ibuprofen be taken along with a cup of coffee (to enhance effect) but that's only for a select type of headache pain, or for mild post-operative pain. Sounds crazy but combining caffeine with ibuprofen can provide pain relief better than the ibuprofen alone. A recent article discussing this was just published in *The Cochrane Database of Systematic Reviews* (July 2015).

I don't recommend chronic, daily intake of ibuprofen because a) it masks the pain and b) it can be harmful long term. It's better to find the underlying cause of pain, and even if you can't, I still recommend natural inflammation fighters over NSAIDs (nonsteroidal anti-inflammatory drugs).

According to Medline Plus, "NSAIDs such as ibuprofen may cause ulcers, bleeding, or holes in the stomach or intestine. These problems may develop at any time during treatment, may happen without warning symptoms and may cause death. The risk may be higher for people who take NSAIDs for a long time, are older in age, have poor health, or who drink three or more alcoholic drinks per day while taking ibuprofen. If you experience any of the following symptoms, stop taking ibuprofen and call your doctor: stomach pain, heartburn, vomit that is bloody or looks like coffee grounds, blood in the stool or black and tarry stools."

NSAIDs reduce inflammation by suppressing an enzyme in your body called cyclooxygenase-2 or COX-2 but they inadvertently block COX-1 enzyme which is needed for a healthy stomach lining. This is why NSAIDs like ibuprofen, naproxen and others can cause gastritis

and even a bleeding ulcer. Here are two safer choices for you:

Boswellia: It's also known as frankincense and it's a 5-LOX (5-lipoxygenase) inhibitor. This reduces leukotrienes which are involved in inflammation, asthma and allergies. Another compound in boswellia called incensole acetate blocks NF-Kappa B which would otherwise pour out tons of pain-causing cytokines! This compound acts like an anti-anxiety and antidepressant pill. Boswellia reduces interferon gamma (IFN-g), another pro-inflammatory cytokine. Honestly, boswellia is kind of awesome!

Ginger: We know this helps with nausea and vomiting, but it's also a strong anti-inflammatory herb, capable of reducing pain-causing compounds such as TNF α , COX 2 (just like Celebrex) and 5-LOX. As an added benefit, compounds in ginger target and kill *H. pylori*, the bug most famous for stomach ulcers, but also involved in rheumatoid arthritis.

Hyaluronic acid: I am not referring to injectable Restylane or Juvederm for wrinkles! I'm referring to natural supplements of this, which can "lube" your joints. Arthritic joints are often extremely deficient in hyaluronic acid, and this makes the cartilage less squishy. Supplements may help.

*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.**

Mental Health Symposium



Actress Glenn Close with her sister, Jessie Close

Tickets are now on sale for Hope Clubhouse's Closer to Hope symposium from 11 a.m. to 2 p.m. on Monday, October 5 at Broadway Palm Dinner Theatre, 1380 Colonial Boulevard in Fort Myers. Mental health advocate Jessie Close will be the keynote speaker. Sister of Glenn Close and ambassador of the actress' mental health awareness organization Bring Change 2 Mind, Jessie Close will be joined by a panel of local mental health advocates who will discuss the state of mental health care in Southwest Florida. Tickets are \$40 and include a buffet lunch. They can be ordered at hopeclubhouse.org or by calling 267-1777. Sponsors are also needed to underwrite the cost of a ticket for Hope Clubhouse members.

Jessie Close is a dynamic speaker who fights stigma and misunderstanding to create a clearer picture of mental disorders. The panel for the symposium will include Sharon Dardy, a co-founder and first chairperson of the board of directors

of Hope Clubhouse of Southwest Florida; Mary Delhagen, a Hope Clubhouse member living with a dual diagnosis of bipolar disorder and addiction, and a long-time mental health advocate; and the Reverend Eddie Spencer, senior pastor of New Hope Presbyterian Church in Fort Myers. The panel will explore the shift in mindset that is needed to improve the quality of life of people living with mental illness.

Jessie Close's own struggle with bipolar disorder and alcoholism provides the backbone to a courageous story and an enlightened perspective on the state of mental health in America. At a young age, she struggled with symptoms that would transform into severe bipolar disorder in her early 20s, but she was not properly diagnosed until the age of 50. She and her three siblings spent many years in the Moral Re-Armament cult. She spent her childhood in New York, Switzerland, Connecticut, Zaire (now the Democratic Republic of Congo) and finally Los Angeles, where her life quickly became unmanageable. She embarked on a series of destructive marriages as her condition worsened. Her son, Calen, also lives with mental illness. Today, with treatment, she has become an internationally recognized speaker, author, poet and advocate for mental health reform.

Hope Clubhouse is grateful to its Title Sponsor, Scott White Advisors and these other generous sponsors: CONRIC PR & Marketing, Broadway Palm Dinner Theatre, NAMI Collier, Dr. Omar Rieche, MD, Dottie and George Pacharis, Allegra Design-Marketing-Print, The News-Press Media Group, FineMark National Bank & Trust, United Way and Sovereign Health.

For more information and for sponsorship opportunities, contact Hope Clubhouse Executive Director James Wineinger at jwineinger@hopeclubhouse.org.*

Chronic Disease Management Program

One in four adults have two or more chronic health conditions such as diabetes, heart disease, arthritis and obesity. These conditions are common, costly and preventable.

Lee Memorial Health System will present an interactive program titled It's All About You to teach individuals how to manage any chronic condition. The workshop is 2.5 hours once a week for six weeks and it is free. Participants will also receive a copy of Dr. Lorig's book *Living a Healthy Life with Chronic Conditions*.

The next workshop will be offered on Tuesdays, beginning September 15 from 9 to 11:30 a.m. at the Fort Myers Regional Library, 1651 Lee Street in Fort Myers. Registration is required and limited to 15 people.

Participants will learn how to improve health, well-being and self-confidence by focusing on three primary concepts: decision making, action planning/goal setting and problem-solving. Topics include healthy eating, physical activity, pain and fatigue management and more. Developed by Kate Lorig, Ph.D., Stanford University, It's All About You the Chronic Disease Self-Management Program has been implemented worldwide for 20 years. Registration is required. Call 424-3122 to register.*

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FOR WEEK OF AUGUST 24, 2015

ARIES (March 21 to April 19) A relaxed mood early in the week could give way to high-temperature disputes. The Aries Lamb should resist being pulled into heated quarrels that could really singe your wool.

TAURUS (April 20 to May 20) Satisfy that practical obligation first, then you can feel free to indulge in your creative endeavors. Also, check for hidden or overlooked areas where repairs might be long overdue.

GEMINI (May 21 to June 20) Home is still the Twins' major focus this week. But outside matters begin to take on added importance, especially those involving possible career moves. Stay alert for signs of change.

CANCER (June 21 to July 22) A travel plan might need to undergo some considerable adjustment because of unexpected changes. Keep an open mind and let the facts guide you on how you want to handle this.

LEO (July 23 to August 22) Playing cat and mouse with a matter you don't really want to tackle wastes time, energy and, most important, an opportunity. Ask someone with experience to help you get started.

VIRGO (August 23 to September 22) A shift in policy might not please you, but before you put up a "no go" wall of resistance, examine the circumstances. You might be quite pleasantly surprised by what you find.

LIBRA (September 23 to October 22) Yesterday's critiques about your methods might have already evolved into today's praise for your achievements. Good for you. Now go on and continue to build on

your credibility.

SCORPIO (October 23 to November 21) An occasional temperamental flare-up might occur as you continue to help get things back to normal. Stay with it. You should soon get some idea of where to take things next.

SAGITTARIUS (November 22 to December 21) A negative reaction to what you believe was a well-deserved request might mean that you need to reconsider your position and make changes accordingly.

CAPRICORN (December 22 to January 19) There's always room for someone new at the Sea Goat's table. And the same one new this week could bring a message you've been waiting a long time to hear.

AQUARIUS (January 20 to February 18) A pile-on of personal matters this week might seem too overwhelming to deal with. But handling them on a one-by-one basis could have you out from under it by the weekend.

PISCES (February 19 to March 20) A friend might need your good advice regarding a matter. Be supportive. But unless you can be absolutely sure you have all the facts, be careful about any suggestions you might be asked to offer.

BORN THIS WEEK: Few things make you happier than bringing people together and helping to forge new friendships.

THIS WEEK IN HISTORY

- On Aug. 28, 1877, Charles Stewart Rolls, co-founder (with Henry Royce) of the Rolls-Royce automobile company, is born in London. In 1900, Rolls reportedly was responsible for changing the national speed limit from 4 mph to 12 mph.

- On Aug. 30, 1918, in Belfort, France, Colonel Arthur L. Conger plants a false

operational order for an impending Allied attack in the wastebasket of a hotel where a German agent was on staff. As intended, the order was found and the Germans chose to withdraw from the area.

- On Aug. 26, 1939, the first televised Major League baseball game is broadcast between the Cincinnati Reds and the Brooklyn Dodgers at Ebbets Field. There were only two stationary camera angles: down the third base line, and above home plate.

- On Aug. 29, 1949, in Kazakhstan, the USSR successfully detonates its first atomic bomb. To measure the effects of the blast, the Soviets constructed buildings and bridges, and placed animals in cages nearby. The atomic explosion destroyed those structures and incinerated the animals.

- On Aug. 24, 1958, Maria Teresa de Filippis, the first woman ever to compete in Formula One racing, drives a Maserati in the Portuguese Grand Prix. Her racing career began after two of her brothers made a bet that she couldn't drive fast.

- On Aug. 27, 1967, Brian Epstein, age 32, manager of the Beatles, is found dead of a drug overdose in his Sussex, England, home.

- On Aug. 25, 1984, Truman Capote, author of the pioneering true-crime novel "In Cold Blood", dies at age 59 in Los Angeles. After reading about murders of a farm family, Capote traveled to Kansas to do research with his childhood friend, Harper Lee, who later wrote "To Kill a Mockingbird."

STRANGE BUT TRUE

- It was noted 18th-century German scientist, philosopher and satirist Georg Christoph Lichtenberg who made the following sage observation: "It is almost

impossible to carry the torch of truth through a crowd without singeing somebody's beard."

- Sometimes looking at local ordinances can make you wonder what inspired lawmakers to pass such laws. For instance, in Florida it's illegal to wear nothing but liquid latex while in a public place.

- The lyrics to that favorite Irish ballad "O Danny Boy" were actually written by an Englishman.

- Famed comedic actor Charlie Chaplin was born in England, but at the age of 19 he came to the United States as a performer with the prestigious Fred Karno company. Interestingly, Stan Laurel, of Laurel and Hardy fame, emigrated to the U.S. at the same time, as part of the same company -- as Chaplin's understudy.

- In a recent survey of pet owners, nearly half of all respondents said that the best description of their relationship with their pet would be "soul mate."

- Sardinia, the second-largest island in the Mediterranean Sea, also is an autonomous region of Italy. If you ever decide to vacation there, keep an eye out for "casu marzu," a cheese that's produced locally. Whether you're keeping an eye out in order to sample it or avoid it depends on whether or not you have an appetite for adventurous eating. The makers of "casu marzu" deliberately introduce into the process the larvae of a particular cheese fly. Though the cheese is sometimes cleaned out before it's served, it's often presented in its original state, wriggling maggots and all.

THOUGHT FOR THE DAY

"There is nothing more dangerous than a government of the many controlled by the few." -- Lawrence Lessig

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Help For
Sugar Cravings

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

Many of us have sugar cravings and desires to overeat! While there are various supplements and strategies that can help with these cravings, the very best thing to do is to

eat healthy and fresh foods. How can simply changing the composition of our meals actually help decrease cravings?

Diets high in processed sugar and fat actually stimulate the brain's dopamine pathway, the pleasure-sensing area of the brain. Over time the brain will desire more of the stimuli. Hence, overeating occurs as a result of the learned behavior of consuming high sugar and fat items.

The brain, in essence, becomes "addicted" to sugar and fat, and must be retrained. This can be quite a task, considering we are bombarded with processed, high sugar and high fat items in grocery stores, restaurants and fast foods. This can make retraining of the brain difficult and frustrating. But with the right guidance, anyone can achieve this goal.

The first step is to consistently consume fresh, preferably organic, food that is much tastier than processed, refined food. Aspire to cook at home, from scratch. By cooking with different proteins, carbohydrates, good fats, herbs, and spices, a variety of tastes can be

experienced. In fact, once people begin to experience tastes other than sweetness, they can learn to enjoy a variety of tastes: salty, sour, bitter, savory, spicy and sweet.

Try marinating chicken in some garlic, lemon juice, soy sauce, honey and Dijon mustard. Vegetables can be roasted in olive oil, salt, pepper and tossed with lemon juice or vinegar. There are a million possibilities and flavor combinations! Your meals can be delicious and satisfying, leaving you without the sweet craving.

The Arbor At Shell
Point Celebrates
10th Anniversary

The Arbor, one of Shell Point Retirement Community's three assisted living facilities, observed its 10th anniversary this month with a celebratory dinner for its 130 residents.

Rebecca Dearborn, The Arbor's first resident in 2005, attended the dinner and shared her thoughts about her home. "What I appreciate the most is that the people here really seem to care about you. It's the staff and my friends here who make it such a great place to live," said Dearborn, who turned 100 years old in March. "The employees love each of us personally."

The recent celebration not only marked the building's anniversary but also the 10th year of service for many of the original nursing, housekeeping, dietary and hospitality staff members who were hired upon The Arbor's opening.

"The Arbor staff is just as dedicated to our residents today as they were in 2005," said Rita Southern, director of

ing after dinner. Experience the plentiful flavors out there and fuel your body with the right foods to help you feel great!

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.

assisted living and resident support services. "Shell Point's entire assisted living care team is committed to supporting the highest level of independence that our residents' health will allow."

Located in The Woodlands neighborhood at Shell Point, The Arbor contains 132 assisted living residences with lifestyle amenities that include a formal dining room in addition to individual "Country Kitchens" on each floor, community-wide bus transportation, a tranquil outdoor gazebo, and a full-service salon and spa. Additional healthcare is offered 24/7 by licensed nursing staff and a medical center with an array of specialty physicians, ranging from cardiology to orthopedics, who see patients by appointment at The Arbor.

Shell Point also offers assisted living for any residents in the Southwest Florida community at The Springs, located at 13901 Shell Point Plaza, Fort Myers. The Springs offers month-to-month assisted living care on a private-pay basis and provides access to Shell Point's resort-style amenities and health care services.

To learn more, visit www.shellpoint.org or call 1-800-780-1131.

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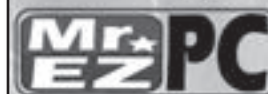
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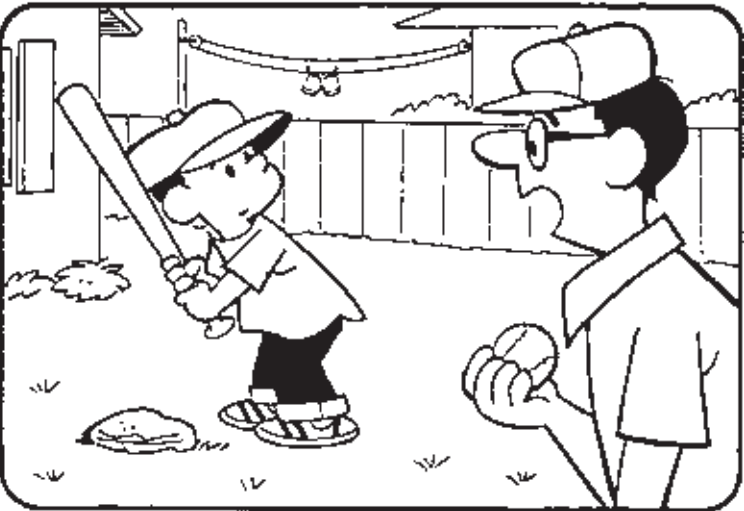
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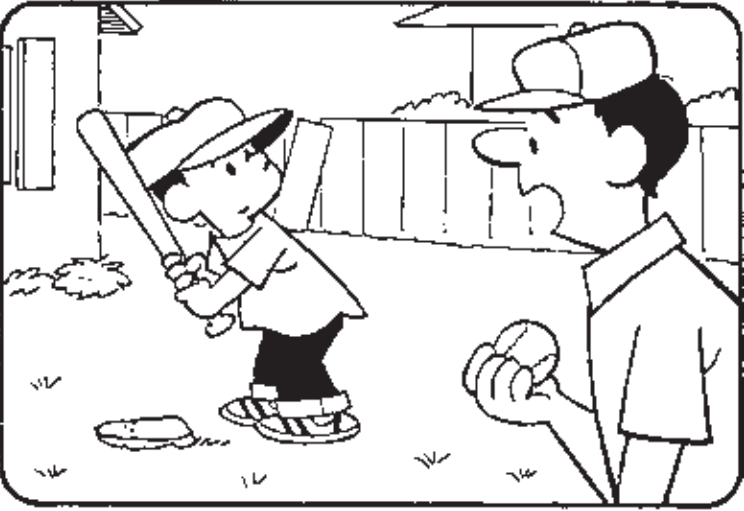
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FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Bat is shorter. 2. Home plate is different. 3. Fence board is moved. 4. Clothesline is missing. 5. Glasses are missing. 6. Collar is smaller.



"The good old days were back when I was sixty because that's as far back as I can
-----!"

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!

Erode BEADAR
Murmur LUGGER
Bother MORTTEN
Thwart MYTIES

TODAY'S WORD

answer on page 43

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

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 43

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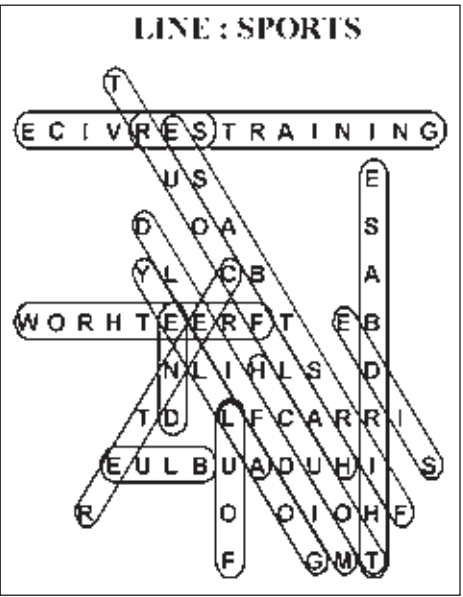
SUPER CROSSWORD

OFFMY	KCAP	TREAD	SAVE
CARC	AONE	HOLLA	EWES
TARZANT	EAP	EXVAN	EAR
AGRI	QOD	DATA	MISS
PAPALISV	DONT	BELATEX	
CGP	INTC	SYNE	LOW
FUXSEASON	END		AT
LEIME	RSTU	NEONATE	
ASKTO	FUNERAL	PYP	EX
SANS	REPO	NITA	PEERAT
ATO	ROLEX	REVERSAL	SA
LOTSOF	PEED	SEAS	USED
ANNEX	FRANCIS	ROOFS	
ACOITYF	TNUT	VADF	
MEW	FLA	BITTERALEX	
EAT	NCH	EVANS	BRO
CHFXG	VARA	AGI	ITFR
EASTERN	T	LAKA	CPIS
ANTE	RED	XFROV	SCRATCH
SKOR	FM	IF	ODFA
ESPN	TYPES	NEST	BLSS

KING CROSSWORD

ROTC	BEN	SHAG
AREA	IRA	MYNA
NEAP	JAR	OMIT
DOMINO	TAKE	
	TOUCH	MENOT
COLOR	LEA	ETH
ELUL	BOX	FAIE
NIX	SOW	AIJOY
TOUCH	HAND	GO
	WAYS	YEOMAN
TWIN	TON	DIDO
SHED	ENC	CROS
POSY	DOS	DOSE

MAGIC MAZE



SUDOKU

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

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*NS 8/21 CC 8/21

ANNUAL RENTAL

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

SINGLE FAMILY SANIBEL HOME

Annual lease for this charming Dunes 3/2 with huge enclosed garage. Asking \$2,595 a month plus utilities. Call Charlie at 239-850-0710.
*NS 7/31 CC TFN

ANNUAL RENTAL

ANNUAL RENTAL

Single Family Coconut Creek Community, Off McGregor Blvd. Annual lease for 3 bedrooms, 2 bath, pool, 2 car garage. Asking \$2,300 a month, plus utilities. Call Patti 859-380-8763
*NS 8/21 CC 8/28

SERVICES OFFERED

HELLE'S CLEANING SERVICES

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

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

SYLVIA'S CLEANING SERVICE

20 YEARS EXPERIENCE LOW RATES. FREE ESTIMATES COMMERCIAL & RESIDENTIAL \$30 QUICK CLEANS LICENSED IN CAPE CORAL & SANIBEL PH 239-945-2837 OR CELL 1-270-317-1903
*NS 8/21 CC TFN

Read us online: www.IslandSunNews.com

Top 10 Real Estate Sales

Development	City	Square Footage	Listing Price	Selling Price	Days On Market	Year Built
Portofino	Miromar Lakes	3,248	\$1,772,158	\$1,772,158	175	2015
Holiday Shores	Fort Myers Beach	2,012	\$1,075,000	\$1,080,000	4	1970
Cedar Glen	Bonita Springs	3,017	\$925,000	\$900,000	0	2000
Yacht Club	Cape Coral	3,030	\$925,000	\$870,000	197	1969
Wildewood	Fort Myers	3,014	\$725,000	\$725,000	186	2007
Siesta Isles	Fort Myers Beach	2,888	\$750,000	\$720,000	86	1987
Cape Coral	Cape Coral	2,498	\$725,000	\$700,000	53	2000
Lagoon Estates Addn Unrec	Sanibel	1,859	\$645,000	\$607,500	123	2001
Somerset	Fort Myers	3,094	\$580,000	\$570,000	225	2012
The Brooks	Bonita Springs	2,493	\$629,000	\$565,000	74	2000

Courtesy of Royal Shell Real Estate

★ ★ ★ PLACE CLASSIFIED - online at - www.IslandSunNews.com ★ ★ ★

★ ★ ★ CLASSIFIEDS ★ ★ ★ CLASSIFIEDS ★ ★ ★

SERVICES OFFERED

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

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

ROGER NODRUFF ELECTRIC

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

HELP WANTED

VOLUNTEERS NEEDED

The Bailey-Matthews National Shell
Museum needs Education and Great Hall
volunteers. No experience necessary, will
train. Please contact Melanie at
(239) 395-2233 ext 11.
*NS 7/11 NC TFN

HELP WANTED

SUNDAY SCHOOL NURSERY TEACHER

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.
*NS 8/21 BM 8/28

DAIRY QUEEN IS NOW HIRING!

Open Positions: Cook/Cashier/Shift leader,
part time or full time. Please send your
resume to dqsanibel@centurylink.net
or stop by and apply in person.
*NS 8/14 CC 9/4

PART TIME HELP WANTED

Needful Things - Tahitian Gardens
Apply within at
1989 Periwinkle Way
*NS 8/21 CC TFN

JERRY'S FOODS WAITRESSES OR WAITERS

Looking for experienced Waitresses or
Waiters with open availability Monday
through Sunday. If interested call
and ask for Kim 472-9300.
*NS 5/29 CC TFN

VOLUNTEERS NEEDED

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

HELP WANTED

CUSTOMER SERVICE KAYAK/ CANOE LAUNCH ATTENDANT

Tarpon Bay Explorers has an opening for
a kayak/canoe launch and maintenance
associate. Must enjoy customer service
and working in a team.
Shift hours are 7:30am-6pm and open
7 days a week so at least one weekend
day will be required for full time. Part time
available, could become full time beginning
in February. Please visit 900 Tarpon Bay
Rd, Sanibel to fill out application or
email resume to EcoErlor@aol.com.
*NS 7/31 CC 8/21

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

SANCTUARY GOLF CLUB LINE COOKS/PANTRY CHEFS

Line cooks/pantry chefs will assist
Certified Master Chef Daniel J Scannell,
CMC in food production for
dining rooms, banquet events
and other functions at the club.
We offer a great work environment,
competitive pay rate & bonus program
+ benefit package including paid tolls,
meals, health ins, 401k, employee golf
privileges, & rec center membership.
If interested, call 239-472-6624.
*NS 8/14 CC 8/21

VEHICLES FOR SALE

GOLF CART FOR SALE



Street legal, "gas" powered.
\$6,500. 239-209-6500
*NS 7/17 BM TFN

BOATS - CANOES - KAYAKS

DOCKAGE

Hourly, Daily, Weekly
and Monthly.
Captiva Island 472-5800
*RS 1/4 NC TFN

FOR SALE

FOR SALE

Wood High Top table with four chairs, table
has wood inlays and a 17 inch leaf insert.
There is also a storage
compartment under the table top.
Table is one year old, asking \$400.
Also have king size mattress. King Koil,
sweet dreams. soft to medium support.
One year old, asking \$375.
Please call 616-902-7525.
*NS 8/21 CC 8/21



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MOVING • YARD
SALES**

ESTATE SALE

Behind Periwinkle Place Shopping Center
2030 Sunrise Circle
Sat. 8/22, 8am-12pm
Chinese Furniture- Dresser,
Side Tables African Style Furniture,
Collectibles, Lamps, Kitchen Items,
Chinese Vases and more!
*NS 8/21 CC 8/21

TO PLACE A CLASSIFIED LOG ONTO:

IslandSunNews.com

CLICK ON **PLACE CLASSIFIED**

LIVE ON THE ISLANDS

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

The Jacaranda has live enter-
tainment Friday and Saturday with
The Midlife Chryslers. 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, old-
ies 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
with multi-instrumentalist Woody
Brubaker. On Saturday, it's Woody
Brubaker and Barbara Smith.
Woody Brubaker performs on
Wednesday. Joe McCormick and
Marvilla 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.**

ISLAND SUN BUSINESS NEWSMAKERS

Top Producers

Jane Reader Weaver
was the top producer
at Premier Sotheby's
International Realty for
the month of July. Craig
Wolf was the top listing
associate.*



Jane Reader Weaver



Craig Wolf

Pets Of The Week

I was named Fetch because – you guessed it – I like to fetch! I’ll catch a ball, a Frisbee or anything you want to throw. I also love to play in wading pools. I’m a smart dog who can sit, give paw and is willing to learn. My adoption fee is \$37.50 (regularly \$75) during Animal Services’ Endless Summer adoption promotion when you donate a new bag of dog or cat food or a case of canned cat food.

I’m Charlotte, a super sweet little kitty and that’s the main reason you should adopt me. If you need further convincing, just come to the shelter and you will see how playful, entertaining and cuddly I can be. My adoption fee \$10 (regularly \$50) during Animal Services’ BAMB (Black and Mostly Black) cat 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.✪



Fetch ID# 629994



Charlotte ID# 629994

PAWS Of Sanibel

Momma And Three Kittens



Momma



Kittens

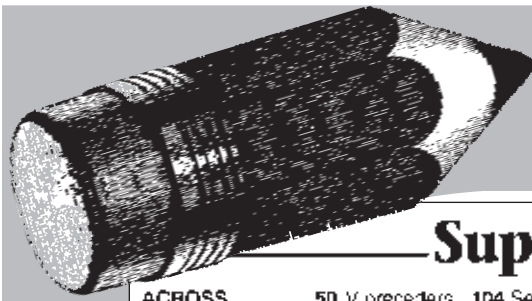
It was a very busy weekend for PAWS of Sanibel. It was reported that a mother cat and her kittens were spotted at a motel along West Gulf Drive. Sure enough, the momma and three kittens have now been taken in. All four are over at Coral Vet for testing, spay/neuter, shots, etc. It’s not clear at this point if they will be tame enough to adopt out to be indoor pets. If not, PAWS will be looking to find a relatively safe place where they can live outside, maybe in a pool cage, screened lanai or porch. The worst case would be to have them placed totally outside, but in an area where alligators are not nearby (fresh water ponds, lakes, etc.) and where coyotes have not been an issue. Of course, it would be preferable that they not have free roam of the neighborhood, but if they’re totally feral, that might be the only alternative.

PAWS would love to find someone willing to take on kitties that will be outside, but who will also provide them with fresh food and water daily. Please contact Pam at PAWS of Sanibel at 472-4823 or sanibelcat@embarqmail.com.✪

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, Jeff MacDonald	302-521-1158
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	

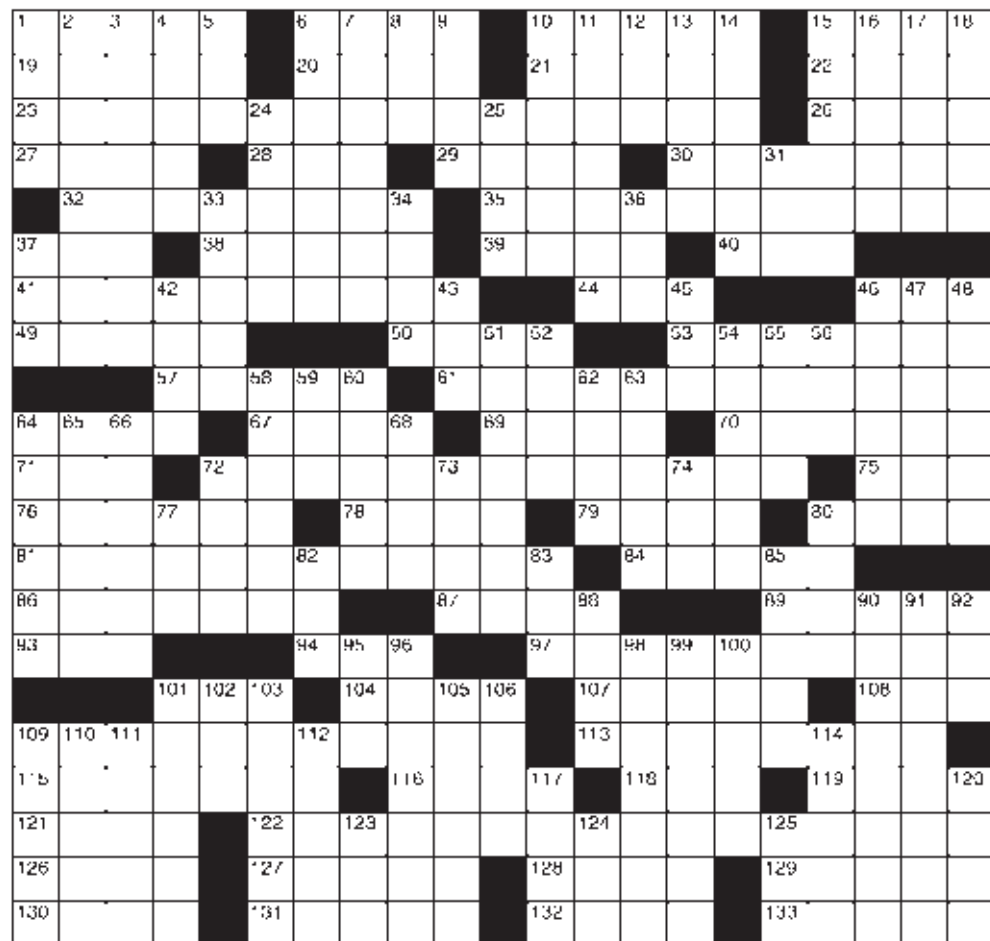


BEACH CHAIR PASTIME

answers on page 43

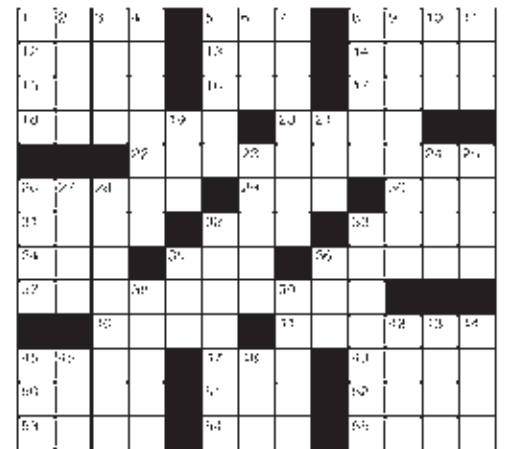
Super Crossword X-TENSIONS

- ACROSS**
- 1 "Get — case!"
6 1980s Chrysler line
10 Walk
15 Stockpile
19 Writer — *Boonie Luca*
20 Top grade
21 Say hi in modern slang
22 Baa maids?
23 Jungle guy who loves high points?
25 Corn-on-the-cob unit
27 Farming prefix
28 Italian gold
29 Input info
30 Formal letter
32 System of pontiffs
35 Plea from an allergic person to a pair of gloves?
37 Christmas quaff
38 Piebald pony
39 Auld lang —
40 Fan setting
41 Period of constant change?
44 Wrap-up
46 Derby e.g.
49 "I do it!"
- 50 V preceders
53 Young baby
57 Request that one attend
61 Glassware for a burial urn?
64 — serif
67 Seized vehicle, often
69 Actress
70 Eye narrowly
71 From — Z
72 Luxury watch moving counter clockwise?
75 " — penny earned"
76 Numerous
78 Swamp plant
79 Mermaids' realms
80 Preowned
81 Take sailor Drake for oneself?
84 Edifice tops
85 Alter boy
87 Letter-shaped hardware bit
89 " — it" (cry upon arrival)
93 Copy cats
94 Miami loc
97 Writer Haley holding a grudge?
101 Down dinner
- 104 See 106-Down
107 Swimmer Janet
108 Family guy
109 Cuban revolutionary who loves cereal?
113 Twinkling
115 Part of EDT
116 Jethro —
118 Aaa letters
119 " — it; Monroex?"
121 Stud money
122 Chem. ab reaction all over again?
125 Hershey toffee bar
127 "Milk" co-star
128 Old music halls
129 "It pleases me!"
130 "Baseball Tonight" airer
131 Kids
132 Hawk's home
133 Ecstasy
- DOWN**
- 1 B x four
2 It may hold Old Glory
3 Admiral who captured New Orleans in 1862
4 Old U.S. postal mascot
5 "Pro" vote
6 Pop's and the Waves
7 Joint emcees
8 Prop- or hex-ender
9 Part of ROM
10 1982 Pryor/Gleason comedy
11 First hit for the Police
12 Boat wood
13 Mock as
14 Biala lion's den survivor
15 Inling board
16 Be in store
17 Vivacity
18 New Jersey county west of Hudson
24 "I swear it!"
25 Water lily
31 — Poke (candy on a stick)
33 Church projections
34 Anchor
36 Finger count
37 Grid org.
42 Dec. 25
43 Bad-check abbr.
45 Genetic helix
46 Actor Ed
47 Not anxious
48 Classified notice, e.g. Hip it)
51 Harvard or Yale: Abbr.
54 City in Texas
55 German automaker
56 "Science Guy" of PBS
58 "H.R. Pustulst" producer Sid or Marty
59 — Aviv
60 "Fido," e.g.
62 Summers, n. Sedan
63 Seen less
64 Respectful bow
65 Immediately
66 "Some other time"
68 Plow team
72 Classic theater name
73 Domino's shape: Abbr.
74 — Luné and Principe
77 Sall. in Secan
80 Plebes' sch.
82 Mediator, for short
83 Del. creation
85 Initial
88 " — yellow ribbon"
90 Beg an king who abdicated in 2013
91 Frameworks over oil wells
92 Lead-in for skeleton
95 Tyler of "Jersey Girl"
96 Puel France
98 Handheld plug-and-play diversions
99 Delivers a lecture to
100 Seminal '40s computer
101 Nonresident doctor
102 Survey info
103 Tank lopper
105 Main points
106 Willi 101-
Across, 1/24 of a foot
109 — and desist
110 Actor Tom
111 Prevent, in law
112 Opponent
114 " — the Girls I've Loved Before"
117 Writer Hubbard
120 Patsy Cl ne's " — Got You"
123 Dunk
124 Lyric verse
125 Leaf vein



King Crossword

- ACROSS**
- 1 Campus mil. program
5 Stein or Stiller
8 Carpet style
12 Vicinity
13 George's brother
14 Mimicking bird
15 Tide type
16 Cookie holder
17 Leave out
18 Singer Fats
20 Snatch
22 Orange-flowered impatiens
26 Shade
29 Meadow
30 Biblical verb suffix
31 Hebrew month
32 Curtain
33 Destiny
34 Veto
35 Piglet's mama
36 Metallic mixture
37 Unpredictable
40 Sunbeams
41 Royal attendant
45 Clone
47 Heavy weight
- 49 Queen of Carthage
50 Molt
51 Away from WSW
52 Cupid's alias
53 Bouquet
54 Two, in Tijuana
55 Medicinal amount
6 ornamnt
7 Historic time
8 Access to a nave
9 Fire sign?
10 Wedding-related
11 Blackbird
11 "Roscoe"
19 Neither partner
21 "I — Camera
23 Emmett Kelly, for one
24 "Doodle Bailey" dog
25 Yon folks
26 Minna' change
27 Hodgepodge
28 Nonessential comforts
32 Bragged
33 Inundated
35 Bashful
36 Candle count
38 Halloween bagful
39 Units of force
42 Minimalist Joan
43 Commotions
44 Schnozz
45 Recipe means
46 Person's question?
48 Lennon's lady
- DOWN**
- 1 McNally's partner
2 Sandwich treat
3 Squad
4 Dorned landmark
5 Delicate



MAGIC MAZE — LINE: SPORTS

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

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

Alley	First-base	Half-court	Side
Blue	Foul	Midfield	Third-base
Center	Free-throw	Restraining	Touch
End	Goal	Service	

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