

VOL. 24, NO. 2

SANIBEL & CAPTIVA ISLANDS, FLORIDA

JULY SUNRISE/SUNSET:

JULY 1, 2016 **1** 6:39 • 8:25 **2** 6:40 • 8:25 **3** 6:40 • 8:25 **4** 6:40 • 8:25 **5** 6:41 • 8:25 **6** 6:41 • 8:25 **7** 6:42 • 8:25



Members of the Sanibel-Captiva Optimist Club - pictured with Tyler Lloyd, holding an event poster - gathered at The Sanibel Grill last week to promote the 37th annual Road Rally, to be held on July 4 photos by Jeff Lysiak

Optimists Gear Up For 37th Road Rally

by Jeff Lysiak

he longest running Independence Day activity on the islands, the Sanibel-Captiva Optimist Ćlub's Road Rally, will return to action on the Fourth of July for the 37th consecutive year.

Beginning at noon from the parking lot of The Timbers Restaurant on Tarpon Bay Road, the automotive scavenger hunt poses more than 100 questions of its participants, directing them along a prescribed driving course across the island. Prizes are awarded for time, mileage and for the most correct answers to the quiz about things seen along the route.

"The Road Rally is always a lot of

fun," said Optimist Club president Stan Howard, who explained that the event was inherited by the group in the late 1990s. "We keep it very visitor-friendly, and it's a great way to explore Sanibel."

Entry into this year's Road Rally costs \$35 in advance (or \$40 on the morning of the event, if space remains) for each team, including one free T-shirt. Teams may include a driver, a navigator and unlimited crew members. Registration forms are available at Bailey's General Store, The Sanibel Café and Sanibel-Captiva Community Bank.

"It's not really a race," said club member John F. Jones. "If you finish the course too quickly, points can get deducted.'

"And if you get a speeding ticket, you're disqualified," added Richard McCurry.

In 2015, more than \$10,000 was raised by the club for local youth-based charities, activities and scholarships with continued on page 6

Roberts Paints Patriotic Parade T-Shirt Design



Artist Myra Roberts stands next to the painting she created for this year's Sanibel & Captiva Islands Independence Day Parade photo by Jeff Lysiak

by Jeff Lysiak

• ometimes, something as simple as a phone call from a friend can inspire an artist.

According to Myra Roberts, one of the island's most prolific painters and human rights activists, the idea behind her artwork created especially for next week's 26th annual Sanibel & Captiva Islands Independence Day Parade - based on the theme Sweet Island of Liberty - was suggested to her by fellow local Mary Bondurant.

'She suggested the idea of sort of a Statue of Liberty, but done as a mermaid, along with the lighthouse and a barge crossing the bay," said Roberts. "I thought continued on page 15

New Postmaster Joins Captiva Team

by Jeff Lysiak

ast month, the Captiva Island Post Office team welcomed postmaster Robin Dunagan, who officially assumed her new position on June 13.

The Columbus, Ohio native, a longtime visitor to the islands, is eager to get to know her Captiva neighbors and the local business community.

"I've visited here before, and I knew I wanted to retire here," said Dunagan, an employee of the United States Postal Service since 1985. "I kinda have to pinch myself because I still feel like I'm on vacation.. only I come to work every day."

Dunagan, who interviewed for the postmaster position earlier this spring, explained that the transition from the midwestern state to Southwest Florida has gone "beautifully."



New postmaster Robin Dunagan and window clerk Carol Marlet standing next to the Captiva Post Office drop box photo by Jeff Lysiak

"I hope that someday my family will join me," she said. "I have some older children and two young grandchildren - and another on the way - but I know that since I've made the transition, it'll be easier for them to eventually move here."

Since arriving on Captiva, Dunagan has enjoyed meeting customers and getting to know the islands. Her goals include gaining some new business accounts and increasing revenues at the post office. However, she is also eager to accomplish something else: playing golf all year-round.

"I'm an avid golfer... I've still got my clubs in my car," Dunagan said with a smile. "I can't wait to get out there. I'm pretty active and enjoy sports like tennis and volleyball, too.

Meanwhile, her message to islanders and visitors alike is simple:

'I'm just happy to join the team and work with Carol (Marlet), our window clerk," added Dunagan. "I'm looking forward to meeting everyone here and becoming a part of the island community."芬



Shell Love Bug Causes Buzz On Seashell Day



Pam Rambo standing next to the Shell Love Bug - created by 66 volunteers using more than 20,000 individual shells - in front of the Bailey-Matthews National Shell Museum on National Seashell Day photos by Jeff Lysiak

by Jeff Lysiak

ne of the things people were buzzing about following the first-ever National Seashell Day on June 20 wasn't a person at all. It was neither an event nor a special activity created for the inaugural celebration. It was actually an automobile.

Last week, local shell expert and blogger Pam Rambo – with the assistance of the Lee County Visitor & Convention Bureau – unveiled the Shell Love Bug, a 2005 Volkswagen Beetle "dressed up" for the occasion.



Shell museum visitors taking photographs of the Shell Love Bug on June 20



Michael Zentmeyer and Ellen Clayton inspecting the intricate shell work covering the Volkswagen Beetle



The front bumper and hood of the Shell Love Bug, a 2005 Volkswagen Beetle

According to Rambo, the vehicle was decorated with more than 20,000 shells – including 65 separate species of shells such as alphabet cones, calico scallops, continued on page 4





A ladybug made of shells adorns the rear of the vehicle



Another detailed image of shellwork adorning the vehicle

From page 3 Shell Love Bug

cockles, sand dollars, ceriths, murex shells and a single junonia – created especially for the one-day celebration.

"All of them are local shells you might find on Sanibel or other beaches throughout Lee County," said Rambo, who explained that she and 66 volunteers – including members of the Sanibel Shell Crafters – spent approximately 1,200 hours designing, decorating and affixing the shells to the vehicle. "I'm a blogger and I usually work by myself, but this was truly a community project. A lot of people had a lot of fun creating this."





A large shell decoration covers the passenger-side door of the vehicle

After appearing earlier in the day at the Sundial Beach Resort & Spa during ABC's *Good Morning America* broadcast, which featured Chief Meteorologist Ginger Zee anchoring four live segments, the Shell Love Bug also visited the Bailey's Shopping Center parking lot before arriving at the Bailey-Matthews National Shell Museum. There, dozens of shell enthusiasts snapped pictures and took selfies in front of the four-wheeled "shell-ebrity."

"We were trying to come up with something creative to celebrate National Seashell Day," said Tamara Pigott, executive director of the Lee County Visitor & Convention Bureau. "After we talked with Pam about the idea, we both knew it had to be a Beetle. Then, we decided to call it the Shell Love Bug."

According to the VCB, the Beetle will be used for promotional appearances throughout the region, including a spot in Sanibel's annual Independence Day Parade on Monday, July 4.

Rambo noted that her original designs for the vehicle were scrapped after the shell application process – completed using Marine Goop adhesive – had already started.

"I thought it looked OK, but then I scraped everything off," she added with a laugh. "The initial design was a giant wave, but it didn't look quite right. It had to be very special if it was going to become the Shell Love Bug."な



HORTOON.COM







 Vehicles line up in The Timbers parking lot prior to the start of the 2015 Road Rally

 From page 1
 Rally-winning team includes a the

37th Road Rally 39 participating Road Rally teams.

"This year, our goals were much higher," noted Howard. "Thanks to our committee, who worked very hard, we've raised even more money."

Last year's winners of the Road Rally was Granny's Gang, followed by the Silly Sanibel Sleuths in second place and Driving Miss Carzy, who finished in third place. The Best Decorated Vehicle award was given to The Witches of East Lake while the coveted last place prize was awarded to the Rock Starz.

According to club members, the first place prize for this year's Road

Rally-winning team includes a threeday/two-night stay for four people at 'Tween Waters Inn on Captiva. The second place team will receive a \$100 gift certificate from Floral Artistry plus a \$50 gift certificate to The Timbers. The third place team will receive a \$100 gift certificate from Floral Artistry plus a free pitcher of beer every month for one year at the Lazy Flamingo.

The last place team will win free entry into next year's event while the team that travels furthest to participate in the rally gets a prize, too. Last year, that prize went to a group from Sweden.

At the conclusion of the Road Rally, an afterglow party is held at the Sanibel



Sanibel City Manager Judie Zimomra waves the flag at the start of last year's Road Rally

Grill, 703 Tarpon Bay Road, starting at 2 p.m. Participants and Fourth of July revelers are invited to attend.

The field for this year's Road Rally

Clam Shack To Hold Fourth Of July Party

The Clam Shack will be hosting a Fourth of July party during the extended Independence Day weekend with live entertainment along with food and drink specials.

On Sunday, July 3, Bernie Hyland

is limited to 50 participating teams. For additional information, call Randy at 699-8739, Richard at 292-4631 or Dani at 472-0836.☆

will perform acoustical island music on the restaurant deck. Food specials will include fresh three-pound Maine lobsters and lobster Newburg.

On Monday, July 4, the party continues with more food and drink specials at the family owned and operated business located inside the Islander Center, at 2407 Periwinkle Way on Sanibel.

"Come and enjoy the fun," said co-owner Laurie Thomas. Call 472-6882 for more information.



Rotary Happenings

submitted by Shirley Jewell

Being the last meeting of Rotary year July 2015/July 2016 conducted by our out-going Sanibel-Captiva Rotary Club President, Chris

DeCosta, a review of sorts took place of our trust fund-giving for the year.

This year's fundraising events have allowed our trust fund board to distribute close to \$100,000 to support both community-based and internationallybased projects aligned with Rotary International's Avenues of Service. The split in this year's giving is approximately 50 percent community and 50 percent international. Community grants were given to the following: Friends Who Care, Children's Education Center of Sanibel, Heights Center, FISH, Baileys-Matthews Shell Museum, CROW, Alvin A Dubin Alzheimers Resource Center, Open Arms, Sanibel Historical Village, Sanibel Community House, Blessings in a Back Pack, American Cancer Society Relay for Life Sanibel, Rotary's 4-Way Test Essay Contest at Sanibel School and scholarship funding to three outstanding university scholars.

The trust also approved an additional five-year pledge of \$75,000 to The Community House for the rebuilding



From left, Charlie Emerson, Scot Congress, Chris DeCosta, Alex Werner, James Cardle, EJ Neafsey, Lee Almas, John Grey, Jack Alexander & Eldon Bohrofen

efforts of the property and children's programming at the center after reopening.

Sanibel-Captiva Rotary wants to thank each and every attendee of our fundraising events and to our islands' outstanding community businesses for continued generosity in support of the Sanibel-Captiva Rotary Club.

Rotarian Lee Almas wanted to make a point of how successful some of our international projects are in making a difference in people lives. He read a recently received letter from El Hogar, whose mission is to transform and empower abandoned and hopelessly poor children in Honduras by providing a loving home and education. The goal is for them to fulfill their ultimate potential as productive, caring and independent Honduran citizens. Sanibel-Captiva Rotary has contributed support for a child in the El Hogar facility in Honduras for the last 10 years. For the last few years, the club has been supporting the same child, Axel. Each year we receive a progress report on his academics and well-being. Going into the seventh grade, each child has the opportunity and is encouraged to continue their schooling in the following areas: technical institute, agricultural school, or El Hogar's private school.



Charlie Emerson receives the gavel from Chris DeCosta

Upon graduating from one these schools, the graduates are encouraged to go back into their communities and make a meaningful contribution to help their country out of poverty.

continued on page 40





Sanibel 4th Of July Permit Activities

The following is a list of special event permitted activities on Monday, July 4. • Free Pancake Breakfast at Sanibel Community Church, 1740 Periwinkle Way; 7 to 9 a.m.; 472-2684.

 4th of July Community Celebration at Bailey's Shopping Center, 2477 Periwinkle Way; 8:30 a.m. to 1:30 p.m.

• Independence Day Parade, Sweet Island of Liberty anthem; parade route from Tarpon Bay Road on Periwinkle Way to Casa Ybel Road; 9:30 a.m.; 246-2981

• 4th of July Celebration at Jerry's (after parade), Jerry's Shopping Center, 1700 Periwinkle Way; water slide, food, and refreshments; 10:30 a.m. - 2:30 p.m.; 472-9300

 San-Cap Optimist Club's 36th annual Road Rally, Timbers Restaurant, 703 Tarpon Bay Road; noon; 472-0836

• 4th of July Celebration at Huxter's Liquors (live music); 1201 Periwinkle Way; 6 p.m.

• Fireworks Display (rain or shine), The City of Sanibel is sponsoring the fireworks display this year. Fireworks will be launched from the north end terminus of Bailey Road. Best viewing of the fireworks display is from the Sanibel Causeway Islands and the bayside of Sanibel; 9 p.m.

For more information, visit http://www.mysanibel.com/ for a listing of current holidav sidewalk sales.☆

Bakery Approved For Center

by Jeff Lysiak

uring the planning commission's meeting on Tuesday, commissioners unanimously approved a conditional use permit application for a bakery and sandwich shop to be established in the Islander Center, at 2407 Periwinkle Way. Island resident Ginny Wagner, who has worked as the bakery manager for the past four years at Bailey's General Store, plans to open Totally Baked on Sanibel later this summer. She told commissioners during her application hearing that opening her own business would be "reaching a dream."

Totally Baked on Sanibel, which will be located in Unit 1 of the shopping plaza, will be a carry-out business involving the on-site food preparation, processing and sale of food items including various confections, baked goods, sandwiches, salads, soups as well as non-alcoholic beverages. Wagner explained the shop will offer coffee, tea, lemonade and bottled water.

'Everyone can come in and watch us baking bread, rolls and cakes," said Wagner, noting the site's open air kitchen concept. "I'm looking forward to offering some products never seen before on the island."

In addition, she promised that Totally Baked on Sanibel would not use any plastic products in her "to-go" business model, noting her outlet would be as "eco-friendly and island-friendly" as possible.

During his presentation to the commission, senior planner Roy Gibson explained that no site improvements, indoor seating or additional commercial floor area was being proposed in Wagner's application. "Although a retail bakery business is classified as a primary intended (permitted) use in the Town Center General Commercial District, any permitted or conditional use that involves on-site preparation of food items requires conditional use approval from the planning commission," Gibson's report read, in part.

After hearing Wagner give details of her proposed site plan, commissioner Tom Krekel made a motion to approve the application, which was seconded by chairman Dr. Phillip Marks. Commissioners voted 5 to 0 in favor of granting the conditional use permit. Commissioners Chuck Ketteman and Jason Maughan were both absent and excused from Tuesday's meeting.

Wagner, who said that she may consider applying for outdoor bonus seating in the future, added that she was hoping to open Totally Baked on Sanibel by late August or early September.

In other business, commissioners approved a conditional use permit and a development permit to allow for the installation of approximately 100 linear feet of riprap material placed landward of the mean high water line of San Carlos Bay adjacent to 1004 Bayview Drive and part of the City of Sanibel's Bayview Park site west of Bailey Road.

"The subject bayfront property is located within an area along San Carlos Bay where on-going beach erosion has been occurring over the years due to wake action caused by boats, wind and wave action from northerly influenced weather fronts, and tropical storm events," the planning department's staff report reads, in part. "The subject shoreline is mostly devoid of typical Bay Beach and dune vegetation that would help to protect the upland area above the beach from this ongoing erosion activity.

The proposed rip-rap revetment structure has been designed to protect the shoreline from further erosion due to wave action from boats and storm events. The revetment will be landscaped with mangroves and native coastal plantings to enhance the functional and visual quality of the existing beach dune area along the shoreline.

The revetment is designed to create a continuous erosion control structure across the subject project work area (approximately two-thirds of which is City of Sanibel owned property) and will provide for greater upland and flank erosion protection," the report explained.

With no objections, commissioners voted unanimously – 5 to 0 – to approve both permits, subject to 26 conditions proposed by the planning department.

American Legion Post 123

Reporters

Anne Mitchell

Jeff Lysiak

n Sunday, July 3, American Legion Post 123 will serve a pot roast dinner. On Monday, July 4, there will be free hot dogs all day. Monday nights feature 9-ball and 3-ball tournaments at 6 p.m. Players are welcome. On Tuesdays, tacos are served all day.

On Fridays, a six-ounce ribeye steak sandwich is on the menu. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m.

On Sunday, July 10, from noon to 8 p.m., there will be a fundraiser benefit for Sanibel American Legion member Robby Hutto, who has worked at Post 123 and continues to donate many hours. Robby & the Absent Minded Band will play at 3 p.m. There will be a 50/50 drawing, silent auction, donate-a-plate buffet and more.

The Ladies Auxiliary has cookbooks available for a donation of \$15. American Legion Post 123 is located at Mile Marker 3 on Sanibel-Captiva Road. It is open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. The public is welcome. For more information, call 472-9979.



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LOW-RUB, SOYBEAN INK

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Advertising Bob Petcher	Kay Casperson Constance Clancy, ED.D.
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OBITUARY



JENNIFER NEWSOM WILSON

ennifer Newsom Wilson passed away in Fort Myers on June 15, 2016, after a brief illness. The daughter of Frances Biddle Newsom of Amesbury, Massachusetts and Arthur Clifford L. Newsom of Great Britain, Jennifer grew up in Larchmont, New York, where she was an avid and competitive sailor at the Larchmont Yacht Club. She was was employed at McMichael's Yacht Brokerage, then as parish administrator for St. John's Episcopal Church in Larchmont, New

York and St. Paul's Episcopal Church in Riverside, Connecticut. She was also the administrative assistant to the CEO of Young & Rubican until her marriage to George McLeod Wilson, her longtime friend and sailing companion. He predeceased her in 1997.

Jennifer and her daughter, Susan, moved to Fort Myers, in 2003. In Florida, Jennifer was a volunteer at St. Michael & All Angels Episcopal Church in Sanibel. She served for many years as a volunteer with the Osteogenesis Imperfecta Foundation, where Susan served on the board of directors. Jennifer was a superb cook and enjoyed entertaining friends and family at her table.

Jennifer is survived by her daughter, Susan L. Wilson; her cousins, William E. Biddle (Sharon) of Barnet, Vermont; David P. Biddle (Betsy) of Rye, New York; Jesse Biddle (Jessica) of Westborough, Massachusetts; Wendy Bendle (Matt) of Ipswich, Massachusetts; Charlie Biddle (Katherine) and Amanda Biddle of Rye, New York. She is also survived by her cousins' children: Caroline and Jack Biddle; Sage and August Bendle; and Claire and James Biddle.

A celebration of Jennifer's life will take place on July 9, 2016, at 11 a.m. at St. Michael & All Angels Episcopal Church, 2304 Periwinkle Way, Sanibel.

In lieu of flowers, please send donations in Jennifer's name to the Osteogenesis Imperfecta Foundation, PO Box 824061, Philadelphia, PA 19182-4061, (www.oif.org).



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Sanibel Community Church Holiday Services

n Sunday, July 3, Sanibel Community Church will celebrate Indepedence Day with several services that will include patriotic hymns, the National Anthem and the pledges to the Christian Flag and the American Flag. During courtvard fellowship time, everyone is welcomed to share in a red, white and blue delicious cake. Everyone is encouraged to wear red, white and blue.

For early risers, there is a traditional worship service at 8 a.m. in the Historic Chapel. At

9 a.m., a family friendly contemporary service takes place in the main sanctuary. A second traditional service of worship is held at 11 a.m. in the main Sanctuary. Courtyard fellowship time is from 10:15 to 11 a.m. Childcare is provided for all services.

Sanibel Community Church is a non-denominational evangelical congregation serving Sanibel for over 100 years. The church campus is located at 1740 Periwinkle Way (next to Jerry's Market). For more information, call 472-2684 or visit www.sanibelchurch.com.炎

Sanibel Community Church Night Of Worship

n Sunday, July 3, Sanibel Community Church will be hosting a night of worship at 5 p.m. This is a time of contemporary and spontaneous worship in the sanctuary. Childcare is available. We invite all that are interested to join as we worship Jesus together.

Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market).

For more information, call 472-2684 or visit www. sanibelchurch.com.举

Top Ten Books On The Island

1. Turtle Tracks by Susan Trew 2. Wisdom from Gift from the Sea by Anne Morrow Lindbergh

3. Historic Sanibel & Captiva Island

by Jerri Magg 4. Sanibel Captiva Handbook by Helma and John Reynolds



5. Deep Blue by Randy Wayne White

6. Four Wives of the Sanibel Sunset Detective by Ron Base

7. Truth According to Us by Annie Barrows

8. Here's To Us by Elin Hilderbrand 9

Red Sparrow by Jason Matthews 10.Kitchens of the Great Midwest by

J. Ryan Strada Courtesy of MacIntosh Books and Paper 💥







Noah, portrayed by Dave Hoggatt, shares the story on what it was like after 40 days on a very big boat

Discovering The Deep Sea At Vacation Bible School

Children ages 3 through fifth grade experienced the wonders of the deep sea recently when Sanibel Community Church hosted Deep Sea Discovery Vacation Bible School.

A storyteller brought a sea story to life each day, and every evening youngsters went home with a service project to complete and return. There were daily skits as well as sea-related food, fishing games, crafts, music and small group studies.



Students bring back their home service project and place it in the sea of accomplishments



Jace Foster, Finley Hall, Savannah Jarrett and Addison Quillen, along with their classmates, fish for the words of that day's memory verse after hearing a sea story

Pancakes Parking Parade Perks

At Sanibel Community Church 1740 Periwinkle Way (Next to Jerry's Market)

FREE \triangleq **FREE** \triangleq **FREE** All You Can Eat Pancakes with all the Fixin's from '7:30 to 9:30 a.m.

- Ice Cold Cokes and Water
- Plenty of Parking for the Parade
 - Great "On the Street" Seating

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

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

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

Churches/Temples ANNUNCIATION GREEK **ORTHODOX CHURCH**

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

BAT YAM-TEMPLE OF THE ISLANDS

The Reform Congregation of Bat Yam Temple of the Islands meets for Friday night services at 7 p.m. in the Fellowship Hall of the Sanibel Congregational United Church of Christ, 2050 Periwinkle Way. Rabbi Myra Soifer. For information call President Alan Lessack at 579-0296. HISTORIC CAPTIVA

CHAPEL BY THE SEA

The Rev. Dr. John N. Cedarleaf Services every Sunday 11:00AM November 13, 2016 thru April 30, 2017 11580 Chapin Lane, Captiva 472-4646 FIRST CHURCH OF CHRIST, SCIENTIST 2950 West Gulf Dr., Sunday 10:30 a.m.; Sunday School 10:30 a.m., Wednesday evening meeting 7:30 p.m.; Reading room open, Monday, Wednesday and Friday 10 a.m. to 12 p.m. (November through March), Friday 10 a.m. to 12 p.m. (summer hours). 472-8684

SANIBEL FELLOWSHIP, sbc

Join us for Bible study and Worship Sunday 9 to 11 a.m. Call Pastor Mark Hutchinson 284-6709

SANIBEL COMMUNITY CHURCH

1740 Periwinkle Way, Sanibel, 472-2684 Dr. Daryl Donovan, Senior Pastor Sunday Worship: 8 a.m. Traditional in historic Chapel, 9 a.m. Contemporary and 11 a.m. Traditional in main Sanctuary, 10:15 a.m. Courtyard Fellowship, 9 and 11 a.m. Bible classes. Childcare available at all services. SANIBEL CONGREGATIONAL



In The Village Shops, Sanibel Island, Florida 2340 Periwinkle Way, #B3 239-472-3386 www.watsonmacraegallery.com October Hours: Monday-Friday 10:00 to 4:30

UNITED CHURCH OF CHRIST

2050 Periwinkle Way 472-0497 The Reverend Dr. Jóhn H. Danner, Sr. Pastor. The Reverend Deborah Kunkel, Associate Pastor. 7:45 and 10 a.m Chapel Service. Full Service with Sunday school and nursery care provided. Elevator access. ST. ISABEL CATHOLIC CHURCH 3559 San-Cap Road, 472-2763 Pastor Reverend Christopher Senk, Saturday Vigil Mass 5 p.m., Sunday Mass 8:30 and 10:30 a.m., May through October 9:30 a.m. only. Daily Mass Wednesday, Thursday and Friday 8:30 a.m. Communion Service Monday and Tuesday 8:30 a.m. Holy Days call.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

5 p.m. Saturday Eucharist, 9:30 a.m. Sunday Eucharist, 9:30 a.m. Sunday School, 9 a.m. Tuesday Morning Prayer, 9 a.m. Wednesday Healing Eucharist, 6 p.m. First Wednesdays Prayer and Potluck. 472-2173, www. saintmichaels-sanibel.org UNITARIAN UNIVERSALISTS **OF THE ISLANDS**

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

High Marks To Housing Authority

he U.S. Department of Housing and Urban Development recently awarded the Housing Authority of the City of Fort Myers (HĂCFM) a High Performer rating with a final score of 97 percent for their Section 8 Management Assessment Program (SEMAP).

The SEMAP assessment process enables HUD to better manage the Section 8 tenant-based program by identifying public housing authorities capabilities and deficiencies related to administration of the Section 8 program. As a result, HUD is able to provide more effective program assistance to public housing agencies.

"We are proud to once again be



A Sanibel Community Chruch group serving abroad

Community Church Missions

he Sanibel Community Church recently announced two teams serving abroad. A group of eight is working alongside Inca Link in Peru, ministering to children who were living off of a local garbage dump. The second team is continuing a 12-year SCC tradition of serving in an English/discipleship camp in Moldova.

named a high performer by HUD," said Marcus D. Goodson, executive director. "We work diligently for the families we provide for, and this score is indicative of that hard work.

SEMAP indicators used for the scoring include selection from waiting list, reasonable rent, determination of adjustment income, utility allowance schedule, expanding housing opportunities, payment standards, timely annual reexamination, correct tenant rent calculations, lease-up, family selfsufficiency and more.

In 2015, HACFM was named Outstanding Agency of the Year by the Florida Association of Housing and Redevelopment Officials (FAHRO).

HACFM serves more than 3,500 families as a catalyst for increasing access to safe, stable and sustainable housing

and to help develop, preserve and revitalize communities through affordable rental housing. The agency is dedicated to empowering families with the means to become as self-sufficient as possible through its Family Self-Sufficiency (FSS) and HOPE VI Community Supportive Services (CSS) programs, encouraging and facilitating movement toward financial independence beyond the need for HACFM services. HACFM also aims to instill pride and a desire for an enhanced quality of life for families and serves the greater Fort Myers community in a manner that demonstrates professional courtesy, respect and caring, while recognizing the needs and limitations of the mentally and physically disabled, aged and infirmed.

For more information, call 344-3220 or visit www.hacfm.org.



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CHOOSE THE DATE THAT WORKS BEST FOR YOU

Wednesday, July 6 9:30 a.m. Tuesday, July 12 9:30 a.m. Wednesday, July 20 9:30 a.m.

Tuesday, July 26 9:30 a.m.

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Cydnie Golson

More Summer Staffers At Refuge

Temporary staffers continue to arrive to help JN "Ding" Darling National Wildlife Refuge with manpower shortages this summer. In the past couple of weeks, a summer intern and a STAR (Summer Teachers Assisting Refuges program) teacher, both funded by "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), plus a full-time resident volunteer have clocked in.

Intern Cydnie Golson will be helping with the summer education programming and DDWS duties. She is entering her senior year at St. Andrew's



Vanessa Clarke

Episcopal School in Austin, Texas, and will be here until August 5 while her family is staying on Sanibel. "My family has always come to

Sanibel for the summer," Golson said. "We love the laid-back feel of the island as well as the teeming wildlife and lively beaches. I love that Sanibel is covered with nature preserves and is truly a place 'where wildlife comes first.' I also love how devoted all of those working with 'Ding' are. Getting to work alongside the volunteers, society members and refuge staff has been a great experience."

STAR teacher Vanessa Clarke will work at Lehigh Elementary School during the coming school year as a fourth grade teacher of the Talented



Fletcher De Meo

and Gifted Program. Previously she taught at Tanglewood Elementary in Fort Myers.

Clarke graduated from Florida Gulf Coast University in 2002 – among the school's first graduation class – with a degree in elementary education. She assists with Indigo Trail tours, scavenger hunts and conservation presentations during this summer's Nature Explorers Day Camp, now in session.

"I am looking forward to working with kids while being outside and exploring this area," said Clark. "I am also very excited to learn about Florida wildlife and bring back my experiences and knowledge to my classroom in the fall. This is a great job, and I can't believe I get paid to hike, kayak, beach walk and play with kids."

Fletcher De Meo comes to the refuge from Perth, Australia to volunteer full-time for the summer. He assists both the day camp team and refuge maintenance crew. De Meo is currently working towards his master's degree in sustainability and climate policy at Curtin University in Perth and will graduate mid-2017.

"I love Wildlife Drive. I see something different every morning as I drive through to do my maintenance chores," De Meo said. "It's amazing to see how the refuge is so ingrained in the community's identity; it's a fantastic example of how community refuges should operate."

DDWS provides living stipends and other benefits for about a dozen interns each year plus one STAR teacher. The refuge supports interns and resident volunteers with free housing.

"Our temporary summer staff and interns bring youthful energy, enthusiasm and creativity to the refuge family," said supervisory refuge ranger Toni Westland. "At the same time, it gives these students and educators an opportunity to learn about the environment and refuge operations."

For more information about the refuge's internship programs, contact Westland at 472-1100 ext. 237.

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





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ISLAND SUN - JULY 1, 2016 15

From page 1 Parade T-Shirt Design

they were all great ideas, but I also thought the design needed to be simple."

After sketching out a couple of ideas in her mind, Roberts came up with the final design – which was incorporated into this year's parade T-shirts, tank tops and promotional materials - painting an uncomplicated image that followed both an island-minded yet patriotic motif.

Her final painting features an attractive, red-headed mermaid - clad and posed similarly to the Statue of Liberty - emerging from the waters surrounding Sanibel and Captiva. The design also features fireworks and the iconic Sanibel Lighthouse.

"I wanted her to look very vintage, with a hairdo and swimsuit typical of the late 1940s," noted Roberts. "I also liked the idea of creating the painting in sort of a monochromatic blue, with just a few touches of white and red, which really pop."

After finishing her design and completing the painting, she explained that the theme "liberty" struck a personal chord with her.

When people from the island come across the causeway, I think a lot of them get this feeling of independence," Roberts added. "I absolutely love these types of

requests because my mind is always going. I wait for phone calls like the one I got from Mary. I love the Fourth of July and I love Sanibel and Captiva so much."

The 26th annual Sanibel & Captiva Islands Independence Day Parade shirts are currently available at Bank of the Islands, located at 1699 Periwinkle Way. T-shirts and tank tops are available in men's, women's and children's sizes – ranging from small to XL – priced at \$10 each. Size XXL shirts are \$12. The parade begins at 9:30 a.m. on Monday, July 4. The parade route begins on Tarpon Bay Road, turns right onto Periwinkle Way and ends at Casa Ybel Road.

Periwinkle Way will be closed to traffic from Donax Street to Tarpon Bay Road from 9 a.m. until approximately noon.

For more information about the Independence Day Parade, call 246-2981.

Email your editorial copy to: press@islandsunnews.com



16 | ISLAND SUN - JULY 1, 2016 CROW Case Of The Week: Black Vulture

by Bob Petcher



The American black vulture (*Coragyps atratus*) is a large bird of prey with a decent wing span, although its wings are not as long as a turkey vulture or other member of the vulture family.

The black vulture is part of the New World vulture family, a group that extends from the southeastern United States to mid-South America. As a species, it is not as common and widespread as the turkey vulture, a bird that breeds well into Canada and the southernmost tip of South America.

The black vulture is mostly found in flat lowlands and tends to adapt to the coastal plains, like our surrounding area. It does like to roost and nest in forest areas.

While the black vulture is considered a large bird, it is relatively small for a vulture. Its features include a black plumage, a featherless, grayish-black head and neck, and a short, hooked beak.

Like other vultures, the black vulture is a scavenger that feeds on carrion. Usually, vultures forage by smell by flying low to the ground to pick up the scent of a gas produced by the beginnings of decay in dead animals. However, black vultures have been known to fly very high when foraging, searching for carrion and studying the behavior of other vultures to find food. Overall, these creatures play an important role in the ecosystem by disposing of the dead and decaying flesh of an animal that could otherwise be a breeding ground for disease.

Besides carrion, back vultures will also dine on bird eggs, turtles and lizards as well as bird chicks, sea turtles hatchlings, parts of plants and rotting vegetables. They are also known to scavenge for garbage in landfills.

Interestingly, black vultures lack the vocal organ of birds – what is called a syrinx – so their only utterances are grunts or low hisses. Members of the species generally raise only two chicks per year, and these offspring are fed by regurgitation.

In the U.S., vultures receive legal protection under the Migratory Bird Treaty Act of 1918. That makes it illegal for anyone to take, possess, import, export, transport, sell, purchase, barter or offer for sale, purchase or barter, any migratory bird, or the parts, nests, or eggs of such a bird except under the terms of a valid permit issued pursuant to Federal regulations, according to the U.S. Fish & Wildlife Service.

CROW recently received a black vulture after it was found injured on Fort Myers Beach. Apparently, the crow-like bird flew into a concrete wall and was unable to swim.

CROW officials stated patient #16-



Patient #16-2185 suffered through neurological problems and had to be euthanized

2185 was given radiographs, and the x-rays found no fractures. The photos did reveal that the black vulture had minor head trauma.

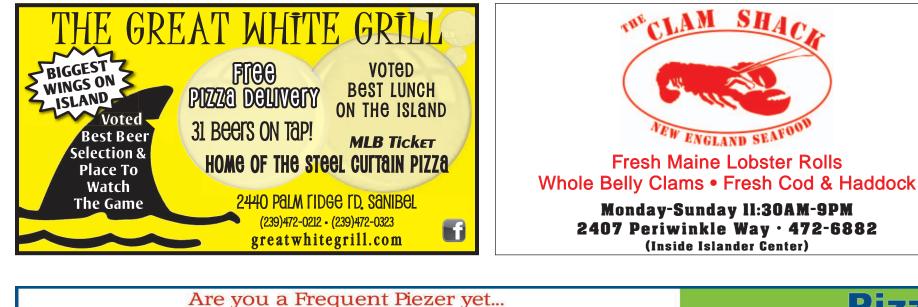
Initially, CROW medical staff decided to offer the patient supportive care with fluid and nutritional support until the black vulture was able to be released.

Unfortunately, things took a turn for the worse during the past weekend. The head trauma experienced by the black vulture really must have begun to affect the bird's nervous system immensely. It was decided that euthanasia was needed for compassionate reasons.

Dr. Allison Daugherty, a DVM intern

at CROW, explained. "Yesterday, neurologic signs appeared to have worsened – head twisting backwards – and (the black vulture) was unable to walk or stand at all when taken out of the cage. It was dragging its legs behind its body, so we elected for humane euthanasia."

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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18 | ISLAND SUN - JULY 1, 2016 Sight Fish The Beaches For



Snook

by Capt. Matt Mitchell

> If you want to catch snook and lots of snook, action just does not any better than it is right now. Light east winds have been the perfect set up to snook fish out on the beaches while spending time

in the passes was also a good choice. Most of the snook we are catching are in the 20- to 28-inch range, but several times a trip you'd get a shot at a 30-inch plus fish.

Sight fishing along the beaches only requires a sunny day and light winds, making these fish easy to spot. I like to slowly trolling motor just 50 feet or so out from the sand and look for cruisers. Often they sit right in the trough right before where the waves gently lap the sand. You can also spot these fish while



Gary Biltgen with a snook caught with Capt. Matt Mitchell last week

walking the beach. Cayo Costa and North Captiva are my favorite beaches to do this, only because there is less beach traffic to spook them but any barrier island beach has snook on it right now.

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Send Us Your Fish Tales

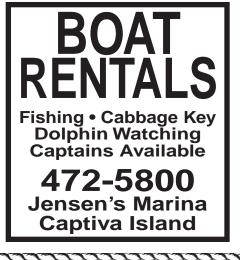
The Island Sun would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include photographs with identification. Drop them at the Island Sun, 1640 Periwinkle Way, Suite 2, Sanibel, or email to press@islandsunnews.com;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

CLEAR YOUR GEAR

It Catches More Than Fish

For shore-bound anglers, a three-inch swimbait that looks like a shiner is a good way to go due to its cast ability and portability. Storm makes swimbaits that look just like a shiner that have the hook built right in. My favorites are the three-inch model Storm WildEye swim shad in either the pearl or shiner chartreuse silver color. These baits are very easy to operate, just requiring a slow retrieve as the paddle tail imparts all the action. In clear water, a 20- to 30-pound fluorocarbon leader is all you need as there is not much if any structure for the snook to break you off on.

When fishing these snook from a boat along the beaches, I like to go midday



when the sun is up high, which makes them a whole lot easier to spot. Slowly move the boat down the beach until you spot the snook gently easing up past them before casting out in their projected path. My go-to out here is a free lined live shiner or small pinfish. Once you locate these fish, it's often just a matter of getting a bait out in front of the pack and it's game-on as you can often watch them chase the bait down. Light leader is also key when sightfishing live baits in the clear water.

Our snook fishery is a total catch-andrelease fishery until September 1. When catching these snook, handle them with care and try to touch them as little as possible while removing the hook. There is nothing worse than watching someone drag a big snook up on the sand or put it in a landing net, knocking the protective slime coat off it while it gasps for air. Treat these fish with respect – wet your hands before you handle them and you don't need to even take it out of the water. With so many snook out on the beaches to be enjoyed by all anglers, this awesome fishery is as good as it gets right now.

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.**



Fish Caught



Chris Kalhorn

hris Kalhorn, visiting from Rockville, Maryland, caught this 37-inch snook on a live whiting bait while staying at Sanibel Surfside on June 25.3

Optimists Help Junior Anglers

he Sanibel-Captiva Optimist Club is again sponsoring its Junior Optimist Angler Society for kids. Each week the club and volunteers will take 20 kids fishing to learn how, to show them new techniques and to just have fun. The kids are grouped depending on age and experience. Fishing is done both from the shore and on boats with Tarpon Bay Explorers and with Adventures in Paradise.

On August 1, the kids are treated to an end-of-season picnic on the causeway.

Club members extend thanks to sponsors Bailey's General Store, Tarpon Bay Explorers and Adventures in Paradise, as well as members of the Optimist Club and volunteers.

For more information, call Stan Howard at 472-0836.暮



Volunteer Lee Steinbecker shows off a winning catch from a junior angler



Dani Howard helps a novice angler learn how to fish

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Also scheduled on July 4 - day cruises to Cabbage Key, Useppa Island, Boca Grande and Cayo Costa; Dolphin & Wildlife or Sunset Cruises.

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New Manager At 'Ding' Darling Nature Store

eanne Walsh has been promoted to manager of the JN "Ding" Darling National Wildlife Refuge Nature Store.

A Sanibel resident, Walsh recently served in a part-time capacity at the store.

"I have been so impressed with the enthusiasm and passion for 'Ding' Darling exhibited by the 250-plus volunteers," Walsh said. "Staff members and interns of the society and the refuge are so enthusiastic and professional. They are dedicated to serving our wildlife as well as our visitors. The positive energy of the refuge is contagious."

Walsh takes on the position vacated by Alison Conger.

"Alison's enthusiasm and energy will be missed. We wish her all the best in her future endeavors," said Birgie Miller, executive director of "Ding" Darling Wildlife Society-Friends of the Refuge. "Jeanne brings a significant background in retail and an understanding and appreciation of the nonprofit world, and is excited about



Jeanne Walsh

moving into a full-time position and being an even more integral member of the 'Ding' team. We warmly welcome her.'

For more information, visit dingdarlingsociety.org or call 292-0566 or email director@dingdarlingsociety.org.☆



Southern beeblossom is a common native wildflower along roadsides, in fields and other habitats photo by Gerri Reaves Plant Smart

Southern Beeblossom

by Gerri Reaves

• outhern beeblossom (Oenothera simulans) is a native wildflower of the evening-primrose family. You can find it blooming spring through fall in pinelands, sandy fields, woods, and coastal dunes as well as along roadsides.

The name "beeblossom" refers to its ability to attract not only bees but many other insects.

It is the larval plant for the

beautiful clouded crimson flower moth (Schinia gaurae) that visits at dusk. Hummingbirds also seek nectar from this flower, which is also called morning honeysuckle.

While it might look rather weedy and scraggly, the flower spikes are truly lovely – definitely worth welcoming to your yard, where it will readily reseed.

The branched spikes measure two inches to more than a foot long. White tubular flowers open at day's end, turn pink by the morning, and then shed their petals.

Each flower is about an inch across and consists of four spatula-shaped petals, four narrow downward-curving sepals under the petals and eight prominent stamens.

Club-shaped fuzzy reddish buds at the top of the spike stand ready to replace the old flowers.

The alternate leaves appear on upright smooth arching stems that grow from a single base and reach two to six feet high. The leaves are one to five inches long, lance-like and grayish green.

The pod is nut-like.

The plant is an herbal remedy for pain and inflammation.

Sources: Everglades Wildflowers by Roger L. Hammer, Florida Wild Flowers and Roadside Plants by C. Ritchie Bell and Bryan J. Taylor, Wildflowers of Florida by Jaret C. Daniels and Stan Tekiela, and wildflower.org.

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Sea School Campers Learn About Creatures In The Night



Sanibel Sea School campers play mirror tag to learn how sea creatures scare predators away using light

Sanibel Sea School's Glow My Mind Week was all about creatures that light up the night. To explore this concept, campers built their own version of the ocean at night by covering windows and painting glow-in-the-dark sea creatures. Campers also played games, and wrote and performed skits demonstrating how different sea creatures benefit from their ability to light up.

The week included a night snorkel on the causeway, surfing and making ocean art.

For more information on Sanibel Sea School, visit sanibelseaschool.org.

Nature Outing At Tarpon Bay



Members of Zonta and SalusCare at Tarpon Bay Explorers before they board Explorer III

For the second consecutive year, members of the Zonta Club of Sanibel-Captiva and SalusCare of Fort Myers ventured to Tarpon Bay Explorers for a nature and sea life excursion.

Led by naturalist Ty Symroski, the groups learned about the mangrove estuary from top to bottom. "Outings like these are such a unique opportunity to allow these women to connect with nature. It is a great way to learn about things we take for granted in a relaxing environment," said Zontian Phyllis Gresham.

The trip began at Tarpon Bay Explorers' aquarium touch tanks, followed by a cruise through the bay on the pontoon boat, *Explorer III.* "The entire group had a marvelous time. We cannot thank Wendy Schnapp,

"Ine entire group had a marvelous time. We cannot thank Wendy Schnapp, part-owner and general manager enough, and we are already looking forward to next year," said Gresham.&





LIVE TANK TALKS







ISKS COME



22 | ISLAND SUN - JULY 1, 2016

Shell Of The Week Dubious Cerith



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

t about 0.5 inch Lin size, the dubious cerith, Finella dubia (d'Orbigny, 1840)

is one of the small gastropods dwelling in sea grass beds around Southwest Florida and other parts of the tropical Western Atlantic. Dubious ceriths feed on plant and algal detritus. The shell is elongate, turret-shaped, with three strong spiral cords. The shell color may be cream to light-brown with faint spots of darker color. The additional image, taken under a high-power scanning electron microscope (SEM), shows a juvenile shell sorted from Sanibel beach drift (SEM images do not show color.) Learn more about local mollusks at http://shellmuseum.org/shells/ southwest-florida-shells.

booking required): Join our marine biologist for a

on Sanibel. Walks depart daily from the Island Inn lobby at 9 a.m. The cost is \$10 for adults and \$7 for children. Parking at the 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. All beach walk guests receive half-off shell museum admission. (Current Island Inn guests, please book through the

Beach Walks (Advance

inn). Mollusk movies and scavenger hunts continuously throughout each day.

Tank Talks continuously throughout each day: Gain great insights into the fascinating world of local mollusks!

Monday at 1:30 p.m.: Carolyn's Collection – A fun and engaging look



The dubious cerith, Finella dubia. From left, adult shell, very young shell imaged under a scanning electron microscope (black scale line = 0.1 mm, or 0.004 inch!) photos by José H. Leal

> at quality shells of a private collector. (Please check shellmuseum.org to note any schedule changes.)

> Tuesday at 1:30 p.m.: Shell BINGO Wednesday at 1:30: Arts and Crafts Create marine-themed art and take it home with you.

Thursday at 1:30 p.m.: Cool Shells See some great shell treasures not on exhibit.

Friday at 1:30 p.m.: Arts and Crafts - Create marine-themed art and take it home with you.

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

Sunday at 1:30 p.m.: Shell BINGO. The Bailey-Matthews National Shell Museum is at 3075 Sanibel-Captiva Road. Call 395-2233 or visit www.shellmuseum.org.☆









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> Regards, Jerry's of Sanibel 1700 Periwinkle Way, Sanibel Island, FL 33957







DDWS Associate Director Sarah Lathrop, second from right, accepts a \$5,000 check from Doc Ford's co-owner Marty Harrity, far right, with others in attendance from Doc Ford's and "Ding" Darling

Doc Ford's Sponsors `Ding' Darling Days

oc Ford's Sanibel Rum Bar & Grille, for the ninth consecutive year, has donated \$5,000 to "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) for its 27th annual "Ding" Darling Days birding and eco-festival.

As a \$5,000 donor, Doc Ford's becomes a Roseate Spoonbill, a top level sponsor for "Ding" Days, which

will draw more than 6,000 visitors to the refuge the week of October 16 through October 22.

"Ding' Darling is an economic driver for our island as well as a special place to educate people about the importance of conservation," said Mark Marinello, co-owner of Doc Ford's. "It is an honor and privilege to support the refuge and its active friends group for this event."

Other sponsors include: Great Egret, George & Wendy's Seafood Grille; Great Blue Heron, Bailey's General Store, Mike and Terry Baldwin, Wayne and Linda Boyd, Cedar Chest Fine Jewelry, Island Sun, Jerry's Foods, Ocean's Reach Condominiums, Sanibel-Captiva Beach Resorts, Sanibel Captiva Community Bank, Jim and Patty Sprankle; Reddish Egret, Karen Bell, Big Red Q Quickprint, Casa Ybel Resort, Jerry Edelman and Maryanne Daly, Phyllis Gresham, Island Inn, Jensen's on the Gulf and Marina & Cottages, Mitchell's Sand Castles & Forty/Fifteen Resorts, West Wind Inn; Snowy Egret, Grounds by Green Ways, Island Management, George and Wendy Schnapp, and Winston and Barbara Spurgeon.

"We are grateful to Doc Ford's for its unwavering support and for the incredible generosity of these businesses and individuals," said Jennifer McSorley, "Ding" Darling Days committee co-chair. "We hope to see others join with them as sponsors in helping 'Ding' Darling with this well-attended island festival."

"Ding" Days sponsorships start at \$200. For information on becoming a sponsor, visit dingdarlingdays. com or contact Jennifer McSorley at jenmcsorley@embarqmail.com by July 30.

"Ding" Darling Days annually celebrates National Wildlife Refuge Week and the birthday of Jay "Ding" Darling, the refuge's namesake and father of the Federal Duck Stamp program. This year it also notes the Migratory Bird Treaty Centennial with special bird-themed activities. The event is co-presented by the U.S. Fish & Wildlife Service, DDWS and Tarpon Bay Explorers.*

Shells Found



Cullen and Brecken Park

Five-year-old Brecken Park found a horse conch while he and his family were looking for marine life at low tide on a sandbar just west of Lighthouse Beach on June 21. Older brother Cullen, 7, found sand dollars, a lightning whelk and a fighting conch. They also saw more than 50 cow rays playing and feeding in the shallows for over 30 minutes. It was a treat for the family, who was visiting from Denver, Colorado.

The boys attended Sanibel Sea School's Shark Pup Week and spent time with their grandparents, Sanibel residents Michael and Suzanne Cullen.*



Shell Found



Tami Webb

Tami Webb found a junonia on the beach in front of the Sundial Beach Resort & Spa while vacationing with her two sisters and a friend. She said, "We've been coming to Sanibel for 16 years and this is the first time any of us has ever found one."

Shell Found



Linden Schaible

Sixteen-year-old Linden Schaible from Denver, Colorado found a junonia at Blind Pass just before sunset on Father's Day. She found it rolling up onto the low tide shelf just south of the Santiva General Store.

Her grandparents, John and Jean Pilon, live on Captiva. Linden has been searching these waters her entire 16 years. She said, "We come down from Colorado every June."^{*}

Shell Found



Riley Outten

Riley Outten from Windermere, Florida found a horse conch on the beach at Pine Cove, where she was staying. She stumbled upon this beauty while walking down the beach searching for the perfect shell.

photo by A. Ziehl

Shell Found



Collage by Amy Sangermano

A fter searching for 13 years, Amy Sangermano made a wish on Pam Rambo's Shell Love Bug to find a junonia on National Seashell Day, and she did. Sangermano said, "I found it under the Blind Pass Bridge, my favorite shelling spot."



Book Review The Nightingale



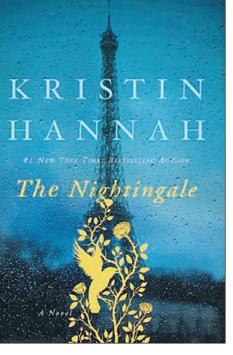
uthor Kristin Hannah said she did everything she could not to write this novel. But when research on World War II led her to the story of a

19-year-old Belgian woman who had created an escape route out of Nazioccupied France, she was hooked. The Nightingale is a fictional account of two sisters struggling to survive during World War II in France. Isabelle is rebellious and intent on fighting for France, while Vianne simply wants to survive the war with her family intact. Both learn who they are and what they are capable of as the war wages on.

The story begins at the Oregon Coast in 1995 with an elderly woman who is dving of cancer. Her identity

is not revealed. As her son helps her move to a retirement home, he sees a photo of a young woman and asks his mother who she is. The elderly woman begins to remember the story of Vianne and Isabelle.

The sisters have taken very different paths after their mother's devastating death and their father's transformation into a distant and withdrawn parent. Vianne, the eldest, sought comfort in the arms of a schoolmate, consequently finding herself pregnant and married at just 16. Rebellious Isabelle gets herself kicked out of multiple schools. Then the Germans conquer France, and the sisters' lives change even more drastically.



Husbands and fathers are forced to enlist while the Germans take over their towns, billeting themselves in people's homes, gorging on food while forcing starved locals to wait in endless lines for rations. Vianne's husband is captured as a prisoner of war, and she is forced to take in a German captain to provide food for her young child. Isabelle joins the Resistance, boldly leading fallen airmen fighting for the liberation of France over the Pyrenees to safety while also falling in love herself. While trying to protect her own daughter, Vianne finds the courage to rescue and hide away a number of Jewish children.

The Nightingale is a powerful tribute to the brave women who lived, worked and fought behind enemy lines. It is full of compassion, suffering, romance and constant dangers. Being historical fiction, it is based thoroughly on fact and human experience, and that makes these women and their stories spring off the page and into life. It's a perfect book club selection with fascinating characters and events to discuss.☆

Poet's Corner



We invite submissions from local poets. Anyone interested may submit their work via email to tutsie@centurylink. net. Each week, individual work will be showcased.

selected by Tanya Hochschild

Ode To A Library Book

by Robyn Cook

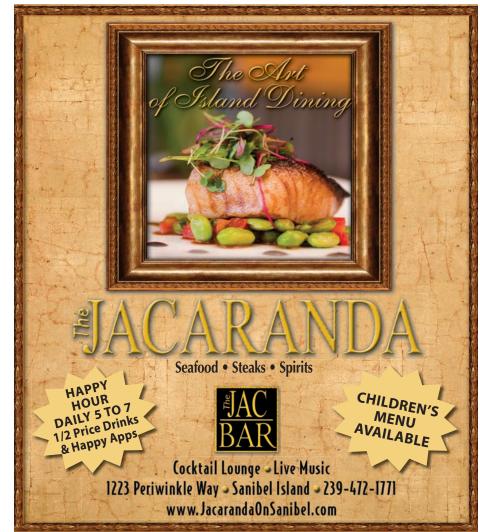
Library, oh library The dusty wrinkled palace Books aligned enthused and Silently await

Open the shelf bound beacon Book club or non Questions your devotion The first line beckons interest The chapters gallop in the mind's eye

- When the book is elderly over-read Note the readers detritious art left behind
- Chocolate ice cream page 56 Yellow mustard pages 64-68 The hot dog was distracting
- Sticky caramel presses the last pages together, but never give in Go on, go on, go on
- To the final entreaties for your attention and devotion
- Another book from the stacks Made just for you Only for you And tomorrow another

Robyn Cook is an year-round Sanibel resident.☆





Sanibel-Captiva Art League Artists Exhibiting 50-Plus Paintings

More than 50 paintings created by members of the Sanibel-Captiva Art League are currently on view at the Sanibel Public Library. By displaying their work in this annual Summer Art Show, the artists attain goals set during past academic and studio studies and during local painting workshops. These shows provide local artists with encouragement to practice and improve their skills while sharing their work with the community to critique and purchase. Some of the artists have only recently started painting while others have won awards and also show their work in art galleries throughout the year.

The ever-popular island scenes with tropical vegetation and wildlife are a favorite for island residents who wish to decorate their homes as well as for visitors who wish to "take a little of the island back so they can remember their vacation in paradise." Each original painting is a different interpretation and unique to the individual artist's style. There are exquisitely beautiful watercolors rendered with precision and expert technique while other paintings have wildly-colorful expressionistic brushstrokes that evoke emotional content.

As part of the Art Council of Southwest Florida in Lee, Charlotte and Collier and other nearby counties, the San-Cap Art League also provides opportunities for artists to enter their paintings in several juried shows throughout the year that



Michele Barron Buelow



Joan Mikelsons

are judged by nationally-known artists. Frequently, the judge will give a public gallery talk afterward and explain why he chose certain paintings to receive awards and rejected others from the exhibit. Residents and visitors are invited to view these exhibits and attend receptions.

The next Art Council Show will be held at BIG ARTS Phillips Gallery in January 2017.

To see current show, call the library at 472-2483 for regular hours, log on to www.sanlib.org or visit 770 Dunlop Road. For San-Cap Art League information, write P.O. Box 1192, Sanibel FL 33957 or log on to www.sancapart.com.XX



Lorinda Bradford



Carol Good



Tracey Cullimore



Rita Skoczen



Judith Clark



Bea Pappas



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For more information, check out our advertisers in this week's Island Sun

AMONG THE FLOWERS CAFE

Among the Flowers is a locally rooted, organic café located on Sanibel Island that focuses on quality of ingredients and purposeful nutrition. Sandwiches, coffee and espresso drinks, steamed special-teas and herbal teas, raw cold-pressed juices, fruit smoothies, mylkshakes and raw desserts are crafted with love and attention. 100 percent vegetarian/vegan. Come vibe with us.

Open Tuesday through Sunday from 9 a.m. to 4 p.m. 2003 Periwinkle Way, 312-4085

BAILEY'S GENERAL STORE

Bailey's General Store has a full deli, bakery, daily lunch specials, take out and catering for cook-outs, picnics and parties. This is the oldest supermarket on the islands, established long before a causeway linked Sanibel to the mainland.

The bakery has freshly made donuts, scones and breads. The deli offers a variety of hot foods for breakfast, lunch and dinner, as well as catering services for special events. Services include shopping for your groceries and delivering them to your home or vacation destination. If you are on a gluten-free diet, pick up the extensive list of gluten-free products near the entrance to the supermarket.

The Coffee Bar at Bailey's serves espresso based drinks, hot chocolate, smoothies and specialty coffees. 2477 Periwinkle Way, 472-1516

Bailey's has a second location at Sundial Beach Resort & Spa at 1451 Middle Gulf Drive.

BEACH PIEZ

Beach Piez New York style pizza offers carry out and delivery on Sanibel and Captiva. Hours are Monday through Wednesday from 11 a.m. to 9 p.m., Thursday, Friday and Saturday from 11 a.m. to 10 p.m., and Sunday from noon to 9 p.m. With fresh ingredients, mouth-watering mozzarella, provolone cheese "secret recipe" dough, homemade pizza sauce and family recipe meatballs, Beach Piez will deliver the best pizza the island has to offer. 2441 Periwinkle Way, 472-3224

CIP'S PLACE

Cip's Place is named for the late Jimmy Cipriani, a longtime islander and owner of the property on which the restaurant sits. Jimmy always made time for a good conversation, good company and great food. In Jimmy's memory, Cip's styles itself as a local watering hole. A mural that takes up an entire wall shows lots of islanders through the ages - including Cip - and if you don't recognize them all, ask to see the "key."

Food choices range from "comfort" to culinary with some Caribbean and island favorites as well. And do try the home-made potato chips, the fried buttermilk chicken with sage gravy and the snapper tacos.

Choose between the outdoor garden patio and front porch. Indoor seating and full bar are also avail-able. Hours are 11 a.m. to 9:30 p.m. daily, with happy hour from 4 to 6 p.m.

2055 Periwinkle Way, 472-0223

CLAM SHACK

The Clam Shack offers New England seafood at its finest. From clam chowder to whole belly steamers to the ever-popular lobster rolls to fresh cod and haddock to traditional lobsters, your taste buds will enjoy the delightful diversion from the conventional Florida seafood elsewhere on the island. Want the full experience? Try the Clam Bake, which will provide you with

a bit of almost everything. The Clam Shack is family owned and operated and a sister restaurant of The Clam Bake, a wellestablished eatery in Fort Myers.

Summer hours are Sunday through Thursday from 11:30 a.m. to 8 p.m.; Friday and Saturday from 11:30 a.m. to 9 p.m.

2407 Periwinkle Way, 472-6882



The Johnson family of Bailey's General Store: From left, Calli, Richard, Mead, Dane and Bailie photo by Bob Petcher

DOC FORD'S RUM BAR & GRILLE

Doc Ford's is a well-known local's restaurant famous for its great food and service. They have something for everyone from the foodie to the sports enthusiast! Plenty of indoor and outdoor seating boasting "Award winning flavors from the Caribbean Rim." The restaurant is named for the Doc Ford character in local author Randy Wayne White's best-selling mystery novels. With locations on Sanibel & Captiva Islands and Fort Myers Beach, all locations offer island favorites like Yucatan shrimp and fish tacos along with raw bar selections and always fresh local seafood dishes. Premium rums and tropical drinks such as the Island Mojito are a specialty of the house. The combined menu offers both lunch and dinner daily from 11 a.m. to 10 p.m.

Doc Ford's Sanibel, 975 Rabbit Road, 472-8311; Doc Ford's Captiva, 5400 South Seas Plantation Road, 312-4275, Doc Ford's Fort Myers Beach, 708 Fishermans Wharf. 765-9660

GRAMMA DOT'S

Gramma Dot's, the only dockside dining on Sanibel, offers a lunch and dinner menu seven days a week from "Sanibel's only seaside saloon" where you can leisurely dine at the Sanibel Marina in view of luxury yachts and modest fishing boats and watch the comings and goings of seagoing folk and fishermen. The menu features a full line of "only fresh" seafood, salads, sandwiches and more. Appropriate dress is required.

If you're arriving by boat, check in with dockmaster for a lunch slip, monitor VHF 16. You can tie up for a night or two at the available dockage if you wish. Gramma Dot's is open daily at 11:30 a.m. For dinner, arrive before 8 p.m.

634 North Yachtsman Drive, 472-8138

GREAT WHITE GRILL

The Great White Grill is a sports bar featuring 31 beers on tap and a good wine list. It's home of The Steel Curtain Pizza. There's free pizza delivery, too. The Great White carries the MLB, NFL and NHL packages for sports enthusiasts and has arcade games for kids of all ages.

The regular menu includes hand-tossed fresh dough pizza, jumbo wings, Pittsburgh sandwiches, Philly cheesesteaks, Chicago beef sandwiches, salads, gyros, sandwiches and burgers. Check out the Pittsburgh Salad, which consists of grilled chicken, French fries, cheddar cheese, cucumbers, tomatoes and onions on a bed of lettuce.

2440 Palm Ridge Road, 472-0212

IL CIELO

Il Cielo offers creative American cuisine and internationally inspired specials in an upscale casual atmosphere. From locally caught fish, American lamb and grass-finished beef to farm-fresh organic produce, there is a thoughtfully prepared dish on the menu for evervone.

Il Cielo is open Tuesday through Saturday from 4:30 to 9 p.m. Happy hour is from 4:30 to 6 p.m. and features signature small plates, appetizers and halfpriced house wines, domestic beers and well drinks. Enjoy live piano music by Scott McDonald on Thurs-

day, Friday and Saturday nights beginning at 7 p.m. 1244 Periwinkle Way, 472-5555

IL TESORO

Il Tesoro serves authentic Italian food "with the taste and feel of a Tuscan holiday," according to owner Chef AJ Black. He infuses flavors from the old world to the new world of cooking using only fresh seasonal ingredients to bring his dishes to life. Daily specials focus on pairing authentic meals with a bold array of fine Italian wines.

Il Tesoro (The Treasure) serves dinner six nights a week, excluding Monday during summer months, from 5 to 10 p.m.

751 Tarpon Bay Road, 395-4022

ISLAND COW

The Island Cow is a family favorite with its colorful indoor and outdoor seating and live entertainment. "Come as our guests... leave as our friends!" is the motto. The Cow serves breakfast, lunch and dinner featuring fresh local seafood and meats and has an extensive children's menu. Starbucks coffee is also on the menu. Now serving full liquor island cocktails! Breakfast is served between 7 and 11 a.m. Hours

- are 7 a.m. to 10 p.m. 2163 Periwinkle Way, 472-0606

JACARANDA

The Jac, as it is known to regulars, has been serving excellent seafood for three decades and offers the best of two worlds: dining room seating or dinner under the stars in the screened garden patio. The patio lounge is home to some of the best nightlife on the islands, seven nights a week. Bands include Renata, Wildfire, and Cruzan Vibes' reggae on the weekends.

The patio lounge menu includes a selection of "happy apps" starting at \$5.95 and half price drinks during happy hour from 5 to 7 p.m.

Dinner reservations are suggested

1223 Periwinkle Way, 472-1771

JERRY'S RESTAURANT AND DELI

Jerry's Restaurant and Deli in Jerry's Market is the next best thing to dining in a tropical garden. This family-style restaurant has large windows to view the lush garden with caged tropical birds that are favorites with visitors and residents. Daily specials are offered in the spacious restaurant and you can order a sandwich or hot food from the deli or help yourself at the wellstocked salad bar to take out.

The restaurant is open for breakfast, lunch and dinner from 7 a.m. to 8:30 p.m. 1700 Periwinkle Way, 472-9300

LAZY FLAMINGO

The Lazy Flamingo is a famed island hang-out with two Sanibel locations. "If our seafood were any fresher, we would be serving it under water!" is the Flamingo's motto. And that includes, shrimp, grouper, oysters, conch fritters and chowder as well as chicken.

The Flamingo Bread and the caesar salad are signature items. Pull up a stool to the rustic bar or take a high or low table. The interior feels like the inside of an old pirate ship with its portholes and hewn wood surfaces. The atmosphere is definitely casual and beer is available by the bottle, on draft or by the pitcher. 1036 Periwinkle Way, 472-6939 6520 Pine Avenue, 472-5353

MATZALUNA ITALIAN KITCHEN

Are you in the mood for pizza? Matzaluna Italian Kitchen has a wood-fired oven to bake authentic pizzas, including gluten-free ones. That's in addition to a big menu, involving over 20 combinations of pasta dinners from \$11.95 (including soup or salad and fresh baked bread), affordable veal, tender chicken, choice steaks and seafood (Italian style) in a casual marketlike setting. Gluten-free pizza is also available.

Matzaluna has craft beers on tap. On Wine Wednesdays, every bottle priced \$25 and over will be discounted by \$8 all evening. Hours are 4:30 to 9:30 p.m. daily and happy hour is from 4:30 to 6:30 p.m. 1200 Periwinkle Way, 472-1998

> To advertise in the Island Sun Call 395-1213

OVER EASY CAFÉ

Over Easy Café is a pet-friendly place with indoor and outdoor dining for breakfast and lunch. The covered patio is a popular spot. Choose from 22 different eggs benedict, scramblers and omelettes, 11 pancakes and French toast choices, 15 egg specialties and wraps, eight salads and 26 sandwiches and burgers, plus baked goods. Beer and wine is available. Breakfast is served all day. Hours are 7 a.m. to 3

p.m.

630 Tarpon Bay Road, 472-2625

PECKING ORDER

The Pecking Order features tender, juicy, fried chicken and all the fixins. The chicken is marinated and seasoned, and the high-pressure deep-frying system produces a crispy coating that seals in the juices without allowing the fat to penetrate.

Homemade sides include slow-cooked collard greens, sweet and spicy baked beans, cheesy shell mac, rice and beans, cole slaw, mashed red potatoes and gravy, Harlem special, cheesy grits and veggie chilis Try the Black Betty, a warm, dark chocolate torte filled with liquid dark chocolate, sprinkled with sea salt flakes and confectioners' sugar.

Take out, delivery and outdoor dining available. 2496 Palm Ridge Road, 472-2534

ROSIE'S CAFÉ & GRILL

Rosie's repertoire includes crab cakes, grouper and shrimp entrees and steaks with all the trimmings, Southwestern dishes such as burritos and fajitas, soup and sandwich combos and salads. Among the most popular items is Rosie's Famous Cheese Steak made from shaved rib eye, grilled mushrooms, onions and green peppers, Ultimate Cuban and Classic Reuben, home-made muffins and cinnamon rolls and Key lime pie, root beer floats and banana splits. A children's menu is also available. Carry out, indoor or outdoor seating.

SSHookers.com

Check out our all new menu items for breakfast, served from 8 to 11 a.m. Monday through Saturday and 8 a.m. to 2 p.m. Sunday. Happy hour is from 3 to 6 p.m. seven days a week with two-for-one draft beer and wine. The ice cream bar has 20-plus flavors of locally made Royal Scoop Ice Cream. 2330 Palm Ridge Road, 579-0807

SANIBEL BEAN

The Sanibel Bean coffee shop is java central on Sanibel Island. With its indoor and outdoor seating and free Wi-Fi, it's a popular venue for laptop-toting coffee lovers to relax and check their inboxes, have breakfast or lunch or recharge the batteries in the afternoon.

Besides a big selection of coffee from around the globe and a variety of coffee drinks, The Bean has tea and other beverages and a variety of hearty sandwiches, pastries and muffins, plus other light fare. 2240 Periwinkle Way, 395-1919

SANIBEL DELI & COFFEE FACTORY

Sanibel Deli & Coffee Factory offers a gluten free menu in addition to homemade regular choices, along with award-winning New York style pizza and wings, Boar's Head meats, frozen yogurt, New York style bagels and ice cream. There is indoor seating as well as outdoor tables shaded with umbrellas. Free Wi-Fi. Eat in or take out as well.

2330 Palm Ridge Road, 472-2555

SANIBEL GRILL

The Sanibel Grill has 19 big screen TVs with satellite TV tuned to every televised sporting event. The Grill shares a kitchen with The Timbers, serving the same fresh seafood, along with burgers, sandwiches, pizzas and salads. Crunchy Grouper and Crunchy Shrimp are signature dishes. Open seven days from 4 p.m. to midnight with happy hour from 4 to 6 p.m. and 10 p.m. to midnight. 703 Tarpon Bay Road, 472-3128

SANIBEL SPROUT

The Sanibel Sprout is the island's only vegan cafe and organic juice bar. There is comfortable seating for friends to socialize and taste Chef Nikki's extended menu of plant-based gourmet cuisine. The soups – lentil, Vietnamese Pho, etc. – are popular year-round, as are vegan lasagna, Mexican taco salad, kale salad with avocado chipotle dressing and numerous desserts. The extended menu is posted on the Sprout's Facebook page.

The organic juice bar is popular with locals and visitors of all ages. Kids love the Strawberry Kiss or the Chocolate Bliss Smoothie, whereas adults favor the Coffee Sproutaccino or the green Emerald Mermaid Smoothie. Those are just a few of the juice bar favorites from an extensive menu.

The Sprout is open for breakfast, lunch and dinner from 8:30 a.m. to 7 p.m. Monday through Saturday. 2463 Periwinkle Way, 472-4499

TIMBERS RESTAURANT **& FISH MARKET**

The Timbers Restaurant & Fish Market and the adjoining Sanibel Grill are mainstays of the island dining scene, boasting 35 years of fresh fish on Sanibel Island. The restaurant offers 13 dinners for \$15 daily before 5:30 p.m. plus a large selection of local seafood, such as grilled shrimp, fried grouper, oysters, clams and crab cakes.

Besides specializing in fresh local seafood, the restaurant has a seafood market that opens at 11 a.m. (except Sunday, when it's open at 2 p.m.) Restaurant is open seven days from 5 to 9 p.m. 703 Tarpon Bay Road, 472-3128

> Read us online at IslandSunNews.com

TRADERS GULF COAST **GRILL & GIFTS**

Traders Gulf Coast Grill and Gifts is unique in that it combines a bustling restaurant with a large shopping emporium selling casual clothing, jewelry, accessories, home decorating and gift items, books and lamps.

The restaurant serves bistro cuisine with island flair, featuring such offerings as black beans and rice, blackened fish and fresh salads from an open kitchen. There's no fryer in this place!

The tables are freshly wrapped in white paper for each party, and there's a pot of colored crayons for doodling, whether you're an adult or a child. Traders has been around long enough to have become a favored local hangout. Lunch is served from 11 a.m. to 2 p.m., happy hour from 3 to 6 p.m. and dinner 5 to 9 p.m. There's live music from 7 to 10 p.m. Tuesdays and Thursdays with Danny Morgan and Wednesdays with Chris Workman.

1551 Periwinkle Way, 472-7242

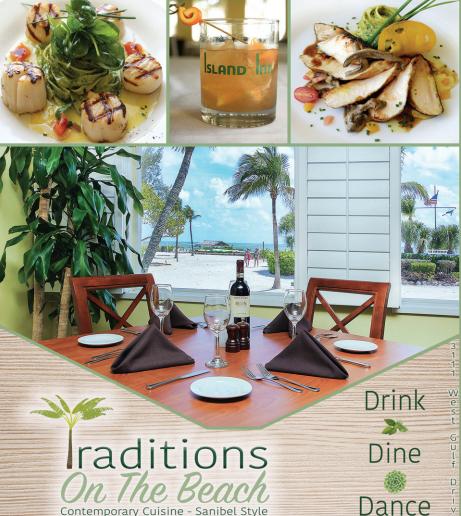
TRADITIONS ON THE BEACH

Traditions on the Beach is one of the few Sanibel restaurants with beachfront dining. Located in the historic Island Inn, the recently updated restaurant sits on 10 acres with gulf views, perfect for watching the sunset over the water while you dine. The menu features Italian and Mediterranean cuisine prepared by Chef Aziz and his team. Traditions' dishes are made with fresh ingredients, from seafood and meats, to produce from local vendors. On the menu you will find the classics and specialties including Moroccan lamb, roast duck, lobster and veal. Pasta, grilled items and a raw bar are also available. In addition to the regular menu, specials are offered daily. There's an attractive bar and lounge area that also serves food and an extensive wine and cocktail list. Dining begins at 5 p.m. and continues until late. Reservations are suggested. 3111 West Gulf Drive, 472-4559

View 2 Fireworks Shows... From 1 Waterfront Restaurant... Waterfront View Delectable Delights Happy Hour 3pm - 6pm Celebrate 4th of July. Enjoy our Specials. See the Sanibel & Ft Myers Beach Fireworks. Mon-Fri 11am-10pm. Sat & Sun 8am-10pm.

WATERFRONT RESTAURANT Live Music Friday & Saturday Nights. Seafood, Southern and Cajun Cookin Just before the Sanibel Bridge in Fort Myers.







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Local Company Signs Up As Silver Sponsor Of 10K Race



10K Race 4 FISH committee members, back from left, John Pryor, Ed Ridlehoover and Nancy Bender with Andrew Thompson Company's Sharon Tucker, Andy Tucker, far left, and Haydon Tucker, seated

Andrew Thompson Company (ATC) has become a Silver Sponsor of the eighth 10K Race 4 FISH and the official supplier of the race water bottle. "We have found water bottles to be a universally useable item," ATC's Andy Tucker said. "They have been well received by the 10K runners and become handy race memorabilia."

ATC works with several non-profit organizations and other businesses in providing products with original artwork from several well-known local and regional artists. It gives these groups the opportunity to offer product for marketing, retailing or fundraising that is not available anywhere else while featuring artwork created specifically for them.

"While providing high-quality corporate-logoed products has been and will be at the heart of our family business, supporting island non-profits such as FISH to help make our community a better place is the heartwarming part of our business," ATC's Sharon Tucker said.

The 10K Race attracts more than 500 runners from near and far who receive a back-pack-style bag filled with goodies donated by select race sponsors. One goody is the water bottle with the Hortoon race logo donated by ATC. Runners also receive a T-shirt featuring the logo, as well as a medallion.

"The water bottles by Andrew Thompson Company have been terrific," John Pryor, 10K Race committee member, said. "Our race logo always looks great and the runners have come to enjoy them."

The race begins at 7:30 a.m. Saturday, October 15 with the start-finish line at Sanibel Community Park, along Periwinkle Way. The islands' only foot race benefits FISH of SanCap located in the Island Inn, a non-profit organization dedicated to helping those who live, work or visit Sanibel or Captiva islands.

Self-Defense Workshop

FISH of SanCap, in conjunction with the Lee County Sheriff's Department, will hold a Self-defense Awareness & Familiarization Exchange workshop (SAFE). The workshop will be held on July 12 from 6 to 8 p.m. at the St. Michael and All Angels Parish Hall located at 2304 Periwinkle Way.

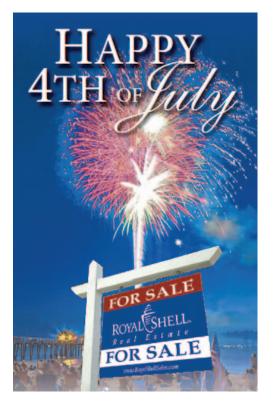
This educational awareness and crime-victim prevention program encompasses strategies, techniques and options that may reduce risk of exposure to violence. The program is geared toward teenage and adult women and introduces them to the physical aspects of self-defense. Participants must be at least age 13 and those between ages 13 to 17 must have a parent present during the entire workshop. Violent crimes are often crimes of opportunity. When the element of opportunity is removed, the risk of the crime is reduced. Teaching that "90 percent of self-defense is awareness, risk reduction and avoiding confrontation, and only 10 percent is physical" and focusing on both mental and physical preparedness, SAFE provides women with solid public safety awareness information to incorporate into their every-day lives.

The program is broken into three parts:

1) Introduction to Safety

472-4775.举

- 2) Video on Self Defense
- 3) Physical Self Defense Techniques This class is not a self-defense class. Participants should wear comfortable clothing and close-toed shoes. This workshop is complimentary and open to persons of all genders. Send an RSVP to Christine or Jessi by calling





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- Brian Murty 239.565.1272

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ISLAND SUN - JULY 1 , 2016 31



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- · Impact Glass, New A/C, Granite, Stainless
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- Burns Family Team 239.464.2984

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SANIBEL BAYOUS

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.

The center will be closed in observance of Independence Day, July 4.

Trash & Treasures Sale – returning in November. If you are doing some spring cleaning before heading back up north, the center welcomes your donations of clean, gently used items. All donations are tax deductible. Bring items to the center Monday through Friday between 8 a.m. and 3:30 p.m. The following items cannot be accepted: books, clothes, shoes, computers or old TVs.

Page Turners with Ann Rodman – If you are not on the Page Turners list, and wish to be, email annrodman@ aol.com or contact the Center 4 Life.

The featured book for Wednesday, July 13 is *Room With a View* by EM Forster. Bring your lunch and watch the movie at 12:30 p.m., At 2:30 p.m., there will be a discussion on the book and the movie. **Table Tennis Tuesday** – July 5, 1 to 3 p.m. Cost is \$2.50 for members and \$5 for non-members. A friendly, competitive sport to help stay vital and healthy. All levels are welcome. You can play while standing or sitting in a chair. Balls and paddles are provided. Call the center for more information.

Friday Collage Classes with Bea Pappas – July 1, 8 and 15, 12:30 to 3:30 p.m.

Pappas will teach an easy approach to collage, both figurative and abstract. Collage can be worked from torn magazines, found papers like book pages or handmade papers. Bring a pint of fluid matte premium, scissors, papers, magazines and substrates (substrates can be watercolor paper, canvas, canvas board or mat board.) Cost is \$15 for members and \$20 for non-members. Call the center to sign up.

Holocaust Museum & Education Center of SWF Trip – Tuesday, July 26. Cost is \$25 for members and \$30 for non-members.

The trip includes a guided tour through the Naples Holocaust Museum & Education Center of SWF, a survivor presentation and a boxed lunch. Advanced registration is required as space is limited. Registration deadline is Thursday, July 21. **Games**

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

Bridge – Monday and Wednesday, register by 12 p.m. Game begins at 12:30 p.m.

Mahjongg – Monday and Thursday at 12:30 p.m.

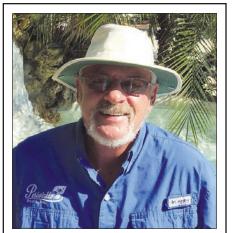
Hand & Foot – Thursday at 12:30 p.m.

Tuesday Kayaking – July 5 and 19 (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. Island Seniors, Inc. members pay \$4 per class or visitors \$7 per class. 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. Keep your brain fit and your heart, lungs and muscles strong with a combination of aerobics and muscle conditioning exercises. Hand weights, stretch cords and body weight are used. Class begins with a joke and ends with a positive



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239-454-1527 periwinklepoolsinc@gmail.com thought for the day. Athletic footwear required. Silvia Villanueva is the instructor.

Essential Total Fitness – Monday, Wednesday and Friday at 9:30 a.m.

Cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls. Athletic footwear is 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 for varying experience levels. Bring a towel. Kim Kouril is the instructor.

For more information, call 472-5743 or stop by 2401 Library Way. $\ref{eq:constraint}$

Joey's Custard Now Open At Bailey's Center

Joey's Custard, formerly Zebra Frozen Yogurt, is now open at 2467 Periwinkle Way, Sanibel, located in the Bailey Center.

New owners Joe and Debi Almeida are currently serving ice cream, yogurt and two dairy-free sorbets. They will be adding an extensive custard menu. However, the biggest addition to the menu will be paninis and hot sandwiches. There will be a number of options including caprese, buffalo chicken, cuban and several other originals. All paninis will be made fresh to order using premium products and local ingredients whenever possible.

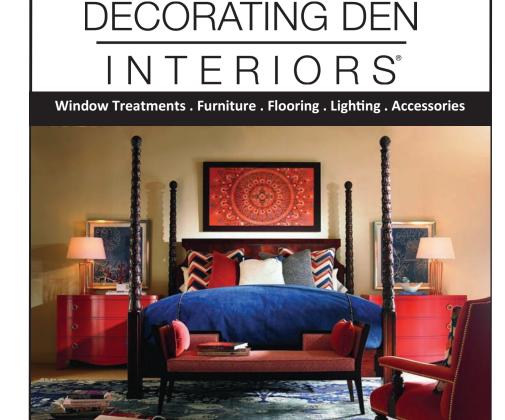
"Here at Joey's Custard, we offer a family friendly menu that goes beyond your average ice cream parlor. It was an honor and privilege to have worked alongside Chef RoRo to develop the best tasting and most unique hot sandwich and panini menu mid-island." said Joe Almeida.

Joey's Custard is a local, family owned and operated business. The Almeida family has lived in the Sanibel-Captiva area since 1998, originally moving from Buffalo, New York. Joe Almeida manages day-to-day operations while his mother, Debi, works behind the scenes.

"I am excited to build upon a local favorite in the Bailey's Center. Having raised my four children on island, it's exciting to be a part of Sanibel's wonderful business community." said Debi Almeida.

Joey's Custard is now open Sunday through Thursday from 10:30 a.m. to 9 p.m.; Friday and Saturday from 10:30 a.m. to 10 p.m.

For more information, call 472-7222 or follow the new changes at https://facebook.com/JoeysCustard@ JoeysCustard.☆



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Superior Interiors Creating The Perfect Home Office



by Linda Coin

Gone are the days when you only had the choice of a desk and chair for your home office. Today's home office furnishings options are all but endless. So, first things

first. As with any decorating project, you first need to determine what you want to accomplish in your new home office, and then match those needs with the right furnishings.

While many people purchase a conventional desk, more and more are requiring extra space. If you fall into this category, you might consider a workstation. With an L-shaped configuration, you should find that it provides approximately twice the work space of a traditional desk. Plus, the storage options are virtually endless – cubbyholes, drawers and cabinets are all designed to store office essentials.

Another popular workstation option is the office armoire: two tall doors open to reveal a drop-down work surface and plenty of storage space. Available in a multitude of design styles and furniture finishes, these popular pieces can easily fit into any design style.

Chairs, too, have vastly improved in terms of aesthetics as well as comfort. This is one place you can really put a personal stamp on your home office. Who says you can't work from a traditional wing chair? Or even a country style Adirondack chair? Once you've determined you style preference, you next need to give careful consideration to the ergonomics. If you spend a majority of your time working at a computer, you may want to opt for a chair with separate adjustments for lumbar and lower back support, arm width and height, seat back angle and seat height.

Another extremely important consideration in creating the home office of your dreams is storage. Books, files, mail, magazines and a plethora of other paperwork are essential to any full-fledged office – and as we all know – every piece of paper deserves its own home. Take stock of how many linear feet of open and closed storage you need right now, then multiply that figure by 25 to 50 percent to allow for future growth. Once you've come to a comfortable conclusion, consider various storage options – everything from conventional steel files to traditional wood cabinetry.

And finally, don't forget those furnishings that will put the "home" in home office. Decorative lighting, an ottoman for put-your-feet-up comfort,



even a home entertainment unit can add up to an office ready for any job. And, of course, those finishing touches – custom window treatments, area rugs, artwork and collectibles will all help to say, "This is my space."

Given the right decorative approach, you'll find it hard to leave work when 5 o'clock rolls around.

Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindecden.com.於

True Representation For SW Florida

by Chauncey Goss

ur elections have been taken over by political insiders, money men and political opportunists who are always looking out for themselves. I am running for Congress because Southwest Florida deserves excellent representation



Chauncey Goss

from someone whose primary focus is Southwest Florida. I was blessed to have grown up in Southwest Florida. My parents decided in 1970 this is where they wanted to raise their family and live the American Dream. They started a successful small business. My two brothers, my sister and I had a carefree upbringing here. My wife, Allison, and I decided we would follow suit and we are raising our three sons here. My concern is, however, we are setting my sons and your children and grandchildren up for failure because Washington's policies are fiscally unsustainable.

The debt has increased by \$4 trillion in just the last four years. We are chasing failing countries like Argentina and Greece when it comes to our finances. I have to ask the question "why?"

Why won't Congress and the president put our fiscal house in order? The short answer is that it's too hard. This is also the answer of the intellectually incurious. I believe there is hope, and I know there are solutions. I am running for Congress because I can combine my love of Southwest Florida with my expertise in federal fiscal policy. This will allow me to get to work for you on solutions on day one. As a small businessman, I feel the stranglehold of the Obama administration's rules, executive orders and executive actions tightening their grip on my life daily the same way you do.

As a fiscal and Constitutional conservative, my vision for our great country is entirely different from this president's. As your representative in Congress, I will fight to repeal and replace Obamacare with a market-based solution. I will fight to make sure our military and our veterans receive not only what they need to do their job, but to receive that which they deserve. I will fight to secure our borders. I will fight vigorously in the defense of the second amendment. I will fight for religious and economic liberty. I will fight the Department of Education and its heavyhanded treatment of our local school districts. I believe life is a gift from God and will fight for the rights of the unborn. I will work tirelessly to ensure water storage solutions are aggressively pursued around Lake Okeechobee so the environment that attracted us all to Southwest Florida will no longer be threatened by water releases.

As someone who is very active in the Southwest Florida community, I will work hard to represent you. I don't view this job as a stepping stone to the Senate or the governor's mansion as my opponents may. I view it as public service and an opportunity to represent the community which has been so good to me and my family.



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Triple The Fun At Sanibel Sea School



The Real Deal Shark Week participants canoe in the Gulf in search of sharks.



Have Paddleboard, Will Survive campers land on Picnic Island to test their survival skills.

Sanibel Sea School welcomed a whole herd of happy campers last week, with three camp programs running simultaneously for the first time ever. Kids ages 4 to 18 enjoyed the opportunity to connect with Sanibel's unique ecosystems in new and exciting ways.

The youngest campers, ages 4 to 6, spent Shark Pups Week exploring what it's like to be a baby shark. Many of them tried snorkeling for the very first time and swam bravely into the seagrass beds with their counselors in search of baby shark food. A shark pup obstacle course helped them learn about the challenges baby sharks face while growing up, and because the rough texture of a shark's skin helps her glide through the water, textured fins were created and everyone went for a swim.

Older campers (ages 6 to 13) headed over to the campus at Sundial Beach Resort & Spa, where the topic was also sharks. The Real Deal Shark Week was all about celebrating how awesome these apex predators really are, no television required. Students practiced shark tooth identification (then made their own shark tooth necklaces), built life-size shark replicas in the sand, made shark art, and even dissected a shark.

Stand up paddleboarding and Survial Camp offered plenty of adventures for our teenage campers, who paddled many miles throughout the week and learned both urban and wilderness survival skills – everything from changing a tire to starting a fire. They put these skills to the test with a very rainy camping trip to Picnic Island on Thursday night and an epic paddle to Doc Ford's on Fort Myers Beach on Friday. We think it's safe to say that everyone returned home with a well-deserved sense of accomplishment.

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



Campers in Shark Pups Week try snorkeling for the first time.





Prior to the June 21 prescribed burn of the Bailey Tract property, fire officials, emergency personnel and partner organizations gathered to discuss the schedule of events for burning 130 acres of overgrown vegetation photos by Jeff Lysiak

by Jeff Lysiak

ptimal weather conditions allowed officials with the Southern Florida/ Caribbean Fire District of the U.S. Fish and Wildlife Service to execute a prescribed burn of the Bailey Tract property last Tuesday.

According to Public Information Officer Samantha Quinn, approximately 130 acres of land – which is managed by the JN "Ding" Darling National Wildlife Refuge - was successfully completed in an effort to reduce the amount of overgrown and/or dried vegetation, known as "fuel." The prescribed burn started at 10:30 a.m., and was finished by 3:30 p.m.,

Quinn noted.

In addition to U.S. Fish and Wildlife Service personnel, members of the Prescribed Fire Task Force – which includes the Florida Forest Service, Sanibel Fire & Rescue District, Sanibel-Captiva Conservation Foundation, Sanibel Police Department and the City of Sanibel - gathered on the morning of June 21 off of Island Inn Road to review plans for the prescribed burn.

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From left, burn boss Toby Clark, refuge manager Paul Tritaik and burn boss Greg Suszek await the start of the prescribed burn

"Along Tarpon Bay Road, we will be burning along the roadway," burn boss Greg Suszek, prescribed fire specialist for the U.S. Fish & Wildlife Service, told the 28-member crew. "The road will be shut down with one-way traffic northbound, but there could be some drivers who slow down and turn their heads. And when they turn their heads, their steering wheel could turn too."

According to Jeremy Conrad, wildlife biologist at the refuge, conducting prescribed burns at dedicated areas of the island where there is evidence of dead trees and overgrown vegetation actually minimizes the threat of a catastrophic wildfire while maintaining public safety. A secondary benefit of the burn is to wildlife, which will improve the habitat of several native species. These include

the gopher tortoise, the Eastern indigo snake and the Sanibel rice rat. "There may be alligators in this unit," Conrad told the group, "so when you're walking through those marshy areas, just be aware of some of those natural hazards.

When conducting prescribed fires, managers consider environmental conditions such as temperature, relative humidity, recent rainfall, wind speed and direction, soil moisture, fuel conditions and the type of burn that can be conducted. Following a predefined "prescription" allows fire management officers to determine the desired fire behavior (including intensity, flame length, direction of fire spread and smoke).





Firing crew leader Connor Bowden setting the test ignition area on fire using a drip torch

A cabbage palm going up in flames along Tarpon Bay Road photo courtesy of Lisa Cochrane



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Firing boss Bobby Schat watching a test ignition area of the Bailey Tract catch fire

Smoke and ash associated with a prescribed burn, however, cannot be prevented.

'These burns are being conducted to reduce hazardous fuels adjacent to private lands which may pose a wildfire threat," added Refuge Manager Paul Tritaik. "These prescribed burns will also restore marsh and grassland areas, control invasive woody vegetation, and increase the diversity of native plants and wildlife.

Following two successful prescribed burns this season (last week at the Bailey Tract and earlier at Sanibel Gardens Preserve, completed on June 3), four areas on Sanibel are scheduled for burning this summer:

• South Center Tract (north of Lake Murex Circle and west to Rabbit Road

• Postell Tract (north of West Gulf Drive between Twin Lakes Drive and Rabbit Road)

• Frannie's Preserve/Johnson Tract (north of West Gulf Drive through Casa Ybel Road and Atlanta Plaza Drive)

Gulfside City Park Extension (between Algiers Lane and Casa Ybel Road) Specific information about where and when the burns will be staged will be distributed via mailbox hangtags for residences and businesses adjacent to burn sites. Local media will be updated and information posted on various websites, including www.firewise.org and www.mysanibel.com. Also, a public information booth will be set up in front of Bailey's General Store, with task force members available to answer any questions during the burns.



Sanibel Fire & Rescue District training officer Tim Barrett, second from right, reviewing the burn area map



Connor Bowden using a large knife to cut away brush from beneath an osprey tower

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Sanibel Surfside #123 Beach-front & updated—\$874K



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Sand Pointe #122 Rental on West Gulf Drive--\$749K



Sundial Beach Resort #R401 Corner top-floor 2/2 plus den-\$799K



Lighthouse Point #129 Bayview 3-bedrm walk-out—\$699K



Sandpebble #2B Riverside 2nd floor 2 bedrm—\$424.9K



Sanibel Captiva Trust Company

Finding Growth In A Slow-Growth World



by Craig J. Holston, Chief Investment Officer, The Sanibel Captiva Trust Company

Tith global Gross Domestic Product (GDP) estimated to grow only about two percent in 2016, a common question we hear from investors is: "Why should we expect our equity portfolios to grow in this kind of slow-growth economy?" This is a fair question, especially if you consider that price to earnings (P/E) ratios have increased from 13 times 2008 depressed earnings to the current P/E of 16 times 2016 earnings estimates. The answer really depends on two factors: stock selection and investment goals.

Investors who are not relying on their portfolio to fund their living expenses should focus on finding exceptional companies with a long track record of increasing profits at a rate in excess of global economic growth. Even if P/E ratios remain unchanged, we feel that over time stock prices can increase as company-specific earnings increase. The table below highlights three companies that have shown consistent earnings growth despite the current stagnation in the world economy:

N/FR		
KER	5 YEAR HISTORIC	ESTIMATED
ЛBOL	GROWTH RATE	GROWTH
OGL	12%	17%
ow	18%	21%
IKE	14%	9%
	CKER MBOL DOGL OW IKE	MBOLGROWTH RATEDOGL12%OW18%

In the case of Alphabet (formerly Google), actual earnings have grown by an average of 12 percent per year over the last five years and are expected to increase another 17 percent in 2016. Long-term investors in exceptional companies like these have been amply rewarded as stock prices have risen in tandem with the earnings.

For those investors who need current income, finding companies with a history of not only paying out dividends, but actually increasing them, is a more conservative way to increase value in a portfolio. Unlike a traditional bond, where the interest payment remains constant from issuance until maturity, an equity that increases its dividend becomes ever more valuable to the investor. The table below highlights three companies, with an average dividend yield of nearly three percent, that have raised dividends 10 consecutive years:

	Dividend Growth Rates 2006 -2015													
	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	Cumulative			
Procter & Gamble	+11.0%	+12.4%	+14.3%	+10.6%	+9.6%	+9.1%	+7.5%	+7.0%	+7.0%	+3.9%	+141.5%			
Microsoft	+15.6%	+10.8%	+12.2%	+13.0%	+5.8%	+23.6%	+22.1%	+16.9%	+18.6%	+12.2%	+303.1%			
Johnson & Johnson	+14.1%	+11.3%	+10.8%	+7.5%	+9.3%	+6.6%	+6.7%	+7.9%	+6.6%	+6.9%	+131.4%			

Of particular interest is that these companies actually increased their dividend payouts in 2008 and 2009 in the midst of the financial crisis, even as corporate earnings of S&P 500 companies decreased 24 percent during the same period. This consistency of dividend growth speaks to the underlying quality of companies we can select when building an income-oriented portfolio for an investor.

The bottom line is that if an investor wants to increase portfolio value in a slower growing economy, start by choosing higher quality growth companies with a track record of increasing intrinsic value. Earnings and dividend growth are two ways that history has shown can accomplish this goal.

Source for both charts: Thompson Reuters Baseline.

Fitness Instructor Sought

he City of Sanibel is seeking fitness instructor quotes for fiscal year 2017, which runs from October 1, 2016 to September 30, 2017.

Instructors must be able to offer high quality fitness classes at the Sanibel Recreation Center and the Center4Life in one or more of the following activities: cycling, yoga, pilates, Bosu balance ball, zumba, land aerobics, body sculpting, tai chi, group weight room instruction, etc., to meet the needs of various fitness levels of the community. Selected fitness instructors must submit to and pass a criminal background check.

Acceptable quotations require the following information:

• Copy of current group fitness certification(s) and specialty training certifications

• Copy of current AED/CPR/First Aid Certification

- Copy of current liability insurance
- A minimum of three references

• College degree earned in a health/ fitness related field or equivalent work experience in the field

 Proposed fitness classes qualified and available to instruct for the city (include class type(s) and description, days of the week and times)

Quotes are requested no later than Monday, July 11. Email, fax, mail or

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submit in person to the City of Sanibel, Recreation Department, Attn: Andrea Miller, Recreation Director, 3880 Sanibel Captiva Road, Sanibel, FL 33957. Send a fax at 472-0804 or email andrea.miller@ mvsanibel.com.☆

Symphony Appoints New Director

he Southwest Florida Symphony recently appointed Barbara Wells as its new director of development. Wells, who has over 25 years of experience in the arts and culture industry, will be responsible for the development and management of the organizations fundraising programs.

'We are all thrilled to have sophisticated and experienced development support on the symphony's staff. Barbara brings a wealth of knowledge and a sparkling personality to work every day" said Amy Ginsburg, executive director.

Wells has an extensive background in non-profit management and development, having most recently served as director of development for BIG ARTS on Sanibel. She was the director of resource development at Community Cooperative, Inc. and director of alumni relations and major gifts at the Edison State College Foundation (now Florida SouthWestern State College).

Wells serves on the board of the Partnership for Philanthropic Planning, the scholarship awards committee of the Uncommon Friends Foundation and Chrysalis Awards, as well as the Cape Coral Community Foundation Giving Alliance. Along with her family, She migrated to Southwest Florida from Richmond, Virginia where she served as the director of development for Richmond Ballet, Theatre Virginia in the Virginia Museum of Fine Arts and the School of the Performing Arts in the Richmond community. 從



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Will Power Proprietary Mutual Funds



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

any of us are familiar with mutual funds. Many investment firms offer mutual funds as a means to diversify our holdings across a variety of stocks and bonds. Originally designed to allow small investors to diversify, it's now common to find mutual fund ownership across the spectrum of wealth.

Most mutual funds can be transported easily. I can own various Schwab, Vanguard, Fidelity or any number of other mutual fund families as long as I want to. There are special types of mutual funds, however, that merit caution before

purchase.

Some registered representatives and brokers are compensated all or in part by commissions or trailing fees from the mutual funds they sell that are associated with a mutual fund family that is run by their employer. While many of these funds are perfectly fine, some have high fees associated with them, or low performance.

Some proprietary mutual funds cannot be moved from one firm to another. While this practice is becoming less common, when you own a mutual fund through a brokerage house that cannot be transferred to another, to move your money would result in your having to sell the mutual fund and liquidate it to cash. If you have significant capital gains built into that mutual fund, liquidating it to cash realizes those gains for tax purposes.

Suppose, for example, that Charles invests \$100,000 in a proprietary mutual fund that cannot be moved from one firm to another. It grows to \$300,000 in value over many years. He becomes disenchanted with his current financial planner and wishes to move to another. After signing the paperwork with his new financial planner, he is made aware that he must sell the proprietary mutual fund, resulting in the realization of the \$200,000 gain and the payment of approximately \$40,000 of capital gains taxes.

Consequently, when purchasing mutual funds with your financial advisor, it's a good idea to ask whether the mutual fund is portable to another firm. This is not only in your best interest, but could be in your financial advisor's interest as well. If your financial advisor should move from Firm A over to Firm B, you probably would not want to have to sell proprietary mutual funds to move with her.

Two parcels, A & B zoned Commercial

General. Parcel A is approx. 4.5 acres. Parcel

B is approx. 2.0 acres. Survey available.

(A) \$999,500 (B) \$400,000

To better understand mutual funds and the fees associated with the management of those funds, I suggest that you take the time to read the prospectus for any mutual fund that you consider purchasing. A prospectus is required under the Securities and Exchange Commission (SEC) rules, and is usually summarized by mutual fund companies both in print and online.

There are four types of fee-related charges that are easily determined in a mutual fund prospectus. First, it identifies shareholder fees such as sales charges. Second, the prospectus will list all of the fund's annual operating expenses. Third, it presents an illustrative example that focuses an investor's attention on the total cost of investing in the fund over the various periods, and lastly, it provides information about the fund's portfolio turnover rate which affects the transaction costs, such as the commissions that the fund pays when buying or selling investments.

The turnover rate is also important to determine whether you are likely to have realized capital gains and losses while owning the mutual fund. Just because you haven't sold mutual fund shares doesn't mean that all capital gains will be deferred. When your mutual fund sells the underlying securities it owns, that results in the realization of capital gains and losses that are then passed through to the shareholders. You pay income tax associated with your share of those capital gains.

Be sure to research and ask appropriate questions regarding mutual fund ownership to ensure that you aren't surprised by the various results associated with that fund

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Top Producers

IP Realty Group recently announced Jayne Lumley as the company's top sales agent and Mary Lou Bailey as the top listing agent and top producing agent for the month of May.莽





Mary Lou Bailey





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Golf In An Hour For \$9 Is A Unique Approach To The Game



by Ed Frank

Despite the national decline in the interest and participation in the game of golf, Southwest Florida remains a mecca of golf with reportedly 150 courses in this area, more per capita than anywhere else.

But what holds for the future?

Golf boomed in the Tiger Woods era, but since that time play declined 19 percent from 2003 to 2014, according to the National Golf Foundation. Far more courses closed in 2014 (157) than opened (I4).

Perhaps the young guns such as Jordan Spieth, Jason Day and Rory McIllroy have sparked renewed interest as 2015 did

show an uptick in play.

In addition to cost, the major complaint of the game is the time it takes to complete a round.

That problem is being addressed through a unique revamping of a public course in the Chicago area that has captured the attention of the United States Golf Association.

The Arlington Lakes Golf Club, a park district course, spent about \$400,000 to provide golfers a far different experience on the links. Here's how it works: Players can choose just a three-hole loop, or if you have just an hour or so to play, you can

select a six-hole route. The third and sixth holes return to the clubhouse. And the cost is reminiscent of the 1970s -- \$14 for six holes and \$9 for seniors and juniors.

"It's innovative thinking," said Hunki Yun, the USGA's director of partnerships, outreach and education.

To make the course more playable, enjoyable and quicker for juniors and high handicappers playing full 18 holes on the 5,432-yard layout, two-thirds of the traps were eliminated, the greens were enlarged and some trees were removed.

"Over the last 15 to 20 years, golf has struggled to regain its popularity," said Tim Govern, the club's golf operations manager. "This is fun golf at fantastic rates."

True, the Arlington Lakes Golf Club may not be challenging enough for a low handicapper. But it could be just what is needed to attract youth to the game.

From page 7 Rotary Happenings

Each year Rotary Club members enjoy the opportunity to work together on fundraising efforts and other projects. Appreciation of their efforts comes in many ways. One of the most meaningful ways is by receiving a Paul Harris Award from the Paul Harris Society/Rotary International. The Paul Harris Society/ RI Trust Foundation receives monies (\$1,000 and up) either directly from individual Rotarians or in the name of a Rotarian and/or from individual Rotary clubs. The Rotary Trust Foundation is the giving arm of Rotary International and provides support in the way of matching funds to Rotary Districts and Rotary Clubs around the world for meaningful and sustainable humanitarian projects.

To recognize financial contributions to the Paul Harris Society, individuals receive Paul Harris awards and pins and Rotary clubs receive points to be given to individuals that a club recognizes as contributing a valued service to their club Despite the 150 courses we have in this area, maybe a links like Arlington Lakes Golf Club would be an added plus.

Miracle Open Season's Second-Half Winning Two of Three Games The season's second-half started last week for the Fort Myers Miracle baseball team,

which won two of three games on the road against the Jupiter Marauders. The 2-1 record tied Bradenton for first-place in the Florida State League South

Division. Bradenton won the division title in the first-half. Fort Myers is home this weekend at Hammond Stadium for a three-game series

against Jupiter. The Friday game has a 7:05 p.m. start and Saturday and Sunday games begin at 6:05 p.m. A big fireworks show follows the Sunday game. 🛠

SPORTS QUIZ

- 1. In 2015, the Miami Marlins' Jose Fernandez set a major-league record for most home wins without a loss to start a career (17). Who had held the mark?
- 2. When was the last time before 2015 that the Kansas City Royals sent at least five players to the All-Star Game?
- 3. As a rookie in 2014, Jacksonville QB Blake Bortles was sacked 55 times. Name the two signal-callers to be sacked more in their rookie NFL season.
- 4. In 2015, Oklahoma's Lon Krueger became the second men's college basketball coach to take four schools to the NCAA Tournament's round of 16. Who was the first?
- 5. How many consecutive years did an "Original Six" team win the Stanley Cup after the six-team NHL expansion in 1967.
- 6. Name the first country other than Norway to win a gold medal in the Olympic men's Nordic combined skiing.
- 7. In 2015, David Love III became the third-oldest golfer (51) to capture a PGA Tour event. Who was older?

ANSWERS

I. LaMarr Hoyt (1980-82) and Johnny Allen (1932-33), with 16 each. 2. It was 1982, when George Brett, Hal McRae, Dan Quisenberry, Frank White and Willie Wilson made the All-Star team. 3. Houston's David Carr was sacked 76 times in 2002, and Cleveland's Tim Couch was sacked 56 times in 1999. 4. Eddie Sutton, with Creighton, Arkansas, Kentucky and Oklahoma State. 5. Six seasons before the Philadelphia Flyers won in 1974 and 1975. 6. Finland's Heikli Hasu won gold in 1948. 7. Sam Snead was 52 when he won in 1965, and Art Wall was 51 when he won in 1975.

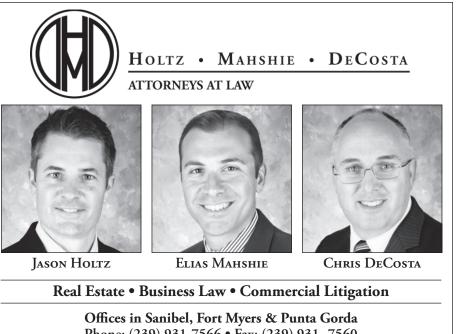
or to their community. These points then can be exchanged for Paul Harris pins and awards. To make this further confusing, after receiving your first Paul Harris Pin, each contribution to the RI Trust receives a different color pin stone indicating the number of Paul Harris awards you have received.

Rotarian Alex Werner and his committee recently awarded Paul Harris awards and pins to Rotarians James Cardle, Chris DeCosta, EJ Neafsey, Lee Almas +5, John Grey +6, Charlie Emerson+3, Jack Alexander, Eldon Bohrofen +2, and Scot Congress +3. Well-deserved everyone.

The last order of business for outgoing club President Chris DeCosta was to turn the gavel over to in-coming club President Charlie Emerson. Charlie's first order of business was using the gavel to close the meeting.

The Sanibel-Captiva Rotary now meets Friday mornings at 7 a.m. at the Bailey-Matthews National Shell Museum on Sanibel-Captiva Road. Guests are welcome.





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Human Trafficking Awareness Group To Celebrate 10th Anniversary

submitted by Kristen Donovan

'uman Trafficking Awareness Partnerships (HTAP), an organization that was formed on Sanibel in 2006, couldn't have accomplished what it has without Lethe help of our Sanibel supporters. As we celebrate our 10th anniversary of incorporation as a 501c(3), we wanted to hold a thank you anniversary reception on Sanibel so we could thank you all in person.

This event is meant to honor the impact of HTAP's many Sanibel and nearby donors, organizations and businesses that have supported it for years. Cips Place is just one of the local restaurants which has supported us and they have once again offered to host a complementary reception on Saturday, July 23 from 5:30 to 6:30 p.m. on its patio for all who have helped HTAP over the last 10 years.

Human Trafficking Awareness Partnerships considers its Sanibel support its backbone. Local support is what helped the organization form in 2006. It has provided space to exhibit its work, it has hosted exhibitions and fundraisers. Sanibel businesses have provided us raffle prizes, gift certificates, checks and locations to hold events. Meanwhile, HTAP has literally reached more than 30,000 people. It has provided over 600 kids prevention programs. It has received honors and awards and grants. We couldn't have done it without the help of our Sanibel supporters.

HTAP's History On Sanibel

ALL A' CE

Twelve years ago, Nola Theiss and other members of the Zonta Club of Sanibel-Captiva learned about human trafficking through Zonta International. Club members did some research and discovered not much was being done in our area to combat trafficking. They enlisted the help of the Lee County Sheriff's Office, helped organize a meeting for local law enforcement and service providers. Information given at that meeting led to the arrest of four traffickers and the

protection of a young victim. Theiss became the co-chair of the task force. Theiss had so many requests for help from other communities, especially those that had Zonta Clubs, that Karen Pati and Theiss decided they needed to form a non-profit to serve the local community and share information as requested. On July 26, 2006, Human Trafficking Awareness was born. Its 501(c)3 tax-exempt designation soon followed. For the next few years, HTAP was a shoestring operation with its main support coming from many small donations from Sanibel donors and local organizations like Zonta Clubs, but soon local churches like St. Michael's and All Angels on Sanibel pitched in and volunteers trained and joined in.

HTAP began its youth programs in 2010, which took them to a new level of community participation. Soon the Point of Contact/Point of Rescue programs were initiated, reaching hospitals and the hospitality industry. HTAP was given donated space in an industrial strip mall off-island and was



able to hire employees using on-the-job training funding. Each employee brought skills and their contacts and HTAP continued to grow. In 2014, HTAP was offered space in a United Way House just off Gladiolus Road and became a United Way partner.

Over the years, HTAP's donor base has grown and the demand for its services has also grown with requests for programs always a little ahead of funding. HTAP still has a small employee base, but it benefits from the services of more than 10 interns every year and volunteers. Our board members bring their skills and services.

We are grateful for every donation, every hour of service, every raffle prize, every offer of a connection, every hard earned grant and every surprise check in the mail. We love hearing about the difference we've made in a child's life, especially if it is whispered to a volunteer or shouted in an ARTREACH painting.

Cips Place, located at 2055 Periwinkle Way on Sanibel, will provide a complimentary appetizers and wine reception between 5:30 and 6:30 p.m. on July 23. There will be a short program on the patio, with some of the ARTREACH paintings exhibited in the restaurant.

If you'd like to stay and enjoy the ambiance and delicious food of Cip's Place, it is offering a menu of four salad, entrees, tips and taxes included for \$30, with a cash bar. The menu includes a choice of mahi-mahi, salmon, flatiron steak or vegetable fettuccine with a side of chicken or fish as options. RSVPs are requested by calling 415-2635 or sending an email to info@humantraffickingawareness.org.

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42 | ISLAND SUN - JULY 1, 2016 School Smart



Greggs, NCSP ear Shelley, Since school has let out. my 13-year-old daughter has been spending too much time on social media. She admits to it and

also knows that it's not good to obsess over all the stuff that goes on but she still seems affected. She's so concerned about it that she has even given me her devices at night so she can sleep. How can I help her, other than take away her technology full time, which wouldn't solve the problem anyway?

Annalisa L., Fort Myers Beach, Florida

Annalisa,

You are not alone with this issue. Parents and kids everywhere are tying to cope with the intense impacts from the over use of social media. Your daughter has already made a huge step by acknowledging the problem and giving you her technology so she can sleep uninterrupted.

Kids love to use social media, but it's also creating many opportunities for them to feel anxious. Counting likes, comparing selfies and FOMO (fear of missing out) make kids want to keep tabs on what everyone else

is doing. While adults might consider unplugging when it gets to be too much, with teenagers, unplugging isn't a very realistic option because so much of adolescent socializing requires being online.

Adolescent socializing is more important than you think. Teenagers are still figuring out their place in the world, and it is often through their relationships that they begin to make sense of their own identity, and social media is clearly a part of this development. It isn't in their interest to stop using social media, however, finding a way to have healthy relationships and a healthy self-esteem while still using social media is.

Psychologist Jill Emanuele suggests adapting mindfulness skills to how we use social media. She says that, "Mindfulness involves being aware, in a non-judgmental way, of how you're feeling, not just when you're out walking in the rain, but when you're looking at your friends' pictures on Snapchat or Facebook.

What exactly is mindfulness? Mindfulness is a technique for living in the moment and without judgment. It helps you become more aware of what is happening around you and how you feel. Taking the time to slow down and notice these details helps you regulate your emotions and stress levels. It also introduces a level of reflection and self-awareness that people often don't have when they're scrolling through feeds online," said Dr. Emanuele.

Dr. Emanuele recommends the

following mindfulness strategies to make time spent online and offline happier:

Work on being more self-aware and prioritizing how you feel and what you think when you're using social media of its impact. "How am I doing right now? How is this app making me feel? How did that picture make me feel?" Try to be aware of changes in your mood, and see if you notice any patterns. And if you notice negative emotions, don't judge yourself but do acknowledge the emotion.

However, if something is consistently making you feel bad, practicing mindfulness can also help you identify that and then ask yourself why, and if there is something you can do that might help. Taking the time to notice and value how you are feeling is an important skill that will make you happier and more confident in all areas of your life, not just when you're online.

The best way to get a little perspective is to take occasional breaks from social media. Do yoga, go for a run, spend time with friends in person, and hang out in nature. Whatever it is, doing things in real life can be a big stress reliever and make you feel better about yourself in a way that scrolling through a feed never will.

Try to practice self-awareness during offline activities, too. Notice how you feel in the moment when you are being active, and note what really feels like fun to vou. You'll earn more about yourself and, chances are, you'll find that your stress decreases greatly.

Hopefully, using these strategies will help your daughter handle her social media anxiety more effectively.

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

Healthy Living Lecture

he Lee Memorial Health System will offer a free interactive and informational program on how to limit toxins and decrease the risk of auto immune disease on Wednesday, July 13 from noon to 1 p.m. at the Gulf Coast Medical Center Community Room, 13681 Doctors Way, in Fort Myers.

The lecture, led by Dr. Sal Lacagnina, system medical director of wellness and employee health, will also cover how to develop a healthy lifestyle action plan.

Seating is limited and reservations are requested by calling 424-3234. Visit healthylee.com for more information.券





Sanibel-Captiva Optimist Club

July 4th, 2016 Starts Noon at Timbers Restaurant Registration Forms: Bailey's General Store, Sanibel Café, San-Cap Community Bank,

www.sancapoptimist.org

For further information Contact: Randy @239-699-8739, Richard @ 239-292-4631, Dani @239-472-0836





Networking With Young Professionals



Young professionals with host Andrea Mucciga at Traditions on the Beach





From left, Shelby Peters, Dr. Sudeep Chawla and Chris Davison

From left, James O'Bryan, Brandt Quirk-Royal and Jenna Beyer look at artifacts on display in the lounge

Traditions on the Beach hosted the Young Professionals Association of Sanibel & Captiva (YPASC) on June 16. More than 30 attendees gathered for appetizers, networking and dancing at Traditions' lounge, located at the Island Inn.

The YPASC's next meeting is Wednesday, July 20 from 5:30 to 7:30 p.m. at Bleu Rendez Vous French Bistro, 2430 Periwinkle Way. All are welcome. Bring canned goods or personal care items to benefit FISH.

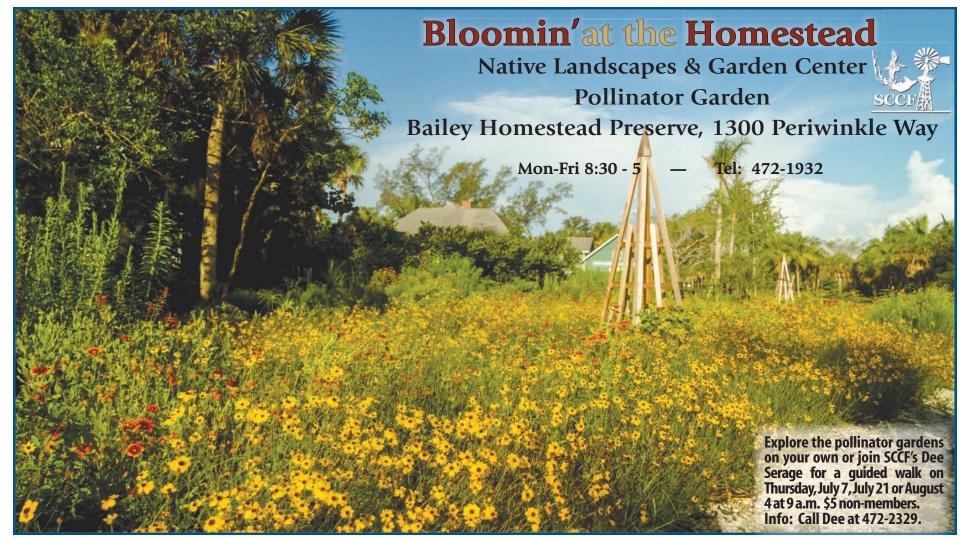
For more information, contact Laura Richardson at lrichardson@bigarts.org or on Facebook at facebook.com/ypasc.*



From left Craig Chandler, Robin Roberts, Kate Eyler and Justin Farmer



From left, Sasha Minsky, Patrick Fuller, Dylan Paul and Kasey Albright



44 | ISLAND SUN - JULY 1, 2016 Island Seniors' Leisure Lunchers Cruise To Cabbage Key



Members of the Island Seniors visited the Cabbage Key Inn & Restaurant last Thursday for the monthly Leisure Lunchers outing. The group traveled aboard the Lady Chadwick of the Captiva Cruises' fleet.



A tarpon mounted on the wall is surrounded by signed dollar bills, which decorates much of Cabbage Key's bar area. Approximately \$70,000 is affixed to the walls and ceilings.



Mike and Jane Gieryic chatting with Capt. Bob Rando



Betsy Michaelson and Patti Daly enjoying the view from the front of the vessel



The Island Seniors group heading back to the *Lady Chadwick* after lunch



Capt. Bob Rando, right, shared stories about the history of Pine Island Sound, some famous residents and visitors of the areas and pointed out prominent landmarks



Some of the famous visitors to Cabbage Key include Mark Kirkland, illustrator of The Simpson's cartoon, and musician Jimmy Buffett, who – according to legend – wrote his hit song *Cheeseburger In Paradise* after dining there



From left, Carol Reed, Betsy Michaelson, Bea and Bill Pappas, and Deborah Butler



During the trip, passengers watched a pod of dolphins chasing the vessel



The group walking up the steps to the Cabbage Key Inn & Restaurant, constructed in the late 1930s by Alan and Gratia Rinehart

deaRPharmacist Don't Eat Leftovers Or Fermented Foods



by Suzy Cohen, RPh

ear Readers: Many of you are eating fermented foods and drinking kombucha under the advice of well-meaning practitioners or bloggers or magazine articles you've read. If you have any

autoimmune disease (Hashimoto's, Graves' disease), or have hypothyroidism, insomnia, gastrointestinal disorders, chronic pain, panic attacks, fatigue, depression, anxiety, chronic headaches, skin rashes or brain fog, your miserable symptoms could be coming from what's on your plate.

Fermented foods are, by definition, a food that is undergoing the process of turning into alcohol through the use of yeast, bacteria, fungus (mold), or enzymes that break down the food. It's food that's starting to rot a little, right? For example, it's milk that's starting to rot and turn into cheese. Tofu is fermented soy and sauerkraut is fermented cabbage. Grapes become alcohol and milk becomes cheese. Ferment a sausage and you'll get salami.

As you read this today, I want you to ask yourself:

Do I react well or badly after eating cheese, cold cuts, yogurt or any fermented food including tofu and leftovers?

Do I react well after drinking wine, soy milk or kombucha?

Did you know one of the top reasons for migraines is fermented foods? The logic in recommendations to restore

friendly gut bacteria to your microbiome is important, it's essential. I'm all for a healthy gut. I've been an advocate for probiotic supplementation for two decades, before it became vogue. But the tight junctions in your gut aren't really closing up after you eat tofu or drink vinegar (kombucha), and if it is happening, your zonulin levels should come down. Feel free to send me a study that proves that.

Fermented foods may cause uncomfortable side effects for some of you like bloating, flatulence, belching, headaches, palpitations, itchiness and rashes. Fermented foods and drinks are very high in histamine. Eating high-histamine foods can cause histamine levels to skyrocket within minutes to hours and it will accumulate to a sickening level if you cannot break it down fast enough, and it accumulates. Throw out leftovers because they are high in histamine. The Internet is a black hole of bad information. So because fermented foods are high in histamine, I say to avoid them if you have an autoimmune disorder.

Now, I'm not trying to take all your fun away. I know you love some of those foods. I'm not saying they are bad for all of you. But all of you who eat fermented foods or drink fermented drinks know who you are ... you are still the ones who are miserable with plaguing symptoms, and if you trace it back in your mind, there may be a correlation to what you are eating and drinking. This is what I want you to think about and if you have the mind clarity, to keep a food diary and see if you can track flare-ups to fermented foods. If you sign up for my free newsletter, I'll send you an email with a longer version of this article, and a list of foods that are high in histamine.

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.☆

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I compare myself to others, then I feel very inferior because I feel less attractive. that I have less of a job, less income and things. I know this is hurting my self-esteem. How

can I stop comparing myself to others?

A: By comparing yourself to others, you see where this has led; not feeling good about yourself. It's human nature to compare, but when it gets to you feeling like you do, there are some ways to stop this addictive behavior.

First thing to know and remember is that your life is designed uniquely designed for you. You are a special being who was destined to be here to grow and learn.

Living this takes some willingness to practice:

• Practice the golden rule. Treat others the way you wish to be treated. Honor and respect whomever you are comparing yourself to and you will see that what goes around comes around and you will begin to feel like an equal.

• If you want something for yourself, whether it's a material possession, acceptance and warmth, kindness and compassion, then give these to others. What you give our you get back.

• Place your attention back to yourself, where it belongs. By shifting your attitude in this way, you will begin to see things that you want in your own life to come to you and you will flourish. Start giving praise to yourself for all of your gifts (your presence here is a gift) and give yourself love and compassion. It all starts within yourself.

Constance Clancy-Fisher, EdD is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at constanceclancyfisher@gmail.com.☆

BeautifuLife: Just Breathe

by Kay Casperson

hectic and you find yourself gasping for a break, it's time to slow down, relax, reflect and just breathe. Breathing is something we take for granted,

Then life

gets

and for thousands of years, people have used breathing exercises and breath control for meditation and prayer, to calm stress, relieve anxiety or anger, and to improve strength and endurance.

Here are some of my favorite affirmations for finding peace and perspective during those particularly stifling moments of overwhelming emotion or uncertainty – a breath of fresh air to bring your mind, body and soul back into balance.

• I am exhaling my limitations and insecurities – We all experience feelings of self-doubt and fear from time to time, so when anxiety strikes, take a few slow, deep breaths and just let go release negativity, self-limiting criticisms, guilt and regret, and hold onto the thoughts and feelings that inspire you to be the best you can be.

• I am in control of my breath and body – Sometimes our mind-body connection just needs a little fine-tuning.

TWO OF THE WORLD'S

ISLAND SUN - JULY 1, 2016 45

Try to incorporate more physical exercises that require disciplined breath control into your routine, like yoga, jogging, weight training and swimming. Ask your doctor which exercises are best for you and your overall health and wellness, then take a deep breath and dive in.

• Each breath is a blessing bringing me closer to clarity – Something as simple and natural as breathing can be a powerful healing or cleansing practice, especially when it comes to matters of the heart and soul. When you have a few private moments to yourself, close your eyes and try to concentrate only on your breathing. Think of the air you breathe as a calming, clarifying influence that reveals the truth and helps you discover what you truly need for a more balanced, beautiful life.

Beauty and lifestyle expert Kay Casperson lives on Sanibel with her husband, two daughters and dogs. She produces her own inspirational collections of skincare, cosmetics, wellness, apparel and accessories, and operates four Lifestyle Spa & Boutique locations in Southwest Florida and Orlando. Learn more at kaycasperson. com.炎

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Eden Energy Medicine Reader' Share: Hooking-Up Pet Stops Seizure



by Karen L. Semmelman, Certified EEM, JD, AAML (03-12) everal weeks ago, we visited how to Hook-Up your pet, whether dog, cat,

and phone calls from people commenting on how these exercises benefited their pets that I thought it would be nice to share some of the comments, especially concerning the Hook-up.

There are two meridians (defined energetic pathways) that circle the core. One is called the Central Meridian, which begins at the pelvic area, runs up the front of the body ending deep in the throat at the level of the bottom lip. The second is called Governing Meridian, which begins at the base of the tailbone, runs up the spine, over the head, ending deep in the back of the throat in line with the top lip. These two meridians act as an "energetic casing," bridging the energies between front and back, head and torso, and send energy to all the other energetic

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systems of the body. Thus, when you connect the two, there is an immediate neurological boost and "centering."

One reader reported that she showed her daughter how to Hook-up her 6-year-old Chihuahua whenever the dog had a seizure to assist in minimizing or stopping the seizure, which the dog would frequently have. The next seizure, the daughter immediately found the navel and the spot between the dog's eyebrows, and held them until the seizure stopped. It did stop and the dog was fine, jumping around as if nothing had happened. Another reader reported that her black Lab named Snoozy had seizures on almost a weekly basis and she felt so helpless not knowing what to do. She started hooking-up Snoozy every day and found it was two weeks until another seizure occurred. When the seizure began, the owner immediately did a hook-up and, within 30 seconds, the seizure stopped and Snoozy seemed just fine. I got another email from her last week reporting no seizures for over three and a half weeks, so she religiously does the hook-up every day now. The power of energy is readily apparent. Remember that matter follows energy.

Have fun with your energy. Next week's topic is Safeguarding Breast Health: Lymphatic Release.

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

Mom And Me



by Lizzie and Pryce

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

Dear Mom & Me,

I was shocked and appalled to read in the newspaper that a single woman with no job, no husband, living in a tiny house with her parents and her six older living children could have in-vitro fertilization and deliver eight more babies,

There is little doubt that the taxpayers will have to pick up the bill for the next 20 years plus.

What is this country coming to? Agnes

Dear Agnes,

This seems to me to be medical technology gone amuck, and an extreme violation of medical ethics.





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

hen most people think of a 'diet," they automatically think of weight loss. What people don't realize is that diet actually means habitual nourishment or a food or drink regularly consumed. Interestingly, the concept of nourishment often gets tossed to the side when attempting to lose weight or fix other problems at the expense of overall health. Eating real, organic, unprocessed food instead of fake foods/drinks and those loaded with sugar, assists your body to look and feel the way it should.

Low energy levels are one of the top complaints we hear from people. So many people are struggling to get

I was always under the impression that children needed a married mother and father. The father supported his children and made it possible for the mother to give care. That mindset, I guess, has long gone to extinction.

I cannot imagine any ethical physician allowing such a procedure to go to term. Apparently money was his motive and I wonder if he also committed to their support for the next 20 years. Lizzie

Dear Agnes,

Well, the reality show pushes me over the edge. Unfortunately, I bet you millions will watch it like a bad train wreck, so awful but they cannot turn away.

There are many facts we do not know; maybe the mother lied to her physicians about her circumstances. Many of us do lie to our doctors. Maybe the physician told the mother the pregnancy needed to be reduced but she refused. There is a term for patients not following medical advice: AMA. If a patient refuses a procedure and makes an informed decision, a physician cannot force a patient to have a procedure. I think there is a criminal statute that covers that. I am sure the details will be fodder for the electronic and print media for months to come.

Just a small but important point: the mother of the 14 children lives with her parents. She came from an intact family with a married mother and father. So maybe the marriage certificate is not what is important as much as the quality of parenting in an intact family or single parent family that is the critical factor. Pryce

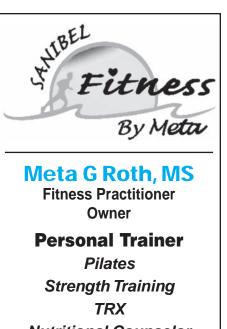
Lizzie and Pryce's email address is momandmeaging@hotmail.com.举

through their day. The purpose of food is to create energy for the body in order to function well. While turning to processed, fast foods or "energy" drinks may give a boost in the short term, these contribute to your overall intake of processed foods and should not be regularly consumed. Therefore, if you habitually "nourish" your body with these items, your metabolism may not be working efficiently and you may find yourself losing steam and reaching for another quick fix pick-me-up, perpetuating the cycle.

When we say that diet affects every aspect of your body, we do mean every aspect. Eating the wrong types of food puts stress on your body, and sleep is one thing that can be affected. It may be surprising how much better you sleep, and how rested you feel, when you eat cleaner, real foods.

Mental clarity, alertness and lack of foggy-headedness are all improvements seen with clean eating. These qualities make it easier to work, play, concentrate, engage with and enjoy the company of others. Make sure your brain and body are receiving the right nutrients to function at their best.

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.举



Nutritional Counselor Yoga **Pilates Mat**

239-410-1342

695 Tarpon Bay (The Promenade) Sanibel Island, FL 33957 sanibelfitnesssbymeta@gmail.com sanibelfitnessbymeta.com



Arugula and Berry Salad with Candied Pecans

16 ounces arugula, rinsed and drained

 $1\ \text{dozen strawberries},\ \text{rinsed},\ \text{hulled}\ \text{and}\ \text{sliced}$

1 cup blueberries

2 oranges, peeled and segmented

 $\boldsymbol{8}$ ounces goat cheese, crumbled

1 lemon, juiced 1 tablespoon olive oil Sea salt, to taste Fresh ground pepper, to taste

In a medium-sized mixing bowl, add arugula, lemon juice

and olive oil. Lightly toss the arugula to coat and season lightly with salt and pepper.

Serve on four chilled plates. Add an even amount of the dressed arugula to the center of each plate. Arrange an even amount of citrus, blueberries and strawberries in a decorative manner on each plate. Evenly distribute the crumbled goat cheese over the top of each salad. Garnish each salad with a few of the candied pecans. Serve salad chilled.

2 cups pecans

3/4 cup natural sugar 1/2 teaspoon sea salt

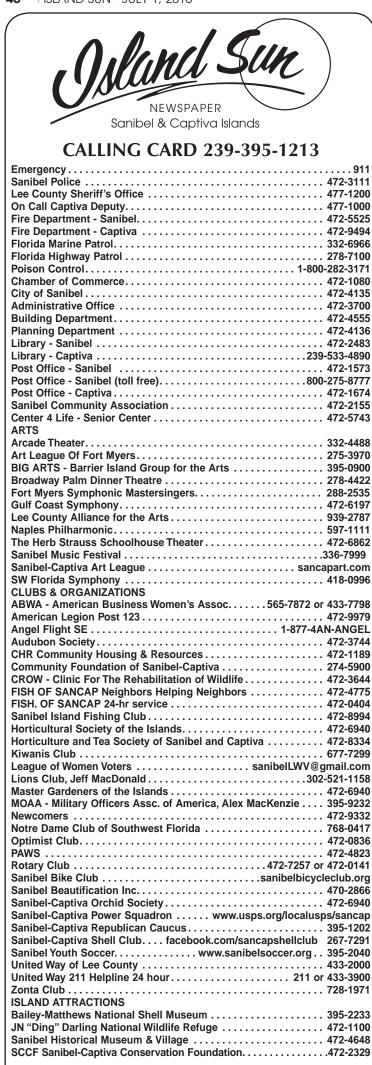
Heat oven to 400 degrees F. Spread the nuts on a baking sheet and toast, tossing once, until fragrant, 6 to 8 minutes; transfer to a bowl. Once the baking sheet is cool, line it with

parchment paper. In a large skillet, combine the sugar, salt, and 2 tablespoons water. Simmer, swirling the pan occasionally (do not stir as it will crystallize the caramel), until the liquid is amber colored, 12 to 15 minutes. Stir in the nuts, and then spread the mixture on the prepared baking sheet, separating the nuts as much as possible. Let cool. Break up any large clusters before serving.



Arugula and Berry Salad with Candied Pecans

BEST TAKE-OUT ON THE ISLANDS Old-Fashioned Sanibel Deli & Coffee **BOARS HEAD MEAT! FROZEN YOGURT & Fried Chicken** FACTORY **ICE CREAM Take-Out or Delivery** Across from ~ OPEN ~ Mon. 7am-3pm **PIZZA & WINGS Open Daily** Tues. Wed. & Thurs. 7am-8pm CVS in 239.472.2534 Irder 11am to 9pm Fri & Sat. 7am-9pm CALL AHEAD **472-2555 Palm Ridge Place** Sun. - Seasonal 2496 Palm Ridge Rd. Sanibel Island ORGANIC JUICES, FRESH SMOOTHIES, The Sanibel Sprout 2463 Periwinkle Way in the Bailey's Center COFFEE HOUSE, HEALTHY EATS AND GIFTS. Jolie & Joels Vegan Cafe and Juice Bar P: 239.312.4085 Gourmet vegan cuisine MONG THE FLOWER Open 8:30 am to 7 pm Monday through Saturday Sanibel's original fresh juice and smoothie bar 100% organic and non-GMO Catering and special orders welcome 2003 PERIWINKLE WAY SANIBEL ISLAND. FL LOCATED IN TAHITIAN GARDENS PLAZA 239-472-4499 Open for breakfast, lunch and dinner www.loveamongtheflowers.com www.sanibelsprout.com Follow Us On facebook: The Sanibel Sprout Daily Hours Tues.-Sun. 9am-4pm Restaurant & Deli Gramma Dot's Daily Lunch Specials • Salad Bar • Take-Out The Only Dockside Dining on Sanibel or Eat In • Breakfast • Lunch • Dinner Located at the Sanibel Marina Open Daily 6 a.m. - 10 p.m. Specializing in Local Seafood CALL FOR We also feature Petite & 10 oz. Filet Mignons DAILY SPECIALS 472-9300 472-8138^{STOF} Dining Awards: 6 years running Monday - Wednesday CACH PI Pizza FULL DELI. BAKERY 11am - 9pm Thursday - Saturday 11am - 10pm DAILY LUNCH SPECIALS Subs **COLD BEVERAGES** Sunday 12pm - 9pm Drinks Call us for your cookout, picnic 239-47BEACH 2441 Periwinkle and party needs. We'll take care of you! GENERAL STORE (239-472-3224)Corner of Periwinkle Way & Tarpon Bay Road Wav ESTABLISHED 189 BEL ISLAND www.beachpiez.com In Bailey's Shopping Center 472-1516



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

PETS OF THE WEEK

Hello, my name is Butterscotch. I'm a 1¹/₂-year-old neutered male redbone coonhound mix. I came to the shelter as a cute puppy with a bubbly personality and was adopted quickly as adorable puppies often are. A year later, I found myself back at the shelter in need of a home. I'm now a big and handsome dog, but just as bubbly and playful as I was as a puppy. Every good dog deserves a good home. Won't you adopt me and give my tale a happy ending?

My adoption fee is \$50 (regularly \$75) during Animal Services "Once Upon A Time" Adoption Promo Hi, I'm Kong. I'm a 2-year-old

Hi, I'm Kong. I'm a 2-year-old neutered male domestic short hair. I am king of the cattery and love to hang out in my cat tree. I am very polite and sociable with my roommates in the cattery. I can be found perched high above my domain either sleeping or looking out while waiting for my new forever family to arrive.

My adoption fee is \$10 (regularly \$50) during Animal Services "Once Upon A Time" Adoption Promo For information about this

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.

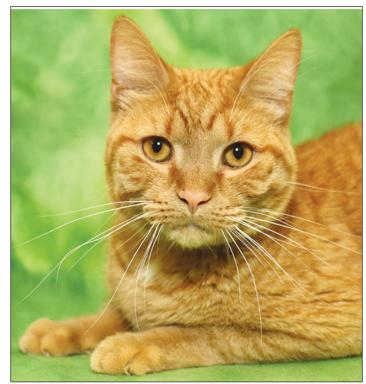
The shelter is open for adoptions from 10:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter is located at 5600 Banner Drive in Fort Myers, next to the Lee County Sheriff's Office off Six Mile Cypress Parkway.

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.☆



Butterscotch ID# 621974



Kong ID# 664193

PAWS Of Sanibel

Laya

aya has been alone since Memorial Day when her owner was found unconscious. Sadly, her owner never regained consciousness and passed away after 10 days in hospice care. Laya is now at the PAWS of Lee County shelter in North Fort Myers. She is 9-years old, spayed and comes with her vet records. Laya is a sweet girl, and she was great companion to her owner. She would love to get out of her cage and into a real home. To meet Laya, call PAWS of Lee County at 652-6722.**



PUZZLES

CELEBRITIES

Answers on page 53

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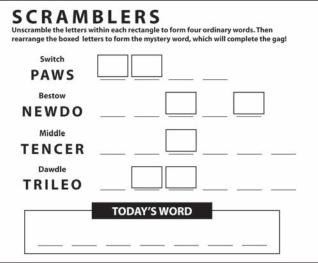
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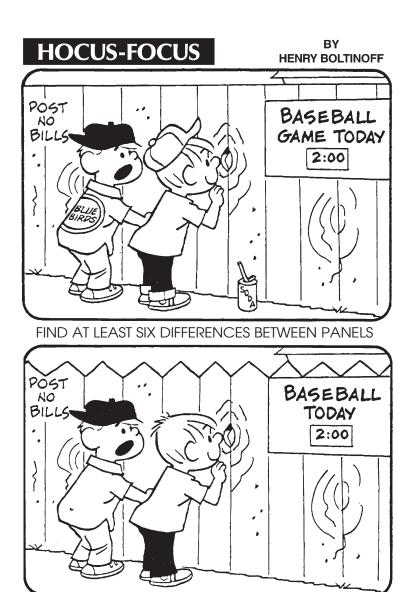


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SUDOKU

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

answer on page 53



4. Cuffs are missing. 5. Soda can is missing. 6. Sign is different. Differences: 1. Fence top is different. 2. Shirt emblem is missing. 3. Cap is missing.

PROFESSIONAL DIRECTORY



PAINTING



LIVE ON THE **ISLANDS**

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

The Mucky Duck on Andy Rosse Lane, Captiva features live music by Peter Redpath on Thursday and Sunday. Gary Earle plays Friday. Gene Federico performs on Saturday and Wednesday. Mark Dupuy plays on Monday. On Tuesday, it's Perry English.

Sea Breeze Café at Sundial Beach Resort & Spa has live island style entertainment on Mondays.

Traditions on the Beach at Island Inn has live entertainment Friday and Saturday with Woody Brubaker and Barbara Smith. Woody Brubaker plays on Thursday.

II Cielo has live entertainment with Scott McDonald on Thursday, Friday and Saturday.

The Island Cow on Periwinkle Way has live entertainment on Friday with Dan Confrey. Peter Redpath plays on Saturday. On Sunday, it's Dan Confrey.

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...*

My Stars ★★★★

FOR WEEK OF JULY 1, 2016

ARIES (March 21 to April 19) You clever Ewes and Rams love nothing more than to rise to a challenge. So, by all means, if you feel sure about your facts, step right up and defend your side of the issue.

TAURUS (April 20 to May 20) You've done some great work recently. Now it's time to reward yourself with something wonderful, perhaps a day at a spa or a night out with someone very special.

GEMINI (May 21 to June 20) You love to talk, but don't forget to make time to do a little more listening; otherwise, you could miss out on an important message someone might be trying to send to you.

CANCER (June 21 to July 22) Your aspect indicates some uncertainty about one of your goals. Use this period of shifting attitudes to reassess what you really want and what you're ready to do to get it.

LEO (July 23 to August 22) Your social life is picking up, and you'll soon be mingling with old friends and making new ones. But 'twixt the fun times, stay on top of changing workplace conditions.

VIRGO (August 23 September 22) A trusted friend offers understanding as you vent some long-pent-up feelings. Now, move on from there and start making the changes you've put off all this time.

LIBRA (September 23 to October 22) You might well feel uneasy as you face a difficult situation involving someone close to you. But you know you're doing the right thing, so stick with your decision.

SCORPIO (October 23 to November

21) You're a good friend to others. Now's the time to allow them to be good friends to you. Rely on their trusted advice to help you get through an uncertain period.

SAGITTARIUS (November 22 to December 21) Family and friends are always important, but especially so at this time. Despite your hectic workplace schedule, make a real effort to include them in your life.

CAPRICORN (December 22 to January 19) That project you've been working on is almost ready for presentation. But you still need some information from a colleague before you can consider it done.

AQUARIUS (January 20 to February 18) Don't let those negative attitudes that have sprung up around you drain your energies. Shrug them off, and move ahead with the confidence that you can get the job done.

PISCES (February 19 to March 20) Aspects favor some dedicated fun time for the hardworking Piscean. A nice, refreshing plunge into the social swim can recharge your physical and emotional batteries.

BORN THIS WEEK: You love to travel and be with people. You probably would be happy as a social director on a cruise ship.

THIS WEEK IN HISTORY

• On July 5, 1775, the Continental Congress adopts the Olive Branch Petition, which appeals directly to King George III and expresses hope for reconciliation between the colonies and Great Britain. George refused to accept the petition. A year later, the Declaration of Independence took a much stronger

• On July 4, 1804, Lewis and Clark stage the first-ever Fourth of July celebration west of the Mississippi River. The expedition stopped near a creek, which they named Independence Creek in honor of the day.

stance

• On July 9, 1877, the All England Croquet and Lawn Tennis Club begins its first lawn tennis tournament at Wimbledon. The tournament was suspended after semifinals were held July 12 in order to leave London fans free for a cricket match.

• On July 10, 1925, in Dayton, Tennessee, the so-called Monkey Trial begins with John Thomas Scopes, a high-school science teacher, accused of teaching evolution in violation of Tennessee law. The town took on a carnival-like atmosphere and included a chimpanzee that wore a plaid suit, brown fedora and white spats.

• On July 6, 1942, in Nazi-occupied Holland, 13-year-old Anne Frank and her family are forced to take refuge in a hidden area of an Amsterdam warehouse. The day before, Anne's older sister, Margot, had received a call-up notice to be deported to a Nazi work camp.

• On July 8, 1960, captured CIA pilot Francis Gary Powers, who was shot down two months before while flying a secret spy mission over Moscow, is charged with espionage by the Soviet Union. It was a huge setback in U.S.-Soviet relations.

• On July 7, 1983, Samantha Smith, an 11-year-old girl from Maine who had written to Soviet leader Yuri Andropov about her worries of a nuclear war, begins a two-week goodwill visit to the Soviet Union at Andropov's invitation.

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STRANGE BUT TRUE

• It was noted 20th-century English historian A.J.P. Talyor who made the following sage observation: "Conformity may give you a quiet life; it may even bring you to a University Chair. But all change in history, all advance, comes from the nonconformists. If there had been no troublemakers, no dissenters, we should still be living in caves."

• Those who study such things say that the typical raccoon weighs twice as much in September as it does in March, at the end of the long, lean winter.

• Standard Oil of Louisiana opened the first gasoline superstation in 1912 in Memphis, Tennessee. It offered 13 pumps and a maid who served ice water to customers. On opening day, a gallon of gas cost \$0.29.

• You might be surprised to learn that Cirque du Soleil, the largest theatrical producer in the world, was founded by two street performers who never completed high school.

 Iconic actress Marilyn Monroe spent much of her childhood in foster homes

and an orphanage, and her troubled life has been much publicized. Considering her struggles with depression, anxiety and addiction, it should not be surprising that Monroe's will named the Anna Freud Center, a mental-health research, training and treatment center dedicated to helping children, as a beneficiary.

• A global survey of people's vacuuming habits finds that more than 60 percent of vacuumers in Colombia, Mexico, Brazil and Chile listen to music while performing that chore -- more than anywhere else in the world. Only a third of Americans listen to music, though; according to the survey, the favorite pastime of vacuumers in the United States is just to think about vacuuming.

THOUGHT FOR THE DAY

"When the power of love overcomes the love of power the world will know peace." -- Jimi Hendrix

NOW HERE'S A TIP

• Talk to your kids now about storm

preparedness. Help them pack a bag of items that they would want to have with them if you needed to evacuate. Then build a fort in your living room and go without power for an evening. Talk about things that are difficult, and how it might be if you had to hang out for a few days or a week like this. Talking about disaster when it's not real can help kids (and adults) feel capable of handling themselves when it does strike!

• Basil is said to repel bugs. Make it do double duty by planting a few small pots and sticking them in your kitchen window.

• A few ideas for keeping your car smelling and looking its best: keep a sheet of fabric softener or a small bowl of orange peels under the seat, remove food wrappers or drink cups daily, fill the ashtray with baking soda or cat litter, drive with the windows down once in a while to let it air out.

• "Going on a flight? Take an empty water bottle, and fill it up AFTER you pass through security. Raw veggies, nuts and crackers make better snacks than what you'll find on-board. You can bring your own tea bags and ask for hot water." -- J.H. in Florida

• "If you like salads, but they just don't fill you up or keep you full for long, try adding a little whole grain to them. Quinoa in a spinach salad will add a bit of protein and fiber for a longer-lasting full feeling." -- H.T. in Oregon

• "I store my loose charging cables in an eyeglass case in my purse. It all stays together, and the cords don't get damaged or crimped." -- E. in Massachusetts

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	PROPTELLALIE MIDWISE	9	4	6	5	2	8	1	7	3
P R A M L O T T A O R A T O R M I K E D T Y S O N S T O P B L A S T	STATUS VERILY F W KLPUL	1	2	8	3	7	5	4	6	9
O U T N I C K E D N L C L D L T E R O C K E D H U D S O N L O O L D L D L D	WHITETIE AREA AONE UBN TEAL E AREVOKLAWUHI	6	5	4	9	8	1	2	3	7
A R I O S O R U S H E D L I M B A U G H T A I L O R A N T I J A K E B R I E S L I N K S L E S P E D S E E R	AONE URN TEAL E AREVORLAWOHT BRED BAS ESNE E JOCS	7	3	9	2	4	6	5	1	8

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Turtle Nesting Season Guidelines

Whith the official start of sea turtle nesting season now upon us, the City of Sanibel, in partnership with the Sanibel-Captiva Conservation Foundation (SCCF), is asking all residents and visitors to do their part in protecting these threatened and endangered species.

On Sanibel, nesting and hatchling emergence typically occur between May 1 and October 31.

The nesting ritual of the loggerhead sea turtle is one of the most remarkable natural phenomena occurring on Sanibel's gulf beaches. This natural process has happened on Sanibel for centuries and our 11 miles of gulf shoreline have more nesting activity than any other beach in Lee County. Sought by predators and susceptible to dehydration, sea turtle hatchlings have only a one in one thousand chance of survival. Human activities can further reduce that chance.

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

magnificent creatures: • Turn off or shield lights near the beaches. Artificial beach lighting can inhibit female sea turtles from nesting and disorient hatchlings. Most beachfront lighting issues can be addressed by turning off all unnecessary lights, repositioning or modifying light fixtures or closing blinds and drapes.

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

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

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

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

Gulf-front property owners should make sure that their properties are in compliance with the city's sea turtle protection ordinances and ensure that artificial lighting from the property is not illuminating the beach (Sanibel Code Section 74-181-74-183, Section 126-996-126-1002).



Volunteers check a sea turtle nest after hatching photo provided by SCCF

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An easy way to test if your property is in compliance is to stand on the beach on a moonless night and look seaward. If you can see your shadow cast towards the water, there is too much light behind you. This light could potentially deter female turtles from nesting or disorient hatchlings as they emerge from the nest.

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

For more information regarding sea turtles on Sanibel, visit the city's website at http://mysanibel. com/Departments/Natural-Resources/Protecting-Our-Beaches/Sea-Turtles.



Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Alva	Alva	2007	7,403	\$2,995,000	\$2,670,000	211
Cape Coral	Cape Coral	2016	2,982	\$1,249,900	\$1,150,000	107
Sweet Bay at Shadow Wood	Bonita Springs	2002	2,825	\$995,000	\$975,000	346
Cape Coral	Cape Coral	1971	3,075	\$950,000	\$900,000	195
Useppa Island	Useppa Island	1982	3,323	\$890,000	\$790,000	165
Cape Coral	Cape Coral	2015	2,580	\$875,000	\$850,000	91
Wildcat Run	Estero	2006	3,316	\$869,000	\$840,000	87
Woodlake at Bonita Bay	Bonita Springs	1989	2,623	\$839,000	\$790,000	31
North Captiva Sands	Captiva	1981	1,056	\$829,000	\$782,300	83
Cape Coral	Cape Coral	1974	2,243	\$800,000	\$750,000	21

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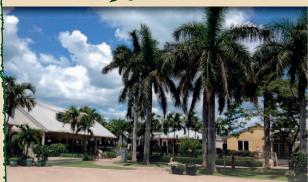


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