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SANIBEL & CAPTIVA ISLANDS, FLORIDA

JULY 15, 2016

JULY SUNRISE/SUNSET:

15 6:45 • 8:24 16 6:46 • 8:23 17 6:46 • 8:23 18 6:47 • 8:23 19 6:47 • 8:22 20 6:48 • 8:22 21 6:48 • 8:22

'Ding' Darling Photo Contest Now Open

July 15 marks the opening of the 29th annual "Ding" Darling Days Amateur Nature Photography Contest.

Deadline for submission is September 15.

The contest, sponsored by the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), is held in conjunction with "Ding" Darling Days, October 16 to 20 (www.dingdarlingdays.com).

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

DDWS will announce winners and award prizes at Conservation Art Day on Saturday, October 22 during "Ding" Darling Days.

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

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

- Only amateur (all ages) photographers are eligible to enter (may not possess a professional photographer



Kent Jager of Sanibel took first place in the 2015 contest for his photo, *Bath Time*

tax identification number for the sale of photographs).

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

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

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

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

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

- Judging criteria:

- 1) Technical excellence (sharpness, lighting, composition, exposure)
- 2) Originality/creativity
- 3) Interest

4) Ability to be reproduced for publication

- Digital photos are acceptable. However, only limited image modifications are permitted. Minor manipulation should be used only to produce a more natural looking photograph. Cropping is allowed but adding any elements not existing in the original scene will not be. Judges, at their discretion, will disqualify any photos that appear to be manipulated beyond these guidelines. Process your photos in glossy, matte or luster finish. Metallic finish will no longer be acceptable.

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

- First, second, and third place winners and honorable mentions will be formally announced during the "Ding" Darling Day's week-long celebration held in October. Cash prizes will be awarded: first place \$200, second place \$150, third place \$100, honorable mentions \$25.

- The refuge and wildlife society cannot be held responsible for loss or damage of photos.

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

"Ding" Darling Days sponsors for 2016 include: Roseate Spoonbill Sponsors: Doc's Ford Sanibel Rum Bar & Grille; Great Egret Sponsors: George & Wendy's Seafood Grille; Great Blue Heron

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Scott Takes Over As Sanibel Fire Chief

by Jeff Lysiak

Last week, longtime Sanibel Fire & Rescue District member Matt Scott officially took over the reigns as chief of the department, ascending to the helm following the recent retirement of Danny Duncan.

Originally hailing from just outside of Boston, Massachusetts, Scott moved to Sanibel in 1987. Two years later, he began volunteering with the city's fire department.

"I had been working days in the construction business and nights as a cashier and stock person at Bailey's (General Store)," recalled Scott. "I think this all began because I was always running into the guys from the fire department at the store."

According to Scott, the department's assistant chief at the time – Charlie Frederick – encouraged him to stop by the fire station and look into a career as a firefighter. In 1989, Scott began training as a volunteer firefighter. By the time the department hired him as a full-time employee in August of 1993, Scott knew he had found his new "family."

"I'm just hoping to continue down the same route that Charlie and (former chiefs) Rich Dickerson and Danny Duncan put us on," he said. "We've got a great board of fire commissioners that's been very supportive of everything we do."

Scott graduated from the fire academy in 1995 before completing EMT training, earning his license as a certified paramedic in 1996. In 2002, he was promoted to captain of the department. When Duncan was appointed chief of the Sanibel Fire & Rescue District in 2007, Scott was named assistant chief.



New Sanibel Fire & Rescue District Chief Matt Scott

photo by Jeff Lysiak

Making the transition to his new position was seamless for the 23-year firefighting veteran.

"The biggest change is the day-to-day operations," said Scott, who reported that A-Shift Lt. Medic Bill Briscoe has taken over his former duties as assistant chief. "My new focus is the financial end of things, being more involved with the community and working hand-in-hand with city officials."✱

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The Allison family celebrated the Fourth of July in style



The Cavanaghs, from left, Kimm, Matthew, George and Kayla, celebrated the Fourth with a family photo

Students past and present from the Children's Education Center of the Islands, as well as parents, stopped by the community tent to celebrate the Fourth of July and wait for the Sanibel parade to get under way.✱



Teacher Ms. Joy and her son and CECI alumni, Yuan, joined to watch the parade and collect goodies from the floats

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Rotary Happenings

submitted by Shirley Jewell

On July 7, Rotarians, along with the rest of our nation, woke up to the news that a sniper had ambushed and killed five Dallas police officers and injured a number of others. The officers were just leaving their detail securing a peaceful protest of the Black Lives Matter movement. As the sniper shots hit the police officers and went into the crowd, we could only imagine the panic everyone was experiencing. Although no two recent mass shooting events are carried out in the same way, many of us ask ourselves what we would do if we were in this situation.

It so happened that on July 7, Sanibel-Captiva Rotary had scheduled City of Sanibel Police Officer Sergeant Grace Towler to do a presentation focused on the U.S. Department of Homeland Security's How to Respond, when an active shooter is in your vicinity. These response guidelines apply in all situations and were put together after the Columbine High School shooting in 1999.

The Sanibel Police Department has given veteran officer Sergeant Towler and new officer Lauren Heron the responsibility of informing the public regarding these



City of Sanibel Police officers Grace Towler and Lauren Heron

guidelines. First, they wanted everyone to know that there is no threat on Sanibel for this type of situation, but the when and where of these events are always unknown. When we are contemplating what we would do under threatening circumstances, the officers stressed calling 911.

The 911 calls on Sanibel go directly to the Sanibel Police Department, part of the PSAP system. If you can't be live on the phone after dialing 911, keep the line open so the police responder can track an address.

The 911 calls on Captiva are answered by Lee County Sheriff's Department, also part of the PSAP system.

Some of the 911 calls on the islands

require officers to respond to domestic violence or threats from disgruntled employees. These types of 911 calls are the most dangerous for police officers. However, police are aware that no matter how safe a community may seem, there could be a time when they might have to respond to an active shooter call. These events are unpredictable and evolve quickly.

How To Respond guidelines for the general public have been presented by officers Towler and Heron to businesses, church groups, educators and other groups interested in the presentation.

Be prepared. Be aware of your environment and your surroundings, and take note of the nearest exits.

If you ever find yourself in an active

shooter situation, get out of harm's way, call 911 when it is safe to do so, give the location of the active shooter, number of shooters, physical description, and number of potential victims.

How To Respond:

1. Run

- Have an escape route and plan in mind, get out of harm's way
- Leave your belongings behind
- Keep your hands visible

2. Hide

- Hide in an area out of the shooter's view and turn off lights, if possible
- Block entry to your hiding place and lock the doors
- Silence your cell phone and/or pager

3. Fight

(This is a last resort and only when your life is in imminent danger)

- Attempt to incapacitate the shooter
- Act with physical aggression and throw items at the shooter.

When law enforcement arrives, remain calm, put down any items in your hands, raise your hands and spread your fingers, keep hands visible at all times, avoid quick movements toward officers, avoid pointing, screaming or yelling, do not stop to ask officers for help or directions when evacuating.

Officers Towler and Heron said, "If you see something, say something, don't hesitate, let the police know."

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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Neil and Stephanie Erickson and their three sons on the porch of their new Sanibel home

Island Family Purchases CHR Home

Neil and Stephanie Erickson recently closed on their new Community Housing and Resources (CHR) home at 1487 Center Street. This home is one of eight located in the CHR neighborhood of Centre Place and is a three-bedroom, two-bath piling home. "On behalf of CHR and the community, we want to welcome the Erickson family," said Melissa Rice, realtor and CHR board treasurer who assisted the Ericksons with the purchase.

"We are elated to be moving into our new home and to be able to live on Sanibel," said Neil Erickson. Neil is a 15-year employee of Island Water Association and is an "A" Licensed Water Plant Operator. Stephanie is an environmental specialist. Their three sons will be attending The Sanibel School.

"The Ericksons are the ideal family that the CHR Limited Equity Ownership (LEO) housing program is designed for," said long-time CHR board member Dr. Phillip Marks, who headed the LEO project to create the community of Centre Place in 2009. This house became available when the original owner was able to purchase a home on Sanibel on the open market and sell this property back to CHR, making it available to the Erickson family. This is the ultimate success story of the CHR program and demonstrates CHR's mission.

CHR maintains 14 Limited Equity Ownership units on Sanibel for the purpose of providing affordable housing for people who work on Sanibel who would not otherwise be able to afford to purchase a house on the island. The purchasers of LEO properties own their unit but the land continues to be owned by CHR, similar to a condo purchase. When the owner is ready to sell, they must sell it back to CHR at a predetermined price. Working full time on Sanibel and income level are primary qualifications for a purchaser.

For more information about CHR, visit online at SanibelCHR.org, or call 472-1189.✱

From page 1

'Ding' Photo Contest

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Inn; Snowy Egret Sponsors: Barefoot Charley's Painting Co., John Brennan, The Butterfly Estates, Charlotte Harbor National Estuary Program (CHNEP), Grounds by Green Ways, Dave Horton, Island Management, Over Easy Café, Sanibel Art & Frame, George & Wendy Schnapp, Winston & Barbara Spurgeon, Tents and Events.

As a non-profit 501(c)3 organization, DDWS works to support JN "Ding" Darling National Wildlife Refuge's mission of conservation, wildlife and habitat protection, research, and public education through charitable donations and Refuge Nature Shop proceeds.

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

2016 Independence Day Parade Winners

Best Commercial: Bank of the Islands
 Best Small Entry: JN "Ding" Darling National Wildlife Refuge
 Best Not For Profit: Sanibel-Captiva Rotary Club
 Best Family: Sanibel Historical Museum & Village
 Best Nature Theme: ILoveShelling.com, Lee County Visitor & Convention Bureau, Sanibel Shell Crafters
 Best Salute to the U.S. Military: Sanibel-Captiva Rotary Club
 Best Original Design: Sanibel-Captiva Rotary Club
 Most Patriotic: Sanibel-Captiva Rotary Club
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Leaders who attended with the teens

Teens Attend National Youth Camp

School students from H2O, the student ministry at Sanibel Community Church, recently attended Bigstuf, a national youth camp, in Panama City Beach.

The week-long experience for students enables them to hang out and learn about Jesus. More than 1,500 middle school and high school students gathered to worship as well as connect with new and old friends.

H2O will resume meeting on Wednesday evenings for sixth through 12th graders at Sanibel Community Church on August 10.

Middle schoolers gather in the youth room from 5 to 7 p.m. and high school students meet from 6 until 8 p.m. All teens are welcome to attend.*



Sanibel Community Church officials and students hang out on the big chair

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

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SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

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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.*



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AT&T Expands Within Sanibel

AT&T is now covering more of Sanibel with its 4G network. The changes give area residents and businesses mobile internet speeds up to four times faster than 3G.

Customers in Sanibel can now use their smartphones and tablets to surf the internet faster than ever before.

"Sanibel residents and businesses can now enjoy faster mobile speeds," said Joe York, AT&T president. "We know our customers are living their lives on the go. We want to help them get the most out of their mobile devices, whether they're watching videos, texting family and friends or posting to social media."

AT&T invested nearly \$2.7 billion in its Florida wireless and wired networks between 2013 and 2015.*

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Director For International Clerks Appointed

by Jeff Lysiak

Last month, Sanibel City Clerk Pamela Smith was elected to serve as the Region III director for the International Institute of Municipal Clerks (IIMC), an organization which promotes the education, certification and professional development of city, town, village and municipal clerks throughout the United States and across the globe.



Sanibel City Clerk
Pamela Smith

Smith, along with High Point, North Carolina City Clerk Lisa Vierling, will serve as director for IIMC's Region III – which encompasses Alabama, Florida, Georgia, North Carolina and South Carolina – for a three-year term expiring in 2019.

"This was just the next step for me," said Smith, who was hired by the City of Sanibel in 1999 as the Deputy City Clerk. "Our city manager, Judie Zimomra, makes us put our goals – personal and professional down on paper. Then during our evaluation, she has us review our goals, to see if we've

reached them. She pushes us to excel. She expects the best from herself, which I think sets a great example. That's made a big difference for me personally."

A former police officer in her native North Carolina, Smith spent a few years assisting with her husband's jewelry, gun and pawn business before learning about a front desk position with the Town of Atlantic Beach, North Carolina. She had been initially interviewed by the city clerk, who soon promoted Smith to become the town's executive assistant to the city manager.

"I like new things... I want to feel challenged," she recalled of the experience.

Before long, Smith was alerted to an employment opportunity with the City of Sanibel. She had been hesitant at first about relocating her family to the Sunshine State, however, a colleague suggested that Smith ask herself one question: "If you don't make this move, will this always be something you'll wonder if you did the right thing?"

Her answer was yes.

But things didn't appear to be perfect during the first few weeks of her tenure on Sanibel.

"I think I spent the first two weeks here crying because I didn't know anything... it was horrible," she said. "But soon, I learned things that I never knew about myself. I could do this. It was probably the best experience I could've had."

In 2005, by a referendum vote by island residents, the city manager's

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Shell Shop Celebrating 40 Years And Donating To Cancer Research



She Sells Sea Shells owners and staff wearing 40th anniversary T-shirts

She Sells Sea Shells is celebrating 40 successful years on Sanibel with a specially designed T-shirt. Four dollars from every sale of the anniversary shirt will be donated to the Lung Cancer Research Fund at the Moffitt Cancer Center in Tampa.

The 100 percent cotton T-shirts are available in ladies and unisex styles and sizes, and feature the Junonia shell.

For more information, call Tamara Joffe at 472-6991.✧

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Boat Lift Variance Granted

by Jeff Lysiak

During Tuesday’s planning commission meeting, a variance request to allow for the construction of an extension of a boat dock – one which had previously been granted a variance to be built – was granted with unanimous approval, but not without significant comment and compromise on behalf of the city and applicant.

Michael and Joni Kluth, owners of the property located at 6407 Pine Avenue, were seeking to extend their existing boat dock within the 15-foot minimum setback required from the waterward extension of the side property line. In addition, their application proposed allowing for the installation of a second boat lift that would extend into the adjacent canal greater than the maximum allowed 20 percent of the waterway’s width.

“The applicant’s existing dock and boat lift are opposite the dock on the other side of the waterway and together were allowed by the variances approved in 2013 to extend approximately 23 feet from mean high water, or roughly 38 percent the width of the waterway as measured between approximate mean high water lines,” the planning department’s staff report, presented by senior planner Roy Gibson, reads in part. “Staff does not support the proposed westerly dock

extension because it further encroaches into the minimum setback from the extended southerly side property line required.”

Gibson further noted that city staff recommended that the proposed westerly dock extension not be permitted. While the easterly dock extension would meet minimum required setbacks, staff initially recommended that the easterly extension be no more than 10 feet long, or the “minimum necessary” to accommodate the second boat lift (whichever is less) to reduce the amount of impact to the mangrove shoreline.

Also, the unpermitted kayak launch at the existing dock was required to be removed.

Following a round of questioning by commissioners to both city staff and the applicant, represented by SteMic Marine, a compromise was reached in which the variance would be granted subject to 11 conditions. First off, the proposed dock and boat lifts would not be permitted to extend more than 23 feet into the waterway. Additionally, the proposed easterly extension would be restricted to extend 12 feet, or the minimum distance required to accommodate the second lift – less than the 15 feet initially requested by the applicant but more than the 10-foot limit originally suggested by city staff – was mutually approved by both parties.

Commissioner Tom Krekel made a motion to approve the variance, which was seconded by Jason Maughan and approved unanimously, 6 to 0, with Chuck Kettelman

absent and excused. Commission chair Dr. Phillip Marks voiced his displeasure with the application, noting his reluctance to vote in favor of a second variance request for the same boat dock structure.

“I think we’re going down a slippery slope here,” he said. “It seems like we’re granting a variance to a variance.”

In other business, commissioners offered unanimous approval to a conditional use permit application made on behalf of Bailey’s General Store. The permit requested to allow onsite food preparation for the company’s catering business to be established within 560 square feet of the store’s deli department.

“The Sanibel Catering Company has been established as a separate commercial use involving on-site food and beverage preparation or processing. As such, the business is permitted only as a conditional use subject to the Sanibel Code’s general and specific requirements for conditional uses,” the staff report reads in part. “Because conditional uses generally present greater use intensity than a permitted use these types of uses must clearly demonstrate that they will not pose an adverse impact on either the existing physical and environmental characteristics of the site or to those surrounding lands and existing uses nearby.”

According to business owner and general manager Richard Johnson, Bailey’s General Store has been providing catering services from within the store for “many many years... long before I got there 12 years ago.” But because the city requires

a separate business tax receipt for Sanibel Catering Company, Johnson submitted the conditional use permit application.

The staff report recommended approval of the application be subject to 10 conditions, including a wastewater service availability agreement along with any fees for additional sewer service capacity. Johnson agreed to comply with all of the recommended conditions.

“With these 10 conditions, it’s gonna cost us a bunch of money,” he told the commission. “But since this is required by Sanibel Code, we want to do what it takes to keep Sanibel ‘Sanibel.’”

Commissioner Holly Smith made a motion to approve the application, which was seconded by Maughan and passed by a vote of 6 to 0.

During the public comment portion of the meeting, resident Karen Storjohann lamented the city allowing residents and businesses who violate city codes – such as the unpermitted kayak launch added at the Kluth boat dock (previously discussed on Tuesday) and the formula retail store within the Periwinkle Place Shopping Center operating without a business tax receipt for more than two years (discussed during the May 10 commission meeting) – seemingly without significant penalties.

“We ought to look into a fining formula that works,” she said. “There’s a big difference between being kind and being a doormat... We shouldn’t have toothless regulations because it doesn’t do any of us any good.”✧✧

From page 7

Director Appointed

duties – which included many of the responsibilities completed by municipal clerks – were transitioned to Smith, who was named Sanibel’s first official city clerk. “It was a great opportunity for me,” she added. “Judie (Zimomra) and I work

very well together, and I think it’s been a great thing for the city.”

The IIMC is led by 22 directors who oversee 11 regions worldwide, with two directors appointed within each region. In addition to the United States, IIMC members are located in Canada, Australia, Belgium, Bulgaria, Israel, The Netherlands and Saint Maarten, New Zealand, The Philippines, South Africa and the United

Kingdom (Bermuda, England, Scotland and Wales).

Among her responsibilities as an IIMC director, Smith helps actively promote the continuing education and professional certification for clerks within Region III. She must also attend at least one of the annual conferences in each state represented within her region; Smith already plans on attending North

Carolina’s conference next month and South Carolina’s in October.

“I’ve been to each state conference in the past, but not in this capacity,” added Smith, who served as president of the Florida Association of City Clerks during 2009-10. “This will be another challenge for me, and I’m excited to see what’s ahead.”✧✧



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George Beleslin

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Christianity Classes At Sanibel Church



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pastor, the Rev. Deborah Kunkel. Each session includes a video and guided discussion, spiritual exercises and Bible study. The 20-minute videos are comprised of conversation, sermon clips, lecture excerpts and spiritual exercises for practical applications (including different forms of prayer and meditation, movement, walking the labyrinth, etc). A variety of theological voices are a part of the series, including Marcus Borg, John Dominic Crossan, Diana Butler Bass, Brian McLaren, Amy-Jill Levine and Tex Sample.

Living the Questions addresses the understanding that people know that, at its core, Christianity has something good to offer the human race but at the same time, many have a sense that they are alone in being a "thinking" Christian and that "salvaging" Christianity is a hopeless task.

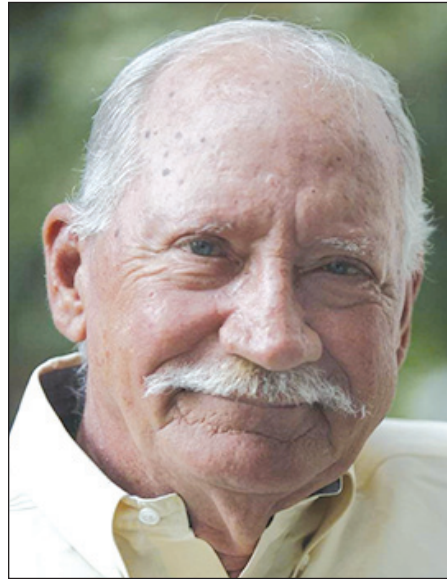
The course provides a safe environment where people have permission to ask the questions they've always wanted to ask but have been afraid to voice for fear of being thought a heretic. In small-group study, participants in each class will explore beyond the traditions and rote theologies in which so many people and local churches seem to be stuck. Ideal for Christian invitation, initiation and spiritual formation, Living the Questions will help seekers and church alumni alike to discover the significance of Christianity in the 21st century and what a meaningful faith can look like in today's world.

continued on page 12

The popular DVD and web-based introduction to progressive Christianity, Living the Questions, is the basis for a series of seven classes that will continue through Sunday, August 14 at Sanibel Congregational United Church of Christ. The public is invited to participate in this exploration of the Christian faith on Sundays at 9 a.m. in Heron Hall, on the church's lower level. The sessions are free and are open to the public. Each class is independent of the others, so people may attend as few or as many as they wish.

The classes are facilitated by the congregation's senior pastor, the Rev. Dr. John H. Danner, and associate

OBITUARY



MARTIN EDWARD "MARTY"
ROEPSTORFF

Martin Edward "Marty" Roepstorff passed away peacefully under the gentle care of Good Shepherd Hospice on Monday, July 11, 2016. On that date, he was welcomed into heaven by his Lord and Savior Jesus Christ.

Marty was born January 27, 1947 in McPherson, Kansas. In the early 1960s, Marty's family moved to Sebring, Florida where he enrolled at Sebring High School. Before graduating from Sebring in 1965, Marty was recognized as one of the area's top athletes lettering in track, baseball, basketball and football. He had several opportunities to continue his athletic career in college, but instead enlisted as a teenager in the United States Air Force.

While serving in the Air Force, Marty applied for and was accepted into training to become one of the U.S. Military's Elite Special Forces, the United States Air Force Pararescue, commonly known as "Maroon Berets" or "PJs." After successful graduation from training, Marty was sent to Vietnam to serve his country. Stationed at Da Nang Air Base, Sergeant Roepstorff flew 282 missions in Southeast Asia during his 13-month tour. He flew most of his missions as a crewman aboard the HH3E "Jolly Green Giant" helicopter. Assigned to the 37th Aerospace Rescue and

Recovery, Marty and his team were responsible for saving 18 American lives, maintaining the elite group's motto: "These things we do... That others may live."

In recognition of his military valor, Marty was awarded the Silver Star of Gallantry, the Distinguished Flying Cross and First Oak Leaf Cluster for Heroism, and the First, Second and Third Oak Leaf Clusters for the Air Medal for Meritorious Achievement. After Vietnam, Marty was stationed at Wheelus Air Base in Tripoli, Libya and was part of the Special Operations Forces flying for the National Aeronautics and Space Administration (NASA) Recovery Group.

After returning home from military service, Marty attended Florida International University, majoring in finance. He then attended Cornell University's campus in Washington, DC, majoring in economics. He became an efficiency expert working in Chicago, Fort Myers, Washington DC, Orlando and then to Sebring, back to the town and friends he loved the most. In 1998, Marty became the Water Utility Director for the City of Sebring and retired from that position on December 31, 2013. In addition to his love for the City of Sebring and his friends, Marty loved life, golf and family. Marty enjoyed his nephews probably the most. For Matt, Damon and Dorian, "Uncle Marty" was a profound influence in their lives.

Marty is predeceased in life by his loving mother, Delores, and leaves behind his wife, Betty Oliver Roepstorff, his father Alfred, sister Alandee (David) Delp, brother Geoffrey (Robbie) and brother Sanford (Renee) along with his nephews Matthew Roepstorff, Damon and Dorian Delp.

An interment will be held later this year for Marty at Arlington National Cemetery in Washington, DC.

Donations may be made in Marty's memory to the That Others May Live Foundation at www.thatothersmaylive.org. Memorial gifts may also be mailed to the That Others May Live Foundation at 6220 S. McLeod Drive, Suite 120, Las Vegas, NV, 89120. Established in 2002, the foundation provides critical support, scholarships, and immediate tragedy assistance for the families of United States Air Force Rescue Heroes who are killed or severely wounded in operational or training missions.✽

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American Legion Post 123

On Sunday, July 17, American Legion Post 123 will host a fish fry from 1 to 8 p.m. The following Sunday, July 24, Post 123 will serve barbecue ribs and chicken 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.

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.✽

Free Concerts At State Park And Local Church

The Wild Coffee Duo (Susie Kelly, cello, and Abbey Allison, piano) will present a Sounds of Summer concert, both at 2 p.m. on Saturday, July 23 in Koreshan State Park's Art Hall and at 3 p.m. on Sunday, July 24 at the Sanibel Congregational United Church of Christ.

The theme of the concerts is A Trip to the Zoo. The duo will present a musical menagerie including *The Carnival of the Animals* by Camille Saint-Saëns and other music written about – or imitating the sounds of – many differ-

ent animals. Audiences will hear birds, fish, donkeys, spiders, and bats, among others. The concerts are free and open to the public, but there is a \$5 park admission fee at Koreshan Art Hall. Free-will donations will be accepted at each concert.

The Art Hall at Koreshan State Park is located at 3800 Corkscrew Road in Estero. The Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way and can be reached for more information at 472-0497.

The duo will also present one more themed summer program, entitled Summer Reading, on Saturday and Sunday, August 13 and 14. For more information, visit the www.wildcoffeeduo.wordpress.com.*



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OBITUARY



**FREDERICK HOYT
"CASEY" JONES**

Frederick Hoyt "Casey" Jones, 86, a resident of Fort Myers, passed away Thursday, July 7. He was born in Berwyn, Illinois, on July 15, 1929, to the late Frederick and Alice Jones.

Casey was a proud veteran of the U.S. Army. He had been a fixture at Olsen Marine on Fort Myers Beach for the last 40 years. He was loved by everyone who knew him.

He is survived by his wife, Eleanor "Liz" Jones of Fort Myers; four children, Rhonda Henning (Michael) of Cape Coral, Terri Jones (Ron Bracken) of Fort Myers, Kenneth Jones of San Carlos Park and Dawn Ison of Fort

Myers; two grandchildren, Jordan Henning and Casey Ison; one great-grandchild, CJ Ison; and many friends and adopted family.

There will be a celebration of life for his family and friends on Sunday, July 17, from 3 to 6 p.m. at the banquet room of Bonita Bill's Waterfront Cafe on San Carlos Island.

Memorial contributions in memory of Frederick "Casey" Jones are suggested to Captains for Clean Water, Inc. and mailed to: Captains for Clean Water, 12360 Flintlock Lane, Fort Myers, FL 33912.

Friends are invited to send condolences via the online guest book found at mullinsmemorial.com.

Mullins Memorial Funeral Home & Cremation Service in Cape Coral is entrusted with final care.✽

From page 10

Sanibel Church

During the remainder of the seven-week course, July 17 through August 14, the following topics will be addressed: Thinking Theologically; Stories of Creation; Lives of Jesus; A Passion for Christ: Paul; and Out into the World: Challenges Facing Progressive Christians.

For further information, call 472-0497 or visit www.sanibelucc.org. The church is located at 2050 Periwinkle Way.✽

OBITUARY



ROY OVERTON SWEENEY

Roy Overton Sweeney, 82, of Indian Hill, Ohio, passed away at his residence on Thursday, July 7.

Roy was the founder and CEO of EXAIR Corporation for 33 years. He was a character member of the Jaguar Club of Greater Cincinnati and was on the board of directors for the Concours d'Elegance and other corporations.

As a philanthropist, Roy was generous to many entities within Cincinnati and to the family's beloved Sanibel Island.

Roy was preceded in death by his brother Donald C. Sweeney. He is survived by his wife Jackie (nee Watkins) Sweeney, daughter Elizabeth (Billie) Sweeney of Florida, and numerous nieces and nephews. Visitation was at the Gwen

Mooney Funeral Home in Spring Grove Cemetery in Cincinnati, Ohio on July 11. The funeral service was held at Horizon Community Church on July 12.

In lieu of flowers, donations may be made to Hospice of Cincinnati, 4360 Cooper Road, Cincinnati, OH 45242.✽

MEMORIAL SERVICE



JACKIE NATZKE

Jackie Natzke passed away on June 9, 2016 after a short illness. Jackie was a Sanibel realtor for over 30 years and a good friend to all. Jackie cherished all of her friends and animals, and was dearly loved by her customers.

There will be a memorial service at Saint Isabel's Catholic Church, 3559 Sanibel-Captiva Road, on Wednesday, July 20 at 11 a.m.✽

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Island Seniors At The Center 4 Life

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

Trash & Treasures Sale – 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.

The featured book for Wednesday, August 10 is *Fried Green Tomatoes* by Fannie Flagg. The film was nominated for two Oscars.

A housewife who is unhappy with her life befriends an old lady in a nursing home and is enthralled by the tales she tells of people she used to know. The movie is produced by Will Smith, with his wife, Jada Pinkett Smith, as executive producer.

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 19 and 26, 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 15, 22 and 29, 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.

Sunset Social on the Causeway: Christmas in July – Thursday, July 21, 5:30 p.m. (weather permitting)

Spend an evening relaxing and watching the sunset with friends. Celebrate the half-way point to Christmas, and bring your favorite Christmas hat. Food will be served at 6:30 p.m. Bring a side dish to share and your beach chair. Contact the center for directions to the viewing area.

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.

Neil Simon's Last of the Red Hot Lovers at the Off Broadway Palm Theatre – Wednesday, July 27. Cost is \$38 for members (lunch not included).

Begin the afternoon with lunch at Christof's (on your own). After lunch, it's off to The Off Broadway Palm Theatre for *Last of the Red Hot Lovers*, one of the most amusing Neil Simon comedies. It focuses on Barney Cashman, a 47-year-old owner of a seafood restaurant who is afraid that the sexual revolution of the 1960s is passing him by.

Advanced registration is required as tickets are limited. Register by Monday, July 25.

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 19 and August 2 (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 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.

Chair Yoga – Tuesday and Thursday at 11 a.m. (extended through July 28). Similar to gentle yoga but all poses are done in a chair. Kim Kouril is the instructor.

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

Water Quality Discussion

The Democratic Club of the Islands' featured speaker for Thursday, July 21 will be Rae Ann Wessel, director of the Sanibel-Captiva Conservation Foundation. The meeting begins at 7 p.m. Wessel's topic will be: What We All Need to Know About Local Consequences of Compromised Water.

Wessel has already been quoted as saying that "there is a definite disconnect between scientists at Lee's Environmental Lab, the Department of Environmental Protection and the Department of Health." With Wessel's 25-plus years of experience with local water woes, she stresses that "people should exercise caution before entering the Gulf of Mexico," adding that "anyone with open cuts should definitely not go into the water because Lee County's Environmental Lab has documented elevated levels of cyanobacteria found at Iona, the Sanibel Causeway and along the eastern shore of Sanibel Island."

Attendees will also hear from Dr. Bruce Neill, marine biologist, and co-founder and executive director of the Sanibel Sea School, with his perspective on local water issues.

Sanibel Public Library is located at 770 Dunlop Road. For more information, call 313-5718 or email demclubislands@gmail.com.✱

Mobile Mammogram Returns

The City of Sanibel Recreation Center will host the Radiology Regional Center's Mobile Mammogram Coach on Tuesday, July 19 from 9 a.m. to 1 p.m.

The coach is a state-of-the-art breast imaging clinic, providing full-field digital mammography services. Most insurances are accepted and discounted self-pay pricing is available.

For an appointment or questions relative to the test, call 936-4068.

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



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CROW Case Of The Week:

Northern Flicker



by Bob Petcher

While its name says otherwise, you will find northern flickers (*Colaptes auratus*) in southern regions.

The medium-sized, brown woodpecker has

a slightly down-curved bill on a slim, rounded head that is accented by a black-scalloped plumage. Its long, flared tail transitions from a whitish rump to darker features towards its tapered end, making it noticeable in flight.

Like most woodpeckers, northern flickers peck on objects as a form of communication and territorial defense. The bigger the noise, the wider the communication range and better security protection, so metal objects are often used.

But, when looking for this particular woodpecker, don't walk with your head up, because you may end up stepping on the bird. Flickers tend to dine on ants and beetles and dig for them while perched on the ground.

Like many woodpeckers, northern flickers fly in an up-and-down pattern by mixing heavy wing flaps with glides to reach trees or posts. Interestingly, it is one of the few woodpecker species that actually migrates.

The northern flicker has more than 100 common names, many of which are designated by the sounds of some of its calls. Related names include clape, gaffer woodpecker, harry-wicket, heigh-ho, wake-up, walk-up, wick-up, yarrup, gawker bird, as well as the yellowhammer – the state bird of Alabama.

Parents of the northern flicker feed their young by regurgitation. After a certain period, the juveniles are then led to foraging sites to feed on their own. After roughly



An x-ray of patient #16-2121

four weeks after hatching, the young leave their nests.

At CROW, medical officials received a northern flicker nestling from Cape Coral on June 18. Apparently, the little fellow arrived slightly dehydrated after it was found without a nest in sight.

At the rehabilitation clinic, while being fed, the nestling accidentally swallowed a rubber feeding nipple. Officials stated the bird most likely mistook the rubber feeding nipple for a worm. Hospital staff viewed the foreign object through an x-ray machine and easily noticed the nipple lodged in the gut region. An endoscope was used to remove the object successfully.

"Because it was so small and easily swallowed, there was no reaction from the bird or discomfort with breathing," the report read.

Since the surgical procedure, the young patient has been receiving supportive care (food and water). CROW officials report it has been eating well and continues to gain weight.

"The flicker reacted positive to the surgery and returned to eating shortly after. It was an effective and non-invasive procedure," said Dr. Barron, hospital director at CROW.

The nestling is expected to be released in the near future. Officials say it should be returned to its habitat within the next two weeks.

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.crow-clinic.org.



Patient #16-2121 is expected to be returned to its habitat soon

photos by Kenny Howell

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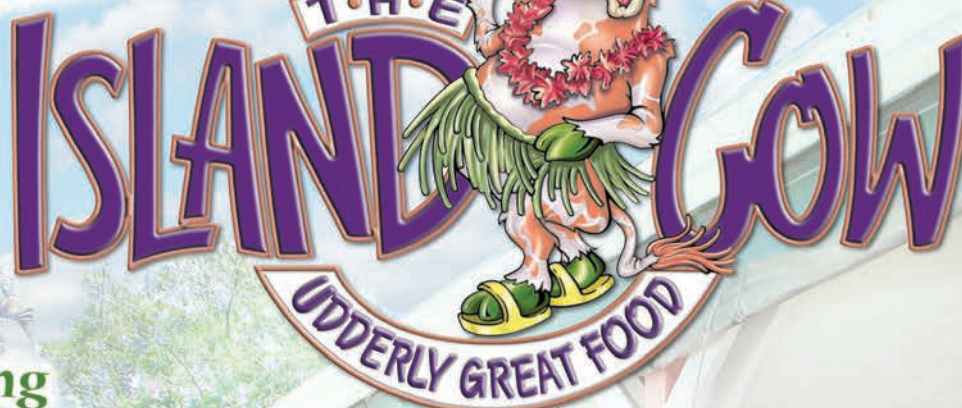
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CROW Calendar Of Events

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

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

Friday, July 15, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Why animals come to CROW.

Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital.

Friday, July 15, 2 to 3:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

Wildlife Walks are the best opportunity for visitors to get an in-depth look into the inner workings of the hospital and the treatment process. The program has two parts: an introductory presentation covering medical and rehabilitation methods and then a guided tour through treatment areas of the hospital, concluding on rehabilitation grounds. Wildlife Walks are approximately 1.5 hours: a 45-minute

presentation with a 45-minute tour. This program is open to all, but it is not recommended for children under the age of 13.

Monday, July 18, 11 a.m., adults \$7, teens \$5, 12 and under no charge – CROW Case of the Week, presented by a CROW student

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

Tuesday, July 19, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

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

Wednesday, July 20, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wildlife Rescue 101.

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

Thursday, July 21, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Gopher Tortoises, presented by a CROW volunteer.

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

Friday, July 22, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

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

Friday, July 22, 2 to 3:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. This program is open to all, but it is not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.*

Shopping Plaza Holds Thursday Events In July

Periwinkle Place will host a summer event series called Shop, Dine Rhythm & Wine on Thursdays from 5 to 8 p.m. throughout July. Open to the public at no cost, attendees will be treated to wine tasting, refreshments and special deals from participating stores. Live music in the courtyard will be provided during the time slot.

The July event series will feature specials and/or tastings from Blue Giraffe, Butterfly Beach, Cargo Trading Company, FantaSea, Fresh Produce, Her Sports Closet, Island Pursuit, Island Style Galleries, Naples Soap Company, Peach Republic, Sanibel Olive Oil, Sanibel Sunglass Company, Sea Glass Lane, Simply Boutique, Toys Ahoy and Trader Rick's.

Periwinkle Place is open daily and is located two miles west of Causeway Road on the left at 2075 Periwinkle Way.

Visit www.periwinkleplace.com/ events for more information. *

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Update On Coastal Water Quality Issues



Kevin Ruane

submitted by Kevin Ruane,
Mayor of Sanibel

Dear Sanibel residents, I want to take this time to update you on the current water quality situation affecting Sanibel and our coastal waters. Since the last week in January, the U.S. Army Corps of Engineers, in consultation with the South Florida Water Management District, has been conducting regulatory freshwater releases from Lake Okeechobee to the Caloosahatchee and St. Lucie estuaries to reduce water levels to protect the integrity of the Herbert Hoover Dike. These damaging high-volume freshwater discharges are not only impacting the ecology of our coastal waters, reducing salinity for important organisms like oysters, seagrasses, finfish and shellfish, they are also impacting our quality of life, our property values, our local businesses, and the experience of visitors to our island.

On June 29, Governor Scott issued Executive Orders 16-155 and 16-156, declaring a State of Emergency in Martin, St. Lucie, Lee and Palm Beach counties as a result of the discharges from Lake Okeechobee. We are not currently experiencing the blue-green algae blooms along Sanibel's coastline that have been reported by the national news along Martin County's beaches. However, the discharges are resulting in a dark freshwater plume along some of our beaches and we remain concerned about the excessive nutrients, such as nitrogen and phosphorus, associated with high-volume releases that can fuel algae blooms. At this time, we are not seeing any significant algae blooms along our beaches. City staff, working with our island partners, continues to monitor beaches conditions and water quality and will provide updates on the city's website at www.mysanibel.com.

The problem we are faced with persists because of inadequate water storage within the Kissimmee, Lake Okeechobee, and Caloosahatchee watersheds and our inability to treat and convey more water south into Everglades National Park and Florida Bay, where it is desperately needed. I want to assure you that Sanibel City

Council is doing everything in our power to address the situation and to get the state and federal governments that are responsible for managing our waters to expedite projects that will provide relief to the estuaries.

This year, the City of Sanibel completed its third revision of the Caloosahatchee Watershed Regional Water Management Issues White Paper. This document provides an overview of our regional water management issues and provides a list of short and long-term strategies to improve water storage and treatment throughout the central southern Florida water management system. This document is available through the following web link: <http://www.mysanibel.com/content/download/22491/137383>.

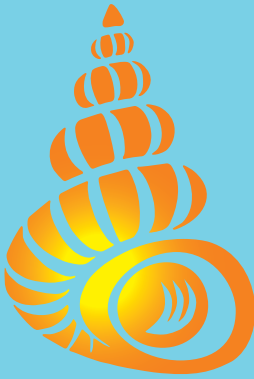
While there is no single project that will solve our water problems immediately; there are a number of projects that when completed will significantly reduce the harmful discharges to the St. Lucie and Caloosahatchee estuaries.

The South Florida Water Management District and the U.S. Army Corps of Engineers are the agencies responsible for managing the water releases to the coastal estuaries. Together with other state, federal and local agencies they have developed a schedule for implementing projects to restore the Everglades and Northern Estuaries. This schedule is referred to as the Integrated Delivery Schedule (IDS). The IDS contains a number of projects that are underway or are in the planning process and when constructed will provide relief to the estuaries.

There is one project in particular on the IDS that would provide meaningful relief to the estuaries, but it is not scheduled to begin the planning process until 2020. That project is referred to as "EAA Storage & ASR/Decomp Ph2" on the IDS. This project would result in additional water storage and treatment south of Lake Okeechobee within the Everglades Agricultural Area (EAA). This project combined with the other projects currently underway would provide additional storage, treatment and conveyance south of Lake Okeechobee.

In light of the governor's emergency declaration and the current impacts to the Caloosahatchee and St. Lucie estuaries and the local economies of south Florida, it is critical that the planning process for this project be accelerated to begin in 2016-17. We cannot wait until 2020 for planning to begin on this project.

Sanibel City Council is continuing to push for immediate changes in how Lake Okeechobee and the Caloosahatchee are managed, but we need your help. We encourage you to contact our legislators in Washington and Tallahassee to make sure they hear your concerns about how water quality is impacting your quality of life and our local economy. Demand that they accelerate the planning process for EAA Storage included on the current Integrated Delivery Schedule from 2020 to 2016-17. ✨



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Just Can't Beat The Heat



by Capt. Matt Mitchell

The oppressive heat of summer hit Southwest Florida hard and was certainly felt by anyone that did anything at all outside this week. Getting out on the water early and getting in before noon did help a little but with the super high humidity, it already feels like 90 degrees before the sun is up at 6 a.m. The real advantage of being out on a boat is, just when you can't take the heat anymore, you just pick up and run to the next location. Cruising at 30 mph is not quite as good as A/C, but it does cool you off.

For clients looking to take home fillets this week, we spent our time targeting mangrove snapper throughout

the entire sound. Depending on the pick-up location and the tide, we caught limits of tasty snapper from the mouth of the river and Matlacha Pass on oyster bars all the way up to the quarantine rocks at Boca Grande. When going after these snapper, having lots of small shiners has been the key to success. As we get further into summer, this bite will only continue to improve as these snapper keep getting bigger.

Catch-and-release snook fishing both out on the beach and in the passes continues to be as good as it gets. Drifting the passes with small live pinfish and grunts on either tides resulted in happy clients with hook-ups basically on every drift. Out on the beaches, the snook are either hanging out on downed trees or in the troughs between the sand bars. Either place you choose to fish for them, live bait is the way to go, although some of the biggest snook of the year will be caught by anglers soaking cut baits on the beaches.

Other options this week included blacktip sharks and trout, as both species proved relatively easy to catch while fishing small live shiners under

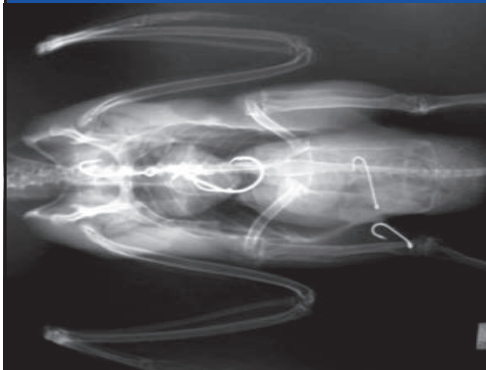


Dalton Terrell, 15, from Boerne, Texas with a catch-and-release pass snook, caught with Capt. Matt Mitchell

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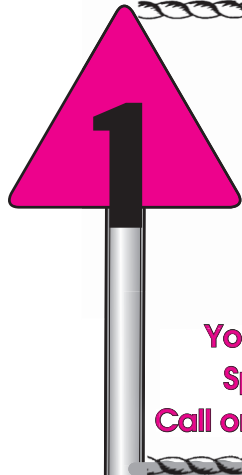


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popping cork rigs in the middle to northern sound. Open water flats fishing improves drastically once you get north of Redfish Pass, due to the water being a whole lot cleaner. From the Foster's Point area of North Captiva all the way up to Boca Grande, you would have no idea of how bad the water in the southern sound looks.

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



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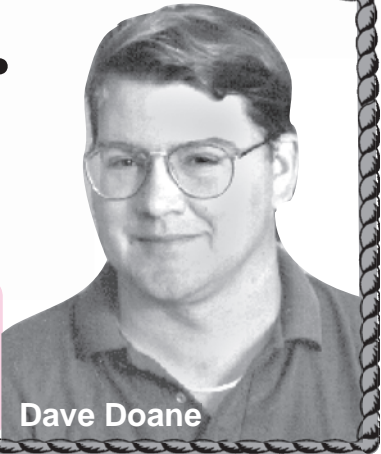
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Dave Doane

Plant Smart

Walter's Viburnum

by Gerri Reaves

Walter's viburnum (*Viburnum obovatum*) is a semi-evergreen native shrub found throughout most of the state.

In the wild, it is found in moist woods, thickets, flatwoods, hammocks and along streams.

Dense twiggy foliage makes good cover and habitat for birds, the flowers attract bees and butterflies, and the fruit feeds birds and other small animals.

This fast-growing, long-lived member of the honeysuckle family is also called blackhaw, as well as small or small-leaf viburnum. It takes the form of either a shrub or small tree, reaching up to 30 feet high, depending on the suitability of conditions.

In South Florida, the plant is usually evergreen.

Because of its wide spread, it makes a good screen; however, it can be pruned into a hedge or even used as a container plant.

The roughly oval leaves are opposite, dark green, leathery, and about two inches long, sometimes with irregularly toothed edges. New growth is reddish, and the bark is dark and furrowed on older specimens.

Tiny five-petaled creamy white flowers form flat clusters about two inches across, blooming profusely in spring. The tiny fleshy berries ripen from red to black-purple in the fall.

This species' ornamental value, low maintenance, adaptability, and wildlife-friendliness make it an excellent choice for almost any yard, but particularly for a natural garden.

Give it full sun to partial shade. Once established, it is drought-tolerant. It has no salt tolerance, however.

Cultivate it with seeds or with cuttings from the stems or roots. Left to itself, it will spread via underground runners.



Walter's viburnum's dense twiggy foliage and profuse flowers attract birds, bees and butterflies photo by Gerri Reaves

Various cultivars, including a dwarf one, are available. Sources: *Florida Plants for Wildlife* by Craig N. Huegel; *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio; *National Audubon Society Field Guide to Florida* by Peter Alden et al.; *Native Florida Plants* by Robert G. Haehle and Joan Brookwell; *The Right Plants for Dry Places* by Suncoast Native Plant

Society; *The Shrubs and Woody Vines of Florida* by Gil Nelson; *Waterwise: South Florida Landscapes* by South Florida Water Management District; *Your Florida Guide to Shrubs* by Edward F. Gilman et al.; and *edis.ifas.ufl.edu*.

Plant Smart explores the diverse flora of South Florida.✧



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“Rock flipping” was a favorite activity among campers this week

Sea School Campers Explore Life Under A Rock

submitted by Leah Biery

Did you know that rocky shorelines are among the most extreme environments on earth? Sometimes they are submerged under saltwater, and other times they are exposed to the hot sun and dry air. Campers in Sanibel Sea School’s Life Under A Rock Week spent the week

exploring the amazing plants and animals that are able to thrive in this constantly changing zone. We went “rock flipping” near the Causeway Islands, and uncovered chitons, algae, polychaete worms, crabs and nudibranchs. We looked at some of these creatures under a microscope and wrote about them in our journals before releasing them back into the bay. We also went snorkeling, ran through a “Crash and Splash” obstacle course, and painted our very own pet rocks. “Campers were amazed by how much life exists among the rocks,” said Nicole Finnicum. “If you just stop and take a

closer look, there is so much to see.” As usual, participants surfed every day, made macramé bracelets and ocean art, and ended the week with a milk and cookies slideshow. Sanibel Sea School is a 501c3 non-profit whose mission is to improve the ocean’s future, one person at a time. To learn more, visit www.sanibelseaschool.org. ✨

Candidates To Speak At Forum

The Fort Myers Republican Women’s Club hosts Republican candidates for Lee County Commissioner at their monthly luncheon meeting on Tuesday, July 19. Invited candidates will present their qualifications and platforms. A question-and-answer session will follow. The public is invited to attend the luncheon and program, held at The Helm Club, The Landings in South Fort Myers. A social hour begins at 11:15 a.m., followed by a noon lunch and the candidate forum. Cost to attend is \$18 per person. Reservations are required by Thursday, July 14, and can be made by calling Tina Laurie at 489-4701. Checks may be written to Republican candidates of choice and the club will pay for the luncheon. For more information, call Carole Green at 850-590-2206. ✨

Bonsai Society To Meet



The regular monthly meeting of the Bonsai Society of Southwest Florida will be held on Saturday, July 16, at the SPLAC building on Metro Plantation Road in Fort Myers. Members are encouraged to bring trees for advice and critique. Guests are welcome. Raffles will be held. There is no charge to attend and parking is free. For more information, visit bonsaiswfl.org or call Hamilton Agnew at 707-1000. ✨



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Local Graduates From Norwich University

Elijah Budd of Sanibel received a bachelor of arts in history from Norwich University (NU) at the May 14 commencement ceremony held in NU's Shapiro Field House.

In recognition of Norwich's "Year of Transformation," Former U.S. Army Chief of Staff Gen. Raymond Odierno gave the commencement address after receiving an honorary doctorate in military science. Recalling lessons learned from his years of service, he advised Norwich graduates to become leaders in whatever field they choose, whether military or civilian, and discussed qualities leaders will need in the dynamic world they are entering.

Approximately 400 graduates, including 10 earning master of architecture degrees, received diplomas at the ceremony.✱

Fish Caught



Eliot Sain
Eliot Sain of Manchester, Tennessee caught a 37-inch snook while shore fishing off Gulf Pines Beach. Earlier, he caught a 27-inch snook. Both fish were released.

Eliot and his family were staying with Patricia and Stanley Rogers at Gulf Pines on Sanibel.✱

Shell Found

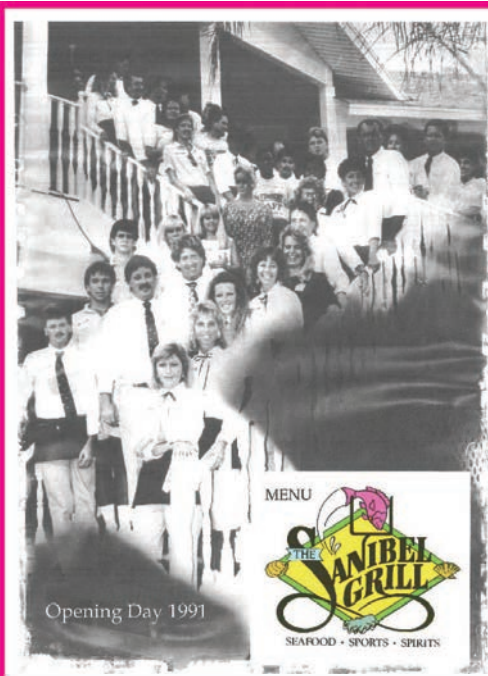


Elisa Biancalana
While staying at the Island Beach Club on Sanibel, Elisa Biancalana from Bartlett, Illinois found a horse conch under water. It was buried in the sand off the beach at Island Beach Club.✱

Shell Found



Frank Fravel
Frank Fravel from New Jersey found a junonia on Bowman's Beach. He was staying at Periwinkle Park. He said he found the junonia "rolling in the surf."✱



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Shell Of The Week

Miniature Moon Snail



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

The miniature moon snail, *Tectonatica pusilla* (Say, 1822) is a member of the moon snail family Naticidae, which includes the locally common shark eyes (two species) and the not-so-common, but not too rare, colorful moon snail.

Miniature moon snails are also found locally, but are much rarer than those other members of the Naticidae family. They are also much smaller, with adult shells reaching only about 8 mm (about 1/3 inch). The shells have a color pattern of pale, wavy lines that is more prominent near the suture, or junction of two adjacent shell whorls. Learn more about local mollusks at <http://shellmuseum.org/shells/southwest-florida-shells>.

Shell Museum Events

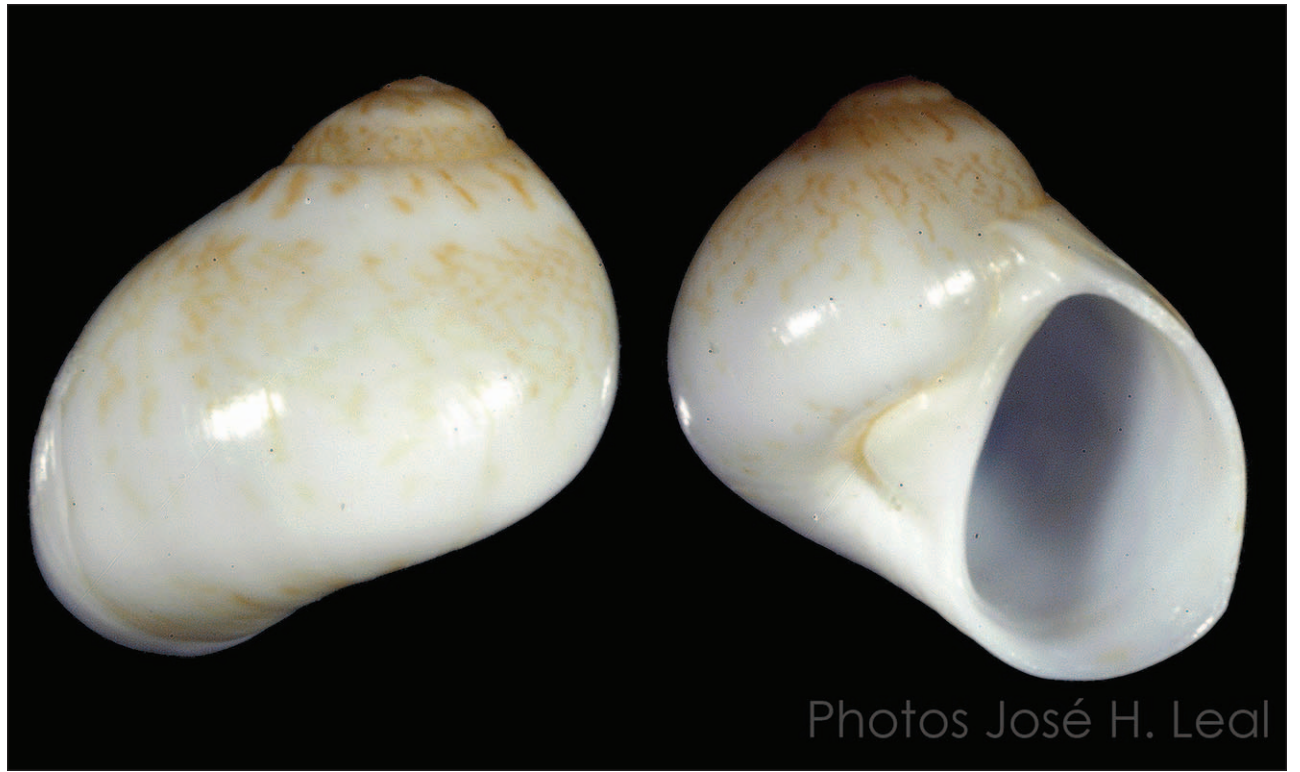
Daily programs are included with paid admission: Arts & Crafts, 1:30 to 2:30 p.m.

Live Tank Talks – Presented by a marine biologist. Additional daily programs begin at 11:30 a.m.

• Monday – Shell Games: Learn about shells while playing fun and educational games for the whole family.

• Tuesday – Fossil Dig: Finding fossils can be an adventurous and exciting hobby. Each discovery is a window into the past, full of mystery and learning.

• Wednesday – Hands-on Science: Learn about the three common Southwest Florida gastropods; the Florida fighting conch, the lightning whelk and the Florida horse conch.



The miniature moon snail, *Tectonatica pusilla*

Photos José H. Leal

photos by José H. Leal

• Thursday – Cool Shells: Get an insider's look at some of our coolest shells that are not on display.

• Friday and Saturday – Guided Museum Tour: Your guide will give you an inside look at some of our 32 exhibits located in our Great Hall of Shells. These exhibits include: Sanibel-Captiva shells, fossil layers, money cowries, cephalopods, Calusa Native Americans, sailors valentines and world record-size shells, among others.

• Sunday – Shell Games: Learn about shells while playing fun and educational games for the whole family.

Please check our arrival board in the main lobby for updates to daily schedules.

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

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BEST of ISLANDS 2014



photo by Jeff Lysiak

"All of these alien species have been introduced here by humans, although in most cases it wasn't done on purpose," said Searge-Century. "It's very important



photos courtesy of City of Sanibel

The next Alien Invasion presentation will take place on Wednesday, July 20 beginning at 10 a.m. at SCCF's Nature Center, 3333 Sanibel Captiva Road. Admission is free for foundation members and children, or \$5 for non-members. For more information, call 472-2329 or visit www.sccf.org. ❄



A pair of coyotes photographed at Sanibel's Pond Apple Park in 2014

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Book Review

M Train

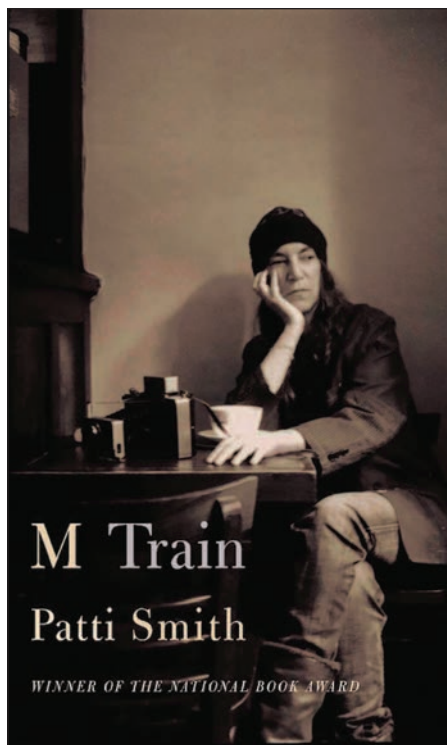
by Di Saggau

I must admit that I did not know much about Patti Smith until I read that Julianna Margulies, of *The Good Wife* fame, had read her book and strongly recommended it. She said it made her

realize how many books she has yet to read. This piqued my curiosity so I ordered the book, read it, and I too strongly recommend it. It takes awhile to get into it, but stick with it.

M Train begins in a tiny Greenwich Village coffee shop, Cafe 'Ino, where Smith goes most every morning for black coffee, brown toast and olive oil. She ruminates on the world as it is and the world as it was while she writes in her notebook. She can drink 14 cups a day without having it interfere with her sleep.

The book is achingly beautiful about the losses dealt out by time and chance and circumstance. Losing her husband, guitarist Fred (Sonic) Smith, to heart failure in 1994 at the age of 45 was devastating to her. He serves as her muse in the book, which has the feel of a love letter, set mainly in present time. We follow the author through a series



of journeys. This includes a meeting of an obscure society, The Continental Drift Club in Berlin, to Frida Kahlo's house in Mexico City, where she actually sleeps in Diego Rivera's bed when she becomes ill. In Japan, she visits the graves of film director Akira Kurosawa and writer Osamu Dazai.

When she's not traveling, Smith stays in Greenwich Village, drinking black coffee and spending whole morn-

ings making lists of literary masterpieces or playing word games. In her favorite cafe, she has her own special table and chair that she always occupies. Years later when the cafe closed down, the owner gave the table and chair to her. *M Train* reflects on the "mystical times" she spent with Fred, and also her obsession with TV detective shows. One weekend, she flies to London and checks herself into a small hotel to spend days watching them uninterrupted.

She remembers the days when she was cared for and needed. She writes, "I want to hear my mother's voice. I want to see my children as children. Hands small, feet swift. Everything changes. Boy grown, father dead, daughter taller than me."

There is no conventional storyline in *M Train*, but the narrative is compelling. It is a powerful, deeply moving book by one of the most remarkable multi-platform artists at work today. Smith calls it "a roadmap to my life."**

Read us online at
IslandSunNews.com

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

Praise Poem

by Ethan Herman

I believe that I am tasty Hershey Bar.
I'm "4 11" and, I think I'm as tall as
the great big Redwood tree.

I'm as handsome as daisy.

When fall comes, it brings multi-colored leaves that are the best to look at.

I believe that I'm a great big shiny star.
I'm an afternoon person with a hint of
sunset yello orange.

*Ethan is 13, lives in Kansas City and visits his grandparents on Sanibel annually. He loves fishing and collecting shells.***

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AMONG THE FLOWERS CAFÉ

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 available. 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 had-dock 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 well-established 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



From left, Brett Kernick, Juan Dulanto and Claudia Medina of Beach Piez

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 everyone.

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 half-priced house wines, domestic beers and well drinks. Enjoy live piano music by Scott McDonald on Wednesday, Thursday, 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 well-stocked 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 market-like 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 chili. 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.

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

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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!

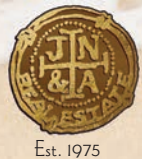
The tables are freshly wrapped in white paper for each party, and there's a pot of colored crayons for doodling, whether you're an adult or a child. Traders has been around long enough to have become a favored local hangout. Lunch is served from 11 a.m. to 2 p.m., happy hour from 3 to 6 p.m. and dinner 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



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The Coynes Are Back On Sanibel Island

submitted by Denise Coyne

Yes, it is that time of year again when Frank and Denise Coyne from Dublin, Ireland arrive on Sanibel for our three-month relaxation vacation.

As our flight approached Fort Myers airport and the pilot mentioned 84 degrees, we began to think and plan all of the wonderful relaxation times we would have when we arrived... sitting by the pool... walking on the beach... reading... shelling... sipping sodas and eating those beautiful mangoes.

As we arrived over the bridge on that wonderful sunny day and we passed the first bikers on the island, our plans immediately changed. We knew it would be biking for us again this year.

Since our arrival on May 1, we have logged 2,930 miles on the bicycle odometer and have almost another three weeks left here. Over the last 14 years (when we started to keep records), we have clocked 37,688 miles. Can you believe it?

Our first trip each morning is from our rental on East Rocks to the Lighthouse Cafe, where the wonderful staff knows exactly what we are going to order – we don't even need a menu. We have tried to alter our destination but we think the bikes are programmed to head there. We go back via Casa Ybel Road and on to



Frank and Denise Coyne

Bailey's General Store to shop and pick up the newspaper, a round trip of about 16 miles. Later in the morning, we head for coffee at Love Boat and then set off once again biking. Our favorite bike path is on Dixie Beach Boulevard... a wonderful, quiet bike ride. This complete ride, taking in all the driveways and circling The Dunes Golf & Tennis Club is about 20 miles. Late in the afternoon, we are off again, mainly around the West Gulf Drive area, and typically cycle about 12 miles. Our daily average is about 42 miles.

Most bikers and walkers will probably know us by our bike bell ringing as we pass them by or by saying, "two Irish passing on your left," or when our daughters join us it's, "five Irish passing on your left."

We have made many wonderful friends here on Sanibel over the years, some who have visited us in Dublin and several others who will visit us in Ireland later this year.

Many thanks to our great friends Merle, Lee Ellen, Andy, Stan and Melinda for all the friendship and wonderful mangoes they have given us. This helps us with the stamina for all that biking. Many thanks also to the staff at Finnimore's that look after us so well and rescue us whenever needed, especially Kevin, the "awesome mechanic!"

After coming to beautiful Sanibel Island for approximately 34 years, we now consider it our second home. We will be so sorry to leave Sanibel on July 28, but hope to meet you all again, same time next year.*

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Sanibel-Captiva Chamber Welcomes New Board Member

The Sanibel & Captiva Islands Chamber of Commerce welcomed Aaron Pruss, a Sanibel resident and practicing attorney, as the newest member of their board. Pruss brings his experience as a member of the Government Affairs Committee and dedication to his community.

"The well-being of my neighbors and the business community are of critical importance to me," Pruss said. "I welcomed the opportunity to serve my fellow members and help the chamber achieve its objectives in any way I can."

Pruss has been a licensed attorney for the past 15 years in Michigan with 11 consecutive years in Florida. He recently opened a Fort Myers office for the Michigan-based law firm Hewson & Van Hellemont, PC after a decade with his previous firm.

"We are delighted to have Aaron join the Chamber Board of Directors," Chamber President Ric Base said. "He has served as a member and brings a great wealth of knowledge to our board."

For more information, visit sanibel-captiva.org.



Aaron Pruss

Superior Interiors

Is Your Room Visually Balanced?

by Jeanie Tinch



Have you ever walked into a room that seemed to tilt to one side even though the floor was perfectly level? Having had the opportunity to work with many, many

clients through the years, I've seen this situation often. The problem is simply one of visual weight. Did you know that your eyes assign greater weight to objects that are large and have a high degree of tone or color contrast? And, conversely, our eyes seem to give small objects or objects with little tone contrast less weight or impact.

And have you ever noticed that some parts of an empty room appear heavier than others because of the architectural features in those parts of the room? For example, a fireplace, doorway, window, built-in bookshelf or a dark-paneled wall will look heavier than an unbroken expanse of wall in a pale color. And, in the same way, a dramatic window treatment will look heavier than a softly subdued window treatment.

When planning the placement of furniture in your rooms, keep in mind the visual weight of the pieces you own. Groups with larger pieces and individual large pieces should be placed first. Smaller furniture pieces can then be easily used to fill in the room, each one selected and placed to create visual balance with all others.

And, as you begin arranging your furniture pieces, you will also need to be looking for a place to establish a focal point or center of interest. A focal point could be a structural element such as a fireplace, a tall piece of furniture or even a window treatment. Once you decide on your focal point, try your best to call attention to it as you place your furniture.

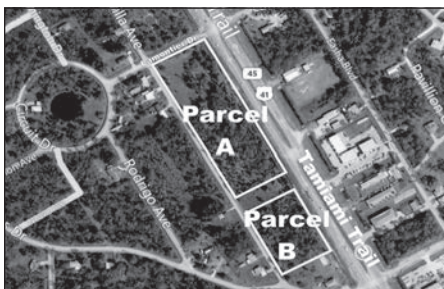
Above all, it's important to arrange your furnishings in such a way that you achieve visual balance in each room. Of course, being a professional decorator, I have been trained in how to help my clients achieve attractive visual balance in each room in their home. So why not think about doing it right the first time by calling in a professional?!

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coindcedden.com.

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Cane toad photo courtesy of SCCF

Alien Invasion

Hundreds of non-native animals and plants are spreading in Florida. SCCF is offering a program on the Alien Invasion on Wednesday, July 20 at 10 a.m. Learn about Florida native species versus exotics and what SCCF is doing to protect island wildlife and their habitats.

Snowy Plover Program

Watch where you walk. There are plovers on the beach and nesting has begun. SCCF has been monitoring and staking the nests of this shorebird on Sanibel beaches for 15 years. SCCF biologists will speak about this threatened species on Thursday, July 21 at 1 p.m. Learn what you can do to protect its small nesting populations. Cost of the program is \$5. There is no charge for SCCF members.



Snowy plover photo courtesy of SCCF

Sea Turtle Nesting Statistics



Turtle tracks photo by Carol Strange

Sanibel's first hatch of the season was reported by Carol Strange last Thursday. Reports are currently above last year's nest counts on all three of the beaches. The nighttime researchers have encountered 158 sea turtles during their surveys. At this point in the season, many of them are recaptures.

Nesting activity as of July 1:

Sanibel East	98 loggerhead nests	219 loggerhead false crawls
Sanibel West	261 loggerhead nests	514 loggerhead false crawls
Captiva	127 loggerhead nests	184 loggerhead false crawls
Total	486	917

*false crawl – a failed nesting attempt

If you have questions, or would like to know more about nesting stats on Sanibel, contact seaturtle@sccf.org or call SCCF at 472-2329.

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



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From left, 10K committee members Pete Bender and Nancy Bender, Pfeifer Realty Group representatives Heather Chevalier, Sarah Gabbard, Eric Pfeifer and Kim Alexander, and Ed Ridlehoover and John Pryor of the 10K committee

Realty Group Sponsors 10K Race

Pfeifer Realty Group is a Silver Sponsor of the 8th annual 10K Race 4 FISH, a community tradition that draws hundreds of runners from near and far to Sanibel Island. The race is set for Saturday, October 15, with the start-finish line at Sanibel Community Park along Periwinkle Way.

"We believe in the valuable work that FISH does and have been proud supporters for several years," said Realtor and broker Eric Pfeifer, a former neighbor of FISH, until the nonprofit moved into its own home last year. "We saw the faces of those who desperately need the help of FISH every day."

"It is an honor to have Pfeifer Realty Group as one of our Silver Sponsors," said Ed Ridlehoover, 10K Race 4 FISH committee co-chairman. "They have been a treasure in our community for many years."

For more information, visit fishofsanibel.com.

ISLAND SUN BUSINESS NEWSMAKERS

Top Agents



Lisette Hitt



Cathie Lewis

Realtor Lisette Hitt was the top listing agent during the month of June at Pfeifer Realty Group. Realtor Cathie Lewis was the top sales agent.

Top Producer

Stephanie Bissett of Premier Sotheby's International Realty was named the firm's top producer associate and top listing associate for the month of June.



Stephanie Bissett

Top Agents

The top agents at John Naumann & Associates for the month of June were: top listing agent, LeAnne Taylor Suarez; top team, Harrell, Tolp & Albright; top sales agent, LeAnne Taylor Suarez; top team, The Walters Group.



LeAnne Taylor Suarez



Harrell, Tolp and Albright Team



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Attorney, CPA
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Will Power

Disability Trustee



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

The following is an edited excerpt from a book that I authored to be published at the end of this year, *Selecting Your Successor Trustee*

When considering who will serve as the successor trustee to your revocable living trust, it's likely that you'll first think about who will be serving upon your demise. This jumps over the important but often overlooked office of disability trustee.

Your disability trustee, by definition, will manage your trust assets during a period of disability. That period may be short term, such as if you have an extended hospital stay, afterwards you take back the office of trustee; or the period could be long

term, as in a situation where you contract dementia or Alzheimer's disease and could therefore last from the initial period of disability until your death.

When accepting the office, your disability trustee will likely be thrust into managing your investments, paying your bills, deciding which of your assets are best used to do so, and may even bear the responsibility of selling your home if it becomes necessary or prudent due to prolonged illness.

This means that your successor trustee will need to know what assets you own, who your financial, tax and legal advisors are, and be responsible in making timely decisions.

Before we delve into these various aspects, let's first consider whether your revocable trust adequately defines just when you should no longer act as your own trustee, bringing in your disability trustee.

Defining Disability

Many revocable trusts simply make a conclusory statement indicating who your successor trustee will be without defining exactly when it is that you are to be considered disabled. My unique estate planning process, The Family Estate & Legacy Program, takes care of these issues by clearly defining disability inside your trust document.

It should come as no surprise that "disabled" is a subjective term, subject to interpretation. Consequently, of the trusts that do define the term, many rely on a physician's statement. A physician qualified in determining mental capacity, usually a neurologist, is called upon to issue an opinion as to whether whomever is acting as trustee has the requisite capacity to carry out the normal day-to-day activities.

Kevin, a son of one of my longtime clients, Jerry, called my office. "Craig, we

have a problem," Kevin began. "I'm down from Michigan and when I arrived at Dad's condo there was a pile of unopened mail. Bank and brokerage statements, unpaid bills and all sorts of things. I asked Dad if it was okay for me to go through it, and I found that he had written a \$10,000 check to the housekeeper! He clearly made out and signed the check, but when I asked him about it he had no recollection."

I suggested that Kevin take Jerry to a neurologist. The doctor later confirmed Stage 3 Alzheimer's disease. We then proceeded to initiate The Family Estate & Legacy Transitional Event Sequence replacing Jerry as his own trustee with Kevin, who was named his successor disability trustee.

When you become a financial danger to yourself, then it's time for your disability trustee to step in. The problem is that most of us won't admit when we're not making wise choices any longer, and are often unwilling to give up the reigns. Compound this with physicians who are fearful of liability and are becoming less likely to sign any document that would remove a patient from acting as trustee, and you have a potential stalemate situation.

One effective means of dealing with this situation is to name a disability committee whose purpose is to remove any trustee from acting. While the committee would certainly want a physician's opinion as to the trustee's condition, such a statement is not necessary. A majority vote of the committee could remove the acting trustee.

Sometimes trustees won't agree to visit with a physician for an assessment. The trust document could address this situation by deeming the trustee incompetent if he won't agree to a checkup. There are all sorts of ways to deal with this problem, and it's preferable if you and your attorney discuss these issues ahead of time and include appropriate language so that you or any trustee that follows you won't become a financial danger to yourself or to the other trust beneficiaries.

Occasionally a client will express concern that the parties who he names on a disability panel will remove him unnecessarily. I have a few responses: First, hopefully you name individuals who love you and who you trust, or some combination. You can include your attorney, CPA or financial advisor with your spouse and children, for example. Second, you are always in control of your trust. If you are improperly removed as your own trustee, then you can always amend the trust and name yourself in that office again. Third, I offer anecdotal evidence that in my 27 years of practice I am unaware of any committee that removed a client as his own trustee too early, although I can point to several instances of the removal coming a bit too late.

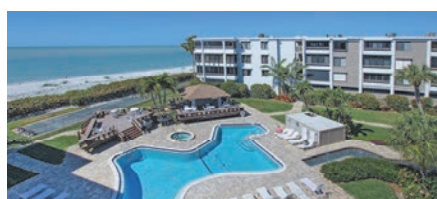
In short, take the time to discuss who may serve as your disability trustee with your estate planning attorney. Don't skip over this most important office without much thought.

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Former South Fort Myers High Student Provides Power For The Twins



by Ed Frank

If we turn the calendar back seven years, there was a 16-year-old youngster attending Fort Myers South High School with an unusual background and promising baseball talent that scouts for the

Minnesota Twins recognized.

A year later, the Twins signed German-born Max Kepler as an undrafted free agent, and he began a long seven-year journey through Minnesota's minor league system.

Born to professional ballet dancers in Berlin, Germany, Kepler grew up playing baseball, soccer, tennis, swimming and skiing. He even earned a tennis scholarship to the Steffi Graf Tennis Foundation in Berlin. But baseball was his first love, so he migrated to the United States and enrolled as a junior at Fort Myers South High School in the shadow of the Twins CenturyLink Sports Complex just across the street.

By the 2014 season, Kepler had moved up to the Advanced A Fort Myers Miracle baseball team where he hit .264 in 102 games. Last year, he was promoted to Double A Chattanooga, hitting .322 and being named the Southern League Most Valuable Player and the Twins Minor League Player of the Year.

The struggling Twins called up Kepler from Triple A Rochester just 30 games into the 2016 season, and the 23-year-old outfielder has blossomed as a fixture in the Twins lineup.

In fact, he is one of the reasons why Minnesota has suddenly become a winning team.

Take last Sunday, for example. Kepler hit a monstrous grand slam home run in Minnesota's 15-5 drubbing of the Texas Rangers. At the All-Star break, Kepler was hitting .238 in his 46 games in a Twins uniform, with eight homers and 33 RBI.

"Kepler's development and RBI-to-games played ratio is pretty impressive," Twins manager Paul Molitor said this week.

It's been a long journey for the six-foot-four, 205-pound Kepler. But the Twins confidence in his talent and future were correct when they scouted him at Fort Myers South High School nine years ago.



Max Kepler

photo courtesy Minnesota Twins

Although the Twins entered the All-Star break with the worst record in the American League (32-56), there are recent promising signs of improvement. At the break, they had won seven of their last nine games, including five of seven against the Rangers, who have the best record in the AL. The Twins' offense has suddenly come alive particularly in the power department. Dating back to June 26, they are tied with the Chicago Cubs for the most homers in the Majors with 28 dingers. In addition, they have scored the most runs in baseball going back to June 18 with 140, which is eight more than any other team during that span. Trailing Cleveland by 20 games in the American League Central Division, post-season play is out of the question, but perhaps the Twins can play plus-500 baseball in the second half of the season. That was what had been expected at the season's start.

First-Place Miracle Start Second Half With 12-7 Record

If the Fort Myers Miracle baseball team wants to advance to post-season play and gain the opportunity to win the Florida State League Championship, they must win the league's South Division in the second half of the season. The Miracle started the week by having won 12 of their first 19 games in the second-half and built a 1-1/2-game division lead over Jupiter. Fort Myers begins a four-game homestand Sunday at Hammond Stadium, facing Lakeland at 4:05 p.m. Lakeland also provides the opposition Monday through Wednesday at 7:05 p.m.*

SPORTS QUIZ

1. When was the last time before 2015 that no member of the New York Yankees was in the starting lineup for the All-Star Game?
2. Minnesota Twins pitcher Phil Hughes set a major-league record in 2014 for best strikeout-to-walk ratio (11.63 to 1). Who had held the mark?
3. What two NFL players each won Super Bowls 13 years apart?
4. When was the last time before 2015 and 2016 that Notre Dame's men's basketball team reached the NCAA Tournament's Elite Eight?
5. Since the 1999-2000 season, how many times has the winner of the NHL's Presidents' Trophy (best regular-season record) also won the Stanley Cup?
6. In 2015, Portland's Diego Valeri recorded the fastest goal in MLS Cup history (27 seconds). Who had held the mark?
7. Who was the only horse other than Nyquist in 2016 to win the Kentucky Derby after winning the Breeders' Cup Juvenile as a 2-year-old?

ANSWERS

1. It was 1999. 2. Bret Saberhagen of the New York Mets in 1994 (11 to 1). 3. Tom Brady and Ted Hendricks. 4. It was 1979. 5. Four times (Colorado, 2001; Detroit, 2002, 2008; Chicago, 2013). 6. Eduardo Hurtado in 1996 and Ronnie Ekland in 2003 each scored in the 5th minute. 7. Street Sense in 2007.



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School Smart



by Shelley M. Gregg, NCSP

Dear Readers,

Here's some useful information about a new amusement park for special needs children. Although most amusement parks have some accommodations for

children and adults with handicaps, this is the first amusement park with specially designed activities to include everyone.

While this park is quite a distance from Southwest Florida – San Antonio, Texas, to be exact – it could be the trip of a lifetime for you and your family, since this new park is focused on including all children in their activities.

The name of the park is Morgan's Wonderland and their team has created an amusement park with a unique mission: to have a play space for individuals with special needs. Billed as the world's first ultra-accessible family fun park, Morgan's Wonderland covers 25 acres and sits on the former site of the Longhorn Quarry, northeast of downtown San Antonio.

The project's inspiration came from Morgan, the special-needs teenage daughter of founder-philanthropist

Gordon Hartman, who watched her struggle at birthday parties, playgrounds and pools due to her special needs.

"The special needs children come first," Hartman said about the \$32 million, three-year construction. "Here they have an opportunity to do things they've never done before, like ride in a swing or a carousel or sit with their family in a train."

While researching his idea, Hartman sought out sample rides suitable for physically challenged individuals but came up empty, so he designed his own. He created an off-road adventure ride that allows children to cruise around a rock-strewn track. The Jeep-like vehicles can accommodate wheelchairs and feature such innovations as sensors that protect passengers with neck problems.

Other attractions include swings (three equipped for wheelchairs), a sand circle with four wide paths, a pirate-themed island, a sensory village, a fishing wharf and the Garden Sanctuary, a calming space with art and piped-in music.

The park is free to all special-needs guests; other visitors pay \$5. Reservations are required and can be made at 210-637-3434 or online at www.morganswonderland.com.

And beginning in spring 2017, Morgan's Wonderland wants to make an even bigger splash to benefit the special needs community. They have broken ground for Morgan's Inspiration Island, the world's first ultra-accessible splash

park where guests of all ages and abilities can get wet and have fun together. It will feature a riverboat adventure ride and five water play areas filled with water attractions.

Like Morgan's Wonderland, Morgan's Inspiration Island will focus on inclusion while inspiring guests with special needs to achieve things previously thought to be impossible. Fantastic!

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

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editorial copy to:
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Family Support Group To Hold Meeting

The Southwest Florida NICU Family Support Group, aimed at helping families after discharge from the hospital, will hold a meeting in meeting room A at Lakes Park Regional Library on Tuesday, July 26 at 6:30 p.m. The group meets monthly, and shares stories and seeks guidance from others who have experienced Neonatal Intensive Care Unit (NICU) life.

"It can be very scary and extremely intimidating bringing a fragile baby home," said Haley Turner, group organizer and mother of a two-year-old who spent time in the NICU. "Each parent has the opportunity to share their NICU story, but we also speak about current experiences parents are having with their child," said Turner. "Topics have ranged from medical issues to swim lessons, but everything comes from a viewpoint of those with like-newborn experiences."

Lakes Park Regional Library is located at 15290 Bass Road in Fort Myers.

For more information, call Turner at 839-6091 or email nicufamilyswf@yahoo.com.✪

Deadline For Zonta Grant Applications

The Zonta Foundation of Southwest Florida, the non-profit arm of the Zonta Club of Sanibel-Captiva, is seeking preliminary applications from 501(c)(3) organizations in Southwest Florida for the grant cycle that begins in the fall, with distribution of grants in early 2017, funds raised in the most recent A Peek at the Unique.

There is still time to apply. The mission of Zonta is to empower women and girls through service, advocacy and funding. Zonta has opened the grants process to invite applications from all organizations whose purpose supports Zonta's mission. Preliminary applica-

tions will be screened to determine suitability and are due by Friday, July 29. Final, detailed applications will then be distributed in early October, with a submission deadline of October 28.

To download an application or for more information, visit www.zontasan-cap.com. Find the link on the home page for Preliminary Application. Email the completed application to info@zontasan-cap.com.

Typical grants are in the range of \$5,000-\$10,000; however, these are not minimum or maximum amounts. An innovative project proposed by an established organization could garner larger support.

For additional information, contact grants committee chairs Carol Gestwicki at candrgestwicki@aol.com or Jill Janda-Kanner at jillj1115@embarq-mail.com. ✪

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Sports, Snakes And Stories This Summer At Sanibel Public Library



From left, Fort Myers Miracle baseball players Brad Hartong and Trey Vavra reading to kids

Area children are reading for others in the Sanibel Public Library’s annual Summer Reading Program. Children “earn” books to build their home library, by reading. The Sanibel Public Library Foundation matches each book earned, so each child also earns a book for Golisano Children’s Hospital of Southwest Florida. Last summer island readers earned more than 1,000 books for the library at The Children’s Hospital.

Brad Hartong and Trey Vavra, players from the Fort Myers Miracle baseball team, talked about baseball and read stories to children at the Sanibel Public Library on July 9. One book popular with the crowd was *Three Burps You’re Out* by Nancy Krulik. Vavra told the audience how he struggled with school for many years. When he got to high school, he said, “I really hit the books and improved my reading and studying skills,” so he was able to go to college with an academic scholarship, where he also played baseball for his college team. The players showed a few library books to help kids learn about batting averages and other technical baseball information.

On Tuesday, July 20 master storyteller Windell Campbell will weave tales, both modern and classic, at the library at 3 p.m. John Storms returns to the library to entertain and inform with real live reptiles at 3 p.m. on Tuesday, July 26.



Ben Ryan got his hat signed by Brad Hartong of the Fort Myers Miracle



Master storyteller Windell Campbell will be at Sanibel Public Library on July 20

On Tuesday evenings at 6 p.m., teens are invited for VIP After-Hours. Some of the planned activities include viewing book trailers, swapping books, setting up books as dominoes, and more. This program is for incoming sixth grade students and older. Additionally, students who need community service hours can volunteer at the library during the summer. Those interested should speak with Youth Services Librarian Deanna Evans.

Weekly “Summertime Storytime” will be held Wednesdays at 10 a.m. Storytime encourages the development of pre-reading skills through songs, rhymes, finger-play, and stories for children ages 5 and under.

There is no charge to participate in these library programs. The library’s full event schedule can be found in the calendar on the library’s website at sanlib.org.

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

Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. Visitor library cards are available for a \$10 annual fee. For more information about the Sanibel Public Library, call 472-2483 or visit online at www.sanlib.org.

Our email address is press@islandsunnews.com

Top Ten Books

1. *Sanibel Flats* by Randy Wayne White
 2. *Raymie Nightingale* by Kate DiCamillo
 3. *My Grandmother Asked Me To Tell You She’s Sorry* by Fredrik Backman
 4. *A Land Remembered* by Patrick Smith
 5. *The Vacationers* by Emma Straub
 6. *Before The Fall* by Noah Hawley
 7. *A Man Called Ove* by Fredrik Backman
 8. *The Book of Joe* by Jonathan Tropper
 9. *Beach Town* by Mary Kay Andrews
 10. *Gift From The Sea* by Anne Morrow Lindbergh
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Safeguarding Breast Health



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

Last week you learned how to move toxins from specific neurolymphatic reflex points that impact your breasts. By now, you should feel less

sore and know that you are helping to prevent disease and potential cancer from taking hold in the cells impacting your breasts! Each of these reflex points is directly associated with a meridian, defined energetic pathways.

By accessing these meridians, we are able to enhance our systems to flow freely and more smoothly. Each of the 14 meridians may be accessed at any time for a variety of reasons. One of the techniques discussed today flushes the stomach meridian, since this meridian's pathway flows directly through the middle of each breast. Likewise, flushing the circulation-sex meridian, which begins on the outside edge of the breast near the armpit directly adjacent to the nipple and travels down the arm to the middle finger, results in removing stale energy from the entire meridian and

replacing it with vibrant new energy.

What does flushing a meridian mean? It means tracing the entire meridian backwards one time and then tracing it forward three times. This action is like de-clogging a drain in the sink, only we are de-clogging your energetic pathways. Our hands carry electromagnetic and subtle energies enabling you to influence the meridian's circuitry.

To flush the stomach meridian, diagram to the right, proceed as follows using both hands on both sides of the body at the same time (place palms against the body to enable more coverage of the flows):

Step 1. The description of tracing the meridian as set forth is tracing it forward in its natural pathway. Flushing means starting at the end of the meridian and tracing it backwards.

Step 2. Read Step 3 first to understand how to trace the meridian, then go to step 4.

Step 3. Stomach Meridian Tracing Description. Place both hands underneath your eyes and draw your hands down to your jawbone. Circle up the outside edge of your face to the forehead to directly above the center of the eyes. Pull the hands down over the front of the eyes to the collarbone. Move the hands laterally along the collarbone until you reach the outside edge of the breasts. Pull hands down over breasts toward inside of waist. At waist, move hands toward hips and then move hands straight down the front of the

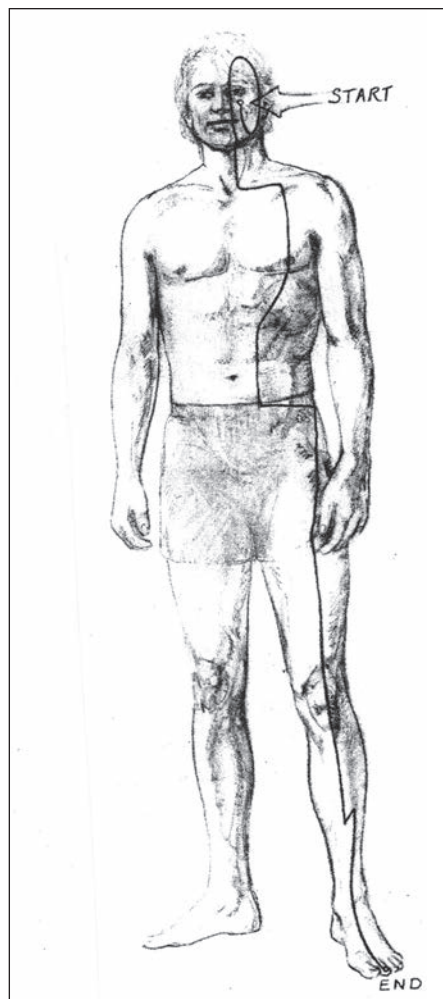


Figure 23, Tracing the Stomach Meridian
From Energy Medicine book, page 124

legs and off the second toe.

Step 4. Stomach Flushing Technique. At each big toe, begin by tracing the meridian backwards one time. Now trace the meridian forward three times (see Step 3 above)

Once you learn to trace this meridian, it will take less than one minute to complete – really! Flush the stomach periodically, but daily if there are breast issues! Learn to flush circulation-sex meridian next week.

Have fun with your energy! Next week's topic is Safeguarding Your Breasts – Flush Cir-X Meridian.

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.✱

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Mom And Me



by Lizzie and Pryce

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

Dear Mom & Me,

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

I do not see Freda as intimidated but annoyed at young people who belittle her and are "mean." It is not easy to ignore such behavior. It often translates into a situation where the old person with a legitimate concern is bullied into believing they are stupid. Pryce's

comment regarding computers and new technologies are not solutions either. I consider myself well able to use them but the rapidly increasing technologies boggle my mind. I feel at my age, I should be able to use a telephone book and/or get information by telephone or in person rather than spending an inordinate amount of the few years I have left on earth to figure out why my password is invalid or why Comcast has "lost" my signal again.

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

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

Thanks for listening.

Loretta C. Buffer, PhD,
Fort Myers

Dear Loretta,

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

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

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Nine Tips To Stop Thyroid Problems



by Suzy Cohen, RPH

Dear Readers: #1 – There

are many thyroid “bombs” and cigarettes are one of them. Smokers have lower serum TSH and higher free T4 and free T3 levels than non-smokers, which makes it look like you don’t have thyroid disease even when you do.

#2 – Drive old cars. The new ones are off-gassing all the bromide and that’s competing with iodine in your thyroid gland. You’ll take up the bromine not iodine, and that will make you feel fat, fuzzy in the brain and fussy.

#3 – Reduce hydrogen peroxide. We all make this compound in our cells as part of cellular metabolism but some of us make too much and it causes pain and fatigue. It’s a free radical. You can reduce it with supplements of catalase and glutathione.

#4 – Be careful in swimming pools and jacuzzis. If you spend a lot of time enjoying these activities, then consider taking an iodine capsule (about 6.25mg) once or twice a week to restore lost iodine. The chlorine in pools competes with iodine and may suppress iodine uptake to the point where you are hypothyroid.

#5 – Change your toothpaste. Use a fluoride-free brand because fluoride is a bully. It competes with iodine in your thyroid gland, which will almost always absorb fluoride over iodine. When this happens, it blocks production of thyroid hormone.

#6 – Take a break from fermented foods. Foods like tempeh, blue cheese, parmesan, salami, alcohol, kombucha and sauerkraut are loaded with histamine, a known trigger for autoimmune disorders. These cause loads of digestive problems and fatigue. I wrote a more comprehensive article about this topic, now archived in my website.

#7 – Stop eating candy and soda. Blood sugar swings cause terrible imbalances with your sugar and insulin levels. You’ll never get well if your eating this stuff. Never. It is simply not physiologically possible. High insulin (needed to neutralize the sweets) is a known factor for cancer, diabetes and pain, plus high insulin makes you overweight and tired.

#8 – Minimize eating raw goitrogenic foods which reduce your ability to absorb iodine which reduces thyroid levels and starves the reproductive organs of healthy iodine. Avoid foods that are goitrogenic unless you cook them. For example, juicing raw kale every morning is a no-no in my book. Cooking it daily is fine and incredibly healthy. See the difference? Watch out for superfood green powder drink mixes that contain goitrogens. Some common ones include alfalfa, broccoli and cauliflower powders. If you drink this every day, it may backfire and cause fatigue.

#9– Digest your food. I didn’t say eat your food, I said “digest.” You see, the problem is that the food you eat isn’t always broken down completely. This partial digestion is due to years of insult from a bad diet, which reduces secretion of digestive enzymes and increases zonulin. So I suggest you take digestive enzymes to help you completely break down all the food you eat. Pancreatin,

pepsin, bromelain and others exist in supplemental form, which reduces the amount of ‘circulating immune complexes’ that trigger autoimmune flare-ups.

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: My wife tells me that I am a procrastinator, and I don’t know how to overcome this obstacle. I have a lot of projects I have started, and I have not completed one, including exercising.

I just don’t know what to do.

How can I get started and finish?

A: I don’t know how long you have been a procrastinator, however, this can often arise from perfectionism. You may want to ask yourself if everything has to be perfect, and if so, it may be too overwhelming for you to complete a task, so you don’t. Then something else appeals to you, and you repeat the same behavior. The fact that you have

been made aware of your procrastination is a start. You seem willing to admit and eliminate old habits, and you can learn to stop this with some baby steps. Begin with the completion of one small task no matter how small. Perhaps washing your own clothes and placing them in the dryer, then folding and putting them away. You don’t have to do the towels and bedding! In terms of exercise, start with walking 1/2 mile, then 3/4 of a mile and work your way to one mile.

Affirm your success and remind yourself of what a good job you did, not “I should have done more.” More will come. It is a work in progress. Learn to relax and have fun. Reward yourself for the positive steps you have taken in whatever task you start. This way, you won’t be overwhelmed, and you will be more inclined to complete your tasks and feel good about this success.

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.✱



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Doctor and Dietician

Salad In A Jar



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

I love to make these on Sunday nights so that I have them ready for the work week. It is a fun way to eat healthy and have a variety of interesting combinations. The order of layering the ingredients in the jar is key to achieving success! The base ingredients will be well-marinated and full of flavor, and the top will remain crunchy until you’re ready to mix everything up and eat it.

Ingredients:

Layer 1: Salad dressing*

Layer 2: Tomatoes, cucumbers, red onion, asparagus, celery, peppers, carrots

Layer 3: Mushrooms, zucchini, beans, lentils, peas, corn, broccoli

Layer 4: hard boiled eggs, meats, cheeses such as feta, gouda, cheddar, mozzarella etc.

Layer 5: rice, pasta, quinoa or

couscous (if desired)

Layer 6: nuts, greens such as spinach, arugula, lettuce.

* One of our favorite classic dressings is an easy, homemade honey mustard: 4 tablespoons olive oil, 3 tablespoons vinegar, 2 tablespoons mustard, 2 teaspoons honey, salt & pepper to taste. Another great combo is to swap out the mustard for a little Greek yogurt and use balsamic vinegar. The options are endless!

What to do:

1. Prepare all of the ingredients for assembly.

2. Prepare dressing.

3. Layer ingredients into jars as previously mentioned. Close with lid and refrigerate.

Feel free to adjust to whatever kind of salad you are in the mood for. We’ve made these with a Mexican flare, Italian caprese style, or even a chopped salad with bleu cheese, bacon and avocado. You can also put a sweet spin on it with fresh fruit like mango or strawberries. Use your imagination and have fun making your own special combinations! These are also great to take on a picnic, to the beach, on a hike or out on the boat.

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.✱



Cooked Pink Shrimp and Citrus Ceviche

1 pound large pink shrimp, peeled and deveined with the tail on
2 tablespoons seafood boil seasoning
2 pink grapefruit, peeled and segmented, seeds removed
3 tangelos, peeled and segmented, seeds removed
3 tangerines, peeled and segmented, seeds removed
1 sweet pepper, diced
1 red onion, diced
1 tablespoon olive oil
3 limes, juiced
½ cup fresh cilantro, chopped
1 large avocado, peeled, pitted and diced

Sea salt and fresh ground pepper to taste

1 bag plantain chips or tortilla chips

Fill a medium-sized sauce pot ¾ the way with water, and heat over medium-high.

Add the seafood seasoning to the boiling pot of water.

Add the shrimp and cook for 2 to 3 minutes or until completely done.

As soon as the shrimp are done, plunge them into an ice water bath to stop the cooking and cool them off.

When the shrimp are completely cool, strain them and put them into a medium-sized mixing bowl.

Add the citrus, sweet pepper, red onion, olive oil, lime juice, cilantro and avocado.

Season the ingredients to taste with salt and pepper.

Stir to combine ingredients.

Serve ceviche with chips.✱



Cooked Pink Shrimp and Citrus Ceviche

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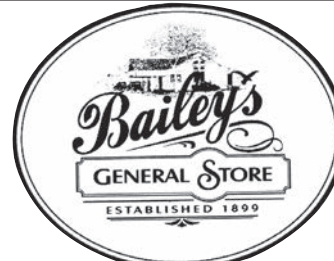
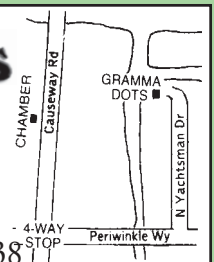


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PETS OF THE WEEK

Hello, my name is Summer. I'm a 3-year-old spayed female Rottweiler mix. I'm a great dog – beautiful, sweet and gentle. I've got an aura of innocence and a heart filled with hope. This Summer will bring happy days, times and memories into your life. I'm looking for my forever home. This may be the best Summer of your life!

My adoption fee is \$35 (regularly \$75) during Animal Services' It's Raining Cats and Dogs adoption promotion.

Hello, my name is Susie. I'm an 8-year-old spayed female domestic long hair calico. I am the epitome of a loving and adoring cat. I would love to spend quality time with someone. I've been described as "human-like" and "a great choice as a best buddy." I love to be brushed, petted and especially to have my belly rubbed. I'm a calm kitty and would love a calm forever home. How about with you?

My adoption fee is \$10 (regularly \$50) during Animal Services' It's Raining Cats and Dogs adoption promotion.

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

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

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

The adoption package is valued at \$500.*



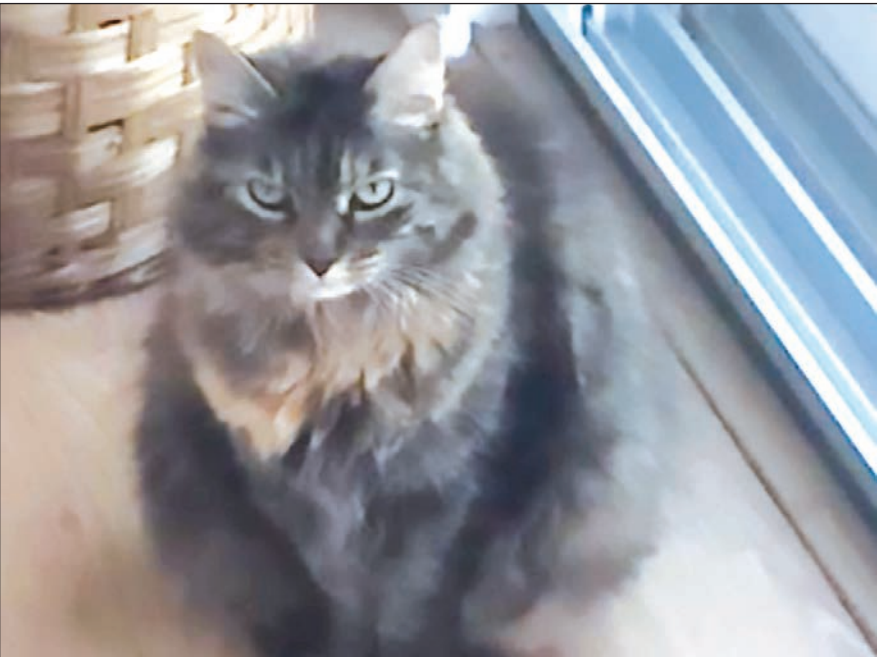
Summer ID# 639687



Susie ID# 664942

PAWS Of Sanibel
Tootsie

Tootsie is a beautiful young girl looking for a new home. Her owner recently passed away after some time in hospice care. If you can help Tootsie, call Pam at PAWS of Sanibel at 472-4823.*



Tootsie

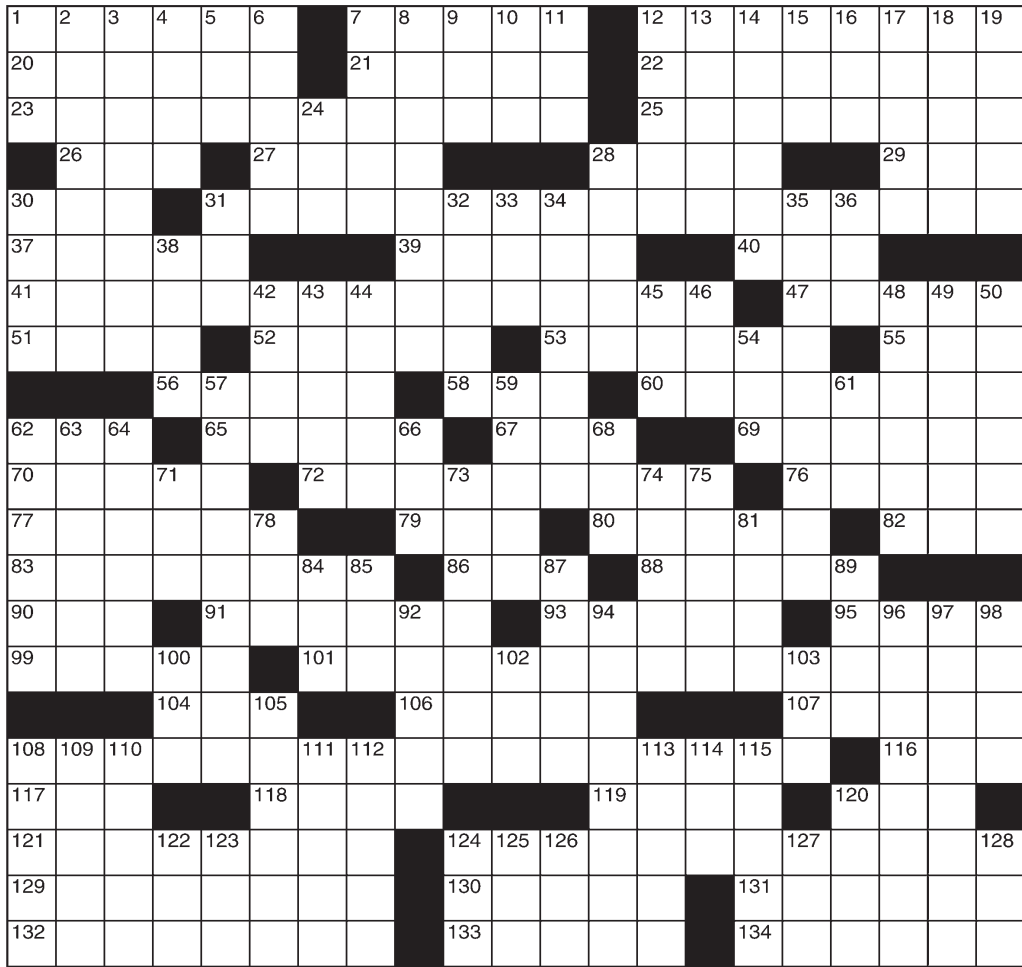
PUZZLES

Answers on page 45

Super Crossword

“WHAT AM I ...?”

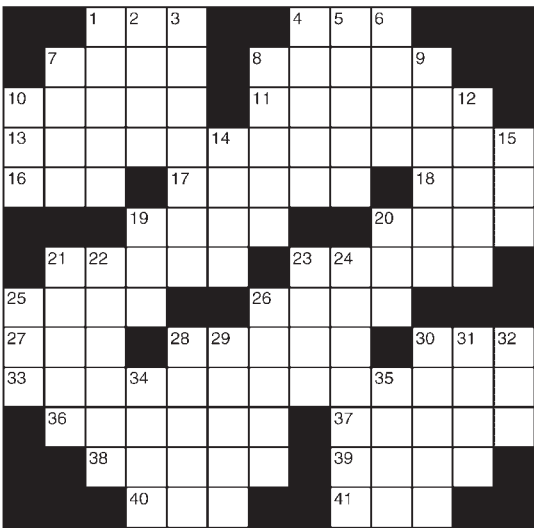
- ACROSS
- 1 Indy 500 entrant's skill
- 7 Students' workplace with mice
- 12 Intensifies
- 20 Oman locale
- 21 Author Jong
- 22 Most importantly
- 23 * It flows through Metz
- 25 When to start a match
- 26 Upper limit, informally
- 27 English lavs
- 28 — noire
- 29 T-Pain music
- 30 BMOC part
- 31 * Least populous state capital
- 37 Right one's wrongs
- 39 "Brother, can you spare —?"
- 40 Grade of mediocrity
- 41 * Nonviolent protests, e.g.
- 47 Pier
- 51 See 124-Down
- 52 Revere
- 53 Less chubby
- 55 Opposite of "agin"
- 56 Any acetate, chemically
- 58 Caesar's 56
- 60 * Manta, e.g.
- 62 iDevice download
- 65 Section of a long poem
- 67 Gardner of "Mayerling"
- 69 Reposeful
- 70 Life partner?
- 72 * London
- 73 With 11-street known for tailoring
- 76 Island east of Java
- 77 Home of the Senators
- 79 Friend, in Nice
- 80 Blot out
- 82 Jr. officer
- 83 * "The Big Country" co-star
- 86 Sharable PC file
- 88 Lendl and Reitman
- 90 "Xanadu" group, briefly
- 91 Operate incorrectly
- 93 As red as —
- 95 "SOS" pop quartet
- 99 City of old witch trials
- 101 * Scholarly evaluations
- 104 Desire
- 106 Exposed the secret of
- 107 Wastes time
- 108 * Noted New Yorker feature
- 116 Suffix with bass or solo
- 117 Poem that uplifts
- 118 April 1 trick
- 119 Coffin cloth
- 120 With 11-Down, hotel suite amenity
- 121 Keep off a varsity team for a year
- 124 What can be found in the answers to this puzzle's eight starred clues?
- 129 Blood body
- 130 Abundant
- 131 Some ducks
- 132 "Everyday People" lead singer
- 133 Lugged
- 134 "You — worry"
- DOWN
- 1 Hit forcefully
- 2 Like cedar
- 3 Ladies' man
- 4 Alpine goat
- 5 Zero
- 6 Last name in winemaking
- 7 Also-ran
- 8 Ross
- 8 Feature of invigorating weather
- 9 Actress Tyler or Ullmann
- 10 Maven
- 11 See 120-Across
- 12 Avid
- 13 Cable channel for hoops fans
- 14 Household arts, briefly
- 15 Rd. relative
- 16 Fishtank accessory
- 17 Egyptian Museum site
- 18 Ziggy of jazz trumpet
- 19 Rested up
- 24 Almost forever
- 28 Geoffrey of fashion
- 30 PC rivals
- 31 Crooner
- 32 Tormé
- 32 Detroit dud
- 33 Kindled
- 34 Survivor's elated cry
- 35 In a new draft
- 36 "Doesn't thrill me"
- 38 — -to-fiver
- 42 Pro — (in proportion)
- 43 Shangri-las
- 44 To a degree, informally
- 45 Louise
- 46 K.C.-to-Detroit dir.
- 48 Common chalet shape
- 49 Basis
- 50 Hash house appliances
- 54 Zsa Zsa's sis
- 57 "Friends" co-star David
- 59 Credible
- 61 Luau offering
- 62 Pueblo houses
- 63 "Downtown" singer Clark
- 64 Cop's beat
- 66 Eggs, to Livy
- 68 Be different?
- 71 1960s chess master
- 73 Driving force
- 74 Bay window
- 75 Seesaw
- 78 Prefix meaning "bird"
- 81 Fill totally
- 84 PC bailout key
- 85 California's Big —
- 87 Blow to the mug, to Brits
- 89 Remarked
- 92 Sitting Bull's tribe
- 94 Habitual troublemaker
- 96 Deemed true
- 97 Low-budget cowboy flick
- 98 Secy., say
- 100 Sight seer
- 102 Hairy cousin of Morticia
- 103 Coq au —
- 105 Ex — (out of nothing)
- 108 Combat unit
- 109 Newbery-winning author Scott
- 110 Date of the Allies' victory in WWII
- 111 "El Cid" co-star Sophia
- 112 Chai —
- 113 Captured on a VCR, e.g.
- 114 Land in eau
- 115 Long-past
- 120 Expansive
- 122 Rd. relatives
- 123 — up (riled)
- 124 With 51-Across, med. diagnostic
- 125 Med. insurer
- 126 Choose
- 127 Falsification
- 128 String past Q



King Crossword

ACROSS

- 1 Integers (Abbr.)
- 4 Journey segment
- 7 Mr. Crockett
- 8 Baby's ailment
- 10 Roof edges
- 11 Parka
- 13 Square one
- 16 Chum
- 17 Jagged
- 18 Cattle call?
- 19 Portent
- 20 Show boredom
- 21 Accumulate
- 23 Carriages
- 25 Coagulate
- 26 "Peter Pan" pooch
- 27 Existed
- 28 Oddballs
- 30 Extinct bird
- 33 1996 movie title that's an anagram of 13-Across
- 36 Champagne + OJ
- 37 Two under par
- 38 Ship of the desert
- 39 Sore
- 40 Tex- -- cuisine
- 41 Speck



DOWN

- 1 Fleet-related
- 2 Finished
- 3 Methods
- 4 Yearns (for)
- 5 Run off to wed
- 6 Early helicopter
- 7 Information
- 8 Church law
- 9 Alligator's cousin
- 10 Kreskin's
- 12 Recognizes
- 14 Angers
- 15 Heavy weight
- 19 Cheerios grain
- 20 Nay canceler
- 21 Antitheft device
- 22 Tile art
- 23 Variety of shark
- 24 As a substitute
- 25 5 percent of
- 26 Kathmandu's land
- 28 Travelocity mascot
- 29 Newark's county
- 30 Strength
- 31 Siblingless
- 32 Candle count?
- 34 Mosque
- 35 Snack in a shell

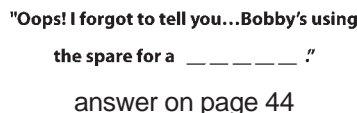
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G D B Y W H Z T C R R R P P M
K I Y L A T I F U E D F O S A
B Y W U S Q L N B G O M L K I
K I F D B Z X W A D A N A C S
U S Q O N L J H F P D N N S S
C A Y W V T S Q P N A L D K U
I H F E C B Z Y W V U J S A R

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

- | | | | |
|--------|---------------|----------|--------|
| Canada | Germany | Kenya | Spain |
| China | Great Britain | Poland | U.S.A. |
| Cuba | Italy | Russia | Uganda |
| France | Japan | S. Korea | |



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

	Yield	Margin	Bent	Level
SINGER	<input type="text"/>			
FINGER		<input type="text"/>	<input type="text"/>	
WEAKS			<input type="text"/>	
BLEATS				<input type="text"/>

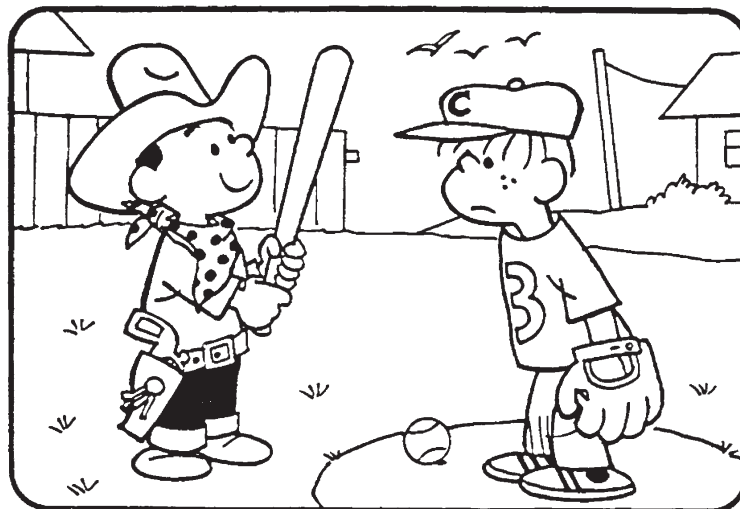
TODAY'S WORD

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

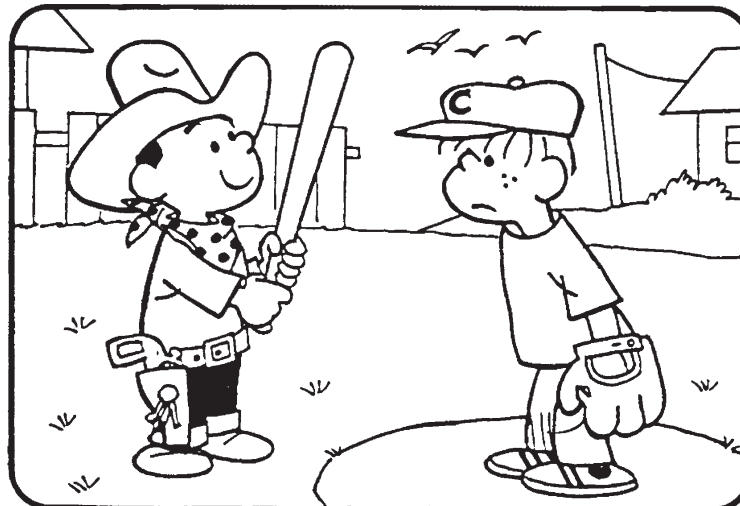
Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

answer on page 45

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Board is missing. 2. Gun in holster is moved. 3. Bandana is hidden. 4. Ball is missing. 5. Number is missing. 6. Glove is different.

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LIVE ON THE ISLANDS

The Jacaranda has live entertainment Friday and Saturday with The Wildfire Blues Band, playing classic rock and R&B. Renata plays funk, jazz and contemporary music 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 with Dusk. On Saturday, it's Woody Brubaker and Barbara Smith. Woody Brubaker plays on Thursday.

Il Cielo has live entertainment with Scott McDonald on Wednesday, 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 Andy Rosse Lane.

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 18, 2016

ARIES (March 21 to April 19) You're not Sheepish when it comes to asserting your opinions on what you think is right or wrong. Be assured that you're being heard, and something positive will follow.

TAURUS (April 20 to May 20) Your sense of justice makes it difficult not to speak up about a recurring matter involving a co-worker. But, once again, you need facts to back you up before you can act.

GEMINI (May 21 to June 20) Romance is still dominant, and if Cupid misfired before, don't worry. He'll take better aim at someone new this time around. Expect favorable news about a financial matter.

CANCER (June 21 to July 22) The zodiac's Moon Children can expect things to work out pretty much as planned. One negative note involves a minor relationship problem that suddenly turns serious.

LEO (July 23 to August 22) You're suddenly being asked to make choices between two practically equal offers. Which one to choose? Easy. The one most likely to gladden your Lion's heart.

VIRGO (August 23 to September 22) Once again, you're confronted by a workplace problem you thought you'd already resolved. This time, you might need to go higher up to find a just resolution.

LIBRA (September 23 to October 22) Good for you: You're determined to stick with your goals and ignore those naysayers who might try to discourage you. You're on the right track. The challenge now is to stay on it.

SCORPIO (October 23 to November 21) You'll soon get news that is supposed to help you with a troublesome situation. Use your sharp Scorpion instincts to determine if the information is reliable.

SAGITTARIUS (November 22 to December 21) If you learn someone has betrayed your trust, don't just accept it and walk away. You need to know why that person decided to do what he or she did.

CAPRICORN (December 22 to January 19) A painful family relationship problem could finally begin to heal. Be prepared to show more flexibility than you might like. But it could be worth it.

AQUARIUS (January 20 to February 18) It's a good idea to enhance your career skills so you'll be prepared to accept a more responsible position when it's offered. A friend returns a favor just when you need it.

PISCES (February 19 to March 20) Show that strong, steely backbone that you usually hide, and demand to be included in any family decision-making that could affect the well-being of a loved one.

BORN THIS WEEK: You can be happy being alone at home. But you also love exploring the world outside and meeting new people and sharing new ideas.

THIS WEEK IN HISTORY

• On July 21, 1775, Patriot minutemen in whaleboats raid Little Brewster Island, in Boston Harbor. The raiders temporarily drove off the island's British guard before burning the wooden parts of the point's lighthouse. Ten days later, 300 minutemen returned

to the island to prevent the British from making repairs.

• On July 19, 1799, a French soldier discovers a black basalt slab inscribed with ancient writing near the Egyptian town of Rosetta. The Rosetta Stone contained passages written in three different scripts -- Greek, Egyptian hieroglyphics and Egyptian demotic -- providing the key to deciphering hieroglyphic language.

• On July 24, 1911, American archeologist Hiram Bingham gets his first look at Machu Picchu, an ancient Inca settlement in Peru. The site itself stretches for 5 miles, with over 3,000 stone steps linking its many levels. Today, more than 300,000 people visit every year.

• On July 22, 1923, John Dillinger joins the Navy in order to avoid charges of auto theft. A decade later, Dillinger's reputation was forged in a single 12-month period, during which he robbed more banks than Jesse James did in 15 years.

• On July 18, 1940, President Franklin Roosevelt is nominated for an unprecedented third term. In 1947, Congress passed the 22nd Amendment to the U.S. Constitution, which stated that no person could be elected to the office of president more than twice.

• On July 20, 1969, American astronaut Neil Armstrong becomes the first human to walk on the surface of the moon. As he stepped from the lunar lander, Armstrong say: "That's one small step for man, one giant leap for mankind."

• On July 23, 1984, Vanessa Williams gives up her Miss America title, the first resignation in the pageant's history, after Penthouse magazine announces plans to publish nude photos of the beauty queen.

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STRANGE BUT TRUE

• It was noted American poet and feminist Adrienne Rich who made the following sage observation: "Language is as real, as tangible, in our lives as streets, pipelines, telephone switchboards, microwaves, radioactivity, cloning laboratories, nuclear power stations."

• When you were growing up, did kids call each other "chicken" to insult each other's bravery? In all likelihood, the answer is yes. That word has been used since the 14th century to insult those considered to be cowardly.

• It was once against the law in some places -- England, for example -- for a man to marry his brother's widow. It was considered to be an incestuous relationship.

• On a per-capita basis, Canada is the most educated place in the world; more than half of the country's residents have earned at least one college degree.

• According to a study conducted by

researchers at Emory University, heterosexual couples who spend more than \$20,000 on their wedding were three and a half times as likely to have shorter marriages than those who were more frugal. This principle extends to the ring, too; men who spent more than \$2,000 on an engagement ring were more likely to end up divorced.

• It takes about 70 hours to read the entire Bible aloud -- even longer if you take breaks to sleep and eat (and shower, one would hope).

• Aside from being plant products, what do pinecones and pineapples have in common? You might be surprised. Not only do both have scales (which are obvious to see), but the scales share the same pattern: 13 rows spiraling one way, and eight rows spiraling the other way.

THOUGHT FOR THE DAY

"If you don't turn your life into a story, you just become a part of someone else's story." -- Terry Pratchett

NOW HERE'S A TIP

• "If you have delicate items to wash, put them inside a pillowcase before you run them through the delicate cycle on your washing machine. This works really well if you have something that has thin straps, as they will not get tangled up in the agitator." -- K.Z. in Rhode Island

• "Make your own fun fridge magnets using thin giveaway magnets from local businesses. Glue photos or artwork over the front of thin, pliable advertising magnets. Cut away the edges, and you'll have fun magnets featuring your family members or pets, for instance." -- A.L. in Connecticut

• "I keep a small spray bottle of rubbing alcohol in the glove box, along with a stack of paper napkins. This makes it easy to clean my glasses before driving. I also have used it to remove sticky residue and to sanitize my hands after pumping gas. It's quite useful, really." -- F.E. in Washington

• A muffin tin makes a great sorter when beading necklaces or doing crafts with small beads. You can sort by style

or color, making it organized and easy to find what you need.

• "If you have dry skin on elbows, knees or feet, get a container of Vaseline or other petroleum jelly. Rub a little bit of it into the dry skin areas at night, and you should see a difference in a week." -- E.L. in California

• Whenever you travel in the car with your pet, try taking a sealable container of ice for drinking. It doesn't spill as easily as water does, but will melt as time passes. Then Rover can drink the water when you stop for a break.

SCRAMBLERS

solution

1. Resign; 2. Fringe;
3. Askew; 4. Stable

Today's Word SWING

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PUZZLE ANSWERS

SUPER CROSSWORD

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

KING CROSSWORD

	N	O	S		L	E	G					
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8	9	6	5	4	2	1	7	3
3	2	7	1	9	6	8	5	4
5	4	1	3	8	7	2	6	9
7	8	2	9	6	3	4	1	5
6	5	4	8	2	1	9	3	7
1	3	9	4	7	5	6	2	8
4	6	5	2	3	8	7	9	1
9	7	3	6	1	4	5	8	2
2	1	8	7	5	9	3	4	6

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Warn to pass

Wear a helmet

Use lights at night

Always be courteous

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*RS 4/29 CC TFN

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COMMERCIAL RENTAL



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*RS 12/4 CC TFN

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*NS 4/24 CC TFN

ANNUAL RENTAL

HOUSE FOR RENT, FURNISHED

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References required.
*NS 7/8 CC 7/29

ANNUAL RENTAL

ANNUAL RENTALS SANIBEL

MINUTES TO SANIBEL

This updated 1/1 Unfurnished condo. Is ground floor with screen porch, tile floor, and w/d inside unit. Pool and tennis and 5 minutes to Causeway. \$850/mo.



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Gulf Beach Properties, Inc.
Helping People Become Islanders for over 35 years!
The Island Experience!
*RS 7/8 BM TFN

HOUSE FOR RENT

West Gulf Dr., long term, 2,000 sq.ft. 3Br,2B, loft, 2 car garage. 2 enclosed lanais off MB & LR. Private Deeded Beach. \$2,500, first, last, security. 239-910-6430 or email Luvavantis@aol.com
*RS 6/24 CC TFN

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Part Time Evening And Weekend Front End Associates Needed. Looking for energetic, personable, and fun individuals, with open availability Monday through Sunday. If interested call and ask for John, Tami, or Norm 472-9300.
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Volunteers provide companionship and friendship to frail elderly individuals who are homebound and generally living alone. Seniors Receive: Tax-free Stipend of \$2.65/hr., Mileage reimbursement of \$.40/mile, Paid Holiday, Vacation, & Sick leave. Volunteers, age 55 and older, able to volunteer at least 15 hours per week are urged to call today.
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*RS 1/4 NC TFN

LOST AND FOUND

ENGAGEMENT RING LOST

Engagement ring lost at the Lighthouse Beach by the big driftwood tree on 4/28/16 in the water. If anyone finds, please contact the Sanibel Police or call 864-704-5135.
*NS 5/13 NC TFN

GARAGE • MOVING • YARD SALES

MULTI-FAMILY HUGE GARAGE SALE 7/15 and 7/16

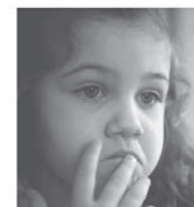
Queen bed frame, "Tommy Bahama" dresser, other furniture, clothing, household goods, linens, decorator 1316 Par View Drive, Sanibel - at cul-de-sac
Friday, July 15, 7 a.m. - 2 p.m.
Saturday, July 16, 7 a.m. - Noon
*NS 7/15 CC 7/15

BILLY'S RENTALS WAREHOUSE SALE

Used Bikes, Trailers, Joggers, etc. Leather couch, poker table, lots Misc. Sat. July 16, 8-1. 11680 Chitwood Dr. Kelly Rd. near Target.
*NS 7/15 CC 7/15

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Turtle Nesting Season Guidelines

With 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 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).



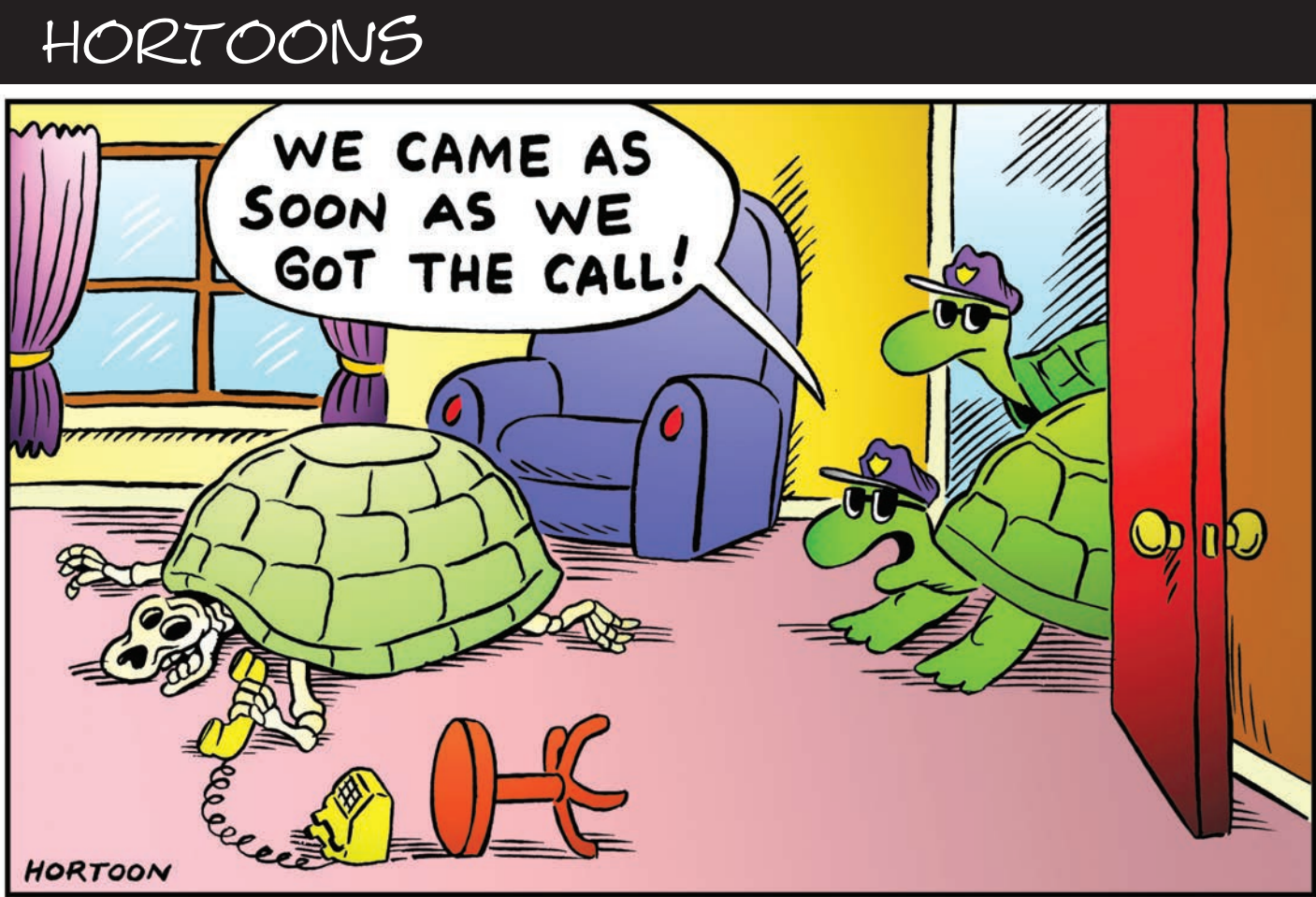
Kelly Sloan, coordinator of SCCF's Sea Turtle Conservation Program, holding a sea turtle hatchling

photo by Jeff Lysiak

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
Hidden Harbor	Bonita Springs	1996	4,291	\$1,775,000	\$1,735,000	10
Oak Knoll At Bonita Bay	Bonita Springs	1993	3,491	\$1,475,000	\$1,370,000	18
Lake Murex	Sanibel	1986	1,658	\$789,000	\$780,000	3
Cypress Marsh	Fort Myers	2005	3,153	\$624,900	\$605,000	34
Town And River	Fort Myers	1972	1,969	\$599,900	\$565,000	50
Bayview Acres	St. James City	2004	2,214	\$589,000	\$574,500	145
Cape Coral	Cape Coral	1999	2,605	\$569,900	\$555,000	91
El Sol	Fort Myers Beach	1971	1,553	\$550,000	\$550,000	156
Bonita Isles	Bonita Springs	2013	2,080	\$499,000	\$485,000	327
Tropical Cove	Fort Myers	2006	3,575	\$499,000	\$487,000	18

Courtesy of Royal Shell Real Estate



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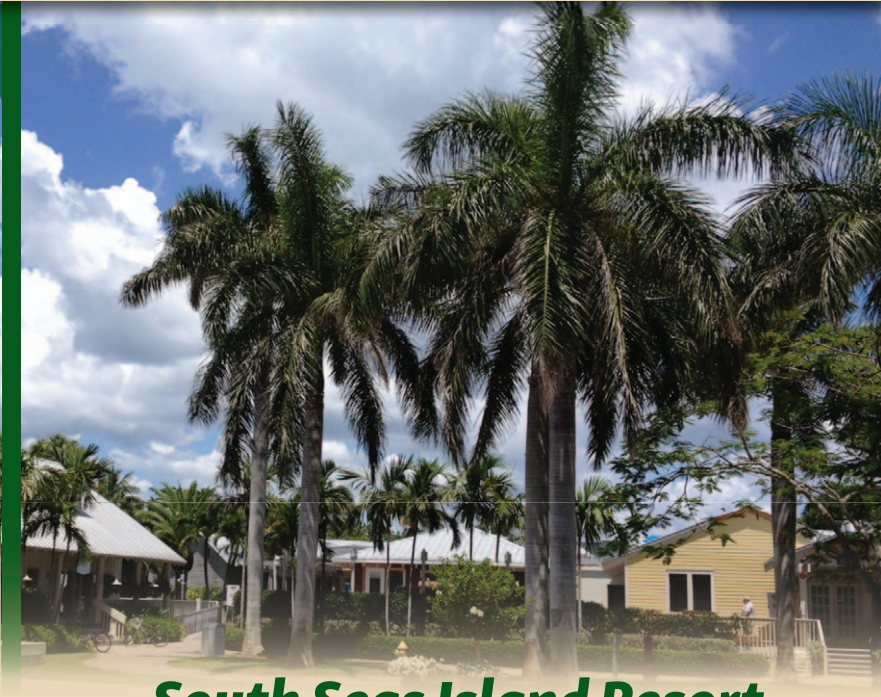
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