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SANIBEL & CAPTIVA ISLANDS, FLORIDA

JULY 22, 2016

JULY SUNRISE/SUNSET:

22 6:49 • 8:21 23 6:49 • 8:21 24 6:50 • 8:20 25 6:50 • 8:20 26 6:51 • 8:19 27 6:51 • 8:19 28 6:52 • 8:18

Record Year For East End Sea Turtle Nests



Carson Liebetrau, Phil Weyman and Jewel Jensen, volunteers with SCCF's Sea Turtle Monitoring program, display three of the loggerhead hatchlings found in an east end nest last Friday morning

photos by Jeff Lysiak

by Jeff Lysiak

Jewel Jensen, a volunteer with the Sanibel-Captiva Conservation Foundation's Sea Turtle Monitoring program for the past five years, was very excited – and just a bit nervous – to be conducting her first solo nest inventory on July 15. But she certainly wasn't alone.



A group of more than a dozen onlookers watched Jewel Jensen and Phil Weyman inventory Nest #5

Jensen, joined by fellow volunteer Phil Weyman along with several other program helpers and a handful of curious onlookers on Sanibel's east end last Friday morning, hoped to find a few live sea turtle hatchlings in Nest #5. That nest, located adjacent to the Shell Island Beach Club in Zone 1, was reported to have hatched five days earlier.

"I've been so excited to be doing my first solo inventory," said Jensen, a retired teacher from Illinois. "I was up reading late last night because I wanted to make sure all of my notes and procedures were in order."

Every morning from April through October, more than 100 volunteers survey the 18 miles of beaches along Sanibel – from Lighthouse Beach to Blind Pass – searching for evidence of sea turtle tracks, newly laid nests, ongoing conditions of

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Rare Artifact Finds New Home At Historical Museum

by Jeff Lysiak

A journey of nearly 200 years, traveling from the mighty Mississippi River to the shoreline of Sanibel Island, has finally brought a legendary artifact to its new home at the Sanibel Historical Museum & Village.

An empire mahogany desk built around 1820, adorned with a leather inlay top and containing five drawers and a pair of side pull-out leaves, was donated earlier this year to the museum by Peg Perry. The desk, purchased at the 1978 estate auction of items from the SS *Algiers* steamboat, has quite a history unto itself.

According to museum manager Emilie Alfino, Peg Perry called her on April 30 to say she wanted to donate a collection of sea shells and a desk for display at the village. "She told me that she hoped we could use it," recalled Alfino.

However, the following month, Alfino was contacted by a representative of Peg Perry's daughter, Marcia Perry Ellis. After delivering the tragic news that Peg had passed away, the representative told Alfino that it was one of her final wishes for the shells and desk to be donated to the museum.

There was only a single caveat: Somebody had to pick up the desk in a couple of days, since the estate was about to close.

"We got somebody to go out and pick up those items right away," Alfino added.

Among the other items donated by the Perry family was an assortment of old

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Emilie Alfino, manager of the Sanibel Historical Museum & Village, stands with a photograph of Peg and Robert Perry, who purchased the circa 1820's empire desk at the 1978 estate auction of items from the SS *Algiers* steamboat

photo by Jeff Lysiak

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Be Dazzled



Museum manager Emilie Alfino with docent volunteers Robin Coleman, Nancy Siegel and Ann Rodman on opening day in October 2015

Historical Village To Close For Season July 30

The Sanibel Historical Village will close its doors on another season – its 32nd – on Saturday, July 30, and reopen Tuesday, October 18.

“If you’re planning on visiting us this season, there’s just one week left,” said museum manager Emilie Alfino. “We hope you’ll come.” The village is open Tuesday through Saturday from 10 a.m. to 1 p.m.

The public is welcome to walk the grounds during the off-season. There is signage that gives visitors a sense of what life was like on old-time Sanibel.

When the village re-opens on October 18, the hours will be 10 a.m. to 4 p.m., with docent-led tours at 10:30 a.m. and 1:30 p.m. Admission is \$10 for adults age 18 and over; those under age 18 and members are free.

The village, located at 950 Dunlop Road, welcomed about 10,000 visitors this season. Children are admitted free thanks to a donation from the Sanibel-Captiva Rotary Club.

For more information, visit sanibelmuseum.org.✱

Wessel Addresses Congress On Current Water Quality Crisis



SCCF's Rae Ann Wessel testifies on water quality in Washington, DC

Rae Ann Wessel, Sanibel-Captiva Conservation Foundation's natural resource policy director, recently spoke at a congressional hearing on the water quality crisis in Southwest Florida and St. Lucie, Martin and Palm Beach counties on Florida's east coast.

Wessel, at the invitation of U.S. Reps. Curt Clawson (R-FL19) and Patrick E. Murphy (D-FL18), addressed the Interagency Working Group on the harmful algal bloom, and hypoxia research and control.

“We need to recognize this is a national issue requiring science that informs and directs public policies to protect the natural resources in our backyard,” Wessel said. “This is an economic crisis as well as an environmental one, with 47,000 jobs in our \$3 billion tourism industry at stake. We must act now to stop the harmful algal blooms that extend over 35 miles of the Caloosahatchee as we speak. We ask four things of Congress. Bring greater science to bear in seeking solutions.”

continued on page 20



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City Installs Five New Clear Your Gear Stations



Monofilament Busters volunteers Doris Hardy and Claudia Burns stand next to one of the new Clear Your Gear signs and monofilament recycling stations installed at Clam Bayou with Joshua Holler, beach and parks manager for the City of Sanibel

photos by Jeff Lysiak

by Jeff Lysiak

Last week, a volunteer representing the Monofilament Busters conservation group oversaw the installation of five new monofilament fishing line recycling stations completed by the City of Sanibel’s Department of Public Works, expanding the scope of the three-year-old Clear Your Gear campaign.

Clear Your Gear, a collaborative effort among Sanibel and Captiva conservation organizations, aims to reduce the amount of monofilament line and fishing gear left in our environment, which is often detrimental to wildlife.



Peter Tomaszewski and Joe Spirito, both with Sanibel’s Department of Public Works, installing a new Clear Your Gear station at Blind Pass



In addition to a PVC tube receptacle, the Clear Your Gear station includes signage with a QR code

Birds – like pelicans, as depicted on the signs positioned above the PVC tube receptacle – reptiles, raccoons and other critters either get caught in the monofilament line or mistake the fishing line for food. If ingested, the line (and any attached hooks) can prove to be fatal for those animals.

On July 14, city workers installed five new Clear Your Gear stations. Locations include:

- Bowman’s Beach main beach access
- Bowman’s Beach kayak launch

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According to volunteer Claudia Burns, the effort was established in 2013 by seven Sanibel-Captiva conservation organizations in response to the observation of ongoing environmental problems and an increase in wildlife injuries caused by monofilament line and other fishing gear. Currently, participants include the Clinic for the Rehabilitation of Wildlife (CROW), Sanibel Sea School, JN "Ding" Darling National Wildlife Refuge, the "Ding" Darling Wildlife Society, the "Ding" Darling Monofilament Busters, Sanibel-Captiva Conservation Foundation (SCCF) and the City of Sanibel's Natural Resources Department.

"For many years, the JN 'Ding' Darling National Wildlife Refuge conducted seasonal cleanups of abandoned fishing gear from their mangroves. As the amount of derelict gear increased, the cleanups became weekly, year-round," said Burns. "As time went by, it became apparent that the quantity of fishing tackle tangled in mangroves was increasing, as was the number of birds, reptiles and mammals entangled, injured and killed by the abandoned gear."

Doris Hardy, another Monofilament Buster volunteer and president of the "Ding" Darling Wildlife Society, was thrilled to see additional stations installed throughout the city.

"This looks just great... way beyond my expectations," said Hardy. "We've been waiting a long time to get this done."

Burns noted that in addition to the verbal information depicted on the Clear Your Gear signs, a QR code – giving mobile device users more details about the campaign – provides an additional benefit. "You can get a lot of information by using the code... if only one person uses it, it'll be worth it," she added.

Prior to last week's five new installations, there were 18 local Clear Your Gear monofilament recycling stations, including 12 along the Sanibel Causeway, seven throughout the "Ding" Darling National Wildlife Refuge and one at the Sanibel Fishing Pier. A new recycling station is scheduled to be installed at the pier once renovations to the facility are completed. That is expected to be done by early August.

In addition, monofilament fishing line may be disposed of at The Bait Box, located at 1041 Periwinkle Way on Sanibel, and at West Marine locations throughout Lee County.

Funding for the design of the signs was provided with support by the West Coast Inland Navigation District while production of the recycling bins was paid for through a Solutions To Avoid Red Tide grant.✧



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Retirement Party Held For Velma Gavin



Eugene and Velma Gavin

photos by Deb Gleason



A special cake for a special lady

submitted by Deb Gleason

Over 40 family members, friends and co-workers gathered on July 14 for the retirement party of Velma Gavin. She has been a fixture at

Jerry's restaurant for 24 years. Gavin plans to spend more time volunteering, doing shell crafting and spending quality time with her grandchildren.

Her son, Irving, of Rosie's Cafe, surprised her with a bouquet of roses.✱



Irving and Velma Gavin

Free Concerts This Weekend By Wild Coffee Duo

The musicians of the Wild Coffee Duo (Susie Kelly, cello, and Abbey Allison, piano) have announced the selections they'll play during their concert, A Trip to the Zoo. They'll present the same program twice during the coming weekend: 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. This is the third of four monthly Sounds of Summer concerts.

The duo's lively musical menagerie will include: *Overture from Die Fledermaus* by Johann Strauss, *Tarantella* by WH

Squire, *Song of the Birds* arranged by Pablo Casals, *Walking the Dog (aka Promenade)* by George Gershwin, from the movie *Shall We Dance*, *Papillon* by Gabriel Fauré, *Cantata No. 208*, *Sheep may Safely Graze* by Johann Sebastian Bach, *Ballet of the Chicks in their Shells* from *Pictures at an Exhibition* by Modeste Mussorgsky, and *Carnival of the Animals* by Camille Saint-Saëns.

Shawn Allison will be reciting Ogden Nash's poems written for *Carnival of the Animals*, as well as reprising his highly acclaimed role as page turner.

The Carnival of the Animals is a menagerie in itself, with short movements entitled *Royal March of the Lion*, *Hens and Roosters*, *Wild Jackasses*, *Tortoises*, *The Elephant*, *Kangaroos*, *Aquarium*, *Mules* (supposedly about music critics – with their "long ears"), *The Cuckoo in the Heart of the Woods*,

Aviary, *Pianists*, *Fossils*, *The Swan* and the finale that brings lots of the animal themes back for a curtain call.

The concerts are free and open to the public, but there is a \$5 per vehicle 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 at 2050 Periwinkle Way. For more information, call 472-0497.

The duo will present one more themed summer program, entitled Summer Reading, on Saturday and Sunday, August 13 and 14. The music they've chosen was inspired by literature and poetry. For more information, visit the www.wildcoffeeduo.wordpress.com.✱

American Legion Post 123

On Sunday, July 24, American Legion Post 123 will serve barbecued ribs and chicken from 1 to 8 p.m. Cost is \$12 to \$14. There will be live music with Robby Hutto beginning at 4 p.m.

On Monday nights, there are 9-ball and 3-ball tournaments at 6 p.m. Players are welcome. On Tuesdays, tacos are served all day. Spaghetti and meatballs are served all day on Wednesday.

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.

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

American Legion Post 123 is located at Mile Marker 3 on Sanibel-Captiva Road. It is open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. The public is welcome.

For more information, call 472-9979.✱

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BIG ARTS Campers Celebrate All Things Frozen



Standing in front of their artwork created during Frozen In July week at BIG ARTS' Summer Arts Camp are Blue Group participants, from left, Sierra and Jamie Vosganian, Edie McBain, Selah Haywood, Adeline Nickerson and Jessica Mezquite

photos by Jeff Lysiak



Singing *Do You Want To Build A Snowman?*, the cast of *Frozen In July* performed an abbreviated version of the Disney animated blockbuster for families and fellow camp participants last Friday afternoon



The third through fifth grade group shows off the ceramic mugs they made during camp



Just before showtime, narrator Lory Jackson, camp director Erin Peter and musical director Jonathan Skaggs go over some last minute instructions with the *Frozen In July* cast and crew



Anna (Adeline Nickerson) confronts Elsa (Edie McBain) during a scene from *Frozen In July*

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Budget To Consider Capping Rec Fund, Department Reorganization



Mayor Kevin Ruane, left, congratulates fiscal assistant Karen Gudella of the city's finance department, who retired following more than 31 years of employment with the City of Sanibel

photo by Jeff Lysiak

by Jeff Lysiak

On Tuesday, members of the Sanibel City Council took time to discuss a number of details regarding the Fiscal Year 2017 Draft Budget, including establishing a target level of General Fund support to the Sanibel Recreation Center at \$1.4 million and looking into consolidating the city's planning and building departments.

Prior to scrutinizing details of next year's municipal budget, the council unanimously agreed to set the preliminary operating millage rate at 1.9139 mills, with a rolled-back rate of 1.8230 mills. The proposed aggregate millage rate was also approved at 1.9139 mills, with a voted debt service established at \$9,116,456.

During the budget presentation, council agreed to move forward the recommended fee increases at the rec center prepared by Andrea Miller, director of the city's recreation department. They include a five percent hike in residential memberships (individuals and families), a 10 percent hike for on-island employee memberships (individuals and families) and a 20 percent hike in visitor admissions (daily, weekly, six month and annual memberships). Corporate memberships, summer camp, after-school care and

holiday program fees are proposed to jump 30 percent.

Also discussed was the restoration of rolled-back planning and building department fees; options for reorganization of the planning and building departments; and consideration of a new schedule of fees for both the non-resident "B" beach parking stickers and "B/C" boat ramp parking stickers. Those proposals will be brought back for further discussion at next month's council session.

The council will conduct the first budget public hearing on Saturday, September 10 at 9 a.m., during which they will discuss and adopt the tentative millage rate and FY2017 budget. The second and final budget hearing will be held on Tuesday, September 20 at 5:01 p.m.

In other business, council approved amending the city's Land Development Code definition for substantial improvement, which will allow both residential and business property owners to make structural improvements more frequently than the so-called "50 percent" rule permitted every five years.

With the ordinance adopted, island residents are eligible to eliminate Cumulative Substantial Improvement limits as well as the 50 Percent Maximum Increase of Floor Area for Property Lifetime restriction.

Under the revised legislation, substantial improvement would be defined as "any repair, reconstruction, rehabilitation, addition or other improvement, or combination or accumulation of any repair, reconstruction, rehabilitation, addition or other improvement of a structure in which the cost of the improvements equals or exceeds 50 percent of the market value of the structure at the time that an application is filed. For structures which have sustained damage, including substantial damage, the value shall be determined as of the time immediately before the damage occurred. Notwithstanding anything to the contrary, however, where the start of construction has preceded the filing of the application, the date for determining either the costs of the improvements or the market value of the structure shall be the date immediately preceding the start of construction."

Also discussed during Tuesday's meeting, council approved the planning department's prioritized work plan, which includes:

- Amending Architectural Standards to address building façade with buildings 20 feet in distance between one another
- Establishing criteria for residential properties that have become non-conforming solely due to erosion for installation of pavers
- Amending Section 126-102 Formula Retail Stores of the Sanibel Code for the 50,000-square-foot cap

Councilman Marty Harritty also requested that city staff bring back a number of options regarding council stipends. "I think it's something that should be on the ballot – let the people decide," he said, asking for ordinance language and guidelines to be provided for consideration.

During previous discussions on providing a stipend to Sanibel council members – which would be required to be approved by island residents through a referendum vote – City Attorney Ken Cuyler had proposed draft ballot language which read: "Shall Section 3.03 of the Sanibel City Charter be amended to authorize and provide to each Sanibel City Council member a stipend in the amount of \$1,500 per calendar month during each council member's term(s) of office commencing March, 2017?"

Due to opposition from the public on the council stipend proposed in 2014,

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Lorin Arundel

Advertising
Bob Petcher
George Beleslin

Graphic Arts & Production
Ann Ziehl
Amanda Hartman
Justin Wilder
Diane Wynocker

Reporters
Anne Mitchell
Jeff Lysiak

Contributing Writers

Kimberley Berisford
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OBITUARY



MATTHEW RANDALL COX

Matthew Randall Cox, 47, of Sanibel, and formerly of Mystic, Connecticut, departed in the arms of Our Lord on July 10, 2016.

Matthew, beloved son of Robert L. and Susan Campbell Cox, graduated from The Williams School in New London, Connecticut, class of 1987, and Hartwick College in 1991. He was an exclusive buyer's agent realtor on Sanibel.

He leaves behind two sisters, Elizabeth "Camie" Cox of Mystic, Connecticut, and Megan Leah Cox of Montgomery Village, Maryland; three uncles, Dr. David Campbell of Hanover, New Hampshire, William J. Cox of Killingworth, Connecticut and John Cox of Huntley, Illinois; five cousins, Camilla Campbell King of Holliston, Massachusetts, Andrew Riggs Campbell of Woods Hole, Massachusetts, Meriweather Wister Campbell of Livingston, Montana, Brian Matthew Cox of Maui, Hawaii and Christopher John Cox of California.

Matthew was an athlete. He was a pitcher for the American Legion World Series baseball team. He enjoyed sailing with his father and friends on Long Island Sound, and then solo on the waters of the Gulf of Mexico. He had a great love for animals and a strong sense of fair play. His infectious smile warmed all who knew him well.

A memorial service to celebrate his life will be held at the Village Church in the Shell Point community of Fort Myers on Friday, August 19 at 11 a.m. In lieu of flowers, send direct contributions to your local Society for the Prevention of Cruelty to Animals (SPCA).

Online condolences may be offered at the Harvey Engelhardt Funeral Home at harvey-engelhardt.com.✧

Organ Soloist To Perform At Church

Organ soloist Marilyn Keiser visits St. Michael and All Angels Episcopal Church for an appearance during the July 31 Sunday service at 9:30 a.m. in the Sanctuary.

For the offertory, Keiser will perform *Be Thou My Vision*, and for the postlude, *Carillon in Bb*, from *Twenty-Four Pieces in Free Style* by 19th-century French organist/composer Louis Vierne.

Keiser is Chancellor's Professor Emerita of Music at the Jacobs School of Music at Indiana University in Bloomington, Indiana, where for 25 years she taught organ and church music. For 33 years, she has served as director of music at Bloomington's Trinity Episcopal Church. Keiser also served on the Standing Commission on Church Music and was a consultant for the Episcopal Hymnal 1982, currently in use throughout the national Episcopal Church.

Keiser has performed at St. Michael's in the past, noting that she loves "playing beautiful organs and finding beautiful sounds on those organs. I am delighted to visit Sanibel and contribute to the worship at St. Michael's. The acoustic properties in the church's Sanctuary really bring out the best in its organ and in organ music."

For more information, contact Rector Ellen Sloan or Minister of Music Hank Glass at 472-2173 or visit saintmichaels-sanibel.org.✧



Dr. Marilyn Keiser



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OBITUARY



RICHARD SYDNEY STRAUSS

Richard Sidney Strauss was born Sidney Richard Strauss in Manhattan, New York on April 3, 1927 to Louis Strauss and Rebecca Herman. He grew up in Brooklyn, New York with his twin brother, Ira Strauss, and his older brother, Zelig Strauss. Richard attended the City College of New York, where he obtained his degree in electrical engineering before being drafted into the U.S. Navy. He was sworn in on Memorial Day in 1945 during World War II and served for a year before joining his family business in garment manufacturing

in Manhattan and Jersey City, New Jersey.

Richard raised five children – Nancy, Elizabeth, Justin, Serena and Samantha – between New Jersey and Sanibel, fathering the youngest one at 60 years of age. He moved to Sanibel in 1991 with his three youngest children and eventually retired there. Richard loved Sanibel – relaxing on the beach, going for walks with his dogs around the island and joining his buddies for coffee every morning at Bailey's General Store.

Richard will be remembered as a loving father with a unique sense of humor who always knew how to cheer people up. People who knew him saw him as a kind man who befriended everyone he could, always taking a sincere interest in others. Besides his trademark jokes and catchphrases, his family remembers him as a man who would sacrifice anything for his loved ones, always putting them before himself. Richard was a patriotic man who loved and took great pride in his country and, quite fittingly, passed away on the morning of July 4, 2016.

Richard is survived by four of his children, Nancy Strauss Ireland, Justin Strauss, Serena Strauss Samph and Samantha Strauss; his fraternal twin brother Ira Strauss; his ex-wife Kassia Sparks; and nine grandchildren, all of whom he loved deeply.

A public memorial service will be held in Richard's honor in August (date to be determined). For more information, call Serena at 344-6132.✱

Noah's Ark Bag Day August 12



Shoppers purchase bags for \$4 before entering Noah's Ark for Bag Day shopping

photo by Jan Holly

Noah's Ark annual Bag Day will take place on Friday, August 12 from 9:30 to 11:30 a.m. Customers may buy marked bags in the parking lot for \$4 each, fill them with store goods, and walk away with as many items as the bags will carry.

Any items that don't fit in the bag are 80 percent off regular price. Deep price reductions are also available in the days leading up to Bag Day. Bag Day marks the end of summer season for the Ark, which – after August 12 – is closed for cleaning and repair.

On Monday, October 3, Noah's Ark will reopen for business on Tuesdays and Fridays from 9:30 a.m. to 12:30 p.m. In November, the winter season's full schedule resumes, weekdays and the first Saturday of each month from 9:30 a.m. to 12:30 p.m.

Noah's Ark, located behind St. Michael and All Angels Episcopal Church at 2304 Periwinkle Way, does not take donations between August 12 and September 1. On September 1 and thereafter, donations are accepted.

For more information, call 472-3356 or visit saintmichaels-sanibel.org.✱

Island Seniors At The Center 4 Life

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

Trash & Treasures Sale – 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.

continued on page 26

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Shells Needed For Museum Crafts

The Bailey-Matthews National Shell Museum on Sanibel needs shells. Not the world-record-sized or rare and perfect specimens on view in the museum, but the kinds of shells anyone can find on our local beaches on any given day. Why this “shell emergency?” The daily Shell Crafting programs are so popular that the museum is running low.

To solve this shell shortage, Executive Director Dorrie Hipschman urges beachcombers to share their finds.

“The shells don’t have to be perfect,

and they can be from any Southwest Florida beach,” said Hipschman. “They do need to be clean, and they must not be what the museum calls ‘live collected.’ In other words, we only want shells that are empty when found.”

The types of shells the arts and crafts program instructors prefer are lightning whelks under three inches long, paper figs, tulips, rose petal telins, buttercup lucins, apple murexes, paired cockles, dosinias, coquinas, large scallops, kitten paws, turkey wings and button snails.

Most of us who spend time on local beaches pick up shells simply because they’re there, fascinating and lovely; and with every trip to the beach our collection grows. What once were

“finds” may now be gathering dust in glass containers or cardboard boxes or look tired piled high in glass lamps. The museum’s “shell emergency” may be the answer to our continuing desire to collect the beautiful objects the sea delivers right to our feet.

“Donating shells is also the solution for visitors who may be wondering why they ever picked up so many shells and how they’re going to get them all home,” added Hipschman. “We’ll be glad to have them.”

Shell Crafting classes that are proving so popular are offered every afternoon in the museum’s auditorium. Making keepsakes to take home is a wonderful family activity, and the programs are open to all ages. The

classes are free with paid museum admission.

Anyone with shells to donate may bring them to the shell museum, located at 3075 Sanibel-Captiva Road on Sanibel. The staff will even pick up shells on Sanibel and Captiva. To arrange for pick-up or for more information, call 395-2233.✴



A young crafter with her shell owl



Hugo and the shell magnet he created



Youngsters with their shell crafts

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Captiva boil hatch

Tank Talks

Come and meet the SCCF Nature Center ambassadors on Tuesday, July 26 at 10 a.m. Meet Indie the indigo snake and Lucky the softshell turtle. There are also diamond back terrapins and mangrove snakes swimming in their tanks.

Take a tour with a biologist to learn about the SCCF research and projects associated with these local critters. Cost is \$5 per adult, while SCCF members and children are admitted free. SCCF Nature Center is located at 3333 Sanibel Captiva Road.



Chris Lechowicz releasing an indigo snake

Turtle Tracks

On Thursday, July 28 at 10 a.m., come and learn about the life cycles and habits of sea turtles that nest on island beaches and what SCCF is doing to protect them. Sea turtle nesting season is May through October. The program is free to SCCF members and children and \$5 for adults. Call 472-2329 for more information.



Baby sea turtles hatching

Nesting Statistics

Reports state there was a lot of human activity on the beach over the 4th of July holiday, and 50 gallons of trash was collected on the east end of the island alone. There were many false crawls, and officials reported an incredible amount of work all around.

The east end had its first hatch of the season. It was a nest that was thought to have been washed away in Tropical Storm Colin.

Unfortunately, three disorientations have been reported on Captiva. Help spread the word to keep the lights out on the beach!

Nesting activity as of July 8:

Sanibel East	105 Loggerhead Nests	261 Loggerhead False Crawls
Sanibel West	306 Loggerhead Nests	670 Loggerhead False Crawls
Captiva	146 Loggerhead Nests	243 Loggerhead False Crawls
Total	557 Loggerhead Nests	1174 Loggerhead False Crawls

*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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CROW Case Of The Week:

Loggerhead Hatchlings



by Bob Petcher

The loggerhead sea turtle (*Caretta caretta*) is the most common sea turtle in Southwest Florida, yet it is still considered an endangered species and, of course, is protected by state

law like all sea turtles.

Records show the greatest concentration of loggerheads is along the southeastern coast of North America and in the Gulf of Mexico. In fact, Florida is the most popular nesting site, with more than 67,000 nests built per year.

Florida had a banner nesting season in 2015. Loggerhead and green sea turtles especially flourished. According to the Florida Fish & Wildlife Conservation Commission, the number of green turtle nests in Florida in 2015 was higher than the previous highest year (2013) and more than double the old counts, while loggerheads accounted for 52,647 nests on index beaches in 2015, down from 2012's near-record count of 58,172 nests but above the last two years.

While sea turtle season is officially from May 1 to October 31, the 2016



A loggerhead hatchling rehabilitating

photo by Kenny Howell

sea turtle season began in April with nests spotted during mid-month. The annual sea turtle mating custom may have begun earlier due to Gulf temperatures reaching the 80-degree mark earlier in the year, making the warmer conditions cozy enough for mating. From there, the female species of our long-time reptilian friends swim ashore, nest on dunes and lay between 100 and 120 eggs.

Roughly two to three months later, hatchlings take three to seven days to dig their way to the surface. If their dig nears completion during daytime, hatchlings stop right before the sand surface, due to the heat, and finally emerge from their nests when the sun sets and the sand cools. Once on surface, they seek the moon glow as natural light for their swim south to the Sargasso Sea in hopes that they make it without predator interference.

During the two-month cycle in

growing from embryo to hatchling, the baby sea turtle relies on a yolk sac as a source of food. The umbilical cord brings the food from the yolk sac to the growing animal.

Once it's time to hatch, hatchlings use a special egg tooth to help break free of the egg shell. This special egg tooth disappears soon after the little sea turtle has hatched.

On July 11, CROW received six loggerhead sea turtle hatchlings. Rachel Walsh, CROW's wildlife rehabilitator who also volunteers at Sanibel-Captiva Conservation Foundation for turtle walks, was on patrol on Captiva Island the day prior and discovered hatchlings during nest checks.

"We monitor the nests for three days and, on third day, we will dig up a nest to see if there are any survivors," she said. "That's when we found six hatchlings in two nests. They didn't absorb their yolk sacs, and there was a chance of those sacs rupturing and a chance they could die from it."

At CROW, three of the hatchlings were released as soon as they absorbed their respective yolk sacs and one passed away. As of July 18, the remaining two were actually still being rehabilitated – one sporting a bloodshot eye due to an eye irritation that was treated with eye drops and the second taking a lot of time absorbing its yolk sac.

Walsh explained that since the yolk sac only provides each hatchling enough nutrition for a week or two, CROW officials were looking for someone with a large charter boat to



A yolk sac was still attached prior to its CROW visit

photo by Rachel Walsh

take them as far toward the Sargasso Sea as possible, so that chances of survival would increase.

"Hopefully, we can get them out in the next couple days," she said on Monday. "We will need to force feed them if not. That is a very difficult process."

Records show the loggerhead reaches sexual maturity within 17 to 33 years and has a lifespan of 47 to 67 years. The average weight range of a loggerhead runs from 180 to 440 pounds and a length range of 28 to 37 inches. Yet, as shown in one of the provided photos, they emerge from nests as tiny creatures, so small that they can fit into an average person's hand.

To a hatchling, a footprint, tire tracks and garbage on the beach can be serious trouble and make it difficult for the young to reach the water. Lights also confuse the hatchlings and make them crawl in the wrong direction, away from the sea.

With that, beachgoer attentiveness and conservation is needed at this time.

"So many people on the islands are so receptive of the nests," said Walsh, who also pointed out porch lights need to be shut off after sunset and trash needs to be picked up when beachgoers leave the beach.

"Overall, everyone seems to be very respectful," she added. "Even though we found some that were stranded, those two nests had a very successful hatchling rate."

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

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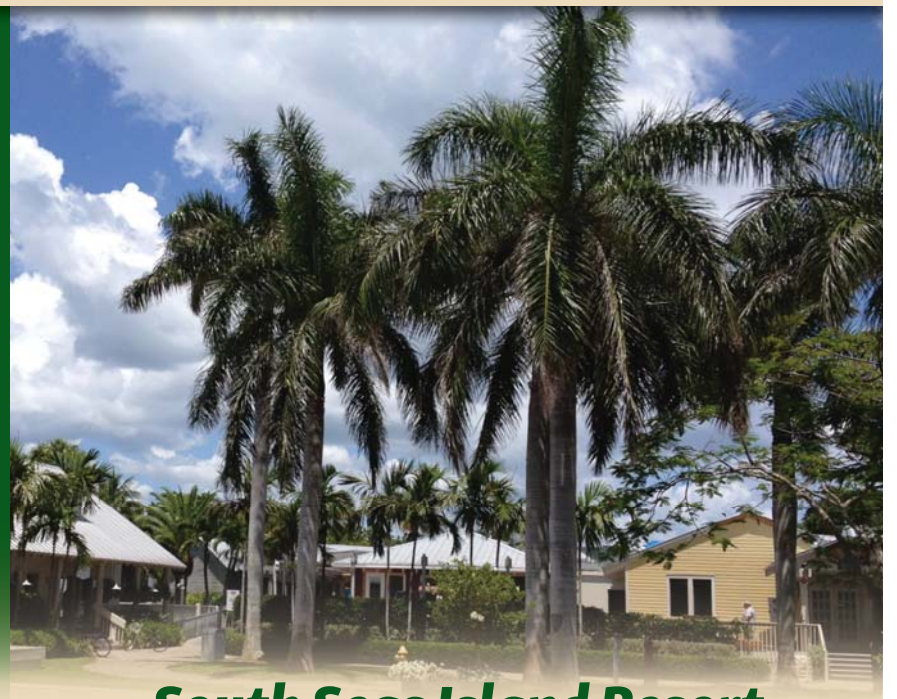
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Downsize In The Hot Water



by Capt. Matt Mitchell

If you have put a hand or foot in the water this last week, you quickly realized just how hot our water temperature is. By mid-afternoon, the dark colored water in the southern

sound felt like it was in the mid 90-degree range. Getting out early for the morning bite, when the water is just a few degrees cooler, has made all the difference between catching lots of fish or struggling to just catch just a few. Afternoons can also be very unpredictable, with fast moving thunderstorms being a big part of our normal summertime pattern.

Most of my time fishing this past week was done in the middle to northern sound, or basically up past Redfish Pass, escaping from the brown river water. As you make your way up the sound, water conditions quickly improve and once you reach the beaches of North Captiva, you would have no idea we are experiencing



A pair of slot-sized redfish caught while fishing with Capt. Matt Mitchell this week

any nasty river water issues. Even during the hottest days, I have been catching a wide variety of fish by downsizing my baits and tackle.

Grass flats within a half-mile or so of the passes have been loaded up with huge schools of small to medium shiners and threadfin herring. Catching a live well

full of these smaller baits and then live chumming with them fired up everything. Throw a 1/4-inch mesh cast net and clean up is a breeze. Most of these smaller baits gill up in a 3/8-inch net. Just a little bit of chumming and a couple of throws of the net was all it took for a blacked-out livewell.

Channels and edges of grass flats and sandbars both inside and outside the passes offered anglers an outstanding variety of species and the best non-stop rod bending action around. Chumming a few shiners at a time in these areas with any tide movement caught trout, Spanish mackerel, ladyfish, jacks, mangrove snapper, small sharks and blue runners. If you're looking to stay busy on mixed bag

action, this has been it. The water in and around the passes has better flow and is usually a few degrees cooler than the eastern side of the sound.

In this clear water around the passes, I have been downsizing my gear, using only 20-pound fluorocarbon leader and a light wire 1/0 hook. Once the fish start popping on the chum, it's just a matter of getting your bait to the pops. Another option that worked well was to free spool a bait back in the chum with an open bail, letting the bait drift at the same speed as the live chum. Catching good numbers of large drag-screaming Spanish mackerel was a great change of pace. When these Spanish got really thick and we started to get lots of cut-offs, I switched up to a long shank 1/0 hook for a little more insurance.

Big, high daytime tides did make the redfish action a little more consistent than it has been the past few weeks. I chose to only target the reds during the last hour of the incoming tides and it paid off most days. Small tail hooked live pinfish seemed to be the best choice of bait when free-lined up into the shadows of the mangrove roots. While dock fishing for snook this week, we also had a few unexpected slot redfish.

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.☆☆

Send Us Your Fish Tales

We would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification. Email to press@islandsunnews.com or call 395-1213.

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At Periwinkle & Casa Ybel

Plant Smart

White Indigoberry



Female plants produce small white flowers throughout the year photos by Gerri Reaves

by Gerri Reaves

Native white indigoberry is a member of the coffee family and related to two popular landscape shrubs, wild coffee and firebush. Its natural habitats include South Florida’s coastal hammocks, forests, pine rocklands and fields. This evergreen has numerous other common names, including box briar. Wildlife-friendly, hardy and adaptable, this species is useful as an accent, foundation plant, or buffer. It is usually shrub size, typically growing six to 10 feet high, but sometimes reaches small-tree size. The plant has an erect gray trunk, narrow crown, stiff branches and dense wood. Compact foliage provides cover and nesting sites for birds. The glossy, leathery leaves vary from plant to plant, measuring one-half to two inches long with a central vein and pointed tips. Pairs of spines at the leaf attachments make it a good security hedge. Fragrant white five-petaled tubular flowers of about one-half inch across bloom year-round in the leaf axis. They provide nectar for the Schaus’ swallowtail and other butterflies. It is also a larval plant for tantalus sphinx moths. Female plants bear the fruit – a food source for birds – which ripens from green to white and contains five to 14 seeds. The oval berries are edible, but not particularly palatable. The indigo-colored pulp, which will turn the tongue blue if eaten, is used as blue body paint, ink and herbal medicines.



Native white indigoberry’s fruit ripens from green to white and contains indigo-colored pulp. White indigoberry is a moderate to slow grower and can grow in nutrient-poor soil. It requires organic content to do well, however. Give it full sun to light shade in well-drained rocky or sandy soil. It is highly drought tolerant as well as salt tolerant, so it suits a variety of landscape conditions. Propagate it with seeds or cuttings. Sources: *500 Plants of South Florida* by Julia F. Morton; *Florida Plants for Wildlife* by Craig N. Huegel; *A Gardener’s Guide to Florida’s Native Plants* by Rufino Osorio; *Native Florida Plants* by Robert G. Haehle and Joan Brookwell; *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.; eattheweeds.com; edis.ifas.ufl.edu; fnps.org; and regionalconservation.org. *Plant Smart explores the diverse flora of South Florida.**

From page 3

Water Quality

Pass the Water Resources Reform and Development Act of 2016. Continue the Tamiami Trail bridging. Accelerate the implementation of the Comprehensive Everglades Restoration Plan project to store water in the Everglades Agricultural Area, south of Lake Okeechobee. These four actions will provide the greatest impacts for resolving the water quality crisis on Florida’s two coasts.”

The Interagency Working Group hearing was the start of Lagoon-Gulf Action Day on Capitol Hill. Participating agencies included the U.S. Environmental Protection Agency, Centers for Disease Control and Prevention, National Aeronautics and Space Administration, U. S. Geological Survey and the National Oceanic and Atmospheric Administration.

“We heartily endorse the call to convene a local, state and federal task force to find short-term solutions based on scientifically grounded decision making,” added Wessel. “Congressman Clawson said it was imperative for affected constituents to ‘make noise.’ In the coming days, SCCF will be providing additional opportunities to help Southwest Florida residents make their concerns about water quality heard by the lawmakers working to effect positive responses to this crisis.”

To learn more, visit sccf.org or call 472-2329.*

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Renowned Bird Authors To Return For Private Refuge Tours



Lillian Stokes leads a bird photography tour

Nationally acclaimed bird authors, TV personalities, and longtime Sanibel Island winter residents Don and Lillian Stokes will again contribute their time and expertise to lead two fundraising birders tram tours at the JN "Ding" Darling Refuge on the morning of February 10, 2017.

Wildlife Drive is normally closed on Fridays, meaning tour participants will have the birds and the Stokes to themselves. Lillian Stokes will speak about and demonstrate bird photography on one of the trams, while her husband will focus on the principles of bird identification on a second tram.

Tarpon Bay Explorers, the refuge's official recreation concession, will be donating the use of two trams. Together, they accommodate 60 passengers, so interested persons are encouraged to make reservations as soon as possible because the Stokes' past tram tours have filled up quickly.

The Stokes have authored more than 30 books in their Stokes Field Guides series and once hosted a birding television show for PBS.

"The Stokes are veteran birding experts recognized throughout the country, and they have a huge following," said Birgie Miller, executive director of the "Ding"

Darling Wildlife Society-Friends of the Refuge, which is organizing the tours. "This is the fifth consecutive year we have offered the Stokes private birding tours, and they are immensely popular. "Thanks to their generosity and our partnership with Tarpon Bay Explorers, 100 percent of the proceeds from this fundraiser will benefit wildlife and education programs at the refuge."

Cost for tour tickets are \$100 each for a half-day tour that includes coffee and continental breakfast starting at 8 a.m. in the Visitor & Education Center and use of spotting scopes on the drive. To make reservations, email sarah@dingdarlingsociety.org or call 472-1100 ext. 233. Full, nonrefundable payment is required for reservations.

Below is a schedule of special events planned by DDWS and the refuge for the upcoming season. For details visit dingdarlingsociety.org.

- 27th Annual "Ding" Darling Days – October 16 to 22 (www.dingdarlingdays.com)
- Free Smithsonian Water/Ways Exhibit – October 28 to December 8
- Free Kids Fishing Derby – November 28
- Happy Hour Holiday Shopping – November 30
- DDWS Annual Meeting – December 7
- Free Biweekly Wednesday Film Series – January 4 to April 14
- Free Weekly Friday Lecture Series – January 20 to April 14
- Go Wild for "Ding" – February 8
- 6th Annual "Ding" Darling & Doc Ford's Tarpon Tournament – May 19 and 20

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 or director@dingdarlingsociety.org.



Don Stokes teaches about bird identification



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Shell Of The Week

The Ravenel Scallop



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

The Ravenel scallop, *Euvola raveneli* (Dall, 1898) is one of the most elusive among

the local scallop species. It is certainly the rarest of all shallow-water scallop species occurring in Southwest Florida (excluding the lions paw, *Nodipecten nodosus* (Linnaeus, 1758), which lives in slightly deeper water). The Ravenel scallop can be readily distinguished from the similar and relatively more common ziczac scallop, *Euvola ziczac* (Linnaeus, 1758), by the "split" or "double" radial ribs on the right or lower valve. The radial ribs are single, broad and flat in the ziczac scallop. In both these species, the right valve is lighter in color and bowl-shaped, and the left, or upper, valve is darker and flattish. In the illustration, the right valve on right, found by Kimberly Nealon on Captiva two weeks ago, has a unusual deep pink color. Learn more about local mollusks at <http://shellmuseum.org/shells/southwest-florida-shells>.



Photos José H. Leal

The Ravenel scallop, *Euvola raveneli*. Examples of two right (bowl-shaped) valves

photos by José H. Leal

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 each day 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: You will learn about the three common Southwest Florida gastropods; the Florida fighting conch, the lightning whelk, and the Florida horse conch.

- 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." 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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Fish Caught



David Honeycutt



John Honeycutt



Stephanie Honeycutt

David Honeycutt, visiting from Baton Rouge, Louisiana, caught a snook on a white bucktail jig on the beach near Gulf Pines neighborhood on Sanibel on June 24. His wife, Stephanie, caught her first snook four days later.

The Honeycutt's son, John, 15, caught his largest snook ever (36.5 inches) on live bait in Redfish Pass on June 28 with Capt. Keith. ☆

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Shell Found



Caleb Hough photo by Justin Wilder

While staying at Loggerhead Cay, 13-year-old Caleb Hough, visiting from Bushnell, Florida, found a junonia while snorkeling 45 to 50 feet out into the water at a depth of about four feet. Caleb said he found the shell “with just the point sticking up.”✪✪

Shell Found



Mary Joseph Mary Joseph of Morgantown, West Virginia found a little junonia at Bowman’s Beach on June 13. “I received a call from home that my golden retriever passed away Tuesday evening. I took this to be a sign that he’s still with me,” Joseph said.✪✪

Fish Caught



Sawfish Steve Rigby of Plant City, Florida caught an estimated 15-foot, 500-pound sawfish off the beach at Sandy Bend on July 17. “Thanks to David, the manager at Sandy Bend, and Whitney Jones of Whitney’s Bait and Tackle Shop for helping me land this beast of a fish. This is the largest fish I have ever caught,” Rigby said.✪✪

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Doc Ford's Relocating



The new Sanibel location of Doc Ford's Rum Bar & Grille photo by Bob Petcher

Doc Ford's Rum Bar & Grille Sanibel Island will be changing location in the near future. Officials say construction of the new restaurant on Tarpon Bay Road – across from the Bailey's Shopping Center – is going along well. They added that the opening of the new site is projected to occur between mid-August and the beginning of September. Doc Ford's Rum Bar & Grille Sanibel Island is currently located at 975 Rabbit Road. It has a Captiva Island location at 5400 South Seas Plantation Road as well as a restaurant at 708 Fishermans Wharf on San Carlos Island, near Fort Myers Beach. Visit docfordssanibel.com to view the menu and learn more.✽



Joann Hinman Refuge Store Welcomes New Staff

Joann Hinman thought she was ready to retire when she left the Zion Natural History Association (ZNHA) in Utah's Zion National Park nearly three years ago. "But in reality, I was ready to move to Florida," Hinman said. "I missed working with a nonprofit that supports our public lands." Hinman brings more than 20 years of experience to her new position as part-time assistant for the "Ding" Darling Nature Store. Hinman graduated from UCLA with a degree in biology. At ZNHA, she started as the nature center store manager and moved up the ladder to become director of finance and administration. She first toured the JN "Ding" Darling National Wildlife Refuge 10 years ago. "This job gives me the best of both worlds," she said. "I can stay semi-retired but still work in a job that supports a place that I really love." Learn more by visiting dingdarlingsociety.org or contacting Birgie Miller at 292-0566 or director@dingdarlingsociety.org.✽

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BEST of the ISLANDS 2015



John Storms and his Burmese python will return to the Sanibel Public Library on July 26

Snakes, Storytime At Sanibel Library

John Storms returns to the Sanibel Public Library to entertain with his world of reptiles at on Tuesday, July 26 beginning at 3 p.m.

Also that same day, Summer Reading Program participants present the 2016 donation of books to Golisano Children’s Hospital of Southwest Florida. Last summer, island readers earned more than 1,000 books for the hospital.

Children earn books by reading, and the Sanibel Public Library Foundation matches each book for donation.

Teens are invited for VIP After-Hours on Tuesdays at 6 p.m. Planned activities include games, crafts, swapping books, book dominoes and more. This program is for incoming sixth grade and older. Those students who need community service hours can volunteer and should speak with Youth Services Librarian Deanna Evans.

Summertime Storytime is held Wednesdays at 10 a.m. in July. The program encourages pre-reading skills through songs, rhymes, finger-plays and stories for children up to 5 years old.

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. There is no charge and no registration required to participate in library programs. View the entire schedule online at sanlib.org. The library is located at 770 Dunlop Road. Call 472-2483 for more information.*

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From page 12

Center 4 Life

Table Tennis Tuesday – July 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 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.

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.

Off Broadway Palm Theatre – Wednesday, July 27. Cost is \$33 for members and \$38 for non-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 – 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.*

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Shell Found



Anthony Romano

photo by A. Ziehl

Anthony Romano, visiting from Sandwich Illinois, found a junonia on the beach in front of the Sundial Resort on July 12. Romano has been visiting Sanibel for nine years with his family; this was the first time he has seen a junonia.✪

Fish Caught



Bob Barnard

On June 28, Tom Gross and Bob Barnard went fishing with Capt. Jim Burnsed out of Tween Waters Inn on Captiva. After catching numerous non-keepers of trout, mackerel and catfish, they fished for sharks. Gross caught a 70-pound blacktip shark and Barnard caught a 50-pound blacktip. The sharks were released.✪



Tom Gross with mate CJ Floyd

Fish Caught



Kelly Gulden

Kelly Gulden, 25, landed a 42-inch snook on July 1. Gulden loves saltwater fishing, but had never caught a snook prior to this. On the same day, she caught three, including one that was 38 inches. All three snook were caught using cut-up ladyfish near the Blind Pass Bridge on Captiva. Gulden and her father, Bob, were fishing with Capt. Eric Russell, who works at Whitney's Bait & Tackle.✪

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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, Regina Lento, Alison Dry and Janet Santana of Cip's Place
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

Read us online at
IslandSunNews.com

TRADERS GULF COAST GRILL & GIFTS

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

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

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

1551 Periwinkle Way, 472-7242

TRADITIONS ON THE BEACH

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

3111 West Gulf Drive, 472-4559

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Book Review

The Good Girl

by Di Saggau

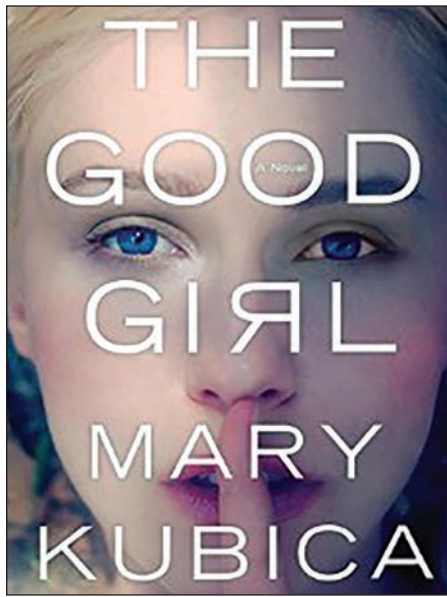


Mary Kubica's debut novel, *The Good Girl*, is a high-intensity thriller, a psychological puzzle that will keep readers on their toes with its unique format. The book centers on Mia, a

young Chicago art teacher who is kidnapped. She comes from massive wealth and that makes her a juicy target. Her abductor says, "I've been following her for the past few days. I know where she buys her groceries, where she has her dry cleaning done, where she works. I don't know the color of her eyes or what they look like when she's scared. But I will."

Mia's ordeal unfolds in chapters alternating between pre-abduction and after. Each chapter advances the story from a different perspective. There's Mia's distraught socialite mother, Eve, the sympathetic detective, Gabe, Mia's kidnapper, Colin, and ultimately Mia herself, who is rescued and returned home. Don't worry, that's not a spoiler.

She was freed after months of living in the Minnesota woods with her captor and now has a type of amnesia that her psychiatrist says, allows her to block out parts of what happened to her. She also only answers to the name Chloe.



Author Lisa Gardner says of the book, "A twisty, roller coaster ride of a debut. Fans of *Gone Girl* will embrace this equally evocative tale of a missing woman, shattered family and the lies we tell not just to each other, but especially to ourselves."

Seeing Mia's story from so many angles makes it especially satisfying when the pieces of the puzzle start to fall into place. Kubica leaves one shocking surprise for the end that has readers say, "I never suspected!" The ultimate revenge befalls the person who deserves it most.

The alternating chapters are always circling the questions of what really happened in those snowy woods, and what

Mia might do if she's ever released. Gabe is trying to track down the truth about her captivity while Eve is working to regain the daughter she believes is underneath Mia's apparent apathy and confusion. Meanwhile readers follow along with the abduction itself in Colin's words, and discover an odd but burgeoning bond developing between the two.

The timeline is ever-shifting, and Kubica also uses multiple points of view, telling Mia's story as seen by her mother and her kidnapper before letting us in on Mia's own perspective. It could be a confusing combination but the author skillfully moves the story forward. She makes the characters engaging and, as I said, the ending is truly a shocking surprise.✱

Top Ten Books On The Island

1. *The Girl On The Train* by Paula Hawkins
2. *Six Mornings On Sanibel* by Charles Sobczak
3. *The BFG* by Roald Dahl
4. *A Spool of Blue Thread* by Anne Tyler
5. *Hawker: Florida Firefight* by Carl Ramm (Randy Wayne White)
6. *Living Sanibel* by Charles Sobczak
7. *The Girl You Left Behind* by JoJo Moyes
8. *Beach Town* by Mary Kay Andrews
9. *Three Wishes* by Liane Moriarty
10. *Summer Girls* by Mary Alice Monroe

Courtesy of MacIntosh Books and Paper✱

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

Unutterable Nostalgia

by Tanya Hochschild

The worm was in the apple when one bite severed the two. Now in a garden of eternity partners long for each other:

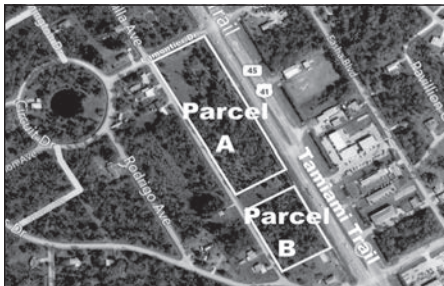
Clam shacks long for summer,
The back for the front,
Departure for arrival.
Yes longs for no,
Now longs for then,
Shadows for moonlight,
The Sabbath for havdalah

The worm longs for the apple and the apple longs with an unutterable nostalgia for the earlier time when it lived, untouched, in Paradise.

Tanya Hochschild is member of a Sanibel Writers Group, has participated in Artpoems and Writer's Reads on the island, and had two books published.✱

Buying, Selling or just want to chat... Talk to Chuck!

Commercial Lots - Tami Trail



Two parcels, A & B zoned Commercial General. Parcel A is approx. 4.5 acres. Parcel B is approx. 2.0 acres. Survey available.
(A) \$999,500 (B) \$400,000

3850 Coquina Drive



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\$899,000

3099 Cussell Dr. (Pine Island)



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Sandalfort 4C3



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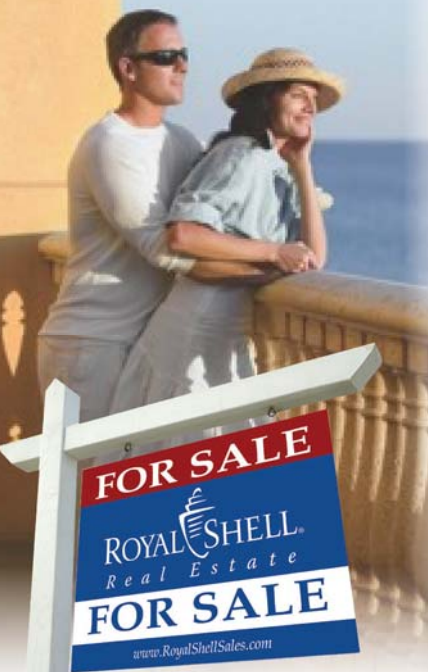
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SPACIOUS BLIND PASS CONDO



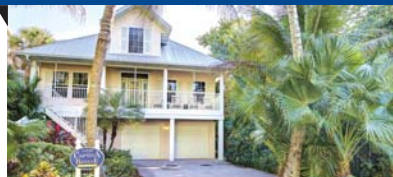
- Large 2 BR, 2 BA Near Beach Condo
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- Epitome of Elegance & Simple Luxury
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- Beautiful Sunsets, World Class Amenities
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- **Jason Lomano 239.470.8628**

SUNSET BEACH VILLA 2325



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- Elevator, Private Gym, Playroom
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CAPTIVA VILLAGE



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- Saltwater Pool, Paved Pool Deck
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- **Burns Family Team 239.464.2984**

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- Timeless Design w/10 Ft. Ceiling Throughout
- <http://royalshell.me/5681baltusrolct>
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- **The Radigan Team 239.691.6240**

MARINER POINTE



- 2 BR, 2.5 BA Bayfront Condo
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- Boat Dock Available
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- **Burns Family Team 239.464.2984**

BAYSIDE VILLA AT SOUTH SEAS RESORT



- Peaceful Views of the Marina to Pine Island Sound
- Recently Updated Interior w/New Furnishings
- 1 BR, 2 BA w/Screened Lanai
- **\$317,500** MLS 216044920
- **Vicki Panico & Fred Newman 239.980.0088**

NEW LISTING

Sanibel-Captiva Art League

League Exhibiting Landscapes, Still Life Paintings

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

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

Art League members participate in the annual auction to benefit the non-profit Friends In Service Here (FISH), neighbors helping neighbors. Bailey's General Store provides reusable grocery bags that each artist uses as a canvas to paint a variety of subjects and beautiful local scenes. The bags were displayed in March and the silent auction proceeds of almost \$1,900 donated to the FISH food pantry.

The current art show contains creative artwork by talented artists of all experience levels. Color, design and composition is evident in the large variety of materials used and subject matter. The Sanibel Public Library is located at 770 Dunlop Road, next to City Hall. Call f472-2483 or viewing hours or log on to www.sanlib.org. For San-Cap Art League information, write to P.O. Box 1192, Sanibel, FL 33957 or log on to www.sancapart.com. ✱



Bonnie Begraft



Jane Hudson

From page 8

Budget Capping



Kevin Ruane, left, reads a proclamation honoring public works department engineering technician John Mort, who joined the city's Quarter Century Club on Tuesday photo by Jeff Lysiak

discussions on the matter were suspended. Among the 430 members of the Florida League of Cities, only 11 cities – including Sanibel – do not pay their elected officials. Sanibel has twice voted on compensating elected officials, which on both occasions was defeated. According to Cuyler, if a council stipend were to be placed on the March 2017 ballot, a proposed ordinance would need to be approved by the November 1 meeting.✱

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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 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.

Monday, July 25, 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 26, 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.

Wednesday, July 27, 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.

Thursday, July 28, 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 29, 11 a.m., adults \$7, teens: \$5, 12 and under no charge – continued on page 36

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Optimists Recognize 37th Road Rally Winners



Sanibel-Captiva Optimist Club members Dani Howard, left, and Randy Carson, right, present the winners of the 37th annual Road Rally, No Ragrets, with their first place certificates at The Sanibel Grill last Monday afternoon photo by Bob Petcher

by Jeff Lysiak

Last week, members of the Sanibel-Captiva Optimist Club took time to congratulate the winning teams from this year’s Road Rally, a Fourth of July tradition on the island for the past 37 years. Winners received their prizes last week at the Sanibel Grill.

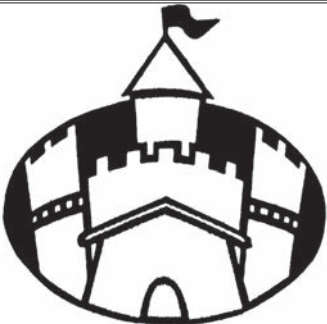
“The Sanibel-Captiva Optimist Club and the Rally Masters would like to thank all of our wonderful sponsors, participants and volunteers,” event organizers announced. “Please know with your continuing support we help many local children.”

- The 2016 Road Rally winners include:
- 1st Place – No Ragrets
 - 2nd Place – The Great White Grill Girls
 - 3rd Place – Granny’s Gang
- The coveted last place prize was awarded to Wet Foot-Dry Foot.



The Great White Grill Girls – from left, Tiffany Onischuk, Dawn Carey, Laura Richardson, Sarah Ginn, Kelsey Angstadt and Kim Radloff – took second place in this year’s Road Rally photo courtesy Tiffany Onischuk

Other teams placing in the top 10 include (4th place) Big Smiles; (tied for 5th place) Martini Mamas and Sanibel Slackers; (tied for 6th place) Driving Miss Crazy, Best In Show and Strangers With Candy; (tied for 7th place) The Witches of East Lake and Patty Party; (tied for 8th place) Team Bailey’s and Jimmy Buffet For President; (9th place) Sanibel Deli; (tied for 10th place) Blew By You and The Lentz Clan.



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Third place winners **Granny's Gang** with members of the **San-Cap Optimist Club**
photo by Bob Petcher

Additional participants and Road Rally placement include (tied for 11th place) Kara's Cruisers, Spartans & Buckeyes and Dude, Where's My GPS?; (12th place) Margaritas; (13th place) Team Trunko; (14th place) Stars; (tied for 15th place) Sanibel Dream Team, The Arches, Winter Haven Warriors, Cajobird and Fantastic 4; (16th place) Cosby Kids; (17th place) Eddie and the Cruisers; (18th place) Snooky-2; (19th place) West Side Girls; (20th place) Not The Vodka; (21st place) Flip Floppers; (22nd place) Team Z; (23rd place) Team Wineaux; (tied for 24th place) Rowdy Razorbacks, 4 Fast 4 Furious and We Drank The Kool-Aid; (tied for 25th place) Dego Duo and Team Sanibel Holiday; (26th place) The Illinois/Sarasota Duo; (27th place) Manatee Mobile; and (28th place) McCaffrey Team.

The Best Decorated Vehicle Award went to Team Jimmy Buffet For President. Teams that persevered included Are We There Yet, Ride and Seek, Space Cadets and Tennessee Turners. "We would like to thank you for a nice try," officials added. "Bayou Bombers... see you next year!"

Eric Pfeifer, the lucky winner of the 50/50 drawing, generously donated his winnings back to the San-Cap Optimist Club.

"We hope everyone had a great time doing the 2016 Road Rally and we look forward to seeing you next year," said Rally Master Randy Carson.

In addition, the Sanibel-Captiva Optimist Club would like to thank their



Team **Jimmy Buffet For President** was awarded the **Best Decorated Vehicle** at the 37th annual Road Rally
photo by Jeff Lysiack

generous 2016 Road Rally sponsors, including:

Event Platinum Sponsors – Sanibel-Captiva Community Bank, Bailey's General Store, Skitterdoo (Beth and John Newland) and The Timbers Restaurant & Fish Market

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Superior Interiors

It's Not Your Grandmother's Wallpaper

by Barb Cacchione



Wallpaper, or wallcovering, is making a comeback in home and office interiors. And your grandmother may not believe the new ways you can add drama, energy,

texture, shine, nature, or other sophisticated touches to any room. Modern wallpaper designs that look like fabric, wood, brick, natural stone, cement or metal are just a few of the striking interior decorating trends that are increasingly being seen in wallcoverings.

Today's patterns include just about anything you can imagine. Thanks to digital printing, wallpaper designers are able to stretch their creative vision such that you can add images of ancient art, contemporary crafts, historical events, favorite places or other inspirations to your room décor in a unique way. Wallcovering can become not just the backdrop, but an integral part of the design scheme itself.

Every wall is a blank canvas, and

wallpaper can make it art. Adding some unexpected textures and bold patterns can add a creative spark and create a more dynamic space, giving your room a layered look that draws the eye around. Try creating one accent wall with wallpaper. A large-scale wallpaper design will be more like an exclamation than an accent.

Powder rooms can provide a great space for wallpaper. When used on the ceiling with crown molding, it can add great architectural detail. Lining the back of bookshelves can be another decorative use for wallpaper.

If you have bad memories of tearing off old wallpaper and you are worried about what happens if you tire of it and may want to remove it, fear not. Today's wallpapers are so much easier to deal with. There are even temporary wallpapers that you can pull off. You only have to wipe the wall beneath with a damp sponge.

York Wallcoverings, for example, has an entire collection of pre-pasted Sure Strip Wallpaper that is "completely removable guaranteed." Called Inspired by Color, each sample book focuses on a single color, making for a wide variety of designs that will coordinate well with your choice color. These are environmentally friendly non-vinyl wallpapers with new removability technology. They are breathable to prevent moisture from being trapped, are pre-pasted and washable.

As a child, were you ever told not to touch the walls? Why not have a wall

that invites touching? Grasscloth is one type that was popular in the 1970s, but today's versions have a more refined look and may even have fine metallic threads woven into them. Available in a variety of colors and textures, grasscloth can be woven into just about any design concept, it even gives you the option of creating your own patterns and designs by simply cutting it into the shapes and sizes you want. It also is eco-friendly since it is produced from natural elements.

Other textured wallpapers include recycled wood, glass and sand; embellishments with embroidery, crystals, metallics-- even hammered metal discs. Tactile and visually rich, these accents add texture without distraction, glamour without glitz.

Also fun to the touch are the shimmering wallpapers made with specialty inks that create luminous shades of copper, bronze, silver, platinum, gold and brass.

Today's flocks are another wallpaper grandma won't recognize. While it was a luxury product at the turn of the century, flock descended into a cliché by the late 1970s, when most were made of brittle viscose rayon. Now, flock designs are made of velvety-soft, fade-resistant nylon and incorporate a wide variety of materials that are flocked onto the surface, making for walls that provide dimensional interest.

Whether you use the term wallpaper or wallcovering as you are looking for new decorating ideas, you will find

a fantastic range of materials, the opportunity to reflect your personality and interests, and numerous ways to make your space special and meaningful.

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

From page 33

CROW

Why Animals Come to CROW.

From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital.

Friday, July 29, 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 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. Photography opportunity following the tour with an animal ambassador.*



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School Smart



by Shelley M. Gregg, NCSP

Dear Readers, Everyone is hurting after the weeks of extreme violence that our country has experienced. Our children may or may not say

anything about how they are feeling in regard to the violence, but on some level they are processing these tragedies and trying to understand the situation. Below is an intelligent essay from the President of the National Association of School Psychologists with very clear suggestions on how to help children feel safe and positive.

The National Association of School Psychologists (NASP) joins the nation in sorrow and outrage at the senseless acts of violence in Minnesota, Louisiana, and Texas this week. The level of anger and violence occurring in this country is unacceptable. Shootings of citizens, innocent children and police officers doing their job are the heartbreaking symptoms of serious underlying societal problems and the fraying of a shared civil experience and discourse.

As a country, we must address the long-term issues of poverty, inequity,

prejudice, racism, divisiveness and violence. As parents, caregivers, and educators, we have a critical responsibility to help children and youth see adults as keeping them safe, understanding the challenges at hand within a problem-solving context, and seeing themselves as active participants in our collective national commitment to liberty and justice for all.

It is our hope that the nation will take a lesson or two from how effective schools contribute—on a daily basis—to children's understanding of what it means to be part of a positive community. Positive communities are those in which violence is not tolerated; people at risk are identified and helped; inequity is addressed; problem solving, rather than blame and disregard for challenges, is the norm; and people of all backgrounds, colors and cultures are valued and engaged as equals.

School communities succeed in large measure because they maintain values that shape a positive learning environment. These values are expressed in the following ways:

• **Adults model and teach desired behaviors.** We know that adult actions and attitudes influence children. Adults can help children and youth manage their reactions to events in the news and their communities by understanding their feelings, modeling healthy coping strategies and closely monitoring their own emotional states and that of those in their care. Identifying and redirecting

negative thoughts and feelings can help to teach children social/emotional skills and problem solving.

• **What we say and how we say it matters.** The current political and media environment greatly contributes to the increase in hateful dialogue and reactive anger, which only serves to further undermine our ability to find solutions to our problems. Adults should model civil discourse and provide opportunities to engage children and youth in conversations that focus on common goals rather than labeling groups of people for individual behavior.

• **Other people's perspectives matter.** The very nature of civil disagreement is to acknowledge respectfully the views and experiences of other people and learn from differing perspectives. Adults can start by reflecting on their own experiences and how these shape their interactions and reactions. They can help children to do the same and ask questions of each other, rather than hurl accusations. Adults can create safe spaces for youth to share their feelings and concerns while also exploring how they might feel and act if they were in someone else's shoes.

• **Trusting relationships are essential.** Establishing positive relationships between adults and students is foundational to safe, successful learning environments. Such relationships are built on a sense of mutual trust and respect. The same is true in our broader community and between our citizens and

our systems of authority. We function as a nation only when we have that shared sense of relationship; helping children identify and develop those relationships is vital. In particular, schools can provide opportunities to strengthen positive interactions with law enforcement, such as engaging properly trained school resource officers as integral members of the school team.

• **Safety and well-being are a shared responsibility.** We each have a role in countering violence, inequity and isolation. This includes the majority of us who reject these things in our personal lives but have failed to speak up. Adults can help children see this through the lens of bullying prevention. Just as we can't be bystanders when someone is being bullied, we can't be bystanders as citizens when injustice and violence occur. Being silent is not a responsible option. We have to actively counter anger and hate with acceptance and compassion everywhere.

• **Contributions and effort are recognized and valued.** We are all part of the American community and can make positive contributions. While much of the news is focused on anger and violence, there are many more acts of courage, compassion and kindness. Like adults, children and youth are empowered by the ability to do the right thing and help others. We can and must honestly address systemic problems, but we must also acknowledge the individual citizens

continued on page 38



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Will Power

Your Deceased Spouse’s Trust



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

I believe everyone would agree that surviving your spouse can be a traumatic experience. My mother passed away this year after being married to my father for 54 years. He’s obviously going through a tough time, as I’m sure many readers can commiserate.

But when you lose a spouse who had a revocable trust, remember to visit with your estate planning attorney before moving any of the assets. We recently had a client who had lost a spouse and directed the financial advisor to move all of the assets from his spouse’s trust to his own.

The problem was, this wasn’t what the trust called for.

Instead, the trust continued on in a “Family Trust” that benefitted the surviving spouse for the rest of his life, then continued on for the children. Many mistake being a lifetime beneficiary with being the outright beneficiary. Those are two different things.

Why is this important? It depends on the family, tax and financial circumstances.

Let’s say that Matt survives his wife Gina. Gina’s trust is to continue on for Matt’s benefit for the rest of his life, paying him income as well as principal invasions should he need it for his health, maintenance and support. By creating a trust for his benefit, the assets are not included in Matt’s estate for federal estate tax purposes. The trust assets also enjoy asset protection elements.

Let’s say that Matt remarries. If Matt had transferred all of Gina’s trust assets to his own trust, then those assets could be subject to a marital property settlement in a divorce, or they could be subject to a spousal elective share claim in the event Matt predeceases his new wife. Either of those possibilities is mitigated or even eliminated if Matt had followed the provisions of Gina’s trust, retaining those assets in a continuing trust for his benefit. This remains true even if Matt is trustee of the testamentary trust for his benefit.

By improperly transferring all of the assets from Gina’s trust to his own trust, Matt also subjects the trust assets to his creditors. If Matt incurs liability from an automobile accident that exceeds his insurance limits, he may be subjecting the assets that he took from Gina’s trust to his creditors. The same holds true if Matt has any personal liability arising from bad business deals, bankruptcies or foreclosures. If instead he followed Gina’s trust provisions, those assets would be better protected from those types of claims.

Another problem could rest with estate and/or generation skipping transfer taxes. Depending upon the relative value of Matt and Gina’s estates, by transferring the assets from Gina’s trust to his own trust Matt may defeat the federal transfer tax planning. This could result in the imposition of taxes upon his death that otherwise would not have occurred.

Assume another scenario where Gina’s trust and Matt’s trust had different beneficiaries. Suppose, for example, that Matt and Gina were involved in a second marriage and had a blended family. Matt’s trust benefits his children after the death of the survivor of he and Gina while her trust benefits her children. By transferring the assets from Gina’s trust to his own, he effectively and improperly disinherited her children from their estate plan. Matt or his estate could be expected to be on the wrong end of a lawsuit once discovered by Gina’s children.

When I see a Matt and Gina example come across my desk in real life, most of the time the parties had no idea that they violated the terms of the trust. In many cases neither did their financial advisor when he assisted with the transfer. The parties were unaware of the ramifications of their actions.

The long and short of it is that all of these problems could have been avoided had Matt visited with his estate planning attorney to conduct a proper trust administration following his wife’s death. A qualified attorney would understand the proper procedures and processes to follow.

When you find yourself “suddenly single,” before making the transfer of any asset it’s a good idea to sit down with your attorney to discuss these important issues.

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From page 37

School Smart

of all races and ethnicities, public servants and leaders, and members of law enforcement who go above and beyond to do the right thing every day.

There is no more important endeavor than helping our children and youth become positive, productive, valued citizens. We start by making their safety and well-being an unequivocal priority no matter where they learn, play and live. In the coming weeks, NASP will be developing resources to help families and schools engage in conversations about prejudice, privilege and power and how

we can work together to counter hate and violence and bring positive change and unity to our country.

For additional information and resources to help support children and youth, visit www.nasponline.org.

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



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Rotary Happenings

submitted by Shirley Jewell

For a few weeks in July, our regular Rotary meetings have been concentrating basically on Sanibel-Captiva Rotary Club business and going over some of the details with this year's budgeting figures and fundraising ideas. Now, the club is back to our Friday morning speaker series and welcomed American Cancer Society Cancer Action Network (ACS CAN) advocate Becky McKenzie to the podium. ACS CAN is the nation's leading cancer advocacy organization that is working every day to make cancer issues a national priority.



McKenzie herself is a cancer victim and her own story reveals the importance of realizing cancer can strike anyone, of any nationality, gender or age. This petite 35-year-old woman has been living with a rare form of thyroid cancer, probably most of her life, but didn't realize it until she was 28-years-old. She knew something was wrong, she had a number of throat infections and her immune system was depressed. Her journey to get her diagnosis took eight years and evolved seven doctors. Eventually, she was diagnosed with Stage 4 Medullary Thyroid Cancer with no known cure.

As McKenzie told us, "You have to be your own medical advocate and go by your own instincts concerning health. If your doctor isn't coming up with a diagnosis and treatment that you feel is on the right course, go for another opinion, hell, go for as many other opinions necessary." Becky realized each of her doctors had different medical experiences and many of those had no real answer for her problems. She finally went to a new doctor at the Moffitt Cancer Center in Tampa for evaluation and diagnosis. He thought he knew what was wrong right away – a weird genetic type of cancer – but tests would have to confirm this diagnosis.

While waiting for the test results, McKenzie moved to Texas. The test were now in: she would have to fly home to Florida to get the results. "Sometimes, life puts you in the right place at the right time," she said.

As luck would have it, McKenzie was now living near the University of Texas MD Anderson Cancer Center and could have results given to her by one of their cancer specialist.

McKenzie moved back to Florida during what she called "a scary time." She had some type of surgery but will have to live with Medullary Thyroid Cancer for the rest of her life. There really is no effective treatment for Stage 4, with no drugs. She was not going to die. She would have to find her "new normal." This is a form of cancer that McKenzie found out is hereditary and she realized that her dad probably had suffered with it but it wasn't diagnosed. He suffered from depression and took his own life when she was very young. Since receiving her diagnosis, Becky found many of her father's family and their offsprings have a form of this cancer. As a preventive, they now sometimes remove the thyroid to prevent this type of cancer in the future.

McKenzie did go through a period of depression herself. What would life hold for her living with Medullary Thyroid Cancer for the rest of her life? But she did realize that she was alive, she had loved ones, she was talented, she did have a life in front of her, she could help others with her story, and she would get out there and do her best.

Becky took up running. She used running to get out of her funk and get back to living. This was not easy at first, but as she told us, it gave her the inspiration to set goals for herself – get up, get going, get with it. This attitude has helped her set goals in her life ever since.

One of those goals was to become an advocate speaking to government officials about cancer research and policies. And she is amazing at it. Along with progressing in her own professional career, McKenzie takes every opportunity to lobby for the ACS CAN. She's not afraid to get in people's faces, let them know what it is like for families suffering from the effects of cancer, what they deal with, and what they expect from their legislatures.

McKenzie brought up recent government shutdowns and what that did to the financing of treatment and research for cancer patients. It caused havoc.

Recently, McKenzie met with Rep. Curt Clawson and Sen. Bill Nelson's staff to get their support on bills to remove barriers to Colorectal Screening Act. She's a dynamo and a force to be reckoned with!

The Sanibel-Captiva Rotary now meets on Friday mornings at 7 a.m. at the Bailey-Matthews National Shell Museum, 3075 Sanibel-Captiva Road. Guests are welcome.✱



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Red Sox A Better Team Thanks To Dombrowski's Wheeling And Dealing



by Ed Frank

When Dave Dombrowski was hired 11 months ago as president of baseball operations for the Boston Red Sox, his charge was to rejuvenate this downtrodden team that had finished

last three of the last four years in the American League Eastern Division. With 40 years of baseball executive experience, Dombrowski was known as a wheeler and dealer who never hesitated to make a move to improve his team's performance.

That reputation was bolstered last week when, in a period of just a few days, he made three significant trades well in advance of the July 31 non-waiver trade deadline.

Although the 2016 Red Sox is markedly better than the team Dombrowski inherited last August, he had tried for several weeks to patch up his starting pitching and bullpen. No question he accomplished that goal.

As the week began, Boston had won eight of their last 10 games, including six straight, to improve to 51-38, trailing Baltimore by just two games in the AL East. That streak included two in a row over chief rival New York Yankees.

Dombrowski's flurry of activity began with the acquisition of veteran right-handed hitter Aaron Hill from the Milwaukee Brewers, and a solid reliever with closing experience in Brad Ziegler from the Arizona Diamondbacks.

Obtaining Ziegler was particularly important since closer Craig Kimbrel and setup man Junichi Tazawa are both on the disabled list. Kimbrel, an All-Star closer, was obtained by Dombrowski in the off-season when he sent four prospects to San Diego in the deal.

But Dombrowski wasn't finished. To bolster his starting rotation, he gave up a promising prospect to acquire Drew Pomeranz from the Padres. Pomeranz was 8-7 with the Padres with a solid 2.47 ERA, allowing just 67 hits over 102 innings pitched.

"We like his ability, we like his age (27) and he's just coming into the prime years of his life," Dombrowski said.

The trade didn't come at a small price as the Red Sox parted with right-hander Anderson Espinoza, their fourth rated prospect and No. 1 pitching prospect.



Dave Dombrowski
photo courtesy of the Boston Red Sox

"It was a strong price to pay. We looked at him being a few years away from the Major Leagues. He wasn't someone we wanted to give up, but we thought under the circumstances, we were able to acquire Drew who had just pitched in the All-Star Game," Dombrowski said.

His knack for picking where and when to buy and sell players has earned him the reputation as one of the smartest in baseball.

He recognized the need for improved pitching as the Red Sox have perhaps the best offense in the Major Leagues led by All-Stars David Ortiz, Mookie Betts, Xander Bogaerts and Jackie Bradley, Jr.

With the baseball season nearing the two-thirds mark, Boston, if they don't win the division, clearly are on the way to a post-season wild-card spot.

But don't be surprised if Dombrowski still has some deals to make.

Miracle Start Week with Half-Game Division Lead
The Fort Myers Miracle baseball team began the week with a second-half season record of 15-9 and held on to a half-game first-place lead over St. Lucie in the Florida State League South Division.

Last Sunday's 4-1 win over Lakeland at Hammond Stadium was the team's third straight victory.

Fort Myers is on the road at Clearwater this weekend before returning home Monday to begin a three-game series against Palm Beach. Following a day off Thursday, the Miracle hosts Clearwater next weekend.✪

SPORTS QUIZ

1. In 2015, Cincinnati's Todd Frazier became the second major league player to win the All-Star Home Run Derby in his home stadium. Who was the first?
2. Between 1977 and 1979, a Pittsburgh Pirate won the N.L. stolen base crown each season. Name the two Pirates who won three titles between them.
3. When was the last time before 2015 that the University of Tennessee did not have a player selected in the NFL Draft?
4. Golden State's Stephen Curry and Klay Thompson started in the 2015 NBA All-Star Game. When was the last time two Warriors started in an All-Star Game?
5. The Montreal Canadiens were the first NHL franchise to record 3,000 victories. Which one was the second to do it?
6. Where was the first Summer Olympics held after the end of World War II?
7. In 2016, Jason Day became the third multi-time winner of the WGC Match Play golf event. Who were the first two to do it?

ANSWERS

1. Ryne Sandberg of the Chicago Cubs in 1990. 2. Frank Taveras (1977) and Omar Moreno (1978-79). 3. It was 1963. 4. Rick Barry and Nate Thurmond started the 1967 All-Star Game. 5. The Boston Bruins crossed the 3,000-win mark in 2016. 6. London in 1948. 7. Tiger Woods (2003, '04, '08) and Geoff Ogilvy ('06, '09).



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Rosier Insurance team, from left, Debbie Kazmierczak, Kristen Stum, Kathy Rosier, Alicia Rosier, Bob Rosier and Sanibel Branch Managing Agent Angie Larson-Roehl with FISH 10K committee members Nancy Bender, Ed Ridlehoover, John Pryor and Pete Bender

Local Insurer Signs On As Silver Sponsor Of 10K Race

Rosier Insurance, an independent Sanibel insurance agency, has become a Silver Sponsor of the eighth annual 10K Race 4 FISH. "The Rosier Insurance team proudly supports FISH and the 10K race, as we know our community will benefit from the numerous services provided by FISH during challenging times," said Sanibel Branch Managing Agent Angela Larson-Roehl. "We know the importance of giving back to ensure the endurance and growth of our community, which depends on the people in our community and their well-being," Larson-Roehl added. The race is set for Saturday, October 15, with the start-finish line at Sanibel Community Park, along Periwinkle Way.✱

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BeautifulLife:

Dream Big

by Kay Casperson



What's that one thing you're always daydreaming about?

Is it an activity you're passionate about, an artistic endeavor, a challenging new career or creating

a whole new life for yourself? If your dream will lead you to a more balanced, fulfilling, beautiful life, then it's time to start making it a reality.

It won't happen overnight, but if you stick with it and let your passion be your guide, you'll find your way sooner than you think. Here are some special affirmations that have led me to happiness and I hope they can help guide you on your journey to making your dreams come true.

I Pursue My Dream With An Open Mind And Faith In My Heart

Seek wisdom and learn from the experiences of other people, but remember that your journey and circumstances are unique, even if your dreams and goals are similar to theirs. Be open to advice and inspiration, consider and be prepared for possible pitfalls or setbacks, plan and visualize your success, and then go where your heart leads you.

I Set Small Goals And Work Toward My Dream Every Day

Sometimes, the little victories seem so little that we might as well not even bother – but it's celebrating those little victories that helps keep us moving in the right direction, bringing us one step closer to success every single day. When you add them all up, those seemingly small achievements can amount to something amazing.

I Have The Power To Make My Dreams Come True

Don't let self-doubt or negativity slow you down. Ultimately, you're in control of your destiny, and it's how you handle life's opportunities and obstacles that will determine your path. If the journey becomes difficult, remind yourself that you're making your dreams come true and that the struggle you're experiencing will ultimately make you stronger and contribute to your future success.

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

Economic Outlook Discussed At Chamber Luncheon

Craig Holston, chief investment officer and senior portfolio manager with The Sanibel Captiva Trust Company, was guest speaker at the Sanibel & Captiva Islands Chamber of Commerce July 12 meeting at Sanibel Harbour Marriott Resort & Spa.

"We can expect moderate GDP growth in the country from 2016 to 2017," said Holston. "Inflation should remain steady, while housing and industrial production continue to improve."

Holston also discussed growing consumer spending and how national events, from the Kennedy assassination in 1963 to the Tsunami in 2011, affect the market.

The next business lunch will be held at Captiva Island Yacht Club on Tuesday, August 9 from 11:30 a.m. to 1:30 p.m. Christine Davlin of Lee County VCB Guest Services Program will speak. Registration is required by visiting sanibel-captiva.org or calling 472-1966.*



Craig Holston

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Among the few artifacts from the SS *Algiers* on display at the Sanibel Historical Museum & Village are a life preserver, the anchor and a bell

photos by Jeff Lysiak

From page 1

Rare Artifact



The mahogany desk, which contains a leather inlay, is well used but remains in remarkable condition for its age

Sanibel newspaper articles, many of which were related to the iconic SS *Algiers*. Some quick skimming through the vintage press clippings revealed that the desk had been purchased by Peg and her husband, Robert, at auction.

Robert Perry wrote, in a letter dated November 10, 2008, that the desk he and his wife bought at the SS *Algiers* auction some 30 years earlier had often been used by United States President Franklin Delano Roosevelt.



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The Legend Of The *Algiers*

The story that had been passed along to the Perrys was that the owners of the SS *Algiers*, Lathrop and Helen Brown, purchased the former automobile ferry – converted into a Mississippi paddlewheel-style riverboat – which the couple hoped to make their permanent residence on Sanibel in 1959. Helen was a shipping heiress from the Boston area; Lathrop was a congressman from New York. He was also Roosevelt's college roommate and best man at his wedding.

The Browns owned a 25-acre parcel of land on the southeastern shore of Sanibel off Casa Ybel Road. They planned on bringing the 135-foot vessel to the island, moving it inland through a series of specially dug canals, with hopes of making it their "dream home."

The boat, originally constructed in 1925, had been converted from a car ferry to a fully adorned riverboat – complete with a paddlewheel, decorative gingerbread trimmings and a pair of feathered smokestacks – before it was brought via tugboat to Sanibel. Once here, the couple paid for the vessel's interior to be upgraded with all of the modern conveniences of the

day: Italian terrazzo tile floors, marble countertops with sinks inlaid with gold seahorses, a personal elevator and a fully equipped kitchen with one of the first commercially available microwave ovens.

Their home also included the circa 1820's empire desk, which Roosevelt frequently used when visiting the Browns.

However, before the couple could move into their posh island mansion, Lathrop passed away. Devastated by the loss of her husband, Helen moved back to Boston, never returning to the island again.

Nearly 20 years passed before Helen Brown put her Sanibel estate up for auction. In November 1978, an auction – which attracted more than 1,200 serious bidders and curious onlookers – offered for sale all of the contents of the *Algiers*. Among the items up for bids was the empire desk, which was purchased by the Perrys for \$500.

"We got a desk ascribed to Mr. Roosevelt for, I believe, \$500," wrote Robert Perry. "We needed to go to the bank and borrow the sum against our credit card."

The Brown's 25-acre parcel of land was bought by the city in 1981. Today, it is known as Gulfside City Park, which sits at the end of *Algiers* Road.

More than 200 items were sold at the auction, including home furnishings, collectibles and vintage artifacts from the long-dormant vessel. A few items from the *Algiers* – including an original life preserver, a bell, the captain's wheel and anchor – now call the Sanibel Historical Museum & Village's Burnap Cottage their home.

The empire desk is currently on display inside the museum's Shore Haven building.

"We're thrilled to have acquired the desk, which has been well cared for over the years," said Alfino. "And we are so touched that (Peg Perry) not only thought of donating it to the museum, but also that her family wanted one of her final wishes to be carried out."

Readers who have any items related to the SS *Algiers* who wish to donate them for preservation in the museum's collection are asked to contact Emilie Alfino at the Sanibel Historical Museum & Village, located at 950 Dunlop Road (next to BIG ARTS), at 472-4648.✱

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From page 1

Sea Turtle Nests



Jewel Jensen begins to dig down into the sea turtle nest which hatched five days earlier
photos by Jeff Lysiak

those nests and hatchling tracks.

Sea Turtle Monitoring program officials confirmed last week that Sanibel’s east end had broken the record for nest numbers since SCCF began recording them. “We officially have 122 loggerhead nests on the east end,” a July 13 press release stated. “We are having an excellent season!”

Sea turtle monitoring on Sanibel originally began in the late 1950s with Charles LeBuff and Caretta Research, Inc. making it one of the longest running monitoring programs in the United States. The program was transferred to SCCF in 1992 after Caretta Research disbanded.



Jewel Jensen and Phil Weyman conducting the inventory after digging Nest #5



Phil Weyman photographs the Nest #5 egg inventory



SCCF Sea Turtle Monitoring program volunteers, from left, Carson Liebetrau, Walt and Janet Lewis, Jewel Jensen, Phil Weyman, Dean and Mayri Caple

Just one year ago, a then-record 120 nests were recorded on the east end. Prior to that, the average for nests on the east end was 38 per year.

Shortly after 7:30 a.m., Jensen and Weyman removed the stakes and screen – put on top of the nest to protect it from predators such as raccoons and coyotes – from Nest #5 and began to dig. Less than two minutes later, after digging only eight inches into the sand, Jensen gasped.

“We’ve got one!” she exclaimed, holding a newborn hatchling between her fingers.



One by one, Jensen handed Weyman other loggerhead hatchlings as well as complete shells and fragments found inside the nest. In total, Nest #5 yielded five live hatchlings along with two live pips (still attached to their egg yolks) and evidence that 41 other loggerheads had emerged successfully. The inventory also revealed one dead hatchling, four dead pips and 68 unhatched eggs.

“We didn’t know how this nest would fare because it had been washed over,” Jewel explained. “The last time I saw this nest, the water was so deep we couldn’t even see the screen.”

Carson Liebetrau, 13, is the youngest program volunteer this year. He was happy to see the nest produce positive results. “It’s great to give back to the community with the sea turtle program,”



Jessica, Coletta and Brooke Bain were excited to see newborn hatchlings emerge from their nest

Got A Problem? Dr. Connie Is In



by Constance
Clancy

Q: I seem to attract unavailable mates. It starts out great then, after a month or two, it goes downhill and he usually leaves for someone else. Is there something wrong with me?

A: This obstacle is more common than you think, and it creates a great deal of angst and frustration. I would like to approach this with a question; what is an available person? Perhaps start by writing this down so you are focusing on what you want because an unavailable person is exactly what you don't want to attract anymore. An available person is straight forward, he wants to know all about you – your likes, dislikes, your family, friends, what is important to you and what has meaning. He makes a plan with you and shows up, follows through with consistency. He wants to know your feelings, and he is open to commitment.

This is what you want to attract. Early on, when things are still good, there are signs. If you notice the following, most likely he is not in it for the long haul, so it is best you end it before you end up hurt.

Even if the attraction feels so strong in the beginning (which can be very confusing), if his actions are not in alignment with what he says, this is not a balanced individual. You make compromises you typically wouldn't consider in order to make the relationship work. You tolerate behavior you wouldn't tolerate from your friends. He may be seductive with you but makes empty promises. He sends mixed messages, flirts with others,

doesn't give a straight answer, and you are trying too hard to figure out where he is coming from. He throws you emotional crumbs or hints of his potential to be a committed partner, then withdraws.

Get the picture? These are all signs of an emotionally unavailable partner. Also, we tend to show our best selves in the beginning, just as you have witnessed. It's tricky and confusing, yet we tend to see what we want to see all the good. It's important to see everything and pay attention from the start. Next time, try and get as much information on a partner's relationship history. This can be revealing unless he is lying, and often this is the case. It's important to understand that rarely a person chooses to be this way. It's an unconscious defense against trauma or some emotional wound from the past.

There are a variety of reasons that you keep attracting this type of partner, from low self-esteem to having an issue with a partner who mirrors unhealthy dynamics that you had with a parent or partners.

You could get a much better understanding if you talk with a professional counselor who can help you understand this, and you can learn ways not to repeat this cycle again and actually find true love with someone who can reciprocate your affections.

*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.**

Send your
editorial copy to:
press@islandsunnews.com

Mom And Me



by Lizzie and Pryce

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

Dear Mom & Me,

My mother and father continued to live in our family home after their family left. My father developed diabetes and my mother lovingly cared for him and made his health her major interest.

After a number of years he died and she wanted to continue to live in her home. We help her and she also has paid help to come in to assist her with major care. She is now isolated, very lonely and has lost her enthusiasm and interest. She no longer has friends who drop in

or phone because they are also having health or adjustment problems or both.

We are at a loss to know what to do because she certainly continues to go downhill. Could you please help us?

Lesley

Dear Lesley,

Please take your mother to her physician and have her evaluated to rule out any medical problems.

Discuss with your mother what you see and think about her situation. She may feel isolated and want a change as well. If she does not want to move into an independent living or assisted living community, there are senior centers and other community programs providing companionship and activities. If your mother's private duty staff cannot take her, other transportation services should be available in your area.

Many folks I know choose to stay in their homes and socialize in senior centers.

Pryce

Dear Lesley,

Your mother may be still grieving for her husband and her lost lifestyle.

Loneliness is a dreadful condition that unfortunately can be life-threatening if not treated. We all need to be in contact with others, some more than others, to meet our social needs.

Pryce has given you some great suggestions, and a place to start.

Lizzie

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

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How Are You Feeling Today?



by Suzy Cohen, RPh

Dear Readers:

It's such a simple question and yet, I bet your own opinion of how you feel matters little to your doctors. It's quite frequent that you're told not to worry about your health if a lab test comes back as

"normal." The assumption is made that nothing's wrong. New research suggests that how you feel is a more reliable indicator of future illness than your labs.

Researchers from Rice University in Texas have reason to believe that how you feel holds greater value than blood tests do. I concur. If you were talking to me, I would trust what you tell me more than I do any piece of paper from a lab because of a dozen reasons.

For one, the reference ranges on labs are often bad because they were determined by a sick population. Your blood samples may not have been centrifuged long enough. Maybe it wasn't refrigerated in transit. There are so many other reasons too.

This reminds me of a one-man experiment I did recently. I wanted to see what happens when you use two

different labs to measure the same thing. We tested Sam's c4a levels, an inflammatory biomarker. One lab determined the level to be 9,725 and another said it was 319. Can you see how messed up your treatment regimen will be if you rely solely on labs? The numbers are off by thousands!

Sometimes the biomarkers that doctors test you for are just for screening, rendering them pretty useless IMHO (in my humble opinion). For example, thyroid testing and dosage changes are often based upon your TSH blood test, but you realize that isn't measuring your thyroid hormone right? And "Total Cholesterol" labs are useless because they don't tell you "particle size" or "number," yet a bazillion statin prescriptions have been written based upon this number.

So when I read the research conducted by Dr. Kyle Murdock, Dr. Christopher Fagunde and the rest of their team, it made a ton of sense to me. The truth is: Physicians should stop telling you everything is fine when your labs are "normal" and you are sitting there in tears trying to explain that something is wrong.

You should not be ignored if you're not feeling any better on medication. They should trust you. And you should trust your instinct more. This is not an excuse to go all hypochondriac on me, okay? I'm just saying, if you feel bad, keep digging at what the root cause is. I'm also hoping you don't go order a cheeseburger and fries to celebrate your "normal" cholesterol.

According to Dr. Christofer Fagundes, a professor of psychology at Rice University, "When a patient says, 'I don't feel like my health is very good right now,' it's a meaningful thing with a biological basis, even if they don't show symptoms."

If you'd like to learn more about this, I will email you a longer version of this article. Sign up for my newsletter at suzycohen.com. How happy would you

be to know that "it's not in your head" and how awesome would it be if you were taken seriously? Trust your gut feeling more.

*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.**

Doctor and Dietician

Quinoa Pilaf



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

Many people have heard of quinoa (pronounced keen-wah) but are not sure how to cook with it. Once you try this high protein, high fiber grain, you will love it! It is as versatile as rice, only healthier.

Ingredients:

- 3 tablespoon olive oil
- 2 large shallots, chopped
- 1 small red pepper, seeded and chopped
- 1 teaspoon kosher salt, plus extra for seasoning
- ½ teaspoon freshly ground black pepper, plus extra for seasoning
- 1 ½ cup quinoa
- ¼ cup white wine, such as pinot grigio
- 1 ½ cup chicken broth or veggie broth
- 1 packed cup arugula, chopped
- ½ cup slivered almonds, toasted and coarsely chopped

- ½ cup chopped fresh mint
- 1 medium cucumber, peeled, seeded, and diced

Zest of 1 lemon

What to do:

1. Toast the almonds in a single layer on a baking sheet in 350 degree oven 6 to 8 minutes or in skillet on top of stove. Set aside to cool.

2. Heat 2 tablespoons oil in large saucepan or high-sided skillet over medium heat. Add shallots and cook until soft about 2 minutes.

3. Add bell pepper, salt and pepper. Cook until tender, about 5 minutes.

4. Make space in the center of the veggies and add another T of oil. Add the quinoa and cook, stirring constantly, until coated with oil, about 2 minutes.

5. Add the wine and cook until all of the liquid has evaporated, about 2 minutes.

6. Add broth and bring to a boil. Cover and simmer until broth has been absorbed, about 15 minutes. Quinoa should be tender.

7. Keep covered and let sit for about 10 minutes.

8. Add arugula, almonds, mint, cucumber and lemon zest and toss.

9. Season with salt and pepper.

10. Serve at room temperature or cold.

*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.**

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Grouper Sliders with New Potato Salad

8 (3-ounce) grouper fillets, sliced thin
 1 teaspoon Cajun seasoning
 8 small rolls
 1 small head romaine lettuce, shredded
 2 tomatoes, sliced
 1 red onion, sliced thin
 1 tablespoon oil for cooking
 1/3 cup mayonnaise
 1/2 lemon, juiced
 1 teaspoon paprika
 Cayenne pepper to taste
 Sea salt and fresh ground pepper to taste

Preheat a large sauté pan over medium-high heat. Lightly season the grouper fillets with Cajun seasoning, salt and pepper. Put the cooking oil in the preheated pan, and carefully add the seasoned fish fillets to the pan.

Cook fillets for about 2 minutes on each side depending on thickness until golden brown and cooked throughout. Place fillets on cut open rolls.

In a small bowl, combine mayonnaise, lemon juice, paprika and cayenne. Taste and adjust seasoning with salt and pepper.

Assemble sliders using lemon mayo, lettuce, tomato and red onion. Use a bamboo skewer if needed to keep sliders standing.

Serve with potato salad.

6 cups new potatoes, quartered, cooked and cooled

2 tablespoons rice vinegar

1 tablespoon olive oil

2 tablespoons mayonnaise

1/2 cup assorted color bell peppers, diced

1/2 cup red onion, diced

2 tablespoons fresh parsley, chopped

Sea salt and fresh ground pepper to taste

Combine all ingredients into a medium-sized mixing bowl. Stir ingredients to completely combine. Taste potato salad and adjust seasoning with salt and pepper.

Serve cold.**



Grouper Sliders with New Potato Salad

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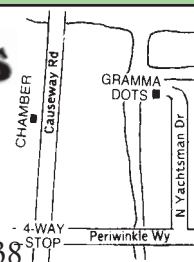


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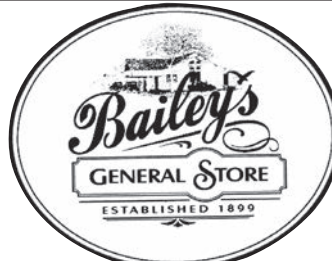
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Florida Highway Patrol	278-7100
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City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
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Post Office - Sanibel (toll free)	800-275-8777
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Center 4 Life - Senior Center	472-5743
ARTS	
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Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
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ABWA - American Business Women's Assoc.	565-7872 or 433-7798
American Legion Post 123	472-9979
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Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH. OF SANCAP 24-hr service	472-0404
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Horticulture and Tea Society of Sanibel and Captiva	472-8334
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Sanibel Youth Soccer	www.sanibelsoccer.org 395-2040
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Zonta Club	728-1971
ISLAND ATTRACTIONS	
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JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

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PETS OF THE WEEK



Chola

Chola ID# 655004



Adriana ID# 662685

Hello, my name is Chola. I'm a 2-year-old tan and white, spayed female American bulldog mix. I am a fantastic dog with the most adorable under bite. I am calm, a good leash-walker, am able to sit and love to play ball and fetch. However, my favorite thing to do is to show love and affection to people! I would make a lucky family a very lovable companion.

Adoption Fee: \$35 (regularly \$75) during Animal Services' "It's Raining Cats and Dogs" Adoption Promo

Hi, I'm Adriana. I'm a 4-month-old black female domestic short hair with a beautiful reddish hue (a color many women pay a lot of money for at the hair salon). I was a very shy little kitten when I arrived at the shelter. I went to a foster home where my foster mom gave me lots of love and toys. Now I don't think the world is such a scary place anymore. I enjoy playing with other kittens too, so you may want to take advantage of Animal Services 2 for 1 deal!

Adoption Fee: \$10 (regularly \$75) during Animal Services' "It's Raining Cats and Dogs" Adoption Promo

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.✪

PUZZLES

Answers on page 53

Super Crossword

SPLITTING SIMPLE SUBSTANCES

ACROSS

1 Auto-theft deterrent

9 Nickname for Ireland, with "the"

16 "— to say?"

20 Formal written defense

21 Informer

22 Lend a hand

23 1941 hit for Billie Holiday

25 "Would — to you?"

26 "Frozen" snow queen

27 Athenian H

28 Of volcanic activity

30 Subpar grade

31 Kind of shipping with smallish freight

37 O'Hara's Butler

39 Kind of sword

40 Give rise to

41 One watching unobtrusively

46 See 87-Across

49 Fly jets, say

50 Lend a hand

51 Telly initials

54 Bear, in Tijuana

55 Countries

56 Home pest

57 Xeroxing supply

62 Common B.A. major

63 Orly jet, once

64 Soprano Gluck

65 California's region

66 Legendary king of Camelot

70 Little-by-little

73 Morales of movies

74 High trains

75 Stein quaff

78 Pilot's direction detector

80 Nada

81 Made even

83 Gp. of G.P.'s

84 One-wd. definition, essentially

85 2005 Best Director Lee

86 Plod along

87 With 46-Across, pancake pour-on

90 Like a technology in development

95 Singer Clark or Gibbs

98 Bowl game org.

99 Believer in a "God of reason"

100 Ayatollah Khomeini led it in 1979

105 "Give — try!"

108 Forbearance

109 Yank enemy

110 "— all a favor and ..."

111 Luc's gal pal

112 Simple substances split in eight long answers in this puzzle

5 Texting titter

6 Census stat

7 Meets the challenge of

8 Jib holders

9 Burnt residue

10 Salt Lake City collegian

11 Place: Abbr.

12 Homer's cry

13 More guileful

14 Slick offering at a spa?

15 Infer

16 County in Kentucky or Indiana

17 Reddish purple color

18 Ex-Twin Tony

19 Swiftsw

24 Pic on a pec, perhaps

29 UPS items: Abbr.

31 Pre-Easter periods

32 Kitchen extension?

33 Pay mind to

34 Tax mo.

35 Ut. neighbor

36 Golfing peg

38 Skull's place

41 Outlet event

42 Writer Bunin

43 Zulu's group

44 Plop (down)

45 Fenway stat

47 Functions

48 Cruise stop

52 Happen to

53 Rocky peaks

56 Wynonna Judd's sister

57 Unsoiled

58 Luxury hotel chain

59 Hip dwelling

60 NHLer, e.g.

61 Barley bristle

63 Sharp pains

64 Lhasa — (dog breed)

66 Nabokov heroine

67 Classic Karel Capek play

68 — center (play area)

69 Be in power

70 Unit of fat

71 "— Lama Ding Dong"

72 Film version, e.g.

75 Person reading for a role, say

76 Big name in toy bricks

77 Place of bliss

79 Heart rocker

Wilson

80 Wind dir.

81 Choo-choo

82 Furrows

85 "— in Calico" (old song)

86 Smartphone of the 2000s

88 Merciful

89 Iroquois tribe

91 Suffix with ethyl

92 95, to Nero

93 Asian ideal

94 Food

96 Western cattle farm

97 Korean city near Seoul

100 Apple tablets

101 Flaxlike fiber

102 Superman portrayer

Christopher

103 WWW bookmark

104 Singer — Marie

106 People of Rwanda

107 Benefit

110 Galley mark

113 "Ho-hum"

114 401(k) kin

115 Bit of cartoon art

116 Whelp's yelp

117 Prefix with center

118 Family VIPs

King Crossword

ACROSS

1 With 5-Across, fade

5 See 1-Across

8 Old World duck

12 Inauguration recitation

13 Genetic stuff

14 Comic strip possum

15 Lo-cal

16 Squid's squirt

17 Acknowledge

18 Gold coin of old Italy

20 Differently

22 Berlin-born actress

26 Hackneyed

29 Banned pesticide

30 Ostrich's kin

31 Miners' finds

32 Pair

33 Oklahoma city

34 Zodiac sign

35 Onassis, familiarly

36 Isolated hill

37 Berlin-born actress

40 Census statistics

41 Slanted, in print

45 Fence opening

47 Pitch

49 Angry

50 Verve

51 -- out a living

52 PC picture

53 Dissolve

54 Pop

55 "-- Mis-behavin' "

7 Manages with what one has

8 Tic

9 Gesture

10 Id counter-part

11 "Holy cow!"

19 Under the weather

21 Parcel of land

23 Buzz Aldrin's real first name

24 Send forth

25 Discourteous

26 Brazen

27 Vicinity

28 Re newborns

32 Had a rendezvous

33 Bicontinental region

35 Shock and --

36 Wager

38 Representative

39 Weary

42 Places

43 Press

44 Penny

45 Prized possession

46 Hearty brew

48 Alias abbr.

DOWN

1 Rory McIlroy's game

2 Bar

3 "Beetle Bailey" dog

4 Although

5 Quaff

6 Hostel

MAGIC MAZE

WHOLE GRAINS

U V R O E L H E A B X U R O L

I E T E L L I M B Y V S Q N K

H E B Y Y W A T T R O L F J G

B R O W N R I C E L E F B Y Y

W U R P A N K I I G E D B E Z

X V S N Q O M K N T Z P L I G

E C T T A R O S K T I R S Y W

U H S Q U E R T O P A R N L J

H F E C A M R A R B M E T Y X

V U S Q P M A O N I U Q H N M

K J H F E E F K C B Z Y X W V

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

Amaranth

Brown rice

Einkorn

Emmer

Farro

Kamut

Maize

Millet

Oats

Quinoa


Rye

Spelt

Teff

Triticale

Wheat



"I'm not doing a scalp massage.
I lost my _____."

answer on page 52

SCRAMBLERS

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

Game
PORTS

Crook
TEACH

Repast
FATES

Heir
COINS

TODAY'S WORD

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


SUDOKU

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


answer on page 53

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Walking stick is shorter. 2. Arm is moved. 3. Sun is missing. 4. Pants are shorter. 5. Cap is reversed. 6. Headset is missing.

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LIVE ON THE ISLANDS

The Jacaranda has live entertainment Friday and Saturday with Cruzan Vibes, playing reggae and dance. 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 Woody Brubaker and Barbara Smith. On Saturday, it's Dusk. 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 Dan Confrey.

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

*Restaurant owners/managers, please email or fax any changes to your entertainment schedule to press@islandsunnews.com or 395-2299.**

My Stars ★★★★★

FOR WEEK OF JULY 25, 2016

ARIES (March 21 to April 19)

You face the possibility of raising your relationship to another level. However, your partner might demand that you make promises for which you're not sure you're ready.

TAURUS (April 20 to May 20)

As changes continue, expect things to get a little more hectic at your workplace. An unexpected travel opportunity could open new career prospects.

GEMINI (May 21 to June 20)

Confront the person who caused your hurt feelings and demand a full explanation for his or her actions. You'll not only recover your self-esteem, but you'll also gain the respect of others.

CANCER (June 21 to July 22)

That personal problem in the workplace is compounded by someone's biased interference. Stand your ground, and you'll soon find allies gathering around you.

LEO (July 23 to August 22)

You don't accept disapproval easily. But instead of hiding out in your den to lick your wounded pride, turn the criticism into a valuable lesson for future use.

VIRGO (August 23 to September 22)

That former

friend you thought you'd cut out of your life is still affecting other relationships. Counter his or her lies with the truth. Your friends are ready to listen.

LIBRA (September 23 to October 22)

What appears to be an unfair situation might simply be the result of a misunderstanding. If you feel something is out of balance, by all means, correct it.

SCORPIO (October 23 to November 21)

A stalled relationship won't budge until you make the first move. Your partner offers a surprising explanation about what got it mired down in the first place.

SAGITTARIUS (November 22 to December 21)

A co-worker shares some startling news, but before you can use it to your advantage, make sure it's true. The weekend favors family matters.

CAPRICORN (December 22 to January 19)

Your usual conservative approach to family situations might not work at this time. Keep an open mind about developments, and you might be pleasantly surprised.

AQUARIUS (January 20 to February 18)

Plans might have to be put on hold because of a family member's problems. Don't hesitate to get involved. Your help could make all the difference.

PISCES (February 19 to March 20)

Relationships in the home and in the workplace need your careful attention during this period. Be careful not to allow misunderstandings to create problems.

BORN THIS WEEK: You have a keen, insightful intellect and enjoy debating your views with others who disagree with you. You also love to solve puzzles -- the harder, the better.

THIS WEEK IN HISTORY

- On July 31, 1715, a hurricane strikes the east coast of Florida, sinking 10 Spanish treasure ships and killing nearly 1,000 sailors. Although much of the gold and silver was salvaged, coins and other artifacts occasionally wash up on Florida beaches.

- On July 25, 1898, during the Spanish-American War, U.S. forces launch an invasion of Puerto Rico. With only seven deaths, U.S. troops under Gen. Nelson Miles were able to secure the island by mid-August.

- On July 26, 1908, the FBI is born when U.S. Attorney General Charles Bonaparte orders a group of 10 newly hired federal investigators to report to the Department of Justice. Notorious gangsters such as George "Machine

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Gun” Kelly and John Dillinger met their end at the hands of the FBI.

- On July 27, 1953, after three years of bloody war, the United States, the People’s Republic of China, North Korea and South Korea agree to an armistice, bringing the Korean War to an end. The war cost the lives of more than 50,000 Americans.

- On July 29, 1976, the “Son of Sam” fires five shots in the first in a series of shootings that would terrorize New York City over the course of the next year. Shooter David Berkowitz claimed that “Sam” was his neighbor Sam Carr, who transmitted his kill orders through his pet black Labrador.

- On July 28, 1990, Maximo Menendez falls into a coma and later dies after drinking a Colombian soft drink, Pony Malta de Bavaria, in Florida. The soft drink had been laced with liquid cocaine, apparently by smugglers who planned to reclaim the bottles.

- On July 30, 2003, the last of 21,529,464 Volkswagen Beetles built since World War II rolls off the production line at Volkswagen’s plant in Mexico.

STRANGE BUT TRUE

- It was beloved 20th-century American dancer, singer and actor Fred Astaire who made

the following sage observation: “The higher up you go, the more mistakes you are allowed. Right at the top, if you make enough of them, it’s considered to be your style.”

- If you’re of a certain age, you may remember the popular cartoon “Far Side,” by Gary Larson. You may not realize, however, that this daily chuckle influenced science as well as humor. In a 1982 drawing, Larson dubbed the spikes at the end of a stegosaurus’s tail the “thagomizer” -- which is what paleontologists call the spikes today.

- If you write the word “suns” upside down, it still says “suns.”

- This election season might be a good time to resurrect the word “flapdoodler.” During Victorian times, any annoyingly boastful or self-righteous person was considered to be a flapdoodler.

- In Britain in the early 2000s, dead hedgehogs started turning up with their heads stuck in McFlurry cups. It seems that the little creatures would stick their heads in to get to the remains of the discarded treat, then they’d be unable to get out and would starve to death. In response, in 2006 McDonald’s changed the design of the McFlurry cups to be more hedgehog-friendly.

- If you’re planning a road trip

to the Pacific Northwest, keep in mind that in Oregon it’s against the law to test your endurance while driving a car.

- You might be surprised to learn that Helen Keller, probably best known as the first deaf and blind person to earn a bachelor of arts degree, was one of the first members of the American Civil Liberties Union.

THOUGHT FOR THE DAY

“I want people to talk to one another no matter what their difference of opinion might be.” -- Studs Terkel

NOW HERE'S A TIP

- You can calm flyaways by washing and conditioning your hairbrush. Wash all types in soap and water, and if your brush has natural bristles, dip it in a cup of water with a little conditioner added. Let it dry, and brush away with no more static.

- Use plastic wrap to help out on paint jobs. It can protect odd-shaped items, like unremovable lighting fixtures. You also can give your paintbrush an overnight break when you wrap it tightly in plastic wrap and stick it in your fridge -- no washing required if you’re just pausing!

- “Slip a long wooden spoon into a plastic baggie. Use a hair tie to secure the bag tightly around the spoon. Now you can use the spoon to apply sunscreen or lotion to your back.” -- W.T. in Florida

- Staple removers aren't just for the office. Need to load a key ring? A staple remover will open those rings right up.

- Coffee filters and used dryer sheets are both fantastic dusters for the dashboard of your car. Throw a few in the glove box for when the dash needs a quick dusting.

- “You can get your shower liner clean in no time at all by throwing it in the washing machine. I do mine once a month in a load of towels for extra scrubbing.” -- R.R. in Washington

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SUDOKU

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

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- Wear a helmet
- Use lights at night
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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).

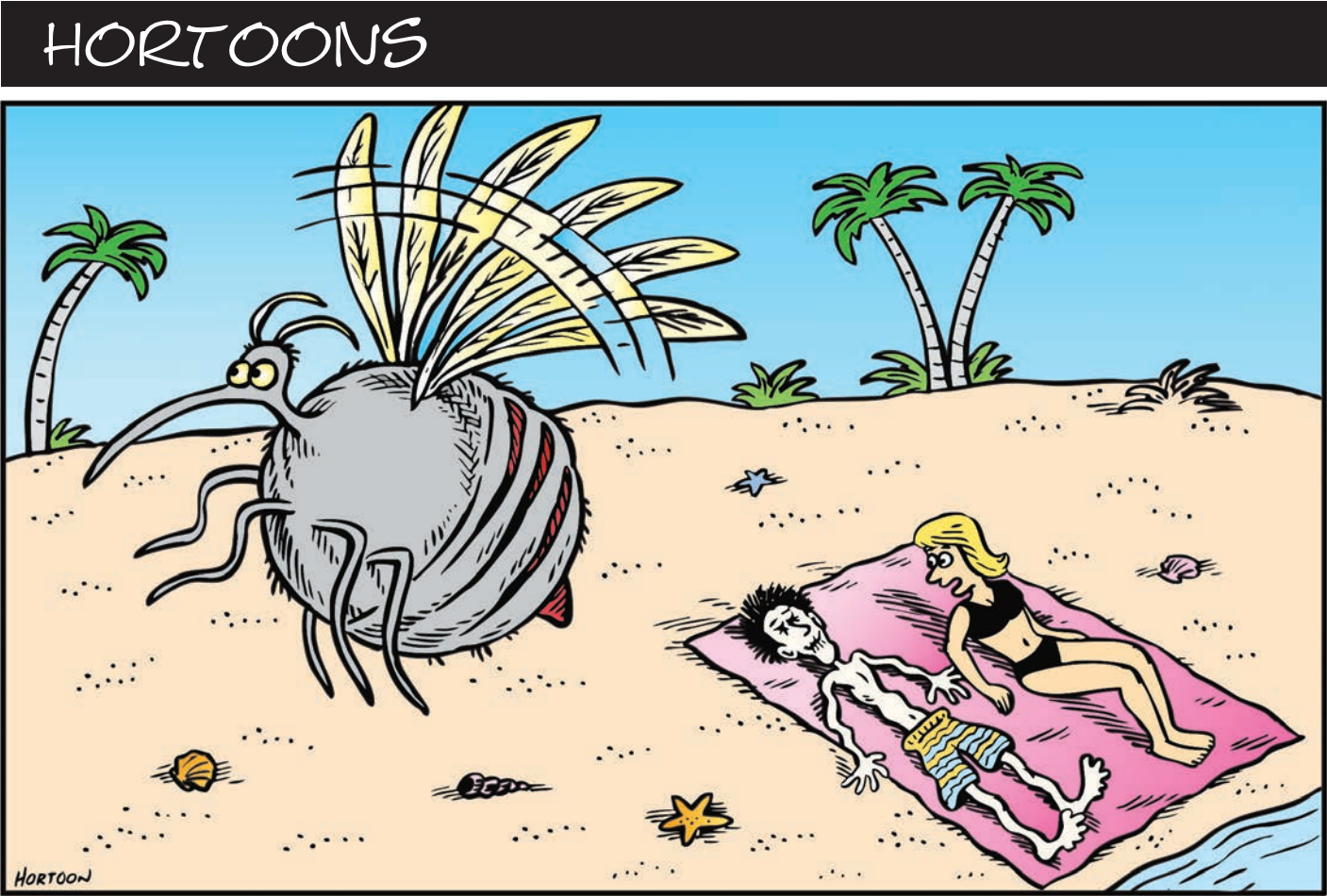


A loggerhead sea turtle hatchling photo by Jeff Lysiak

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
Seagrape	Fort Myers Beach	1940	896	\$1,350,000	\$1,200,000	182
Whiskey Creek Club Estates	Fort Myers	1986	7,086	\$1,200,000	\$975,000	31
Banyan Cove	Bonita Springs	2004	3,451	\$1,199,000	\$1,095,000	97
Beachview Country Club Estates	Sanibel	2001	3,647	\$1,195,000	\$1,075,000	236
Sanctuary	Bonita Springs	1991	2,623	\$960,000	\$873,000	130
Little Hickory Shores	Bonita Springs	1987	1,807	\$769,000	\$747,500	64
Horse Creek	Fort Myers	2006	3,316	\$669,900	\$630,000	70
Coconut Creek	Fort Myers	1993	2,487	\$619,000	\$587,500	77
The Masters	Estero	2000	1,885	\$599,000	\$560,000	8
Bay Crest	Bonita Springs	2006	2,136	\$599,000	\$575,000	28

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