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## Vilardi Ready, Eager To Begin Sanibel Tenure

by Jeff Lysiak

With the start of the new school year less than two weeks away, one of The Sanibel School's newest – and certainly most prominent – hires is excited to welcome students back to the National Blue Ribbon Award-winning facility.

Charles Vilardi, an administrator in the School District of Lee County system for the past 16 years, will officially begin his tenure as principal of The Sanibel School on August 10, the first day of classes. However, in the weeks leading up to the landmark occasion, Vilardi has been busy getting himself, his staff and the school property ready.

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Charles "Chuck" Vilardi, the new principal at The Sanibel School photo by Jeff Lysiak

## City Launches New Slogan For Turtle Campaign

The 2016 sea turtle nesting season is in full swing. This year, The City of Sanibel is continuing its Turtle Education Campaign with a new slogan, Are You Livin' on Turtle Time? The goal is not only to remind residents and visitors to be cognizant of sea turtle nesting season by switching off their lights by 9 p.m., but to also educate them on ways they can help the turtles thrive.

Several updated materials for the campaign have recently been created for this effort and are now available. Easel signs, posters and buttons will be distributed free of charge to property and business owners and to the general public.

If you are interested in the sea turtle educational materials, contact Joel Caouette in the City of Sanibel Natural continued on page 4



Kelsey Congress with Turtle Time button photo courtesy City of Sanibel

## Sanibel Offers Drone Images Of Water Conditions



Visitors to the City of Sanibel's website can access drone footage of water conditions taken on a weekly basis at two island locations. Here, a 360 degree view from above Lighthouse Beach shows the water conditions on July 15.

photos courtesy City of Sanibel

by Jeff Lysiak

One of the more recent and high profile advancements in technology is now being used by the City of Sanibel to show residents, businesses and visitors the current conditions of waters surrounding the island.

During last week's city council meeting, James Evans, director of natural resources, revealed that the city has contracted with the operator of a drone to photograph high definition, 360-degree views taken high above both Lighthouse Beach and Gulfside City Park.

"As you know, the (Lake Okeechobee) discharges have had an economic impact on our island," Evans told the council on July 19. "The city has been receiving a lot of phone calls, emails, messages, reports on social media and travel websites,



Panoramic image taken by a drone flying above Gulfside City Park on July 18

and we've been responding to all of those. We want to make sure we're providing accurate information to the public."

Earlier in the month, the city began posting aerial images taken above Lighthouse Beach (showing the waters in San Carlos Bay) and Gulfside City Park (picturing the Gulf of Mexico) online at [www.MySanibel.com](http://www.MySanibel.com). Those images – which can be fully rotated as well as tilted up and down – will be updated on a weekly basis.

"I think that provides objective images of what's going on and where the plume line is, so (visitors) can decide whether or not they want to invest in their vacation on Sanibel," he added. "I think it's been very good; I think it's talked a lot of people off the ledge."

In addition, Evans noted that the city's website provides information on current conditions, links to real-time data, Lake Okeechobee water levels and discharge volumes along with ways members of the public can get involved with the ongoing push for improving water quality.

"Water is an integral part of daily life on Sanibel, and therefore, it is critical as stewards of this sanctuary island that we protect this important resource that defines our community," a message from the city council reads, in part. "Our community must remain vigilant and work closely with our state and federal legislators to ensure that projects and policies that protect and improve Sanibel's water quality are implemented in a timely manner."✧



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## Summit Christian Ready For New School Year



Kekoa Otafvaro, Gretta Livermon and Harrison Jones explore things that float and sink

photo courtesy Summit Christian Preschool

fall classes on August 22. Classes are available for 3-year-olds and 4-year VPK children. Director Leslie Celestin said, "In preschool, children explore being creative through painting, building, cutting, coloring, sculpting, imagining, role playing and designing."

Tours and registration packets are available by calling the main campus 482-7007.✱

## Vegetation Trimming On San-Cap Road

**V**egetation trimming along the south side of Sanibel-Captiva Road from Tarpon Bay Road to Blind Pass will continue through Saturday, July 30. Due to the nature of the vegetation work, the eastbound lane of Sanibel-Captiva Road may need to be intermittently closed to traffic for short periods of time. Be prepared for delays. Drivers and pedestrians should proceed slowly and cautiously through the area when workers are present.

Contact the Sanibel Public Works Department at 472-6397 if you have any questions.✱

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## Open House At Children's Center



The Children's Education Center welcomes children ages 18 months to 5 years

photo courtesy CECI

**T**he Children's Education Center of the Islands (CECI) will host an open house for Sanibel, Captiva and Fort Myers on Friday, August 5 from 5 to 7 p.m.

The program includes a brief introduction to the school, classroom tours and meeting teachers. Children are welcome to attend with their parents.

The center is a nonprofit parent co-op preschool for children ages 18 months to 5 years. Applications are being accepted for the 2016-17 school year beginning on Wednesday, August 10. Scholarships are also available on a limited basis.

For more information, call 472-4538 or email [cindy@childrenseducationcenter.com](mailto:cindy@childrenseducationcenter.com).✱



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# Shell Ambassadors Wanted



Museum development associate Paul Gulbrandsen, left, in a dual role as a shell ambassador, identifies specimens found on Sanibel by David and Sallie Pins photo courtesy Melanie Moraga

It isn't exactly a uniform, but the bright blue shirts and hats with yellow lettering identify the newest category of volunteers for the Bailey-Matthews National Shell Museum: Shell Ambassadors.

Shell museum volunteer Clair Beckmann had the idea of putting specially designed shirts on volunteers to indicate that they're available to answer questions on the beach. That concept led to the Shell Ambassadors program.

"Clair will receive the first official T-shirt," said Executive Director Dorrie Hipschman.

With training, anyone with an appreciation for shells and a willingness to volunteer can become a shell ambassador.

continued on page 5

## From page 1 Turtle Campaign

Resources Department at 472-3700 or Joel.Caouette@mysanibel.com. These materials are available for delivery or they can be picked up at the front desk of Sanibel City Hall, located at 800 Dunlop Road.

Over the next several months, sea turtles will lay eggs, and hatchlings will begin to emerge from their nests and venture into the Gulf of Mexico. It is Sanibel's mission to "live in harmony with the island's wildlife," which is why the City of Sanibel and the Sanibel-Captiva Conservation Foundation (SCCF) encourage both residents and visitors to participate in protecting these endangered species.

Once the hatchling sea turtles surface from their egg chambers, they use the light of the night sky over the ocean to navigate to the water. This is a vital instinct for the turtle's survival, because it keeps them from traveling away from the water. If a mother sea turtle or a sea turtle hatchling is exposed to artificial lighting, it can become disoriented. For hatchlings especially, artificial lighting may cause the hatchling to roam inland, ultimately diminishing its chances of survival due to predation, exhaustion or dehydration. Because of the effect unnatural lighting has on sea turtles, Sanibel has year-round ordinances that prohibit both interior and exterior lighting from illuminating the beaches.

It is the hope that in continuing this education campaign, the beachfront lighting regulations will have a high compliance, therefore minimizing the number of disoriented turtles on the beach. Unnatural lighting is a significant issue during sea turtle nesting season, but these solutions will have a huge impact on the protection of these species:

- Turn off/shield ALL LIGHTS visible from the beach
- Close blinds by 9 p.m.
- Avoid using flashlights/illuminated cell phones
- Never shine light on nesting turtles
- No flash photography after dark
- Remove all beach furniture by 9 p.m.
- Fill holes after your beach day
- Pick up all trash
- Replace exterior light sources with a low-wattage, yellow or amber bulb, LED preferably.

If you must have light, use a red LED flashlight or headlamp.

Sanibel Island has the reputation of having some of the darkest and most "turtle friendly" beaches in the state of Florida. You can help uphold that status by following the regulations put in place, and by educating residents or visitors that may be unaware of the ordinances. Failure to abide by these ordinances may result in city, state and/or federal fines and penalties. If you find lost hatchlings or witness any other sea turtle emergencies, call the SCCF Sea Turtle Hotline at 978-728-3663 or the Sanibel Police Department at 472-3111.✱



Joel Caouette with Turtle Time poster

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From page 4

## Shell Ambassadors

"We're looking for volunteers, and we'll encourage them and give them the confidence to bloom in their new role," said Hipschman. "It's important for our Shell Ambassadors to feel comfortable talking to people about shells, as well as answering questions.

Shell ambassadors won't have set hours or shifts. Whenever they are on the beach and willing to be "on duty," they need only wear their choice of ambassador apparel, which includes a shirt, hat and beach cover-up. Each piece of the wardrobe features the words "Ask me" and "I know shells" – on a sleeve, the front of a cap, the back of a shirt... wherever they're most visible.

"We'll cover all that in the training," added Hipschman. "In fact, you don't need to know anything when you

begin the training sessions we're going to offer, and anyone can participate, even people who aren't affiliated with the museum. We'll give you all the information – and confidence – you need to get started."

To become a shell ambassador, volunteers must participate in several training sessions that will provide information on local shells, the beach environment and visitor etiquette, including instructions on how to approach and inform people who may be collecting live specimens, which is illegal on Sanibel. The sessions will conclude with a test.

Classes will begin in the fall and run throughout the season. Volunteers may take the required sessions in any order that's convenient. For more information, call 395-2233 or visit [shellmuseum.org](http://shellmuseum.org).✱

## Rec Center August Fun Days

Register your child now for the upcoming Fun Days on Monday, August 8 and Tuesday, August 9. Fun Days will offer a variety of athletic games, craft projects and special entertainment. Enrollment is available for children in K-8 grade. This program operates from 8 a.m. to 5:30 p.m. Each child needs to bring a lunch, swimsuit and towel. Light snacks will be provided.

Register in advance and receive the "Early Bird" rate: Member \$25; Non-Member \$33 (registration by August 1). Register after "Early Bird" rate: Member: \$30; Non-Member: \$40 (registration on or after August 2).

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available.

For more information, call 472-0345 or visit [www.mysanibel.com](http://www.mysanibel.com). ✱

## Top Ten Books On The Island

1. *A Man Called Ove* by Frederik Backman
  2. *The Killing Floor* by Lee Child
  3. *Circling The Sun* by Paula McLain
  4. *Sanibel Memories* by Charles McCullough
  5. *The Fireman* by Joe Hill
  6. *Kitchens of the Great Midwest* by J. Ryan Stradal
  7. *My Brilliant Friend* by Elena Ferrante
  8. *Vinegar Girl* by Anne Tyler
  9. *Being Mortal* by Atul Gawande
  10. *The Girl on the Train* by Paula Hawkins
- Courtesy of MacIntosh Books and Paper✱

From page 1

## New Principal

"This is a beautiful campus in a wonderful community," said Vilardi, who spent the previous nine years as principal of Skyline Elementary School in Cape Coral. "Everybody I've met so far – the teachers, staff, parents and local businesses – have been so welcoming to me. The reception has been phenomenal."

Born in Paterson, New Jersey and raised by his adoptive parents in Bayville on the Jersey Shore, his family moved to Cape Coral when he was 9 years old. He attended Pelican Elementary, Gulf Middle and Cape High before graduating from Mariner High School in 1989.

As a teenager, Vilardi – who prefers to be called "Chuck" – served as a volunteer with the Cape Coral Parks and Recreation Department, working with the after school program. Eventually, he was hired as a part-time employee, advancing soon to full-time before eventually becoming the program director.

However, Vilardi never thought he would ever become a teacher.

"It's funny... I wanted to become an actor. I thought I was gonna be the next John Travolta," he said with a laugh. "But my father sat me down and told me that I needed to have a backup plan."

Vilardi started his career in education in 1993, working with emotionally-handicapped students at Gulf Elementary. During that stint, he was named Teacher of the Year. The following year, he became a first grade teacher; three years later, he moved up to teaching fourth graders. In 1998, he was named a Teacher of Distinction and Outstanding Young Man of America.

Before the end of the decade, he was named assistant principal at North Fort Myers Academy of the Arts (then called Suncoast K-8) – a kindergarten

through eighth grade facility – where he oversaw the school's elementary grades for four years.

In 2003, Vilardi was named principal at Pine Island Elementary. Four years later, he was named principal at Skyline Elementary, where he was voted Administrator of the Year by the Lee County School Counselors Association in 2009.

According to the 45-year-old father of two (his daughter, Carly, 19, attends the University of Central Florida while his son, Nicholas, 15, attends Cape Coral High School's IB program), he was hand-picked to be former Sanibel School Principal Barbara Von Harten's successor by Dr. Greg Atkins, the superintendent of the school district.

"(Dr. Atkins) called me and said he really wanted me to come here," recalled Vilardi. "He's got an excellent record of placing the right people in the right position."

After visiting the island, walking the school's campus and talking with some of the parents and staff, Vilardi said that the position was – in his own words – "calling my name."

"Barbara (Von Harten) assembled a great team here," he added.

Last week, Vilardi and a few staff members were busy getting the school ready to begin the 2016-17 calendar year. Not too surprisingly, the longtime school administrator's enthusiasm – especially when talking about the first day of classes – was obvious.

"I just want to build a good relationship with our students and their families," said Vilardi. "I truly believe that all kids can learn and grow to become great leaders. Kids need a cheerleader in their lives so they can pursue their goals and dreams. I'm ready to bring that motivation and help them reach their goals."✱

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# Beach Walks, Museum Tours Entertain And Teach Sanibel Rec Campers



Sanibel Recreation Center campers exploring the world of shells  
photos courtesy Rebecca Mensch

Each Friday this summer, kids enrolled in the Sanibel Recreation Department's Youth Summer Day Camp had a chance to learn and have some outdoor fun during weekly guided beach walks hosted by the Bailey-Matthews National Shell Museum. On July 29 and August 5, young campers will visit the museum for guided tours.

Each week, about 20 children – in grades 1 through 5 by turn – took part in the morning beach walks at Tarpon Bay Beach. To help them get the most out of their hour-long adventure, the shell museum provided mesh shell-collecting bags and laminated shell identification guides. Marine biologist Rebecca Mensch of the shell museum staff conducted the beach walks.

Knowledgeable educators from the shell museum will offer the guided museum tours to groups of about 40 (20 from each grade). First and second graders will



Camp participants searching for shells at the beach

visit on July 29, and third and fourth graders will take their turn on August 5. In small groups, the children will rotate through four activities exploring the Exhibit Hall, a Tank Talk, Hands-On Science, and Art. The tours are from 9 to 10 a.m., before the museum opens, so the campers will have the museum and staff all to themselves.

The shell museum provides the programming, while the camp staff oversees the safety and security of the children. For each event, there's one adult chaperone for every ten children. Program planning and negotiations were completed by shell museum education director Dr. Lin Muilenburg in collaboration with Dave DeFonzo, youth program supervisor for the City of Sanibel.

"The Sanibel Recreation Department's Day Camp provides an exciting array of activities for participating children," said Muilenburg. "The shell museum is delighted to be a part of this summer adventure that has now become a tradition for children in our community."

The shell museum is located at 3075 Sanibel-Captiva Road on Sanibel. For more information, call 395-2233.✧

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# Congratulations To The Islands' 2016 High School Graduates



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**Hunter S. Johnson**  
Fort Myers High  
Steve and Tonya Johnson  
University of Central Florida



**Rachel Wexler**  
Fort Myers High  
Dan Wexler and Arlene Dillon  
Georgia Tech



**Brigitte Wodrich**  
Bishop Allen High School  
Rudy and Natalie Wodrich  
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## Captiva Community Panel Report

As media continue to cover water-related issues, Lee County has created a new website designed as a clearing house to get information on all things water quality. It also is designed to provide context for the executive order related to blue-green algae.

The website addresses the significant funding commitments that Lee County Commissioners have made to water-related projects and infrastructure. It highlights what Lee County Natural Resources staff is doing as well as the work of the Lee County Visitor & Convention Bureau and other county departments such as parks and recreation and the economic development office, which continue to monitor the situation and respond accordingly. Visit [www.leegov.com/naturalresources/WaterQuality/WaterQualityStatus](http://www.leegov.com/naturalresources/WaterQuality/WaterQualityStatus)

The website contains references to:

- Florida Department of Health's Florida Healthy Beaches Program [www.floridahealth.gov/environmental-health/beach-water-quality/county-detail.html](http://www.floridahealth.gov/environmental-health/beach-water-quality/county-detail.html) where you can view the latest results of water samples taken at Blind Pass/ Turner Beach, Bowman's Beach and Lighthouse Beach, to name a few.
- Mote Marine Lab's Beach

Conditions Reporting System // [visitbeaches.org/](http://visitbeaches.org/) where you can view beach conditions up and down the Florida Gulf Coast, including Captiva, Bowman's Beach and Lighthouse Beach.

- Florida Department of Environmental Protection's South Florida Algal Bloom Monitoring and Response News // [depnewsroom.wordpress.com/south-florida-algal-bloom-monitoring-and-response/](http://depnewsroom.wordpress.com/south-florida-algal-bloom-monitoring-and-response/) where you can receive the latest news on the latest actions being taken and water sample results from all the impacted Florida counties and other critical locations.

### Captiva Community Panel to meet August 9

The Captiva Community Panel will hold its regular monthly meeting on Tuesday, August 9 beginning at 9 a.m. in the Cone Rooms (room subject to change) in Chadwicks Square at South Seas Island Resort. (The July meeting was cancelled.) This meeting is open to all interested islanders and the public.

Among the agenda items:

- Discussion of recent meetings on sewers and wastewater treatment/management
- Update on priority committees including Captiva Drive bike/ped improvements and tax revenue studies
- Update on a possible sea level rise meeting in January
- A Captiva Erosion Prevention District and a Captiva Fire District update.
- Other business as necessary.

Public participation is invited and encouraged. The next Captiva Community Panel meeting will tentatively be September 13. Information and background documents are available online at [www.captivacommunitypanel.com](http://www.captivacommunitypanel.com).

### CEPD meets August 10

The Captiva Erosion Prevention District will hold its monthly meeting at Tween Waters Inn on Wednesday, August 10 at 1 p.m. Call the district at 472-2472 or go to <http://mycepd.com> for further information.

### Galloway Captiva Tri weekend September 10 and 11

Want to swim, bike and run? Just want to watch? Either way, the Galloway Captiva Tri weekend is Saturday and Sunday, September 10-11, with the kids' event on Saturday and the adult event on Sunday. (That also means the roads on Captiva will be closed to traffic approximately 6:45 to 8:45 a.m. that Sunday.) Once again, the family-friendly race will benefit Community Cooperative's Healthy School Pantry program providing emergency food to more than 2,000 local children each school year. Details online at [www.captivatri.org](http://www.captivatri.org).

### Looking for Blind Pass information?

Lee County has established a new web page to pass along information regarding the Blind Pass Inlet Management Study; it has a link at the bottom to the meeting

PowerPoint — <https://www.leegov.com/naturalresources/blind-pass-2016-inlet-management-plan-study>.✱

## American Legion Post 123

On Sunday, July 31, American Legion Post 123 will have a Mexican Fiesta with tacos, fajitas, nachos and more from 1 to 8 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.✱

## Churches/Temples

### ANNUNCIATION GREEK ORTHODOX CHURCH

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### BAT YAM-TEMPLE OF THE ISLANDS

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

### HISTORIC CAPTIVA CHAPEL BY THE SEA

The Rev. Dr. John N. Cedarleaf Services every Sunday 11:00AM November 13, 2016 thru April 30, 2017 11580 Chapin Lane, Captiva 472-4646

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

### SANIBEL FELLOWSHIP, sbc

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

### SANIBEL COMMUNITY CHURCH

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Dr. Daryl Donovan, Senior Pastor  
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and 11 a.m. Traditional in main Sanctuary, 10:15 a.m. Courtyard Fellowship, 9 and 11 a.m. Bible classes. Childcare available at all services.

### SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

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### ST. ISABEL CATHOLIC CHURCH

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### ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

5 p.m. Saturday Eucharist, 9:30 a.m. Sunday Eucharist, 9:30 a.m. Sunday School, 9 a.m. Tuesday Morning Prayer, 9 a.m. Wednesday Healing Eucharist, 6 p.m. First Wednesdays Prayer and Potluck. 472-2173, [www.saintmichaels-sanibel.org](http://www.saintmichaels-sanibel.org)

### UNITARIAN UNIVERSALISTS OF THE ISLANDS

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



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## OBITUARY



## JEFFREY MARK EDELMAN

Jeffrey Mark Edelman, MD, passed away on July 11, 2016. He was the beloved husband of Susan Edelman; dear father of Alexander and Rachel Edelman; dear stepfather of Jamie Kokay; dear son of Linda Edelman and Jerry (Maryann) Edelman; dear brother and brother-in-law of Kevin (Becca) Edelman and Julie (Brad) Pursel; loving uncle of Ethan Pursel; our dear nephew, cousin, brother-in-law and friend. Jeff was a dynamic, shining light to everyone.

Funeral services took place on July 14. Memorial contributions may be made to the charity of your choice. Visit [bergermemorialchapel.com](http://bergermemorialchapel.com) for more information.✧

## 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](mailto: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.

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.

**Friday Collage Classes with Bea Pappas** – July 29 and August 5, 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 to sign up.

**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 and 16 (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**

Members cost is \$4 per class, 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.

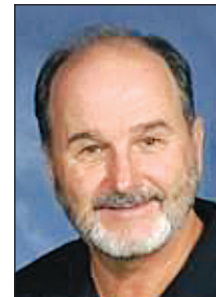
**Gentle Yoga** – Tuesday and Thursday at 9:30 a.m. Stretch, tone and strengthen while improving flexibility, proper alignment and circulation.

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 August 25). 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.✧

## New Class At Sanibel Church



Pastor Shelton Gwaltney



Pastor Doug Hummer

Sanibel Community Church is offering a new class, based on the book *The Divine Conspiracy* by Dallas Willard, beginning August 1. Renowned teacher and writer Dallas Willard is one of today's most brilliant Christian thinkers and has changed the way thousands of Christians experience their faith. In this new six-session DVD study, Willard offers a timely and challenging call back to the true meaning of Christian discipleship.

Class will be held Monday evenings from 6:30 to 8 p.m. in Fellowship Hall. Pastors Shelton Gwaltney and Doug Hummer will facilitate. There is no charge and all are welcome.

Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Foods). For more information, call 472-2684 or email to [doug@sanibelchurch.com](mailto:doug@sanibelchurch.com).✧

## Performance Cancellation

Due to an injury, organ soloist Marilyn Keiser had to cancel her appearance at St. Michael and All Angels Episcopal Church, scheduled for the July 31 Sunday service at 9:30 a.m.✧

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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](mailto: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 29, 11 a.m.,** adults \$7, teens \$5, 12 and under no charge – Why Animals Come to CROW.

Whether animals are sick, injured

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

**Friday, July 29, 2 to 3:30 p.m.,** \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

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

**Monday, August 1, 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, August 2, 11 a.m.,** adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

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

**Wednesday, August 3, 11 a.m.,**

adults \$7, teens \$5, 12 and under no charge – Wildlife Rescue 101.

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

**Thursday, August 4, 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

continued on page 12



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# Church Members Visit Nation's Capital For Worship And Mission



Over 300,000 gathered to worship, pray and be encouraged to build bridges of hope and reconciliation photos courtesy Sanibel Community Church

Hundreds of thousands of Christians gathered on the Mall in Washington, DC on July 16 to pray for America. Among those thousands were 29 members of the Sanibel Community Church. Not only did the team from Sanibel participate in the all-day worship and prayer session on Saturday, but conducted ministry in the inner city, as well as prayer-walked the Capitol area.

A highlight of the mission was coming alongside an inner city church that was struggling. The team rolled up its collective sleeves



Pastor Daryl Donovan of Sanibel Community Church (right) with Pastor Jones and Pastor Hezekiah of the DC Congregation



The Sanibel team of 29 preparing for the inner city mission in Washington, DC

and helped clean and prepare the church facilities for a "new beginning" as two congregations merged to have greater effectiveness in the community. Officials said it was a powerful time of reconciliation and expressions of genuine love and care for one another as this "all white" team from Sanibel Island joined with an African American Congregation to pray for America and to labor together to make a difference

in their community. Pastor Jones of the DC congregation is calling for peace, reconciliation and proclaiming the message that all lives matter.

The theme on Saturday was a call for the church in America to "reset" our hearts and rebuild and reconcile relationships. Throughout the day, there was a clear emphasis for the church to find unity in the person and ministry of Jesus Christ, the Hope of the World.

For more information, go to [www.together.org](http://www.together.org), contact Sanibel Community Church at 472-2684, or visit [www.sanibelchurch.com](http://www.sanibelchurch.com).

Sanibel Community Church is a non-denominational, evangelical congregation located at 1740 Periwinkle Way on Sanibel.✪

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From page 11

## CROW Events

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

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

**Friday, August 5, 2 to 3:30 p.m.**, \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

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



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## Rec Campers Captivated During Storms' Reptile Show



Reptile expert John Storms introduces his 16-foot long albino Burmese python – nicknamed Jessie – to Sanibel Recreation Center summer camp participants. His hour-long reptile show included snakes, a crocodile and an alligator snapping turtle. photos by Jeff Lysiak



John Storms shared his enthusiasm for reptiles with campers on July 15



An alligator snapping turtle uses camouflage to catch their prey, Storms explained



The summer campers were mesmerized by several reptiles in Storms' collection



Storms discussed the difference between American crocodiles and alligators

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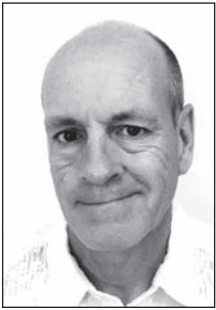
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## CROW Case Of The Week:

Opossum  
Ambassador

by Bob Petcher

The opossum, also known as the possum (depending on what part of the country you hail from), is a scavenger mammal that often times appears to have a nasty disposition. Originally from

South America, possums were said to enter North America during the era of the Great American Interchange when, centuries ago, the formerly separated continents were bridged or connected together. The word "opossum" was originated by members of the Jamestown colony in the early 1600s. Apparently, it was derived from an ancient word that meant "white dog" or "white beast/animal."

Many have heard the term "play possum," but some may not know how perfectly representative it is of the animal. When threatened or harmed, possums have an uncanny ability to mimic and smell like a sick or dead animal. They do so by closing or half-closing their eyes, drawing their lips back, baring teeth, creating saliva foam around their mouths and secreting a foul-smelling liquid from their anal glands. For a period of up to four hours, they also somehow develop



CROW Education & Outreach Coordinator Rachel Rainbolt with Bashful, current animal ambassador and former patient #16-1741

photo by Kenny Howell

unconsciousness to the point that their bodies become stiff, curled and unaffected when being prodded, flipped over and/or carried off.

Opossums also have a remarkably robust immune system, which makes them partially or fully resistant to the venom of rattlesnakes, cottonmouths and other harmful snakes. In fact, studies suggest they are roughly eight times less prone to carry rabies than other wild animals. Incredibly, supportive statistics

state only one in 800 possums are infected with that virus.

Opossums also boast a flexible diet. While labeled omnivores, they don't mind dining on nuts, fruit, grass, insects and other ground crawlers as well as carrion, mice, birds, snakes, chickens or various leftovers when raiding garbage dumpsters.

Even with such vitality, the opossum lifespan averages only two to four years in length, an unusually short span for a

mammal of its size. The female species' reproductive habits make opossums successful colonizers and survivors in many different locations and conditions, allowing for the animal to be nomadic in nature. The nocturnal mammals relish dark, secure areas to inhabit, like underneath porches or under the ground.

Contrary to popular belief, adult possums do not generally hang from trees by using their tails. While that particular hind part of an opossum is considered to have great strength, it is not strong enough to support a mature adult's weight. Instead, the animal utilizes its tail as a brace or as a fifth limb when climbing as well as a clutch to carry bunches of leaves or bedding materials to its nest.

The imposing factor of a possum, other than its toothy snarl, is its deep growl or raised pitch as it becomes threatened. Other possum noises include a clicking "smack" out of the side of its mouth as they wander in search of a mate. Young possums utilize a sneezing sound to signal their mother.

At CROW, an opossum was recently added to the teaching hospital's animal ambassador family. Bashful is a male Virginia opossum, the most notable of the 60 different species of possum and said to be one of the most common species of patient that CROW treats every year.

Bashful was brought to CROW on May 21 from Fort Myers after it was found wandering around off balance in a residential area. Due to neurological issues that appear to have resulted in long-term disorientation, he was regarded

continued on page 28



# Sanibel Marina





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# Why And How To Protect The Cabbage Palm

The cabbage palm (*Sabal palmetto*)

is a stalwart native and has been described as a small ecosystem in itself. If you respect Sanibel's environmental sensibility to live in harmony with our natural surroundings, that seems reason enough to protect this important palm. Notwithstanding, it is also the Florida State tree – rugged and

perfectly adapted to our sometimes harsh, barrier island environment.

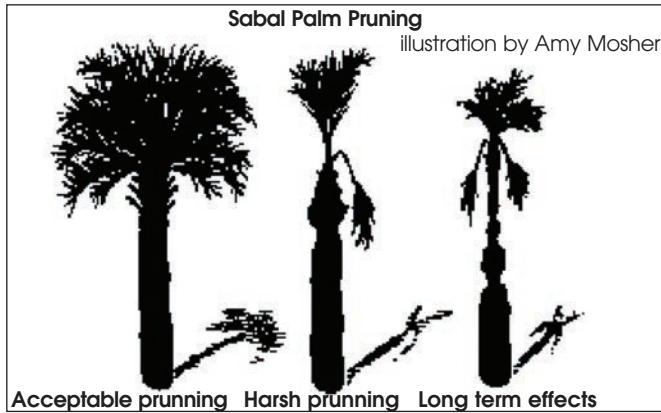
## Why Does This Palm Deserve Our Knowledgeable Care?

Let's explore this small ecosystem to better understand how it supports plant, bird, insect and critter life.

- Brown fronds provide a unique habitat for tree frogs and bats that are a natural mosquito control.
- Frizz from the fronds makes great nesting material.
- Flowering branches (inflorescences) provide nectar for bees and butterflies.
- Palm berries are sources of highly nutritious food for local birds, migratory birds and small mammals.
- The palm "boots" (leaf bases) are important habitat for other plants, including the beautiful golden polypody fern.

**Harsh pruning** of these palms jeopardizes all these habitat benefits and can endanger the health and the life of the palm. **Its green fronds are the cabbage palm's source of nutrients.**

- Cutting healthy green fronds stunts growth, invites disease and reduces the palm's natural resilience to high winds.
- Pruning of protective green fronds makes the palm's cold-sensitive heart



Harsh pruning

photos courtesy of City of Sanibel



Unpruned cabbage palm



Proper cut

susceptible to frosts.

- An over-pruned palm ("hurricane cut") leaves the heart of the palm totally unprotected in strong winds. Damage to the heart can result in the death of the palm.

• An over-pruned palm can develop a bottleneck trunk, sometimes referred to as "pencil-ing." In high winds and hurricanes, this stressed and weakened point can cause the palm to break off and die.

- Work boots with climbing spikes cause wounds in the trunk, leaving the palm prone to disease.

**You can make a difference. Here's how.**

- **Do Not** remove green fronds.
- Save Money!! Say **No** to landscapers who want to over-prune, especially green fronds. Exclude annual harsh-pruning from your landscape contract. Though not necessary, it is acceptable to prune brown and yellow fronds hanging below an imaginary horizon line (think like a clock, 9 to 3).
- Say **No** to "Hurricane Cuts." **The cabbage palm is naturally wind resistant.**
- If you are hoping to protect your palms during hurricane season, drastic pruning, which leaves them vulnerable, is the worst thing you could do.
- Help spread the facts. Having a better understanding of the cabbage palm's use by our plants and wildlife enables us to see its natural assets as things of great value and, to many, beauty. Enjoy it!

You can learn more about protecting native vegetation on Sanibel by visiting the natural resources department page at [www.mysanibel.com](http://www.mysanibel.com). For questions about vegetation on Sanibel or to request a site visit, contact the City of Sanibel Natural Resources Department at 472-3700.

The Natural Resources Department section of the city's website, [www.mysanibel.com](http://www.mysanibel.com), offers information and photos of native plants, a listing of licensed contractors, Sanibel's vegetation standards and codes, and the Environmental Reference Handbook prepared by the city's vegetation committee. The vegetation committee also offers free native plant tours of the grounds at city hall at 10 a.m. on the second Wednesday and fourth Saturday of the month from November to April. For more information, contact the Sanibel Natural Resources Department at 472-3700.\*

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# Sanibel-Captiva Conservation Foundation

## Garden Walk

Guides will lead a walk through the native landscapes at the SCCF Native Landscapes and Garden Center on Thursday, August 4 at 9 a.m. Stroll through the wildflower and pollinator garden, the agricultural area as well as the native landscape surrounding the old Bailey Homestead. Learn about the connections between native birds, butterflies and pollinators to their favorite native plants. The wildflowers are in bloom. Buy some seagrape and mangrove honey. Take home a native Florida wild sweet basil plant to make pesto. Sip some goldenrod tea. Meet in the last parking lot at the entrance to the Native Landscapes and Garden Center. No reservations required.



The "old house" on the Bailey Homestead



Green sweat bee



Pollinator



Wildflower and pollinator garden

## Snowy Plover

Watch where you walk. There are plovers on the beach, and nesting has begun. SCCF has been monitoring and staking the nests of this shorebird on Sanibel beaches for 15 years. SCCF biologists will give a talk on Thursday, August 4 at 1 p.m. about this threatened species and what you can do to protect their small nesting populations. Cost of the program is \$5; SCCF members are admitted free.



Snowy plover

## Nesting Statistics

Nest numbers are still doing incredibly well, especially on the east end of the island and Captiva. Last Wednesday, the nesting record on the east end was broken for the third year in a row. The count is now up to 136 nests on this beach.

On Captiva, there are 166 nests and only 15 more are needed to break that record of 179, which was set in 2000.

### Nesting activity as of July 18:

- Sanibel East: 136 Loggerhead Nests, 303 Loggerhead False Crawls
- Sanibel West: 359 Loggerhead Nests, 771 Loggerhead False Crawls
- Captiva: 166 Loggerhead Nests, 269 Loggerhead False Crawls
- Total: 661 Loggerhead Nests, 1,343 Loggerhead False Crawls

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



Kerry Salatino and Joan Rogers  
photos courtesy SCCF



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# Mangrove Snapper Invasion



by Capt. Matt Mitchell

Anglers experienced another week of outstanding fishing action on a great mixed bag of species. Having lots of small shiners made catching fish

a breeze, with my main species being mangrove snapper. As in summers past, we see lots of bigger mangrove snapper push into the passes and sound. This year has proved no different. With many of these snapper well over the 10-inch minimum size, they make for fast-paced action and a tasty fresh fish dinner.

Mangrove snapper, although in huge numbers throughout our area, can be a very terminal tackle-shy fish. Downsizing both your leader and hook can make all the difference between catching only a few or limiting out.

Small, free lined shiners fished on a 1/0 or smaller light wire hook with 20# or even lighter fluorocarbon leader fooled these fish time and time again.

Deeper docks and structure in and around the passes was a great place to get started. Captiva Pass was one of the most productive areas for me this week, with docks on the Cayo Costa side being loaded up with snapper. A few scoops of live chum was all it took to get these fish fired up. Another option to catch mangrove snapper was to add a split shot to your rig and drift through the deeper areas in the pass. Sand humps inside both Redfish and Captiva passes – where the water shallows up to around three feet – were also loaded up with snapper during the incoming tide, although they also held a mix bag of other species including trout, ladyfish, jacks and Spanish mackerel.

Redfish action also continued to improve this week, with the good high tide pattern helping out a lot. Small to medium tail hooked live pinfish fished up tight to the trees resulted in a few keeper redfish here and there. Most of my time on the water was spent fishing for snapper, but when the tide was just right, we would switch it up and target redfish. Areas from Demiere Key to



Ray Salas and his friend, John, caught a limit of redfish while fishing with Capt. Matt Mitchell this past week

Regla Island all held these redfish. Pick a mangrove shoreline that the wind direction allows you to anchor well out and get to work. If you don't get a bite within 10 minutes, pick up and move down. Cover lots of shoreline and you will find these fish.

Despite all the reports on the news of how bad the water quality is, it really does not seem to have affected our fishing... at least short term. After being on our local waters for more than 35 years, the color of the water we are experiencing is certainly not something new. Fishing in brown water is no different than in summers past. We are an estuary where fresh water and saltwater naturally meet, so during our

summer rain patterns, the water around the mouth of the river is never clear.

Something does need to be done to stop "Big Sugar" from storing water on Lake Okeechobee for their benefit alone. As long as these multi-million dollar sugar companies continue to finance the re-election campaigns of government officials, how could it happen?

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](mailto:captmattmitchell@aol.com).✪

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## Shells Found



Shannon Coache

While shelling at Tarpon Beach on July 14, Shannon Coache, visiting from Perkasee, Pennsylvania, found the biggest lightning whelk she had ever seen. Coache, who was staying with her family at Tortuga Beach Club, was even happier to discover that the whelk was empty. ✨



Melinda, Elena and Claire Collins

## Mermaids Found On Sanibel

According to island visitor Carol Smith, who created a trio of mermaid tails, her daughter, Melinda Collins, and her girls, Elena and Claire, sported the costumes while on the beach on Sanibel. "Unfortunately when we left the beach, we walked off and left our mermaid tails," added Smith. ✨

## Fish Caught



Steve Rigby with his snook catch

Steve Rigby, visiting from Plant City, Florida caught a lemon shark and a large snook during his recent trip to the islands. "Another great vacation in Sanibel," Rigby said. "Will be back in September." ✨

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## Shell Of The Week

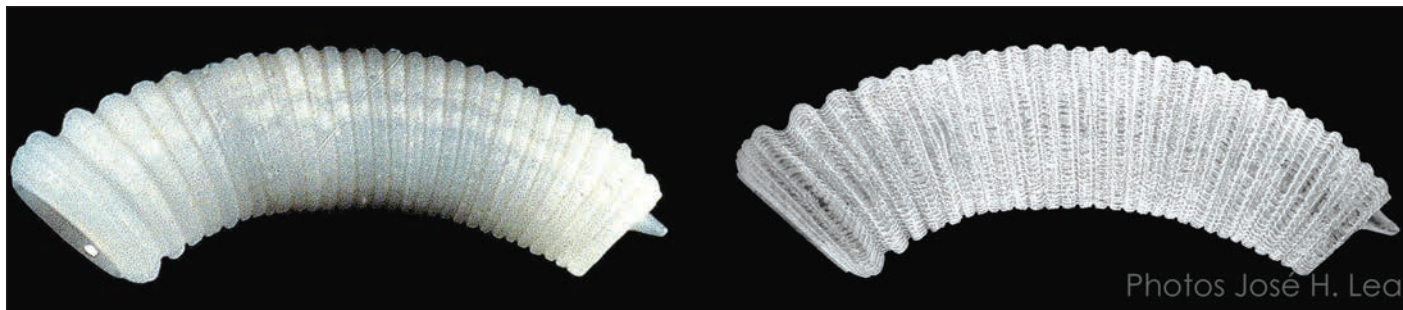
## The Florida Caecum



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

At about  
4 mm  
(3/16 inch)  
The Florida  
caecum, *Caecum  
floridanum*

Stimpson, 1851, is one of the smallest mollusks inhabiting the coasts of Southwest Florida. Its shell is cylindrical, minute, with a variable sculpture that includes 20 to 40 strong "rings" distributed on the entire surface. On the end of the shell opposite to the opening, caecum snails have a septum called *muco* closing the shell, with a pointed structure arising from it. The name of this group of snails derives from the Latin *caecus*, meaning blind, an allusion to the "dead end" aspect of the *muco* part of the shell. Caecum snails live among sand grains in shallow



Photos José H. Leal

The Florida caecum, *Caecum floridanum*. The illustration on the right is a high-resolution scanning electron micrograph.

photos by José H. Leal

water areas. They are difficult to identify because of variation within the different species, and also because they change dramatically in shape as they develop from young to adult life stages.

#### Shell Museum Programs:

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 of Shells. These exhibits include:

Sanibel-Captiva shells, fossil layers, money cowries, cephalopods, Calusa Native Americans, sailors valentines and world record-size shells, among others.

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

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

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit [www.shellmuseum.org](http://www.shellmuseum.org).

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Low-maintenance grasses like native muhly grass add shimmering color and reduce yardwork  
photos by Gerri Reaves



Hardy native mistflower attracts butterflies and self-propagates



Mowing is optional for Florida-friendly grassnut

Plant Smart  
**Escape  
The Mower**

by Gerri Reaves

**D**o you look at your yard with dread because you need to mow, weed, or water it in the summer heat? One way to minimize the drudgery is to replace at least part of that turf with low-maintenance species that also have the advantages of attracting birds and butterflies and reducing the need for chemicals and irrigation. Pictured here are three of the countless choices to help free-up your summer. Native grasses come in various heights, and feathery muhly grass (*Muhlenbergia capillaris*) is one of the

most beautiful and popular, in both white and purple-pink. The blooms that peak in fall and winter float and shimmer above tightly rolled stiff leaves. This adaptable species tolerates salt, cold and drought and can help prevent erosion. Self-propagating mist flower (*Conoclinium coelestinum*) will create swathes of blue or violet most of the year without any gardener's help. Each soft fuzzy cluster holds up to 70 nectar-rich flowerheads that attract butterflies such as the zebra longwing. This prolific beauty's weed-like tendency to thrive and spread can be an advantage for a low-maintenance wildlife-friendly landscape. Give it a space and it will spread via rhizomes, horizontal underground stems, and by self-seeding. Just give this hardy, resilient perennial a moist area in full to partial shade.

Who wouldn't prefer grassnut's (*Arachis glabrata*) cheerful golden flowers to turf grass's never-ending demands for mowing and chemicals? To see how pretty and practical this Florida-friendly groundcover can be, take a walk in downtown Fort Myers, where it adorns medians and sidewalk borders. Resistant to drought, salt, and pests, once established, this long-lived groundcover doesn't need the attention conventional turf grass requires – and mowing is optional. Also called perennial peanut, it can be walked on just like regular turf and the flowers are edible.

It spreads by nitrogen-fixing rhizomes that produce nutrients for the plant and enrich the soil to boot. The dense mat of growth also helps suppress weeds. Reducing yard labor can be as simple as installing a few islands of native grasses, ferns, wildflowers, groundcovers, or even pine straw or an environmentally responsible mulch. And remember, butterfly gardeners, keep your yard free of pesticides and herbicides. Plant Smart explores the diverse flora of South Florida. *Plant Smart explores the diverse flora of South Florida.\**

**Garden Club Outing**



From left, Carol Byinar, Patti Poshek, Susan Bellevue, Gerri Perkins, Barbara Wilgus, Anita Smith, Nancy DeBenedictis, Maggie Butcher and Mirnie DiRico  
photo courtesy Maggie Butcher

**S**everal members of the Shell Islands Garden Club spent time together on July 14. They did some shopping and catching up over lunch.\*



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# Campers Explore Sea Life In The Keys

submitted by Elly Rundqwist and Leah Biery

Sanibel Sea School led 36 campers ages 11 through 15 to Big Pine Key for their annual Coral Reef Week Expedition.

"This is a trip many of our campers look forward to for years," said Nicole Finnicum, camp coordinator. "After exploring more local marine habitats during our non-residential summer camps, they get to experience a completely different underwater world alongside many of their camp friends."

Participants took a charter bus south for four days of beachfront camping, snorkeling and science.

Each group snorkeled at Looe Key Reef, a National Marine Sanctuary, where they encountered sharks, schools of sergeant majors and a goliath grouper. "We spend a lot of time teaching campers how to freedive," said Johnny Rader, camp counselor. "It gives them the ability to explore parts of the reef that can't be seen from the surface and helps them become more comfortable in the ocean."

Campers also spotted sea turtles, an octopus and a juvenile nurse shark while snorkeling in an old rock quarry. Each group also spent time in a sea urchin embryology lab, using a solar-powered microscope to observe cell division and dissect clumps of gonolithon in search of small invertebrates.



The annual nature-inspired fashion show was a hit with the campers  
photos courtesy Sanibel Sea School



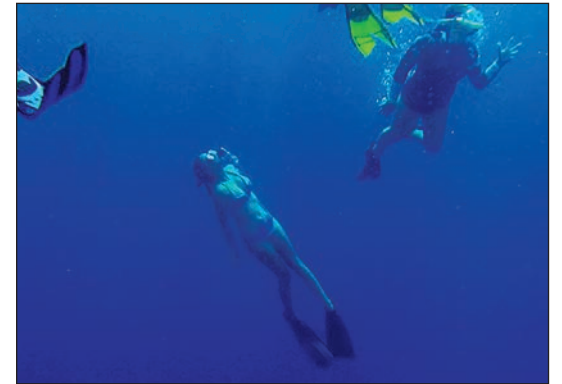
A solar-powered sea urchin embryology lab at the campground

Other activities included campfires and roasting s'mores, playing games and staging nature-inspired fashion shows.

"It's hard to say which campers enjoyed more, the ocean adventures or the fun we had at the campsite," said counselor Elly Rundqwist. "Either way, the week was definitely a great bonding experience."

The school thanks Bill and Linda Roudebush for helping with the embryology labs as well as handling the cooking duties.

For more information, visit [sanibelseaschool.org](http://sanibelseaschool.org).✱



Campers snorkel in the deep blue water 20 miles offshore from Big Pine Key

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# ISLAND FARE

## Dine Your Way Around Sanibel And Captiva

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### AMONG THE FLOWERS CAFÉ

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

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

### BAILEY'S GENERAL STORE

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

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

The Coffee Bar at Bailey's serves espresso based drinks, hot chocolate, smoothies and specialty coffees.

2477 Periwinkle Way, 472-1516

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

### BEACH PIEZ

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

2441 Periwinkle Way, 472-3224

### CIP'S PLACE

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

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

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

2055 Periwinkle Way, 472-0223

### CLAM SHACK

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

The Clam Shack is family owned and operated and a sister restaurant of The Clam Bake, a well-established eatery in Fort Myers.

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

2407 Periwinkle Way, 472-6882



From left, Rebecca Harris and Lisa Kendrick of Doc Ford's Sanibel Rum Bar and Grille  
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 Master Switch

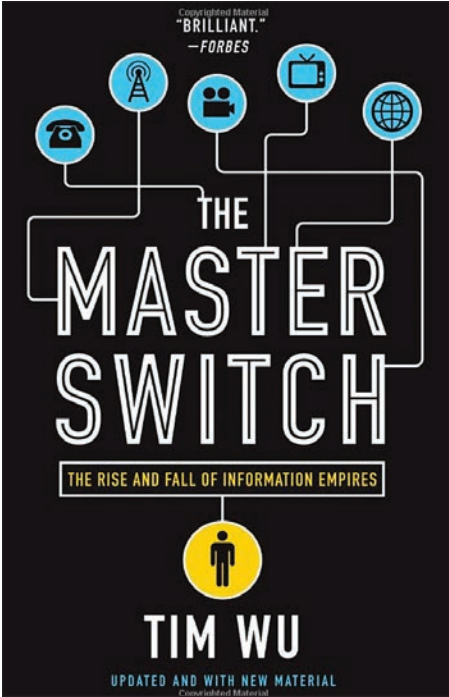


by Di Saggau

If you are interested in the rise and fall of information empires, *The Master Switch* by Tim Wu will be right up your alley. The author refers to something called “the cycle,” which

is powered by disruptive innovations that upend once thriving industries, bankrupt the dominant powers and change the world. Such innovations are exceedingly rare, but they are what makes the cycle go.

The story covers the history of phones, radio, television, movies and, finally, the Internet. All of these businesses are susceptible to the cycle because all depend on networks, whether they’re composed of cables in the ground or movie theaters around the country. Once a company starts building such a network or gaining control over one, it begins slouching toward monopoly. Wu says, if the government is not already deeply involved in the business by then, it soon will be. He argues that not only are communications businesses particularly prone to consolidation, but the political effects are far greater than they would be in other industries.



The book’s title comes from a line by Fred Friendly, the longtime CBS News executive, in which he distinguished between free speech laws and “exclusive custody of the master switch.” They are two different things, but either has the ability to shape the flow of information.

AT&T is the star of Wu’s book. He talks about how in the late 19th century, Western Union tried to put AT&T out of business by commissioning Thomas Edison to design a better phone and then rolling out tens of thousands of telephones to consumers,

rendering AT&T a “bit player.” But AT&T survived. You’ll also read about the AOL Time Warner saga, during which Ted Turner is reported to have lost \$7 billion, most of his personal worth.

Wu, a professor at Columbia University, is listed as one of Harvard’s one hundred most influential graduates. In *The Master Switch*, he argues that the Internet risks becoming a closed system unless certain steps

are taken. In his telling, information industries, including radio, television and telecommunications, begin as relatively open sectors of the economy but get co-opted by private interests, often abetted by the state. What starts as a hobby or a cottage industry ends up as a monopoly or cartel. The book is a stirring illumination of a drama that has played out over decades and now culminates with terrifying implications for our future.✪

Poet’s Corner



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

selected by Tanya Hochschild

A Piliated Woodpecker Raps Jazz

by Tanya Hochschild

Early one morning here’s what I heard  
No Charlie Parker but a real yardbird

Thump thump thump on utility pole,  
plays his instrument, he’s got soul.

Drill that baby, rock the hood.  
You’re on the wood.

On the street he entertains  
turtles, ibises and sandhill cranes,

His musical range, the whole nine  
doin’ fine, rocks it, rocks it line by line.

Taps out what he’s seen , where he’s been,  
an avian icon moves like a cyclone.

He plunges, lunges, quite the syncopator,  
dips, then rips, stirs an alligator.

Goes so fast this can’t last.  
Beak of the bird, blurred.

You’re a jazzler  
a hep razzle dazzler!

A circuit breaker  
a true volt maker.

Drum your red head  
then get out the lead.

Notch notes on the timber  
make Mamma wanna rumba.

Cuts wood, chips away, he’s able,  
three step turn, hops on the cable,

Plays it fast, beaky, bluesy,  
pole – box – wire - bird’s not choosy.

His love song tumbles down,  
a jazz affair all over town.

Music’s floatin’ ‘long the street.  
He’s got an improv man truly beat.

Motown mogul for a moment.  
I’m in melodic foment.

Cat’s got the spirit, he’s really movin’,  
Got to me, now I’m groovin’.

Then he’s done, had his fun  
then he’s through, played it true.

Sweet Woody Woodpecker gives me the eye,  
waves his wings, shoots for the sky.

I run on in the morning streets  
jogged by the rhythm of that bad bird’s beats.

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.✪

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BeautifulLife:

## Savor Summer

by Kay Casperson



What's the recipe for your perfect summer?

Does it include ingredients like backyard barbecues, fireworks, family vacations and maybe even a list

of home improvement projects?

There's always so much to do during summertime, and the season seems to be over before we get a chance to truly enjoy it; that's why I like to write down the things I need and what I want to accomplish – just like ingredient lists and my favorite recipes – and then I check them off as I make progress.

But there's always room for improvisation, and I love to add a dash of imagination and a pinch of spontaneity whenever I feel inspired – as long as it will help me to live a more balanced, beautiful life.

Here are some of my key ingredients – and affirmations – for a summer worth savoring:

- I cherish new memories with old friends

Summer is a time for both new experiences and nostalgia. Reach out and reconnect with the people who are special to you, even if you haven't seen or spoken to them in a while. Dig up some old photos so you can have fun reminiscing as you create a new album

or scrapbook together – if you can't visit each other in person, scan your favorite photos in advance and plan for a time when you can all connect and catch up via video chat.

- I use my spare time to rejuvenate my spirit

Don't spend your days rushing from one obligation to another, because before you know it, fall will be just around the corner. Make the most of the in-between moments by filling them with activities that replenish your mind, body and soul, like a long-term creative project, working your way through a summer reading list by the pool, planning a daytrip or an overnight staycation somewhere fun, or even just taking the time for some much needed rest and relaxation at home.

- I make room for positive change in my life

Cleaning out your garage, junk drawers, closets and cosmetics bag is a great way to make the most of summer downtime. But, in addition to clearing out physical space in your environment, also make room in your life for your passions, goals and dreams by writing them down and scheduling them into your daily routine.

*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](http://kaycasperson.com).*✴

From page 15

## CROW Case

as non-releasable and became a full-time resident of CROW for educational reasons.

"Due to the nature of this trauma, Bashful is incapable of surviving in the wild without human interference, said CROW Education & Outreach Coordinator Rachel Rainbolt. "Because he is still young and in good physical condition otherwise, he was a great candidate to become an animal ambassador."

CROW officials call animal ambassadors "the backbone of CROW's wildlife education programs enabling guests to get up close and personal with amazing local wildlife." As well as being an ambassador on campus at CROW, Bashful will also be useful at local community events, school presentations and CROW events, just like his distant cousin, Trouper the blind raccoon.

"During a program in CROW's education center or out at a community event, guests are taught how to approach animal ambassadors in a respectful way," Rainbolt said. "Once the program has concluded, the level of interaction with an animal ambassador is monitored by one of CROW's staff or trained volunteers. These interactions

may include a meet-and-greet with the caretakers or photography opportunities."

Bashful joins Sneezzy, another opossum that serves as a CROW animal ambassador. The name is fitting for his shy demeanor, CROW officials say, but Bashful may become more outward as he grows older and more accustomed to public exhibition.

"Since animal ambassadors have become a regular experience in CROW's programming, we have seen a drastic increase in the level of excitement of individuals and families alike," added Rainbolt. "As members of our education team, they help us to share our mission with audiences of all ages, allowing us to promote coexistence with wildlife and encourage their protection and preservation."

*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](http://www.crowclinic.org).*✴



## Neighbors Club Rally Held At The Jacaranda



From left, Sherrie Hughes, Laura Beckenbaugh and Sharon Miller

The Sanibel Captiva Neighbors Club held its monthly rally on July 14 at The Jacaranda, with more than 30 members in attendance. The club presented Kristie Anders of the Sanibel-Captiva Conservation Foundation (SCCF) with a check for \$220 raised from raffles and membership dues in the second quarter. The club thanks Patrick Harder of The Jacaranda for the complimentary sushi, Buffalo wings and pot stickers.

The next Sanibel Captiva Neighbors Club's Rally will be held on Thursday, August 18 at Matzaluna. Sign up for the club in person at Hollie's Boutique, 1571 Periwinkle Way, or visit [SanibelNeighborsClub.com](http://SanibelNeighborsClub.com).✱



Beth Haely, Gina Barfield, Kristie Anders and Brian Johnson



Brian Gaffey and LaNet Merrill with Brian and Ginna Boyd



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# Bailey's Supports 10K Race 4 FISH



Committee members of the 10K Race 4 FISH, from left, Pete Bender, Ed Ridlehoover and Nancy Bender, with Bailey's team Bob Tobicashe, Mead Johnson, Sara Pomrenke, Richard Johnson, Erica Murray and Jenny Wedge photo courtesy FISH of SanCap

Bailey's General Store, the Coffee Bar @ Bailey's and Sanibel Catering Company are taking part in the 8th annual 10K Race 4 FISH, scheduled for Saturday, October 15 at Sanibel Community Park, 2231 Periwinkle Way. As in previous years, the general store is providing backpack-style bags to carry race day treats for runners. The catering company and coffee bar will again supply the "fuel" for runners and their supporters. "Since 1895, the Bailey family has been working to build the community on our island," said Richard Johnson, owner of Bailey's General Store with his wife, Mead

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Bailey. "Three generations later, that drive and will to improve without harming our little piece of paradise still goes on today. The third generation is proud to play a part in that and is planning for the fourth generation to carry on that tradition. "Our island community is blessed with a population of people that care," Johnson continued. "Our environment, wildlife and, most of all, other people, are important to us all. FISH. is one of several organizations in our island community that provides for others, but FISH also provides the structure and organization to multiply our singular efforts as a larger group." Race proceeds go to FISH of Sanibel-Captiva, Inc., a nonprofit that assists the community through Helping Hands programs and a food pantry. "Without organizations such as FISH, CROW and Community Housing and Resources, the fabric of our community would not be near as strong or colorful," added Johnson. "Mead and I are proud to be a part of this organization and the great work that they contribute to our island community." Gold, Silver, Bronze or Friend sponsorships of the event still remain. For details, contact Nancy or Pete Bender at benderlaw@juno.com or call 472-5220. The deadline is Thursday, September 15. For more information, visit fishofsanibel.com.✧

# Restaurant Joins Sponsors For 27th 'Ding' Darling Days



The refuge's blue goose mascot with the gang at George & Wendy's Seafood Grille photo courtesy DDWS

George & Wendy's Seafood Grille has donated to "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) for its 27th annual "Ding" Darling Days birding and eco-festival, scheduled for October 16 through October 22. The restaurant joined at the Great Egret level. Other sponsors include: Roseate Spoonbill Sponsors: Doc Ford's Sanibel Rum Bar & Grille. Great Blue Heron Sponsors: Andrew Thompson Company, Bailey's General Store, Mike and Terry Baldwin, Wayne and Linda Boyd, Cedar Chest Fine Jewelry, Island Sun, Jerry's Foods, John and Beth Newland, Sanibel Captiva Community Bank, Sanibel-Captiva Beach Resorts, Spotlight Graphics, Jim and Patty Sprinkle. Reddish Egret Sponsors: Sarah Ashton and Jim Metzler, Karen Bell, Big Red Q Quickprint, Casa Ybel Resort, Jerry Edelman and Maryanne Daly, Sally and Rich Ennis, Phyllis Gresham, Jensen's on the Gulf and Marina & Cottages, Island Inn, Mitchell's Sand Castles & Forty/Fifteen Resorts, Stewart and Sons Insurance, Inc., Suncatchers' Dream, Sharon Tucker, West Wind Inn. Snowy Egret Sponsors: Barefoot Charley's Painting Co., John Brennan, The Butterfly Estates, Charlotte Harbor National Estuary Program, Colony Inn, Grounds by Green Ways, Island Cinema, Island Management, Marina Customer Service, Over Easy Café, Panther Printing, Sanibel Art & Frame, Santiva Chronicle, George and Wendy Schnapp, Winston and Barbara Spurgeon, and Tents and Events. "George & Wendy's continue to be wonderful partners with the refuge, and we are deeply grateful for their generous donation again this year," said Jennifer McSorley, "Ding" Darling Days committee co-chair. "We hope to see others join with them as sponsors in helping 'Ding' Darling with this well-attended island festival." The annual event celebrates National Wildlife Refuge Week and the birthday of Jay "Ding" Darling, the refuge's namesake and father of the Federal Duck Stamp Program. This year it also celebrates the Migratory Bird Treaty Centennial with special bird-themed activities. The U.S. Fish & Wildlife Service, DDWS and Tarpon Bay Explorers are co-presenters. Sponsorships start at \$200. For more information, visit dingdarlingdays.com or contact Jennifer McSorley at jenmsorley@embarqmail.com by Monday, August 15.✧



# Almeida Conducts First Meeting As Lions President



From left, Sanibel-Captiva Lions Club members Jeff MacDonald, secretary; Toby Clark, 1st vice president; Debi Almeida, president; and Jim Graham, treasurer

photos by Jeff Lysiak

by Jeff Lysiak

Although her term as president of the Sanibel-Captiva Lions Club officially began on July 1, Debi Almeida conducted her first meeting in that capacity last week, delivering an address emphasizing her desire to increase membership and educate the community about what the Lions do.

The first female president in the nearly 50-year history of the San-Cap Lions, Almeida offered her appreciation to her fellow club members for electing her to serve as their leader for the coming year.

"I thank you all in believing in me and my ability to lead your club," she told the group on July 20 during their dinner meeting at George & Wendy's Seafood Grille. "I pray I am worthy of your vote of confidence."

Almeida also listed her three primary goals for her one-year term of office:

- Increase club membership
- Increase public relations and presence in the community
- Educate the community on the Lions Club mission

"Every single one of you sitting in this room has impacted individuals, families and organizations, from your hands-on dedication and work on the islands and across the state of Florida," she continued. "Look around the room – the person next to you joined (the club) because they want to make a difference."

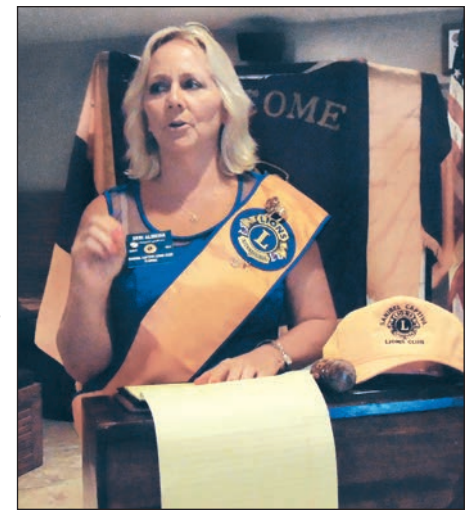
Founded in 1917, Lions Clubs

International extends their mission of service every day – in local communities throughout the United States and around the world. The club supports sight-, health-, youth- and elderly-based programs as well as environmental and disaster relief efforts.

The San-Cap Lions Club's 2016-17 officers and directors include 1st Vice President Toby Clark, 2nd Vice President Roger Grogman, 3rd Vice President Donald Swingle, Secretary Jeff MacDonald, Treasurer Jim Graham, Tail Twister Dick Travas, Lion Tamer Cliff Nolan, Past President Kurt Peters, Directors Cliff Nolan, Tom Krekel, George Veillette, Bill Sadd, Walter Wolczek and Jonathan Ahlin, Membership Chair Rick Siders and Chaplain Clint Parsons.

"I am relying on you to guide me through the next year," added Almeida, whose term as president runs through June 30, 2017. "I look forward to a great year and am very excited to be a part of your club."

The San-Cap Lions Club's next dinner meeting will take place on Wednesday, August 17 from 6 to 8 p.m. at George & Wendy's Seafood Grille, located at 2499 Periwinkle Way on Sanibel. For more information about becoming a Lion, send an email to rgrogman@aol.com. ✨



Debi Almeida delivering her first speech as Lions president last week



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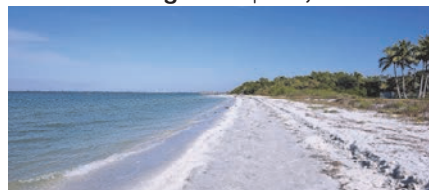
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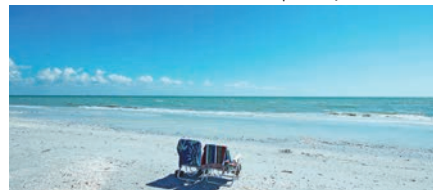
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## Superior Interiors

Decorating Tips  
For A Destination  
Rental Property

by Barb Cacchione

**B**eachfront or destination rental properties have their own particular set of concerns when it comes to interior design.

Condo packages may meet budgetary goals,

but often contain inferior quality pieces that just don't endure. Vacation and seasonal guests inflict heavy use... they inadvertently track in sand, sit on furniture in wet swim suits, and sit cold drinks on furniture. The sensible owner will make planned purchases annually to ensure that the unit's interior will continue to be fresh and properly functioning. We are able to offer design ideas that will help ensure that your investment property will remain profitable and highly desirable in the rental market.

**Living Areas**

The general rule of thumb is to have enough seats to accommodate the number of guests sleeping in beds. A sleeper sofa is often indicated to increase rental potential and is perfect if space is

an issue. There are many options when it comes to sofa size. Large areas may easily accommodate two sofas, whereas a smaller living area may indicate an apartment size sofa.

Professional consultation is invaluable in fabric selection. A great fabric choice for a waterside rental is an outdoor product, resistant to chlorine, stains and consistent use. These fabrics will continue to perform for years longer than traditional cotton upholstery. The current trend of slip covered furniture also lends itself to a vacation property with replacement ease.

A general rule is to plan on replacing or recovering furniture every 5 to 7 years. Hard goods such as tables may need periodic touch ups, although organic or distressed materials can withstand significant use.

**Dining Areas**

It is imperative to have the proper number of dining seats to accommodate the sleeping number of the property. If the dining area is very limited, counter areas may be used with bar stools. We utilize various tricks of the trade in table size selection, allowing for the best possible use and flow. Chairs should be sturdy and simple in style, allowing for easy maintenance. If seats are upholstered, again outdoor fabric is a perfect choice for cleanability.

**Bedrooms**

Sleeping areas in rental properties are best when sparsely furnished. Each guest room should have one chest or small dresser. We recommend a peg rack

(to assist in managing damp towels) and a bench to allow for sitting or suitcase placement. Only add an easy chair if the space easily allows for it; vacationers do not typically use them. Nightstands are a must, as are bedside lamps. Be sure that the lamps are of sturdy materials to avoid breakage.

Mattresses should be of mid-quality to allow for longevity and comfort. Be sure to provide flexibility with bed sizes.

Bedding needs vary according to the type of property. Some management companies have certain requirements for ease of housekeeping. Custom bedspreads may be more costly, but well selected material will far outlast the flimsy, ill-fitting store bought variety.

Another option is to creatively mix simple matelassé' coverlets with custom shams and bed skirts for an easy but unified look. Guests repeatedly give positive reviews to properties that have comfortable/upscale sleeping accommodations.

**Window Treatments**

Quality window treatments are a must in a vacation property. Room darkening coverings are indicated in all bedrooms. Commercial grade rods and simple patterned drapery panels are your best investment as they can stay in place when bedding is replaced. Properly lined draperies can last for 10 to 12 years or more.

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

Captiva Triathlon  
Registration Open

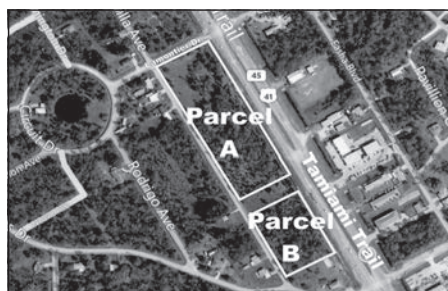
**R**egistration is currently open for the 6th annual Galloway Captiva Triathlon, which has sold out earlier every year since its 2011 inception and is limited to 750 participants for the Sunday adult sprint event. Proceeds from the event will benefit the Community Cooperative's Healthy School Pantry program.

The adult event is scheduled for September 11 at South Seas Island Resort on Captiva Island and includes a quarter-mile open-water swim, 10-mile bike (on closed island roads) and 3.1-mile run along the gulf and Redfish Pass. Registration is available online at [www.CaptivaTri.org](http://www.CaptivaTri.org). The nonrefundable cost to register is \$85 for individuals, \$95 for elite amateur athletes and \$200 for relay teams of two or three people. Registration fees increase on August 1 to \$95, \$105 and \$210, respectively.

The Captiva Tri also will host a shorter Children's Fun Tri on Saturday, September 10, also at South Seas. The race will not be timed, and all finishers will earn a medal. Children will compete in three age groups - 6 to 8, 9 and 10, and 11 to 13 - with the distances of each race varying. Registration is \$25 (which does not increase on August 1). All three age groups are limited in size, and have sold out before the adult event in years' past.

To register, go to [www.CaptivaTri.org](http://www.CaptivaTri.org).✴

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# Naming A Corporate Trustee For A Short While



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

**D**espite earning more than \$27 million in salary and millions more in endorsements, basketball superstar and cultural phenom Dennis Rodman appeared in court three years ago because he was unable to pay \$800,000 in past due child support. He claimed that he was broke.

Scottie Pippen, a teammate of Rodman's on the Chicago Bulls championship teams, found himself near bankruptcy just a few years after his retirement despite career earnings in excess of \$110 million.

A common theme amongst all of these tales is that those who earned and lost enormous sums had no prior experience with monetary success. Like a lotto winner, they suddenly found themselves bathing in millions. Unable to manage their newfound fortunes, and unable to create a high-quality vision of their post-athletic careers, these athletes lost what took them a lifetime of training, sacrifice and hard work to achieve.

There are lessons to be learned for those planning estates – even for those of more modest means.

Traditional estate planning works to divide financial assets among family members without considering the other things that lead to the success that generated the wealth in the first place. Speaking as one inside the industry, estate planning professionals have become very adept at economically dividing up the money amongst the heirs with little regard to transferring the intangible wisdom, values, experience and relationship assets to future generations.

What appears to be the philosophy underlying traditional estate planning? Beat the tax man and ultimately dump all you can on your heirs, regardless of their ability to handle sudden wealth. As we've seen with the athlete examples, an heir to an estate can, in a few years, wipe out what took a lifetime to create.

This is exacerbated when parents name their adult children, who often have no experience managing wealth, as direct beneficiaries without an intermediary. Why would Mom and Dad expect their children to act any differently with newfound wealth than do professional athletes? What leads them to believe that they won't

make unwise decisions when they have virtually no experience accumulating and managing wealth?

I propose an alternative solution. Name a corporate trustee such as a bank or trust company.

Many clients object to the thought of imposing a gatekeeper on their family's inheritance. They've heard horror stories of inept financial institutions that charge high fees and dole out low performance. The trust instrument named a bank or trust company with no means to remove the institution, no matter their performance.

This can be easily remedied by allowing the family to remove and replace the corporate trustee with another one.

Yet another objection is the expense of a corporate trustee. I've written other columns explaining that corporate trustee fees are more reasonable than you might imagine. Many clients already pay brokerage fees or management expenses, inside of mutual funds, for example. Often you are only exchanging one fee for another. Also consider how much the beneficiary may lose without proper guidance. How much is that worth?

And the corporate trustee does not have to be the sole trustee, nor does it have to be permanent. Naming a corporate trustee need not be an "all or nothing" proposition.

Consider an example where Mom and Dad name their daughter Amy to serve as the co-trustee with ABC Trust Company for a period of five years following the death of the surviving parent. Amy has the power during that five-year period to remove and replace ABC Trust Company with another bank or trust company of her choosing.

What have Mom and Dad accomplished?

They've given Amy some direction with a professional institution on how to begin to handle wealth, yet they have not shackled their daughter for the remainder of her life. She needs to work with a professional trustee for a period of five years following their death. She can learn how a professional invests and makes distribution decisions.

During that five-year period, Amy may remove the trustee selected by her parents with another trustee. At the end of the five-year period, she can choose to retain the institution to continue to serve as a co-trustee or she can take over the reins herself without a co-pilot. It's up to her.

There are more ways to skin the cat than this. I'm just illustrating one alternative. In any event, when leaving your family wealth, remember the lesson of the professional athletes and consider how to leave enough support behind to ensure a smooth transition of that wealth to the next generation.

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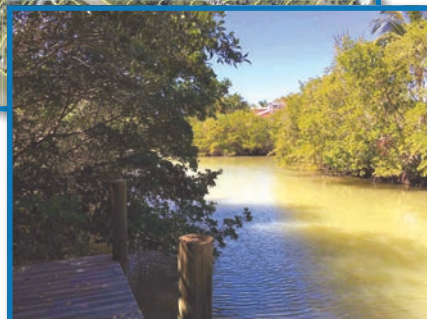
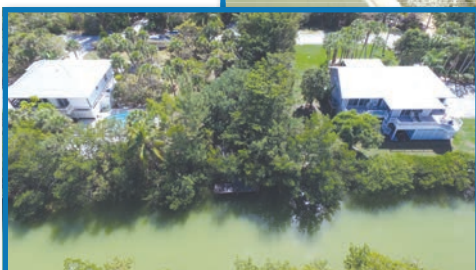
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# The Firing Of Twins GM Terry Ryan Reminds Us That Sports Is A Business



by Ed Frank

While professional sports provide exciting entertainment and a great diversion from the problems of life, we should not forget that it is a business. And while an owner may profess that the principal objective is to bring winning baseball, football, basketball, hockey, etc. to the fans, the bottom line of the profit and loss statement is still the No 1 priority. That adage rang true last week when Minnesota Twins Owner Jim Pohlad fired his long-time general manager Terry Ryan as his team struggled with the worst record in the American League despite signs of recent improvement.

A losing team – the Twins started this week with a 37-61 (.378) season record – doesn’t draw fans. Through 49 home games, Minnesota was averaging only 24,566 fans per game, ranking 24th of the 30 Major League teams. Remember as recent as just five years ago, the Twins were drawing more than 39,000 per game in their magnificent new Target Field. Yes, we know baseball is a business, but if you will allow me to digress, I must tell you that I was saddened by Ryan’s dismissal. He was a friend who year after year was always available to answer my often stupid questions.

Terry was one of the very first Twins I met when I began this assignment 16 years ago. Admittedly knowing little or nothing about the Minnesota Twins, he guided me to the right people and was a source of great information.

When I reached him this past week after his firing he simply said, “I couldn’t get us going this year no matter what I tried. No excuses.”

And so the Ryan era comes to a close. He twice served as Twins GM, 1997 to 2004 and 2011 to 2016. He began his professional baseball career in 1972 when the Twins drafted him as a pitcher. His long tenure in baseball includes a number of scouting positions and administrative positions along with many awards, including Baseball America’s Major League Executive of the Year in 2004.

Don’t be surprised if the 62-year-old Ryan emerges in another baseball role with another team or, after a cooling off period, he returns to the Twins in another capacity.

His long-time assistant GM, Rob Antony, has been named interim GM and no doubt will be a candidate for the permanent position. He has been a member of the Twins organization for 29 years.

There are many in baseball, however, including numerous Twins fans, that believe it is time for Pohlad to reach outside the Minnesota organization and hire an executive with a fresh look at the problems that surfaced this season.

In addition, several of the new breed of baseball general managers are not baseball “lifers.”

This fact was detailed last week in an article by Phil Miller in the Minneapolis StarTribune who listed Los Angeles Dodgers GM Farhan Zaidi, who studied economics at MIT; Milwaukee GM David Sterns, who earned a degree in political science at Harvard; and Houston GM Jeff Luhnow, who was a corporate executive after getting an MBA at Northwestern.

Sure they don’t fit the mold of a Terry Ryan. They are younger and no doubt look at the complexities of running a team far different than Ryan who still relishes the task of scouting the highways and byways for talent.

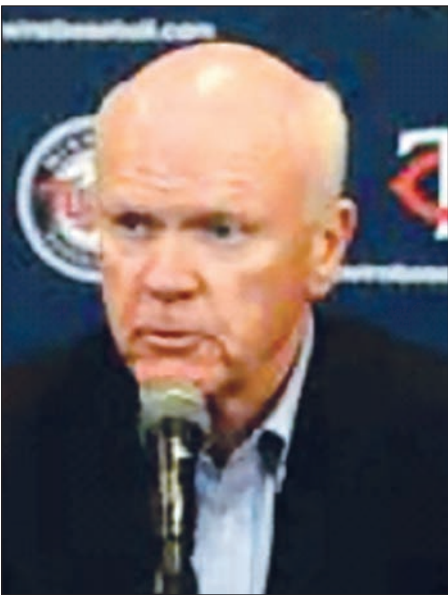
With Ryan’s firing, Sandy Alderson of the New York Mets is the only GM in Major League baseball over 60 years old. Whatever course Pohlad decides to follow in the hiring of a new GM, this reporter will miss Terry Ryan and not forget his help and cooperation.

### Miracle Slip To Third-Place

The Fort Myers Miracle baseball team started this week after losing six of the last seven games and dropping to third-place in the Florida State League South Division. The team was atop the division just a week before.

The Miracle are home this weekend at Hammond Stadium for a four-game series against the Clearwater Threshers, the first-place leaders in the North Division.

The first pitch tonight, Friday, is 7:05 p.m. followed by a 6:05 start Saturday, a Sunday matinee at 4:05 and the series finale Monday at 7:05.✱



Terry Ryan photo courtesy Minnesota Twins

## SPORTS QUIZ

1. In 2015, Mike Trout and Prince Fielder became the ninth and 10th players to hit for the career cycle in the All-Star Game. Name four of the first eight to do it.
2. Who was the last Cincinnati Reds pitcher before Johnny Cueto in 2014 to win 20 or more games in a season?
3. Seven NFL franchises have won consecutive Super Bowls. Name five of them.
4. How many times has the Gonzaga men’s basketball team reached the NCAA Tournament’s Elite Eight?
5. Washington’s Braden Holtby tied an NHL record in the 2015-16 season for most goalie wins in one season (48). Who else holds the mark?
6. Name the last driver for Joe Gibbs Racing to win the Daytona 500 before Denny Hamlin did it in 2016.
7. In 2016, tennis star Roger Federer’s streak of playing in consecutive Grand Slam events ended. How many was it?

## ANSWERS

1. Ernie Banks, George Brett, Roberto Clemente, Steve Garvey, Willie Mays, Mike Schmidt, Lou Whitaker and Ted Williams. 2. Danny Jackson won 23 games in 1988. 3. Green Bay, Miami, Pittsburgh (twice), San Francisco, Dallas, Denver and New England. 4. Twice -- 1999 and 2015. 5. Martin Brodeur of the New Jersey Devils in the 2006-07 season. 6. Dale Jarrett, in 1993. 7. He was in 65 consecutive Grand Slam events.



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## Go Red For Women Campaign Chairs Announced



Susan Chicone and Donna Sublett

The Southwest Florida Office of the American Heart Association/American Stroke Association (AHA) announced the chairs for 2017 Go Red For Women campaign (GRFW) – including the annual GRFW Luncheon taking place at 10:30 a.m. on Thursday, April 6 – are long-time volunteers Donna Sublett and Susan Chicone.

The mother-daughter team has a passion for educating women on heart disease. Sublett and her husband both have family histories of cardiovascular diseases and she is a two-time heart attack survivor herself.

"I'm passionate about using my extensive volunteer, and personal, experience to support the Go Red For Women campaign. Research on women and heart disease has lagged for years – Go Red addresses the disparities and raises awareness so

that women know that heart disease is our number one killer, too," said Sublett. "It's a gift that I get to pour my heart into this cause with my daughter at my side."

Sublett, who worked in education, and her husband relocated from Missouri in 1984, residing on a boat at South Seas on Captiva. Chicone was 2 at the time and grew up on Sanibel. Both are key players in the community.

"As a daughter, wife and mother, I want every woman to understand her cardiovascular risk, what each of us can do to change the statistics and, most importantly, what we can do – together – to build healthier lives, families and communities," added Chicone. "Of course, I am glad to be able to chair the Go Red campaign with my mother, especially after all she's been through."✱

## New Development Director

Sanibel Sea School has appointed Chrissy Basturk as development director, a recently added position at the 501(c)3 nonprofit organization. Basturk has been a Sanibel resident for over 25 years and her sons Metin, 16, and Peter, 13, have attended Sanibel Sea School since early childhood.

After a long career in retail management, Basturk is enthusiastic about this new opportunity. "I look forward to finding new ways to support this organization that I have been passionate about since the beginning," she said. "I am so thankful for the programs Sanibel Sea School has brought to our island community and want to see them continue for many more years."

Basturk will lead the nonprofit's Sustainability Campaign, oversee all



Chrissy Basturk

fundraising efforts and guide retail operations. For more information about Sanibel Sea School, visit [www.sanibelseaschool.org](http://www.sanibelseaschool.org).✱

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## School Smart



by Shelley M. Greggs, NCSP

**Dear Shelley,**  
Several of my friends who have kids with ADHD take them off their medication during the summer. They have encouraged me

to do the same with my daughter. My friends say it really helps their children but I'm not so sure. Please help me understand some of the pros and cons to this idea.

*Janet P., Sanibel, FL*

### Janet,

Parents of children who take stimulant medication for ADHD often wonder whether their kids should take a "drug holiday" during the summer months. A drug holiday, or what clinicians call a structured treatment interruption, is a deliberate, temporary suspension of medication. Since children with ADHD don't need to perform academically during the summer or on extended holidays, parents wary of side effects often seize the opportunity to take kids off their regular regimen of Ritalin, Adderall or other drugs for ADHD. On the other hand, some parents are very wary of an interruption in medication and fear that their children's behavioral problems will rebound, making them too difficult to handle.

There are certainly pros and cons for prescribing a drug holiday. Sometimes a doctor will prescribe a drug holiday in order to evaluate a child's progress and determine if medication treatment is still indicated. Another concern is that there is some evidence that taking stimulant medications can affect a child's physical

development early on in the treatment course – an effect parents hope to mitigate with a summer drug holiday. For some kids, what's most noticeable, and most concerning, is weight loss due to the fact that the medications suppress appetite. If kids are eating far too little and it becomes an issue, Dr. Ravitz suggests it may be appropriate to go off the medication. It is important to note, however, that another study last year showed that in children followed for 10 years, into adulthood, there were no differences in height or weight between those who had taken stimulant medications and those who hadn't.

Conversely, child and adolescent psychiatrist Alan Ravitz, MD, recommends against drug holidays unless there is a compelling reason for them as the data shows that children with ADHD who stick with their treatment program year-round reap better results than those who experience interruptions. That's because it's a misnomer to think that ADHD affects only their performance in school. "Kids who are being treated for ADHD do better in more than just the classroom," Dr. Ravitz said. "Medication has to do with managing behavior in a variety of different circumstances." Children's social behavior and emotions are still developing in the summer months; they still have to get along with family and friends and function effectively in group activities like sports and day camp.

Overall, a parent should consider how a drug holiday would affect her child's well being. Because ADHD affects social development as well as academic performance, the conservative approach is to avoid disrupting the prescribed treatment plan, according to Dr. Ravitz. However, there are no hard and fast rules on this issue; ultimately, decisions should arise from a conversation between the family, the child and health practitioner.

Consultation with the child's physician is paramount to the safety of your child when considering the issue of a drug holiday.

*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.\**

## Nominations Sought For Everyday Hero

**D**o you know someone who should be recognized for doing good deeds in the community? Someone who has quietly gone above the call of duty to help other people, animals, the environment or a local neighborhood?

This summer, Tropical Financial Credit Union is asking for the public's help to identify a 2016 Local Hero. And as a thank you for the good work, the credit union will present the local hero with a \$4,500 check and make a \$1,000 donation to a charity of their choice.

"As a credit union, we consider our members to be everyday heroes for pooling their hard-earned money together to help each other financially," said Rich Helber, CEO/president of Tropical Financial. "But we know there are other heroes out there who are doing selfless acts to make our communities better places to live and work. We want to know about them and recognize one who is doing something particularly special."

Tropical Financial is focused on finding its local hero in one of the seven counties in which it conducts business: Miami-Dade, Broward, Palm Beach, Martin and St. Lucie counties in southeast Florida as well as Collier, Lee and Hendry counties on the west coast of the state.

The public can nominate their hero now through 5 p.m. Friday, August 19 by logging on to [www.SubmitAHero.com](http://www.SubmitAHero.com). They will be asked to submit a short write-up on why that person deserves consideration.

"The more descriptive and compelling the story, the more likely it is to resonate with the public and judges," said Helber.

Once the month-long nomination period ends, all of the stories will be shared on the website and the public will have one week between August 19 and August 26 to vote for their favorite. The top 10 nominees, based on number of votes, will then be placed in front of a panel of judges who will select the 2016 Local Hero.

There will be three criteria for judging: the nominee's impact on the community, number of people impacted by his or her actions and the compelling nature of their story.

Judges will also choose two runner-ups and make donations to charities of their choice.

The 2016 Local Hero will be announced in early October.

Last year, Tropical Financial named Elliot Scholes its first ever Local Hero. Scholes, a Miami-Dade police officer, was nominated for his work rescuing German shepherds and feeding families at the Ronald McDonald House in Miami.

A complete list of the rules can be found at [www.SubmitAHero.com](http://www.SubmitAHero.com).\*

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## Eden Energy Medicine

## Safeguard Breast Health: Flush Cir-X Meridian



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

**D**uring the last two columns, techniques were learned to enhance breast self-care by pressing/buzzing Neurolymphatic Reflex Points

and by flushing meridians. Remember that flushing a meridian means using your electromagnetic hand, with palm against the body, to pull energy along the defined meridian pathway, thereby promoting movement and health. Flushing stomach meridian was recently discussed. This week, learn to flush the circulation sex meridian, which begins directly beside the nipple and continues down the arm to the middle finger. We want to flush the meridian to unclog the trapped stale energy that so easily forms.

To flush the Circulation Sex meridian: Step 1. The description of tracing the meridian as set forth is tracing it forward in its natural pathway. Flushing means starting at the end of the meridian and tracing it backwards. Read step 2 first and then begin with step 3.

Step 2. Circulation-Sex Meridian Tracing Description (also referred to



**Figure 17 Tracing The Circulation-Sex Meridian, from the *Energy Medicine* book, page 120**

as "nip to tip"). Place the fingers of one hand on the opposite side of the body directly adjacent to the nipple. Move hand with palm down, up over the shoulder and then down the inside of the arm (the underside) and sweep the energy off the middle finger on the inside palm side of the hand. Switch and do the other side.

Step 3. Flushing the Meridian. Start at the middle finger and trace backwards one time. Trace the meridian forward three times per the description above.

The more you flush these meridians, the happier and healthier your breast will be.

Have fun with your energy. Next week's topic is Safeguarding Your Breasts: Chakra Clearing.

*If you have a question, email Karen at [SemmEnergyCenter@gmail.com](mailto:SemmEnergyCenter@gmail.com) or visit [www.semmelmanenergy.com](http://www.semmelmanenergy.com). EEM does not diagnose or cure illness, but working with subtle energies of the body has been shown to help many conditions.\**

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** What is emotional aging? I am in my 40s and my friends are all wanting to get plastic surgery and to talk about their aging. Is this emotional aging?

**A:** Aging is a natural process we all go through from the time we are born until the time we die. On the positive side, if we are aging in a healthy way, we feel a surge of live energy, or prana. We have an open heart and a wisdom and radiance from within. It takes a release of the fear of aging and embracing our life's stages. It takes intuitive guidance and acceptance of our mind/body changes that come with time.

Unfortunately, in our culture, aging is not always referred to as the above. It can lead to feelings of resentment, fear, excessive spending on cosmetics and plastic surgery to keep the fountain of youth alive.

In other cultures, old age is looked upon as wisdom, and elders are revered. Each individual has to decide on an attitude toward aging; is your attitude healthy or negative toward the aging process? Perhaps if your friends looked at themselves as beautiful in mind, body, spirit and emotions, they would not feel so inclined to begin this makeover process quite so soon. If they have negative attitudes and are negative about the aging process, they will have a self-fulfilling prophecy and begin to look old way before they have to.

Ideally, it's important to begin to accept every part of your miraculous body that does so much to sustain you as opposed to looking at its flaws and obsessing about perfection. I would use emotional aging to your advantage point and focus on all of your attributes and love and accept every part of your mind/body/spirit and emotions. This will help in gaining confidence and having the ability to make healthy choices and see yourselves as the goddesses you truly are.

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](mailto:constanceclancyfisher@gmail.com).\*

## HealthPark Named Among Most Beautiful Hospitals In U.S.

**H**ealthPark Medical Center ranked 18th in the Top 20 Most Beautiful Hospitals in the United States for 2016 by Soliant Health, a leading provider of specialized healthcare staffing services whose travelers have observed the link between beautiful hospitals and pleased patients as they work in facilities around the country.

In addition to being an award-winning hospital recognized for high quality cardiology, pulmonary, critical and surgical care, HealthPark Medical Center is also known for its beautiful design – both inside and out – which promotes healing and comfort for patients and their families. A light-filled atrium brings Florida's natural beauty and sunlight indoors, and provides a soothing reprieve from the clinical setting for visitors, patients and staff. The Flavor Harvest Café features a modern design with rounded dark-wood counters and glass-enclosed food stations. Ample seating in the dining room and atrium provide additional locations for patients, visitors and staff to enjoy the surroundings. Visitors to HealthPark Medical Center often compare the hospital to a luxury hotel or cruise ship.

"We are honored to, once again,

earn the recognition as one of the Top 20 Most Beautiful Hospitals in the nation," said Donna Giannuzzi, chief administrative officer at HealthPark Medical Center. "Hospital visits are stressful for patients and their loved ones, and a pleasing environment can aid in reducing anxiety and enhancing recovery. For our staff, working in such a beautiful and healing environment is something we all appreciate and we take great pride in our hospital and the high quality care we provide."

HealthPark Medical Center is more than just a pretty place. It is home to the innovative Shipley Cardiothoracic Center and Golisano Children's Hospital of Southwest Florida – which is the only children's hospital between Tampa and Miami. It also houses leading-edge technology, including advanced diagnostic imaging and an expansive surgical department.

To learn more about Soliant Health's Top 20 Most Beautiful Hospitals, visit [http://blog.soliant.com/most-beautiful-hospitals/2016/\\*](http://blog.soliant.com/most-beautiful-hospitals/2016/*)

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## Five Ice Cube Recipes To Help You Lose Weight



by Suzy Cohen, RPh

**D**ear Readers I bet some of you drink pure filtered water and try to get your friends and relatives to do the same but they won't listen. Drinking water instead of soda can be the

fastest, simplest way to lose weight and improve health. Why?

Because we all need fresh water to dilute poisons in our body and filter toxins through our kidneys. When you become dehydrated with sugar-laden drinks, this filtration function gets harder. Blood sugar increases. Remember, water is essential to life because it keeps us hydrated. Having enough water on board can reduce your risk of migraines while improving energy.

Yet despite the common sense aspect to drinking water and staying hydrated, some people insist on drinking tainted water that was perfectly good before some giant food company turned it into a liquid missile.

Drinking chemical liquids has

become the norm. Millions of people worldwide choose to drink what I call "messed up water;" water that has been manufactured to contain lab-created dyes some of which trigger anxiety and asthma, various artificial sweeteners or preservatives, a few known carcinogens as well as refined sugar. But wait, there are ADHD drugs that offset the effect of drinking liquid excitotoxins. (Yes, I'm being sarcastic.)

I'm sure you'd be willing to at least offer your children a cleaner, healthier version of water if you knew how. So my intention today is to teach you how to make water prettier, tastier, and fresher with something cheap and easy like ice cubes. I can show you how to make them medicinal by infusing them with fruits or herbs. Then whenever you're ready you can slowly tilt yourself in the direction of clean, pure water or fizzy seltzer drinks. Changing from soda to water is easy if you want to. It's just a choice, so try this:

**Blueberries** – Add three blueberries to each cube and freeze. When these melt in your water later on, you can eat them. Seltzer water is ideal. Blueberries enhance cognitive function, vision and cholesterol/triglyceride ratios.

**Mint** – Put a tiny sprig each ice cube. When it melts in your water it will add a minty zing and freshen your breath. Mint is great for energy and may improve digestion.

**Strawberries**– Use organic ones. Wash them and cut the stems then slice thinly. Put a slice in each cube. Strawberries have 113 percent of the daily value of Vitamin C, plus a lot of manganese which makes your SOD (detoxification) enzyme work better.

**Matcha** – Brew some matcha green tea at half strength and then freeze it. These make beautiful green cubes and matcha infuses your water with EGCG (epigallocatechin gallate) which is a known cancer fighter and fat-burning compound.

**Greens** – Make superfood ice cubes

out of your favorite brand of greens, I make mine at half-strength.

To receive more of my medicinal ice cube recipes, go to my website and sign up for my free newsletter at [suzycohen.com](http://www.suzycohen.com)

*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](http://www.SuzyCohen.com).*✱

## Mom And Me



by Lizzie and Pryce

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

### Dear Mom & Me,

I guess I am very old fashioned, but when I give a gift, am I out of touch with reality to expect a thank you?

I tried to teach my adult children to send thank you notes, but one son never learned. I tried all kinds of ways to improve his behavior, but nothing works. He even told me that he is so appreciative that his in-laws never expect a thank you, so I guess I will wait a long time.

He is also going to wait a long time because I plan to leave my wealth to more appreciative people. Your comments, please.

Harvey

### Dear Harvey,

It would appear for many people that a common thank you is beyond their ability.

I was once in charge of a program for elderly women who knitted scarves and mittens all year and gave them to local churches at Christmas time.

One year, the women waited and waited but no thank you ever came. Come March, I realized that their adult children were wondering if I had secretly sold these items, so I approached the local priest,

He told me that the women and I were expecting far too much to be thanked and they should be satisfied with their "very act of giving." I was embarrassed when I had to tell the ladies what the priest had said and I cancelled their wonderful program.

Lizzie

### Dear Harvey,

I know showing appreciation for gifts of all sorts is very important. I am sorry your adult children have disappointed you in this regard. It appears that this issue is so important to you that you think about it a lot. If their unappreciative ways are one of many disappointing behaviors, I can understand your concern and your decisions. If your adult children are otherwise good, loving and supportive, I encourage you to revisit how important the thank you note is to your overall relationship.

We all have our warts and behaviors that need to be improved.

Pryce

Lizzie and Pryce's email address is [momandmeaging@hotmail.com](mailto:momandmeaging@hotmail.com).✱

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### Doctor and Dietician

## Is Your Health Off Track? Get Back To Basics



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

**I**f your health is starting to go off track, the solution is often not that difficult. It typically requires asserting more control of your lifestyle. The results of doing so will save you financially, emotionally

and physically, because taking care of yourself today, lessens the likelihood of developing diseases later in life. You can never underestimate the power of food and lifestyle.

If you are developing high blood pressure, high cholesterol, obesity, diabetes, and are also inactive, sedentary, eat mostly processed non-nutritious food, not getting enough sleep and feeling stressed out – we strongly suggest you take it seriously and get your health back on track. Do it for yourself and for your family and friends who want to see you be healthy.

### 10 Tips For Getting Your Health Back On Track:

1. You are what you eat. Dump the junk food.

2. Eat fresh. Veggies are the most neglected food on most Americans' plates.

3. Cook your own food from scratch, not from a box, can or frozen package.

4. Treat others like you would want to be treated. Smile. Life is too short.

5. Get at least seven hours of sleep per night.

6. Start moving. Exercise at least one hour per day for a minimum of four days per week. The benefits are enormous.

7. Practice being positive and encouraging.

8. Be thankful.

9. Don't let stress ruin your life – it's the number one killer. Everyone has some stress, but if you are chronically overloaded, it negatively affects your biochemistry. You must make a change.

10. Simplify. Focus on the most enriching aspects of life, such as nurturing relationships, spending time with family or friends, connecting with nature, spiritual growth and being a blessing to someone in need.

*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](mailto:info@caringmedical.com).*✱





### Herb-Crusted Baked Grouper

4 six-ounce grouper fillets  
2 tablespoons olive oil  
Salt, to taste  
Black pepper, freshly ground, to taste  
1 tablespoon dried oregano  
1 tablespoon dried basil  
1 tablespoon dried thyme  
1 tablespoon dried rosemary  
4 tablespoons butter, melted  
1 small yellow onion, sliced

Preheat oven to 350 degrees F. Coat grouper liberally with olive oil. In a flat dish, crumble the herbs and mix well. Roll each filet in herb mixture, lightly coating each side. Season the filets with salt and fresh ground pepper. Place filets in a baking dish with onions; drizzle the melted butter evenly over the herbed filets. Place in oven and cook for 20 minutes until opaque in the center. Remove and serve filets topped with onions.

Yields four servings.\*\*



Herb-Crusted Baked Grouper

photo courtesy Fresh From Florida

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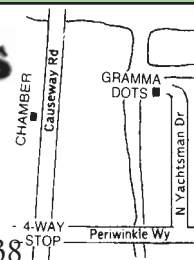


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Sunday  
12pm - 9pm

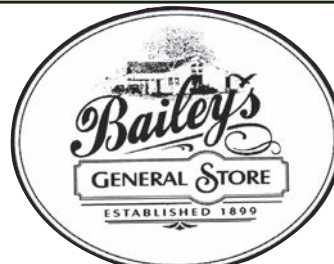
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Fire Department - Captiva .....	472-9494
Florida Marine Patrol .....	332-6966
Florida Highway Patrol .....	278-7100
Poison Control .....	1-800-282-3171
Chamber of Commerce .....	472-1080
City of Sanibel .....	472-4135
Administrative Office .....	472-3700
Building Department .....	472-4555
Planning Department .....	472-4136
Library - Sanibel .....	472-2483
Library - Captiva .....	239-533-4890
Post Office - Sanibel .....	472-1573
Post Office - Sanibel (toll free) .....	800-275-8777
Post Office - Captiva .....	472-1674
Sanibel Community Association .....	472-2155
Center 4 Life - Senior Center .....	472-5743
ARTS	
Arcade Theater .....	332-4488
Art League Of Fort Myers .....	275-3970
BIG ARTS - Barrier Island Group for the Arts .....	395-0900
Broadway Palm Dinner Theatre .....	278-4422
Fort Myers Symphonic Mastersingers .....	288-2535
Gulf Coast Symphony .....	472-6197
Lee County Alliance for the Arts .....	939-2787
Naples Philharmonic .....	597-1111
The Herb Strauss Schoolhouse Theater .....	472-6862
Sanibel Music Festival .....	336-7999
Sanibel-Captiva Art League .....	sancapart.com
SW Florida Symphony .....	418-0996
CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc. ....	565-7872 or 433-7798
American Legion Post 123 .....	472-9979
Angel Flight SE .....	1-877-4AN-ANGEL
Audubon Society .....	472-3744
CHR Community Housing & Resources .....	472-1189
Community Foundation of Sanibel-Captiva .....	274-5900
CROW - Clinic For The Rehabilitation of Wildlife .....	472-3644
FISH OF SANCAP Neighbors Helping Neighbors .....	472-4775
FISH. OF SANCAP 24-hr service .....	472-0404
Sanibel Island Fishing Club .....	472-8994
Horticultural Society of the Islands .....	472-6940
Horticulture and Tea Society of Sanibel and Captiva .....	472-8334
Kiwanis Club .....	677-7299
League of Women Voters .....	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald .....	302-521-1158
Master Gardeners of the Islands .....	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie ....	395-9232
Newcomers .....	472-9332
Notre Dame Club of Southwest Florida .....	768-0417
Optimist Club .....	472-0836
PAWS .....	472-4823
Rotary Club .....	472-7257 or 472-0141
Sanibel Bike Club .....	sanibelbicycleclub.org
Sanibel Beautification Inc. ....	470-2866
Sanibel-Captiva Orchid Society .....	472-6940
Sanibel-Captiva Power Squadron .....	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus .....	395-1202
Sanibel-Captiva Shell Club. ....	facebook.com/sancapshellclub 267-7291
Sanibel Youth Soccer .....	www.sanibelsoccer.org . 395-2040
United Way of Lee County .....	433-2000
United Way 211 Helpline 24 hour .....	211 or 433-3900
Zonta Club .....	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum .....	395-2233
JN "Ding" Darling National Wildlife Refuge .....	472-1100
Sanibel Historical Museum & Village .....	472-4648
SCCF Sanibel-Captiva Conservation Foundation .....	472-2329

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

PETS OF THE WEEK



Allie ID# 622143



Cliff ID# 666619

photos courtesy Animal Services

**H**ello, my name is Allie. I'm a 6-year-old tan and white, spayed female Jack Russell terrier mix. I'm very petite and agile with quite a bit of energy. I love to run and chase the water stream from the hose, leap high into the air and even do backflips. Call my name, and I will come running to you. I'd love to be your new best friend!

Adoption Fee: \$25 for pets age 6 years and older

Hi, I'm Cliff. I'm a 3-month-old black and white male domestic short hair. There's no question about it, I'm adorable. What you may not know is that there are many more beautiful black or mostly black kitties at the shelter just waiting for their forever homes. Since all cats and kittens are 2 for 1, you can get a great companion for your new little beauty too!

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](http://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.\*

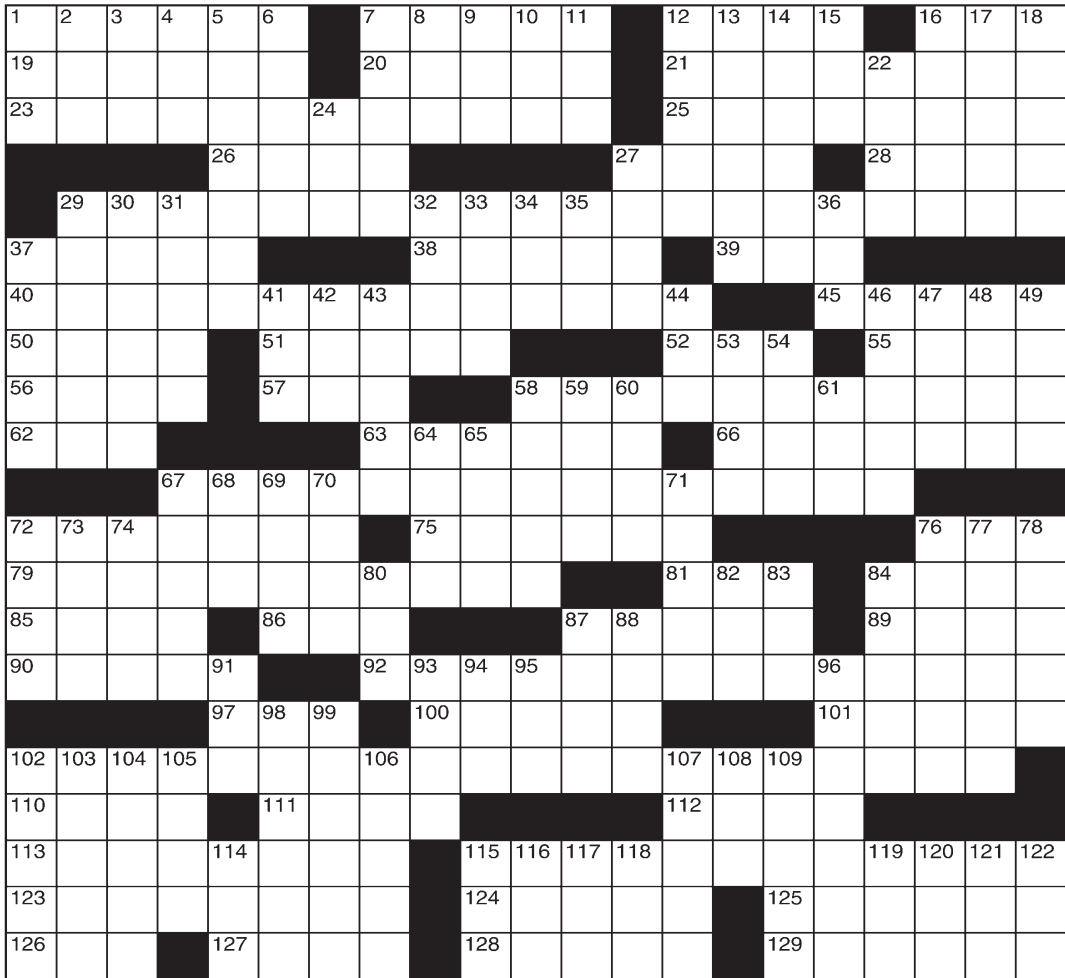


PUZZLES

Answers on page 45

Super Crossword WHERE DID IT GO?

- ACROSS
- 1 Cover again, as a gift
- 7 Slyly spiteful
- 12 The "E" of NEA: Abbr.
- 16 "Hulk" director — Lee
- 19 R&B singer Keys
- 20 Degrade
- 21 Bite-size Nabisco treat
- 23 Actress Swank comes next?
- 25 "That's been canceled"
- 26 Large truck
- 27 Singer — James
- 28 Sign of good or ill
- 29 Disobeys established rules on how to make and serve meat sauce?
- 37 Shaped like a bagel
- 38 "What —!" ("How dull!")
- 39 Ship locale
- 40 Donkey serving morning meals?
- 45 Biblical land with a queen
- 50 "Say it — so, Joe!"
- 51 Cuts into small cubes
- 52 Chi preceder
- 55 Landfill woe
- 56 Classic autos
- 57 Made in the manner of
- 58 Hairdo for folks going after prey?
- 62 Detroit-to-Nashville dir.
- 63 "Mr. —" (1983 hit for Styx)
- 66 Ropy
- 67 Sun blockers worn while on vacation?
- 72 Ireland's longest river
- 75 Events for bulldoggers
- 76 Cut grass
- 79 Business that makes flag holders?
- 81 Join together
- 84 Lion growth
- 85 "— further review ..."
- 86 Grassy area
- 87 In harmony
- 89 Met solo
- 90 Must-haves
- 92 Positively charged atom moving very quickly?
- 97 One may shout "Out!"
- 100 Brutish types
- 101 Is defined as
- 102 Groups with no university teachers as members?
- 110 Sector
- 111 Hipsters' talk
- 112 Roman poet
- 113 Shrink
- 115 Thing influencing the decision to use whitewash?
- 123 Aardvark lookalike
- 124 Bring to mind
- 125 Bit of ado
- 126 Part of UCLA
- 127 Ship's left
- 128 Keyed in
- 129 Biting writing
- DOWN
- 1 Rally cheer
- 2 — Lilly
- 3 Wheaton of TV and film
- 4 Blu-ray
- 5 Ill from flying
- 6 Check endorser
- 7 "Pipe down!"
- 8 Crunchable muscles
- 9 Upsilon preceder
- 10 Mao — -tung
- 11 "It's true"
- 12 Gives forth
- 13 Quaint paper copies
- 14 Hazardous
- 15 Org. in "Homeland"
- 16 Eatery lure
- 17 Israeli desert
- 18 Stupid or thuggish
- 22 — about (circa)
- 24 Mime duo?
- 27 Fancy jug
- 29 Fishing rowboats
- 30 Before this time, to bards
- 31 Royal decrees
- 32 Abhorrence
- 33 Fades away
- 34 Coach Holtz
- 35 Part of ETA: Abbr.
- 36 Sedan liquid
- 37 Some ski lifts
- 41 Rx org.
- 42 Bring pain to
- 43 Neck cover
- 44 Make a pick
- 46 Neighbors of Navajos
- 47 Ideal garden
- 48 Tennis' Björn
- 49 Military force
- 53 Cat sound
- 54 Really liking
- 58 "Hiya"
- 59 — Reader (alternative magazine)
- 60 De — (anew)
- 61 Cur's sound
- 64 Other, to Tomás
- 65 Great asset
- 67 Sideways up
- 68 Dad's bro
- 69 Wrench, e.g.
- 70 "This one's —" ("I'll buy")
- 71 "The battle —"
- 72 Rotated
- 73 Expect
- 74 Emollient plant
- 76 "Maid" of Robin Hood
- 77 Kin of leeks
- 78 Gets off the bottle
- 80 Faux follower
- 82 H.S. class
- 83 Winter mo.
- 84 San — (Bay Area city)
- 87 Yemen city
- 88 "Of course, Señor!"
- 91 Spanish for "south"
- 93 Skin feature
- 94 Grade A item
- 95 Slice of history
- 96 "Star Wars" queen
- 98 Rum cocktail
- 99 Xanax maker
- 102 Tennis' Rafael
- 103 Maine university city
- 104 Pond creatures
- 105 Window part
- 106 Open to view
- 107 Divided into districts
- 108 Batting stat
- 109 Slight fights
- 114 Enervate
- 115 "— me go!"
- 116 It climbs walls
- 117 Do a floor job
- 118 "I Like —" ('50s slogan)
- 119 Abridge
- 120 Angle lead-in
- 121 Bobby of the rink
- 122 Dark deli loaf



King Crossword

- ACROSS
- 1 Rd.
- 4 "Little Women" woman
- 8 Colorless
- 12 Wrestling win
- 13 Met melody
- 14 Libertine
- 15 Vindicating
- 17 Count counterpart
- 18 A billion years
- 19 Gold measure
- 20 Heathen
- 22 "Just the facts, --"
- 24 Low-pH
- 25 Gaffer's responsibility
- 29 Pale
- 30 Wise lawgiver
- 31 Born
- 32 Tabloid event re Elvis
- 34 Check bar codes
- 35 Highly-rated
- 36 Upper crust
- 37 Tweet
- 40 Elevator name
- 41 Parliament figure
- 42 At it
- 46 First victim
- 47 Between jobs
- 48 Compete
- 49 Inquisitive
- 50 Active sort
- 51 Shade provider
- 11 Region
- 16 Boss
- 19 Actress Madeline
- 20 Handles clumsily
- 21 Antioxidant berry
- 22 Winnie-the-Pooh's creator
- 23 Enthusiastic, plus
- 25 Pork cut
- 26 Impressively direct
- 27 Spruced up
- 28 Kelly or Hackman
- 30 Halt
- 33 Almost not at all
- 34 Skirt feature
- 36 Old anesthetic
- 37 Family
- 38 Vagrant
- 39 Ticks off
- 40 Leer
- 42 Newton fruit
- 43 Bachelor's last words
- 44 Zero
- 45 Sparkler
- DOWN
- 1 Spring mo.
- 2 Twilight hour, in a way
- 3 Attractive
- 4 Majorette's prop
- 5 Burnett of CNN
- 6 Can makeup
- 7 Crone
- 8 Fantasized
- 9 Bellow
- 10 Emanation

MAGIC MAZE — PARK

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

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

- Amusement  
Ball  
Belmont  
Double  
Estes  
Gosford  
Hyde  
Industrial  
Memorial  
National  
Oak  
Theme  
Trailer  
Wildlife  
Winter







## 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](mailto:press@islandsunnews.com) or 395-2299.\**

## My Stars ★★★★★

FOR WEEK OF AUGUST 1, 2016

**ARIES** (March 21 to April 19) A misunderstanding tests the temperament of the sometimes headstrong Aries. Instead of blowing your top, take time for a pleasant diversion while things cool down.

**TAURUS** (April 20 to May 20) A workplace problem could make the divine Bovine see red. But talk it out before you consider walking out. Some surprising facts emerge that change your earlier focus.

**GEMINI** (May 21 to June 20) You face a choice between ignoring your uneasy feelings about your relationship with that special person and demanding explanations. A close friend offers wise counsel.

**CANCER** (June 21 to July 22) A change you'd been hoping for carries an unexpected complication. Stay the course, and things will work themselves out. Be sure to make time for family and friends.

**LEO** (July 23 to August 22) Aspects favor spending time with loved ones. On the job, new ideas are generally welcomed. But some demands for changes could cause problems. Be ready to defend your choices.

**VIRGO** (August 23 to September 22) Good news: That workplace problem is close to being resolved

with results that should please everyone. Take time off to indulge your love of fun and games.

**LIBRA** (September 23 to October 22) Most of the time you are the most unflappable person around. But be ready to be thrown off-balance in the nicest way when Cupid takes aim in your direction.

**SCORPIO** (October 23 to November 21) It's not often when someone tries to "sting" the sharp-witted Scorpion. But it can happen. Continue to be skeptical about anything that seems too good to be true.

**SAGITTARIUS** (November 22 to December 21) Your strong sense of self-esteem helps you serve as a role model for someone who needs personal reassurances. Your efforts pay off in an unexpected way.

**CAPRICORN** (December 22 to January 19) Someone close considers revealing a painful secret. Withhold judgment. Instead, open your generous heart, and offer dollops of your love and understanding.

**AQUARIUS** (January 20 to February 18) Your talents as a peacemaker are called upon once more as an old problem re-emerges with new complications. Move cautiously in order to avoid falling into hidden traps.

**PISCES** (February 19 to March

20) Your artistic side is enhanced with the reception given to your new project. Use this success as encouragement toward fulfilling your larger goals.

**BORN THIS WEEK:** Your natural sense of leadership is combined with a deep sense of responsibility. People trust you to give them both guidance and understanding.

### THIS WEEK IN HISTORY

- On Aug. 2, 1776, members of Congress sign an enlarged copy of the Declaration of Independence. Fifty-six delegates signed the document, going by state from north to south, beginning with New Hampshire and ending with Georgia.

- On Aug. 7, 1782, Gen. George Washington creates the "Badge for Military Merit," a purple silk decoration to be presented to soldiers for meritorious action. In 1932, the U.S. War Department announced the creation of the Purple Heart.

- On Aug. 5, 1914, the world's first electric traffic signal is put into place in Cleveland. Four pairs of red and green lights, each mounted on a corner post, served as stop-go indicators.

- On Aug. 6, 1928, renowned

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pop artist Andy Warhol is born in Pittsburgh. He took literally the advice of an art teacher who said he should paint the things he liked. Warhol liked ordinary things, such as canned soup and soft drinks, and so he painted them.

• On Aug. 4, 1944, the Nazi Gestapo captures 15-year-old Jewish diarist Anne Frank and her family in a sealed-off area of an Amsterdam warehouse. The Franks had taken shelter there in 1942 out of fear of deportation to a Nazi concentration camp and were aided by Christian friends.

• On Aug. 1, 1966, Charles Whitman goes on a shooting spree at the University of Texas, killing 14 people and wounding 31 from atop a 300-foot tower. He had told his doctor that he was thinking about shooting people from the tower with a rifle, but the doctor never followed up.

• On Aug. 3, 1977, "The Spy Who Loved Me," starring Roger Moore as James Bond, is released in theaters. The film features one of the most memorable Bond cars ever -- a sleek Lotus Esprit that does double duty as a submarine.

STRANGE BUT TRUE

• It was 20th-century Japanese engineer and industrialist -- and founder of the Honda Motor

Company -- Soichiro Honda who made the following sage observation: "If you hire only those people you understand, the company will never get people better than you are. Always remember that you often find outstanding people among those you don't particularly like."

• Actress Shirley MacLaine claims that in a past life, she was a gypsy who had an affair with Roman Emperor Charlemagne.

• Unless you live in a snowy mountain town, you've probably never heard of skijoring. In what is probably the most popular contemporary version of this sport, a skier is pulled by one or more dogs wearing a harness that allows the dogs to be directed. The racecourse can be short, for sprints, or as long as 270 miles in cross-country competitions. Equestrian skijoring is rather more like water-skiing: A horse with a rider pulls a skier on a towline through a series of jumps and obstacles. Equestrian skijoring was a demonstration sport at the 1928 Winter Olympics in Switzerland.

• Those who study such things say that honey is the only food that doesn't spoil. So, next time you run across some 3,000-year-old honey, feel free to chow down.

• At a Mets game at Citi Field, a woman lost a gold tooth down a toilet, and she decided to reach in

after it. Unfortunately for her, the restrooms there use a high-vacuum system, and she was pulled in up to her armpit. Unable to extricate herself, she had to spend several hours in this undignified position until a plumber could come to her aid.

THOUGHT FOR THE DAY

"There is no greater fallacy than the belief that aims and purposes are one thing, while methods and tactics are another." -- Emma Goldman

NOW HERE'S A TIP

• Use toothpaste to clean headlights: Simply apply a healthy dose of toothpaste to the plastic cover, use a clean, damp rag to buff in small circles, and wash away. Don't press down too hard. The mild abrasive is able to get a layer of cloudiness off." -- R.S.L. in Michigan

• Thread a rubber band through the slats of your AC vent in the car. Then slip the loops around your smartphone at the top and bottom. This is effective for tying up the phone when using a radio app or your GPS navigation. As always, pull over to make phone calls or to text.

• Dollar-store baskets that are meant for craft supplies or as shower caddies make excellent fast-food holders for road trips. Burger,

fries and a shake can fit nicely in the compartments, and they are more lap-friendly.

• Hang a tennis ball from the garage ceiling to where it will hit your windshield when you park. You'll always know just how far to pull in.

• "I find that my family eats more fruits and veggies as snacks when they are prepared and ready to eat. So, when I get home from the grocery store, I immediately cut up and prep all the fruits and veggies that need it, and store them in plastic containers in the fridge. They are easy to see and convenient to snack on." -- R.C. in Oregon

• To avoid a dirty-smelling hamper, place a single sheet of fabric softener in the bottom of your laundry closet or in the hamper itself.

SCRAMBLERS

*solution*

1. Stable; 2. Ornery;  
3. Brute; 4. Trash

*Today's Word*

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A Friendly Personalized Service From  
Owner-Operator Steven Cservenyak

**PARAMOUNT DECORATOR  
& UPHOLSTERY**  
*since 1974*

Complete line of quality upholstery work by European Craftsman  
*We work with the finest imported silk, satin, damask, brocades, velvets,  
hand-loomed crewel, embroidered tapestries from Italy, Belgium & India.*

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We also do boat cushions & down feather cushions  
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 **Film Society of Southwest Florida**

For movie lovers who appreciate all aspects of film.

**Meeting Location**  
Community Room - Robb & Stucky

4:30 to 5:30 p.m. President, Di Saggau  
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**Deep-End  
Pool Service** 

25 years experience  
License # CPC1457386



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- Islands Premier Pool Service
- Professional Weekly Service
- Fast Expert Equipment Repair and Replacement
- Specializing in Rental Properties

also Complete Pool and Deck remodeling,  
Repair and Installation of all brands of  
Pool Heaters including  
Gulfstream, Aquacal and Aquatherm.

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Free estimates for weekly service and repairs!

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DeCorteFour.com #CBC058483

  
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Custom Home Builders, Inc.

We do it all from repairing a door to adding a 2nd Floor  
New Construction Too  
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**239-896-6789**

**Complete Landscaping Services**

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- Lawn Care • Landscape Trimming & Pruning
- Fertilization • Weed Maintenance • Mulch Applications
- Property Clean up

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## REAL ESTATE

### GARCIA REAL ESTATE AND CONSULTING



**RICHARD J. GARCIA, GRI, BROKER**  
**239-472-5147**

**garciaonsanibel.com**  
 Offering Personal, Private, and Professional Real Estate Services on Sanibel and Captiva Islands. 30 Year Resident of Sanibel. Licensed in Florida, New York, Pennsylvania and New Jersey.  
 \*RS 4/29 CC TFN

## ANNUAL RENTAL

### ANNUAL RENTALS SANIBEL

#### GULF BEACH or BAY BEACH

This rental offering is on the EAST END of Sanibel. This 3 bedroom/2 bath UF, ground Level home, recent paint, new carpet, all appliances, large screen porch, double carport, and just minutes to walk to Bay or Gulf Beach. \$1,950/Mo.

Please call for details  
**472-6747**  
**Gulf Beach Properties, Inc.**  
 Helping People Become Islanders for over 35 years!  
 The Island Experience!  
 \*RS 7/29 BM TFN

### HOUSE FOR RENT, FURNISHED

Newly renovated 1400 sq foot home on Rabbit Road with deeded private beach access and close to school. 3BR/2B. Fully furnished and equipped, garage, screened-in lanai. Sept 1 - Aug 31. \$2,400 first, last, and security. 902-626-1782 or jdmac66@outlook.com  
 References required.  
 \*NS 7/8 CC 7/29

### QUIET NEIGHBORHOOD

2BD/2BA in quiet neighborhood now available. 1/2 of duplex. Enclosed lanai with a/c. Center of the island. w/d hook-up. Pets okay. \$1,800/month. Year lease. Text only: 239.728.1920  
 \*NS 7/29 BM 8/5

### HOUSE FOR RENT

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

## SEASONAL RENTAL

### RE/MAX OF THE ISLANDS

Putting owners and tenants together  
 Call Ryan Block  
 www.remax-oftheislands.com  
 239-472-2311  
 \*RS 1/23 BM TFN

## VACATION RENTAL

### LIGHTHOUSE REALTY

Paul J. Morris, Broker  
 VACATION RENTALS  
 PROPERTY MANAGEMENT & SALES  
 359 Periwinkle Way, Sanibel Island  
**239-579-0511**  
 \*RS 1/4 CC TFN

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*Million \$ Views Await You!*  
 • Cottages • Condos • Homes •  
 Miles of Beaches & Bike Paths  
**239-472-7277**  
**1-888-451-7277**  
 \*RS 1/4 BM TFN

## SERVICES OFFERED

### HOLISTIC HOME CLEANING

Optimize Your Health  
 Cleanse Your Home  
 Utilizing a non-toxic residue free cleaning system  
 Sonya @ 239-246-7007  
 \*NS 7/22 CC TFN

### SCARNATO LAWN SERVICE

Lawn Service, Shrubs and Tree Trimming  
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 Joe Scarnato (239) 849-6163  
 scarnatolawn@aol.com  
 \*RS 1/25 BM TFN

### CAREGIVER

FL CNA, 20 years experience, Sanibel references. Med. mgt., wound care, CPR, housekeeping, meal prep., pet care, home watch, exercise monitoring, errands, etc.  
 Call Sheila 239-437-9437/850-7082.  
 \*RS 5/13 CC TFN

## SERVICES OFFERED

### SANIBEL HOME WATCH

Retired Police Captain  
 Lives on Sanibel  
 Will Check Your Home Weekly  
 Very Reasonable Rates  
 (239) 728-1971  
 \*RS 1/4 BM TFN

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

### ANIMAL/HOUSE CAREGIVER

Responsible College Student  
 Experienced in animal care  
 Lives on Sanibel  
 Call Taylor (239) 472-2296  
 \*NS 7/22 CC 8/5

### POOL & SPA SERVICES

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 772-1955  
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 \* Weekly Maintenance Service  
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 \*NS 5/20 CC TFN

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 Sanibel Lic. #11412 Lee Co. Lic. #051047  
 \*NS 1/4 PC TFN

## LOST AND FOUND

### ENGAGEMENT RING LOST

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

## HELP WANTED

### FRONT DESK / MEDICAL ASSISTANT

Medical Office - Full Time no weekends.  
 Front Desk / Medical Assistant  
 Electronic Medical records a plus.  
 Reply to PO Box 53, Sanibel, FL 33957.  
 \*RS 7/15 PC 8/5

### BECOME A SENIOR COMPANION VOLUNTEER

Volunteers provide companionship and friendship to frail elderly individuals who are homebound and generally living alone. Seniors Receive: Tax-free Stipend of \$2.65/hr., Mileage reimbursement of \$.40/mile, Paid Holiday, Vacation, & Sick leave. Volunteers, age 55 and older, able to volunteer at least 15 hours per week are urged to call today.  
 Dr Piper Center for Social Services, Inc.,  
 Tel: (239) 332-5346 or (800) 332-5346  
 \*NS 7/1 NC TFN

### JERRY'S FOODS WAITRESSES OR WAITERS

Part Time Evening And Weekend Front End Associates Needed. Looking for energetic, personable, and fun individuals, with open availability Monday through Sunday.  
 If interested call and ask for John, Tami, or Norm 472-9300.  
 \*NS 5/6 BM TFN

## BOATS - CANOES - KAYAKS

### DOCKAGE

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

## LOAN NEEDED

### LOAN NEEDED

Looking for private investor loan to consolidate personal debt. I live on Sanibel and can offer second mortgage on my home. Amount needed is \$150,000. This will payoff existing debt.  
 Please respond to sanibelforme@hotmail.com  
 \*NS 7/22 CC TFN

## COMMERCIAL RENTAL

### OFFICE SPACE FOR RENT

Great office space for rent.  
 Great location,  
 700 square feet on Periwinkle.  
 Call Joe Gil 516-972-2883 or 800-592-0009.  
 \*NS 4/24 CC TFN

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 Call (239) 334-7007  
 Or donate online at:  
**www.harrychapinfoodbank.org**





# 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).

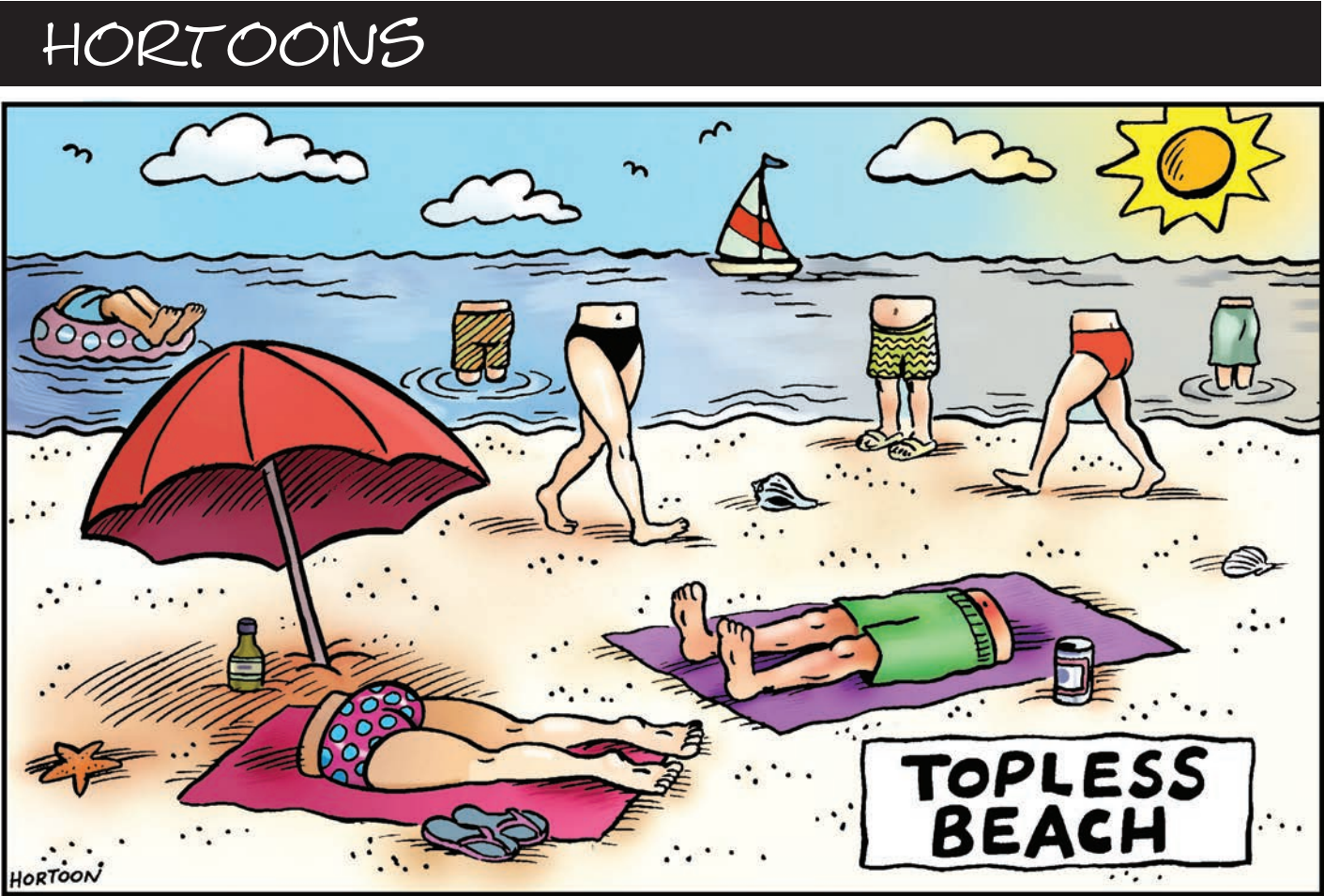


A loggerhead sea turtle hatchling making its way towards the water  
photo by Jeff Lysiak

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
Grand Ole Man	Fort Myers Beach	1987	2,236	\$ 1,588,000	\$ 1,508,000	53
Woodlake At Bonita Bay	Bonita Springs	1989	3,343	\$ 895,000	\$ 850,000	44
Paseo	Fort Myers	2014	2,876	\$ 754,990	\$ 593,058	698
Laguna Shores	Fort Myers Beach	1970	2,931	\$ 739,000	\$ 710,000	0
Belle Lago	Fort Myers	2006	3,147	\$ 699,990	\$ 677,000	10
The Masters	Estero	2001	2,080	\$ 665,000	\$ 640,000	0
Whiskey Creek Club Estates	Fort Myers	1985	3,531	\$ 639,000	\$ 610,000	25
Bonita Beach	Bonita Springs	1990	2,766	\$ 634,500	\$ 600,000	0
Palm Acres First Addition	Fort Myers	1980	2,551	\$ 599,000	\$ 535,000	91
Crown Colony	Fort Myers	2006	2,543	\$ 595,000	\$ 574,000	123





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***Sanibel Island***

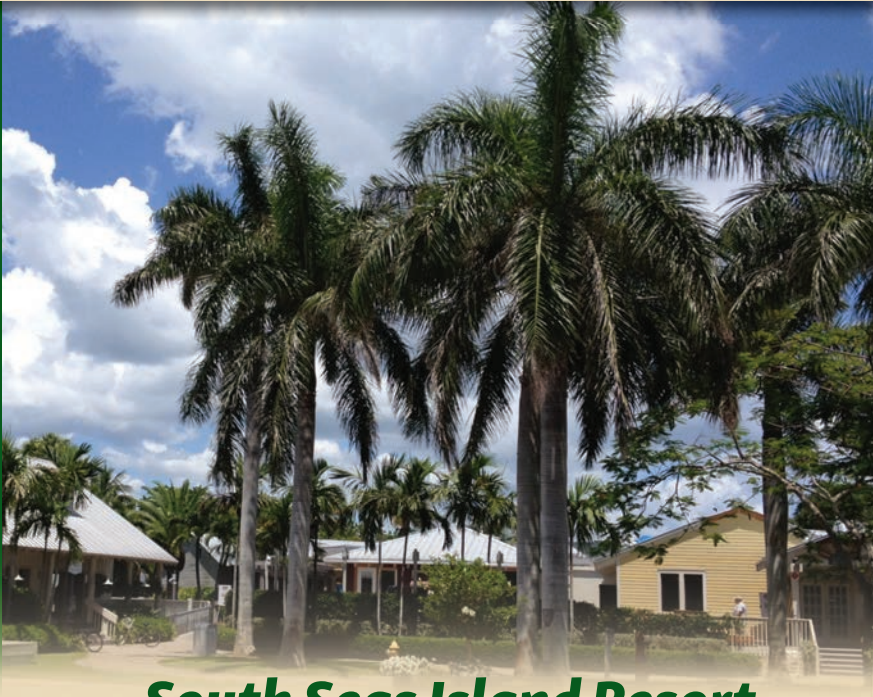
***Captiva Island***

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*More Details Soon!*



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**South Seas Island Resort**  
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